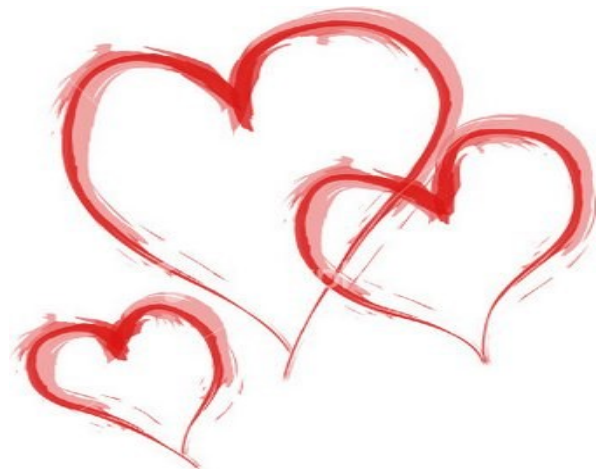


# Village Voice

## FEBRUARY

## 2019



### February Birthdays!

#### Aidylberg

2/19 Mildred MacDonald AII

#### Hillside Village

02/13 Stephen Francis

02/15 Jose Moreira HVI

02/17 Colin Kennedy HVI

02/18 Rebecca Perkalis HVI

02/23 Wendy Brophy HVII

#### Love House

02/28 Thomas Thatcher

#### Woodside Village

02/04 Rita Reynolds WVII

02/06 Glenda Cataloni WVI

02/06 Ada Macomber WVI

02/23 Anne Sylvester WVIV

**FROM THE MAINTENANCE DEPARTMENT:**

This is an exciting time of year we have the Patriots in the Super Bowl again, and days getting noticeably longer.

A couple of items to note when using the laundry equipment; first please do not attempt to force any lids or doors open when the machine is running. As a safety feature the machines will has some type of door lock mechanism. If you force the door open before the machine has finished running you risk damaging the machine, and leaving it inoperable for the rest of the residents to use.

All the machines will have an in operation light on the control panel, please be aware of it and do not force the door open.

Also when using the dryers, please make certain that you clean the lint filter. Having a clean filter will make the dryer run more efficiently and you clothes will dry faster.

If you have any questions or comments please do not hesitate to contact me

Greg Monka

Maintenance Director



# PROPERTY MANAGEMENT

I hope everyone is enjoying the simplicity and quietude of winter on our Island.

Property Walk-Throughs: Over the coming weeks, the Executive Director and Property management Staff will be doing Walk-Through Inspections of the public spaces, buildings and grounds for each IEH property. We are making lists of items for maintenance, clean-up and improvements. We hope this exercise will be beneficial to our community members. If you have any suggestions or observations about your own place of residence, please do not hesitate to reach out to the Property Management Staff and thank you!

Comcast Service: Comcast service can be confusing and frustrating. If you are having issues with your television cable service, the best number to call is the Bulk Rate division. Identify that you are a bulk rate customer of Island Elderly Housing. That number is: (855) 638-2855. If you need assistance, please see the Service Coordinator or the Property Management Office staff.

Woodside I Craft Room: At Woodside Village I, IEH will be refurbishing the downstairs "craft" room - cleaning, painting and installing a new floor. Thank you to all who responded to our survey about future room usage. The majority of those returned wanted to see a mixed-use room where Residents can exercise and/or do craftwork. Other points to consider are what type of exercise equipment will be available; the possibility of changing the second floor exercise area into a cozy sitting area; and storing personal craft materials in an organized fashion to keep the room organized and tidy for everyone to enjoy. If you have any opinions or ideas on these subjects or others, please see the Service Coordinator or the Property Management Staff.

Resident Dinners: This winter, Woodside Village 1 Residents are hosting Sunday night dinners free for all IEH Residents between 4-6 p.m. at the Woodside Village I Community Room. Bring any dish or donation, helping hands, or just the pleasure of your company. All are welcome!

# Supportive Services

Ann Baird, 508-693-7009  
Kevin McFarland, 508-693-5880 ext 15

## **Mobile Market**

The winter Mobile Market has been a huge success. If you haven't checked it out, give it a try. In addition to fresh produce and some fruit, they offer a variety of homemade soups which are very popular. The Market will run through February 27<sup>th</sup> every Wednesday 3 to 5pm at the Woodside 1 Community Room.

