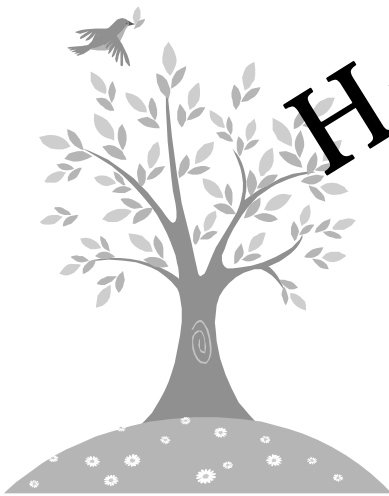


Village Voice

April 2011

We have all the news from Hillside Village, Woodside Village, Aidylberg Village and the Love House.



Happy April to all
Spring, flowers
and sunshine ~
Hooray!

Birthdays to Celebrate

Love House

Happy April to all!

Hillside Village

4/12 Jerome Tilton – HV1
4/19 Thomas Green – HV1

Aidlyberg Village

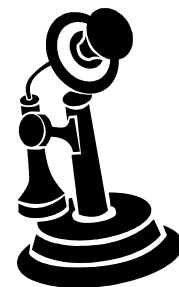
4/23 Merle Beaulieu – AV1

Woodside Village

4/1 Carl Greer – WV3
4/3 Anita Cimeno – WV2
4/4 Ralph Silva – WV1
4/10 Clark Maffit – WV2
4/16 Mary Nichols – WV4
4/19 Dorothy Worden – WV1
4/21 Lorraine O'Callaghan – WV6
4/21 Margaret Leather – WV1
4/29 Charles McKay – WV4

Important Phone Numbers

Dorothy Young, Property Manager	508-693-7555, ext. 14
Leslie Rizza, Site Manager Hillside	508-693-7577
Ann Baird, Service Coordinator	508-693-7009
Liam Carter, Maintenance Director	508-693-8318
Daytime cellphone	774-563-2149
Emergencies Nights and Weekends	774-563-2148
Blueberry Van – Kevin McFarland	508-693-5880 ext.15



More ...News and Notes from Staff

Electronics Disposal Day: Saturday April 9th 9am-2pm at M.V. Community Services. Bring your old computers, printers, TVs, phones, fax, machines, microwaves, etc. for disposal at very inexpensive rates. Proceeds benefit Community Services.



Rabies Clinic: Have your pet vaccinated at the Rabies Clinic on Saturday, April 3rd from 10am—12noon at the Animal Shelter of MV (formerly the MSPCA) or the West Tisbury Fire Station. The cost for a animal is \$15.00. Dogs must be leashed and cats must be in a carrier. For more information you can contact the Shelter at 508-627-8662.

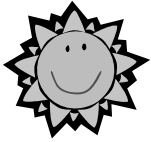
Kitchen Mealy Worms are tiny little worms usually found in food sources. Sometime they are called “Indian Meal Moths”.

Signs: Tiny worms crawling on the ceiling (near where the wall and ceiling meet) or tiny moths flying around the kitchen and cabinets.

What to do: Common sources are cereal, pasta, rice oatmeal, flour, baking soda, spices, dry milk, dog and cat food, bird food.

- ◆ Inspect all these items for worms, moths, or “castings”.
- ◆ Throw away any suspected or infected items.
- ◆ Vacuum and wash out your cabinets

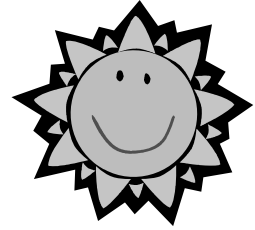
How to prevent: Always rotate your food stock using the older items first.



treat yourself to something special ...

...join us on Wednesdays

The Cheerful Hour



every Wednesday at 3-4pm

Community Room in "A Corridor" Woodside Village 1



Since "April showers
bring May flowers"
they are as welcome as
can be!

But those showers
in the late night hours
would be much more welcomed
by me ...

C.F.S.. Woodside Village 1

Did you Know? The Depot Gas Station
(Edgartown) and the Shell Station (Vineyard Haven
opposite Net Result) both honor the Stop and Shop
card with savings on gas for your car. Check it out!!



please join us!

WOODSIDE COFFEE HOUR

Woodside Village 1 Community Room

Wednesday, April 20, 2011 at 9am

Join us for a delicious and fun coffee hour !

All IEH residents are welcome !

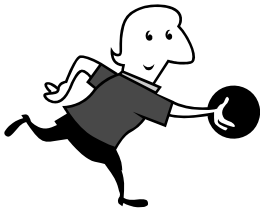


HILLSIDE VILLAGE

Betty Searle, Tenants' Association President

Thank you, Al Hopp! What a wonderful and delicious St. Patrick's Day Dinner in March ... and there was a great attendance! And thank you to **Betty Searle** who helped with decorating, serving and clean up ... it was a great day!

Watch for notices of **upcoming cookout / barbeques and celebrate spring with us!**



Want to become a player? Hillside Wii Bowling happens at 1pm on Saturdays (Community Building) and Bingo happens at 6:30pm on Tuesdays (Hillside Village 2). Join us for great fun!!

