



VILLAGE NEIGHBORS

A program sponsored by Island Community House (ICH)

Happy Birthday to
our January
neighbors:

- Leonore Gilson
- Harriet Lonergan
- Barbara Johnson
- Jacqueline Mentzer
- Brenda Mason
- Gladys Taylor

2023: A Year in Review

As we start 2024, I wanted to share the impact Village Neighbors has had on our community during this past year. We currently have 50 volunteers that provide assistance to 40 members. In the past year we have completed 582 service requests which is more than a 400% increase from 2022 when we fulfilled 111 requests.

Our top service requests were Convenience Services and Errands, which included a lot of mail, trashcans and grocery assistance, followed by friendly visits and phone buddies.

This past year we were blessed to have a Ribbon Cutting Ceremony of the newly refurbished Village Neighbors Building with many of you in attendance.

During this past fall, a Village Neighbors Advisory Committee was established to further improve, enhance, and grow our program. The Committee has been instrumental in creating program opportunities such as Christmas Caroling, an upcoming guest speaker from the Town Of Chincoteague Emergency Services, while also initiating a successful fundraising campaign.

I look forward to milestones and new possibilities in the new year. And I wish all of you a very healthy and happy 2024!

-Cathy Shappell, Program Coordinator of Village Neighbors

Safety in Your Home and Weather Preparedness

Chincoteague’s Director of Emergency Services, Bryan Rush will be at the Island Community House on Tuesday, January 16 at 1:00pm for a presentation on Safety in Your Home and Weather Preparedness followed by a question and answer session. Evaluate what you need to do to protect your home and family NOW, before bad weather strikes and stay safe all year round. [RSVP](#) or call the office 757-336-1993. FREE and open to the public.

Discover the Secrets for Longevity from the Blue Zones

Join Village Neighbors at the Island Community House to watch a Netflix four-part documentary series **Live to 100: Secrets of the Blue Zones**. Travel around the world with author and National Geographic explorer Dan Buettner to discover five unique communities and investigate the diet and lifestyles behind longevity and the secrets of centenarians.

The four episodes will be presented individually on four separate dates and will be followed with a discussion session to help each of us live better, longer lives and discover how we might be able to transform our community. The first episode will be viewed on Friday, January 12 at 2:00pm. [RSVP and get details](#) or call the office 757-336-1993. FREE and open to the public.

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A List of Upcoming January Events at ICH and VN

- Chair Movement—a 1/2 hour stretch and movement group activity using a chair to assist in balance. Tuesdays throughout January
- Four episode documentary series Live to 100: Secrets of the Blue Zones. Fridays 1/12, 1/19, 1/26 and 2/2
- Safety in Your Home and Weather Preparedness presented by Bryan Rush Director of Emergency Services. 1/16
- Holiday Community Luncheon 1/18
- Coffee Talk 1/25—share your ideas or requests for programs and services for YOUR Village!
- And everyone's favorites: Sit & Stitch, Yoga, Gameday, Chess Club, and Friday walking groups, continue throughout January!

See our full calendar at Village-Neighbors.org/events and IslandCommunityhouse.org/events.



Thank you for a memorable
2023!

Village Neighbors Facebook page

Check out the Village Neighbors' new Facebook page to find out about events, highlights, and stories about your Village. Facebook.com/VillageNeighborsChincoteague Be sure to like us, follow and share!



Need to contact the office?

Have a question, need assistance or to register for an event? Call Cathy Shappell at 757-336-1993 or email coordinator@village-neighbors.org