



REMINDER PUBLISHING IS CELEBRATING 60 YEARS!

In honor of this momentous occasion, we are highlighting 60 nonprofit organizations over 60 weeks.

THIS WEEK REMINDER PUBLISHING RECOGNIZES VALLEY NEIGHBORS



VALLEY NEIGHBORS

Community, Care and Connection After 60

WHO WE ARE

Home is where the heart is, and most seniors want to stay in their homes as they age. Valley Neighbors' mission is to make that easier. We offer services and programs for free to residents aged 60 and over who wish to continue living independent, engaged lives in their homes and communities with a little neighborly help.

WHO WE SERVE

We welcome senior members in our region who live in Whately, Deerfield, and Sunderland to join Valley Neighbors. Membership is free thanks to our community support and funders. Information on how to become a member is on our website: valleyneighbors.org, or you can phone or email us.

WHAT WE PROVIDE

We provide support as acts of kindness. VN seniors can get help with a variety of tasks by trained and vetted neighborhood volunteers.



- **Transportation** within Franklin, Hampshire and Hampden counties to medical and professional appointments, grocery/pharmacy, town events, hairdressers/barbers, banking and post office, churches, libraries, and veterinarians

- **Light Home and Yard Needs** including small housekeeping tasks, seasonal outdoor chores, replacing light bulbs, changing smoke alarm/CO2 detector batteries, mattress turning, and window air conditioner installation/removal

- **Social Support** including telephone check-ins, friendly visits, community and Valley Neighbor gatherings, walking buddies, dog walking, assistance with mail, and reading aloud (books, newspapers)



- **Technical Support** including help with computers, smart phones, email, Internet, or software; set up of TVs, and other electronic devices.

HOW YOU CAN HELP

Become a volunteer (we'll train you) or donate to Valley Neighbors! We are particularly grateful for individual donations and business sponsorships. Please visit valleyneighbors.org to volunteer or donate, or to connect with us for more information:



Valley Neighbors

Valley Neighbors is part of the Village-to-Village Network that includes over 300 like-minded community organizations around the country and in the Pioneer Valley. All Villages are member-driven and ready to help others in the region start villages in their communities so that residents can age in the places they know and treasure.

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Valley Neighbors (VN) is an all-volunteer 501 (c) 3 non-profit community organization.