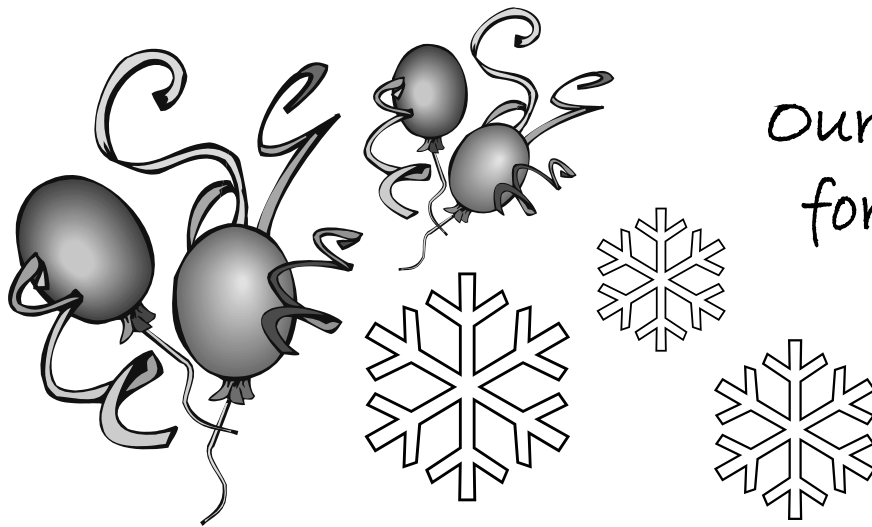


Village Voice

January 2012

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



Our wishes to all
for a wonderful
New Year
2012

Birthdays to Celebrate

Woodside Village

- 1/7 Joan Hyer—WV2
- 1/9 Lynn Thorp—WV2
- 1/16 Claire Currier—WV4
- 1/26 Ira Yaffee—WV5
- 1/29 Frances Maciel—WV1
- 1/30 Henry Kelly—WV1

Aidylberg Village

- 1/25 Fortunata Metell—AV1
- 1/30 Arlaine DeLancey—AV1

Love House

Happy New Year to All!

Hillside Village

- 1/1 Mark Kurth—HV1
- 1/6 Taylor Higgins—HV1
- 1/10 Eleanor Tuck—HV3
- 1/18 Steve Soriano—HV1

! Welcome New Residents !

We welcome
some of the new residents
to the IEH community.



Joseph Amil—Woodside Village 1

Austin & Jean Cargill—Woodside Village 1

Glenda Cataloni—Woodside Village 1

Mary Hofmann—Woodside village 1

Robert Searle—Woodside Village 1



2012 VTA Bus Passes

The new bus passes for seniors (age 65 and over) are available for \$15. Please see **Ann Baird** (508-693-7009) or the passes are also available at the Woodside Village 1 and the Hillside Village 1 Office.

Hillside Village

Master Chef Al Hopp and **Betty Searle** provided a fabulous celebration and delicious holiday dinner for Hillside Village. The occasion had beautiful decorations and music and was very festive for all! *Thank you to Al and Betty!*



*And we wish you
A Very Happy New Year !*

please join us !

COFFEE HOUR

Woodside Village 1 Community Room

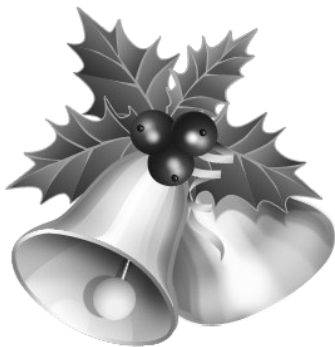
Wednesday January 18, 2012 at 9am

Join us for a delicious and fun coffee hour !
All IEH residents are welcome



Woodside Village

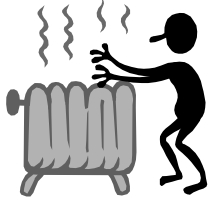
Residents provided an amazing and wonderfully delicious holiday potluck for Woodside Village. Our thanks to **Brenda MacDonald, Glenda Cataloni, George Thibault, Anita Cimeno** and many others for their extra help. *We all missed Norman Ethier!*



Thank you to all
for such a wonderful, fun and festive celebration
for the holidays !!

Winter Heat and Safety Tips

Stay warm and toasty in your apartment!



As the days are getting colder, it seems to work best if you select a temperature on your thermostat that makes your apartment comfortable and then, generally, leave it at that temperature.

If you change the thermostat, please be aware that it may take a long time to feel the change in temperature. If you have a question or need some help, please call Maintenance.



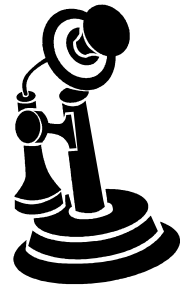
Also — please remember how important it is to keep all windows closed for heat loss in the apartments and in the hallways and common areas of the buildings. If your apartment is too warm, you can adjust your thermostat. If you have any questions or need assistance, Maintenance will be happy to help you.

Winter Snow and Ice is on it way... and it can be very treacherous for driving and walking— please be very careful during these winter months. Ice melt is kept at the entrances to all buildings; if you see an icy patch, please feel free to use it.