## **Health and fitness**

During the winter months many of us don't get enough exercise, here are a few tips for a Healthy Heart

**Exercise-** aim for 30 minutes a day on as many days as you can.

**Suggestions:** Tai Chi, walking, Chair exercise, yoga

**Lose Weight** – even a modest weight loss can significantly lower risks of cardiovascular disease

**Suggestions:** Eat healthy foods such as fruits and vegetables. Stay away from High fructose Corn Syrup and partially hydrogenated oils. Eat a high fiber diet.

**Manage Stress** – practice relaxation techniques; participate in regular moderate exercise.

**Most importantly; Socialize and Laugh often!**

## **Save the Dates**

Dental Clinics March 29<sup>th</sup> – OB Council on Aging

April 19<sup>th</sup> - Hillside Village Community Room

**Dine to Donate- Our Yearly Dine to Donate at Offshore Ale will be Thursday April 4<sup>th</sup>; more information will be available in the March Newsletter.**

**Happy February!**

# RESIDENT SPONSORED MONTHLY ACTIVITIES

<u>MONDAYS</u>	<u>TUESDAYS</u>	<u>WEDNESDAYS</u>
<p style="text-align: center;">3:30:4:30pm AA Meeting for IEH Residents WVI A Corr. Community Room</p>	<p style="text-align: center;">11:00am-1:30pm Wii Bowling WVI Community Room</p>	<p style="text-align: center;">9:30 am Sit and Fit Program A Corridor Community Room , Woodside 1</p>
<u>THURSDAYS</u>	<u>FRIDAYS</u>	<u>SATURDAYS</u>
<p style="text-align: center;">11:30am-1:30pm Wii Bowling WVI Community Room</p> <p style="text-align: center;">5:00pm Thursday Night Dinner</p>	<p style="text-align: center;">9:00am-11:00am Bible Study WV1 A Corridor Community room</p> <p style="text-align: center;">11:00am-1:00pm Wii Bowling WVI Community Room</p> <p style="text-align: center;">3:30-4:30 AA Meeting for IEH Residents WVI A Corr. Community Room</p>	<p style="text-align: center;">12:30pm Trivial Pursuit WVI A community room</p> <p style="text-align: center;"><u>SUNDAYS</u></p> <p style="text-align: center;">12:30-2:00 pm Wii Bowling WVI A Corridor Community Room</p>

## Free Blood Pressure Checks by VNA nurse

**4<sup>th</sup> Monday of the month**

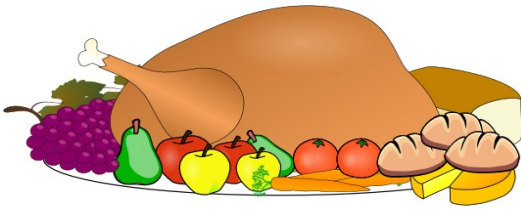
Woodside 1 – 11:30am to 12:30pm

Woodside 2 - 12:45pm – 1:45pm

Want to add something?

Please call Linda Amaral at 693-5880 ext 13 or email:  
**bookkeeper@iehmv.org**  
before the 21st of the month  
to add your event to the next month's issue.

**PLEASE NOTE NEW EMAIL ADDRESS**



# Dinner at five

## February Menu

### February 7

Meatloaf, Mashed Potatoes, Veggies

### February 14

Creamy Chicken & Rice casserole with Peas

### February 21

Pasta with Bolognese Sauce  
(Meat sauce with Beef & sausage)

### February 28

Beef Stew

**All meals are served  
with a desert and salad!**

Thursdays at 5 pm,  
Woodside Village II

To sign up for dinner or to  
order a Dinner to Go,  
please call at least  
24 hours in advance to  
Kevin McFarland at 693-5880 x15.  
Dessert is served with all meals!



Dinners are sponsored by  
The Permanent Endowment for Martha's  
Vineyard

### Important Phone Numbers:

Dorothy Young, Executive Director.....508-693-5880 ext.12  
Lucinda Kirk, Property Manager .....508-693-7555  
Vanessa McGreevy, Assistant Property Manager.508-693-7557  
Denise Cote-Alwardt, Administrative Assistant..508-693-1367  
Mary Holmes; Hillside I Site Manager..... 508-693-7577  
Ann Baird, Service Coordinator..... 508-693-7009  
Greg Monka; Maintenance Director.....508-693-8318  
Emergencies Nights and Weekends.....774-563-2148  
Blueberry Van—Kevin McFarland.....508-693-5880 ext. 15



The van cruises on Tuesday 9:-12:30, Thursday 10:00-12:30 and  
Friday 9:00-12:30;

Leave a message on Kevin's answering machine if you want a ride.