Coffee and Goodies for All of Hillside Village (1, 2, and 3)—every Tuesday from 9—10am at the Community Building. Meet your neighbors, have some delicious refreshment!

Healthy Living Tip **Jeannette Bigelow**

Over the years, many plastics have improved and are safer to use, however it is very important to know the different kinds of plastic to be completely safe. With certain plastics, chemicals can leach into the food or water stored in that container.

On the bottom of a plastic container is a triangle symbol with a number in it. Checking that number helps us to avoid using the most toxic plastics. When you are storing food or water in a plastic container:

- ◆ **#1 or #2 are the safest.**
- ◆ # 4 or #5 are generally safe; use sparingly and never use in a microwave.
- ◆ # 3, #6 or #7 should be avoided always.



Life is Funny
Jeannette Bigelow, Woodside Village 1

I have two foolish phobias, which I will admit to.

Number one is a strong distaste for the color orange. Don't know why or when it started, but I have hated October and dreaded Halloween since my kids wanted to go trick or treating. Their dad took them, while I pretended to be away for other "trick-or-treaters".

I have only 2 orange-colored articles in my home. One is the string that pulls my emergency button—can't do without that. The other is a piece of wide ribbon to which a piece of palm leaf from church is affixed. Perhaps the church connection allows me to keep it.

The second phobia is of a deeper, darker nature. For as long as I can remember I have disliked keys and locks. Never locked my doors (except for off-island trips) until I moved here to Woodside. The only key I kept on me all those decades were my car keys—couldn't drive without them.

I always wondered why locked doors bothered me, but couldn't figure out the reason. The always-open door certainly garnered me more company. And then one day, perhaps when I was in my mid-sixties, out of nowhere came a flashback—just one of those micro-chips that slip into place in the computer we call our brain.

When I was in second grade with Miss Caswell as my teacher, I was locked in a closet (for some infraction of her rules). I panicked and kicked a panel out of the door and crawled out—only to be then placed in the confines of Miss Caswell's kneehole desk with her knees blocking the escape route for me. The rest is a blur. But I did realize that it all tied in with my dislike of keys and locks.

Knowing the root of your fears makes things much easier to rationalize and bear. Locks and keys no longer hold power over me. When I told my oldest son of a similar situation he called it "the man in the back room who is working while another part of your brain is occupied."

Ever notice ideas that come "out of the blue" in the middle of the night?

“The Man in the Glass”

When you get what you want in your struggle for self
And the world makes you King for a day -
Just go to the mirror and look at yourself
And see what THAT man has to say.



For it isn't your Father or Mother or Wife
Who judgment upon you must pass;
The fellow whose verdict counts most in your life
Is the one staring back from the glass.

Some people may think you a straight-shootin' chum
And call you a wonderful guy -
But the man in the glass says you're only a bum
If you can't look him straight in the eye.

He's the fellow to please, never mind all the rest -
For he's with you clear up to the end -
And you've passed your most dangerous test
If the man in the glass is your friend.

You may fool the whole world down the pathway of years
And get pats on the back as you pass -
But your final reward will be heartache and tears
If you've cheated the man in the glass!

*Submitted by Russell Marsden, Woodside Village 1
Russ's father gave it to him and Russ does not know who
the author is (perhaps his father wrote it?).*

A special honor for Sumner Grover, Hillside Village 1. On April 5th Sumner will travel to the State House to present an award to **Donaroma's** in recognition of their 29 years of commitment to employing people through the Day Break Program. ***Congratulations to Sumner!***



Thank you to residents of Woodside Village 4, 5 and 6 and Hillside Village 3 for all your help with the HUD inspections on March 23rd. We very much appreciate your working with us!

“Dinner at 5”



**WITH MOVIE MASTER HANK
SHOWING A FABULOUS FLICK AT 6:30PM**

April Menu

Woodside Village 2 Community Room

Thursday, April 7

Pasta and Meat Sauce
Salad and Rolls
Dessert

Thursday, April 14

Chicken, Roasted Potatoes
Vegetable and Salad
Dessert

Thursday, April 21

Ham
Rice, Salad and Rolls
Dessert

Thursday, April 28

Cookout—Burgers
Salad
Dessert

Remember to call Ann Baird to sign up 693-7009

April Calendar

Blood Pressure Clinics

- Hillside: Wed., April 6 @ 10:00am (first Wednesday of the month)
- Aidylberg: Thurs., April 21 @ 10:30am (third Thursday of the month)
- Woodside 1: Mon., April 25 @ noon (last Monday of the month)
- Woodside 2: Mon., April 25 @ 1:15pm (last Monday of the month)

Rosary – Thursdays at 3:30pm at WV1

Bingo – Woodside Village - Tuesdays at 6:30pm at WV1

Hillside Village – Tuesdays at 6:30pm at HV2

Movies – Thursdays @ 6:30pm at WV2 - Hank Sjostrom is the *Movie Manager!*

AA Weekly Meeting for IEH Residents – Mondays and Fridays at 3:30pm at WV1

Please note: meetings are held on holidays