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



“Grandma's Penicillin”

(good for what ails you)

Wendy Brophy, Hillside Village 2

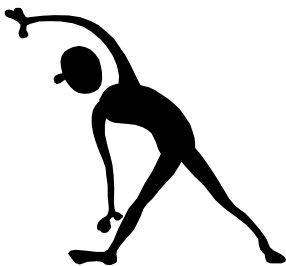
Approximately 1 kilo (a pound plus) of chicken parts
(cheap kinds), skinned
4 large onions, chopped
3 cloves of garlic, chopped
1/2 cup of alphabet noodles or 1/2 cup barley
2 carrots, peeled and sliced
1 - 2 stalks of celery, chopped
Cold water to cover chicken parts
4 - 6 chicken bouillon cubes
Pepper to taste (don't add salt unless you taste it first — bouillon is very salty)



Skin the chicken parts, otherwise the soup is very greasy. Put the parts in a large pot and cover with cold water and bring to a boil. Reduce the heat and simmer for approximately half an hour. There will be a foam on the top, skim it off with a large spoon and throw it away. At this point you can turn the soup off and let it sit overnight. In the morning when it is cool you can skim any fat that has risen to the top.

Begin heating again and add the bouillon cubes, onions, garlic carrots and celery. Cover and cook for another couple of hours. You can pick out any bones that are easy to remove with a slotted spoon otherwise wait until it cools to fish them out, or pour the soup through a strainer into another pot saving all of the chicken pieces to put back in the soup. Bring the soup to a boil and add the alphabets or barley, reduce the heat to medium low and let cook for another half an hour. The alphabets/barley swell to at least double in size so be careful not to add too much as they will absorb all of the liquid. Adjust the seasoning. Serve with a baguette and green salad, if you're not too sick!

The “other” Best Winter Remedy!

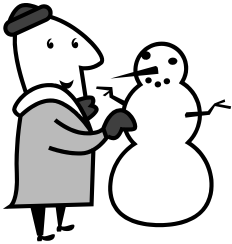


Come to the Chair Exercise Class

Every Monday at 10am with **Myron**
Woodside village 1 A Corridor Meeting Room

Join us for a fun and healthy weekly exercise ...
and much, much more!!!

“Dinner at 5”



WITH MOVIE MASTER HANK

January Menu

Woodside Village 2 Community Room

Thursday, January 5

Meatloaf, Potatoes
Vegetables, Salad, Rolls
Dessert

Thursday, January 12

Tuna Casserole
Salad and Rolls
Dessert

Thursday, January 19

!!The Charter School Returns!!

*A fabulous, surprise dinner with
Students from the Charter School*

Thursday, January 26

American Chop Suey
Salad and Rolls
Dessert

Remember to call Ann Baird to sign up 693-7009

January 2012 Calendar

Blood Pressure Clinics

Hillside: Wed., January 4 @ 10:00am (first Wednesday of the month)

Aidylberg: Thurs., January 19 @ 10:30am (third Thursday of the month)

Woodside 1: Mon., January 30 @ noon (last Monday of the month)

Woodside 2: Mon., January 30 @ 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 6:00pm 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

The History of Our History Jeannette Bigelow, Woodside Village 1

Do you remember when we were in grade school and when we were introduced to HISTORY BOOKS?!!! Oh, the dread, the monotony of it all. How boring it appeared to be. But those times weren't boring for the people living through all of that history. It was life—their lives.

And so it is with us now. In all my 85 years there has never been a time of such history-making events happening so swiftly and no past such history as we face today to use as a blue print, a map to show what direction to take, what steps to take.

I find that the three books that I consider to be my all time favorites are in a sense history books. The first one is a 7 volume set of the diary of Samuel Pepys, which he wrote in code in the 1600's. Writing in code allowed him to be utterly frank and honest. The code wasn't broken until the mid 1950's. His writings tell a full account of life in London. I still remember the sensation I felt as I read of his stepping out of his door way early one morning and wondering about the rosy glow in the sky. The realization came to me that he was describing the Great London Fire. His attempt to save his household is a lesson in survival.

My second favorite book is a little known story called "The Last Algonquin". This true story is told by the grandson of the young boy who found the Algonquin named Joe Two Trees. Joe Two Trees was the last of his tribe in Brooklyn after first his father and then his mother died leaving Joe Two Trees totally alone. He believed that he was the last of his people. The boy found and befriended him.

It is the story of a period forgotten in our history. It shows courage, perseverance, pathos, survival. Joe Two trees told the boy that his story had to be told because his people believed that as long as their story was told, their souls would live on.

The third writing is a collection of books by May Sarton, written as a diary of her journey to the land of "old Age". It is comforting to read them because it shows how each of us experiences the same problems on our journey taking a different route, ending the same way, some more gracefully, peacefully than others. Having a map makes it easier.

I very much enjoy loaning my books. If you would care to read any it will be my pleasure to share.

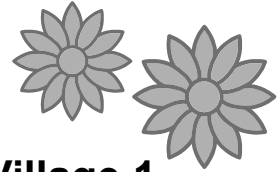
How will our history appear 100 years from now? It is better that we emulate Samuel Pepys and get it straight.

An island judge once quoted to me the old saying "History is lies agreed upon".

have a winter smile

...join us on Wednesdays

The Cheerful Hour



every Wednesday at 3-4pm
Community Room in "A Corridor" Woodside Village 1

We wish you all a 2012 of good health
and
good cheer!!

The Cheerful Hour

For one hour every week
a cheerful state of mind
we seek.

We leave our troubles
at the door.

And try to smile a little more.
Our growing older every day
is not for sissies
(as "they" say")
but at least we're all
together.

Slightly molting
"birds of a feather"
for lately I feel like
I am molting
losing hair and teeth
(somewhat revolting).

Well, this is how it is today
but it was not always
this a-way!!!

C.F.S. Woodside Village 1



All the Staff of IEH want to thank
residents for their greetings, phone calls
and thoughtfulness during the holidays.
We were so glad that residents could join
us at the Holiday Tea during this busy
time of year. It was a festive and merry
event!

*We wish the IEH community
a very Happy New Year !*

2012