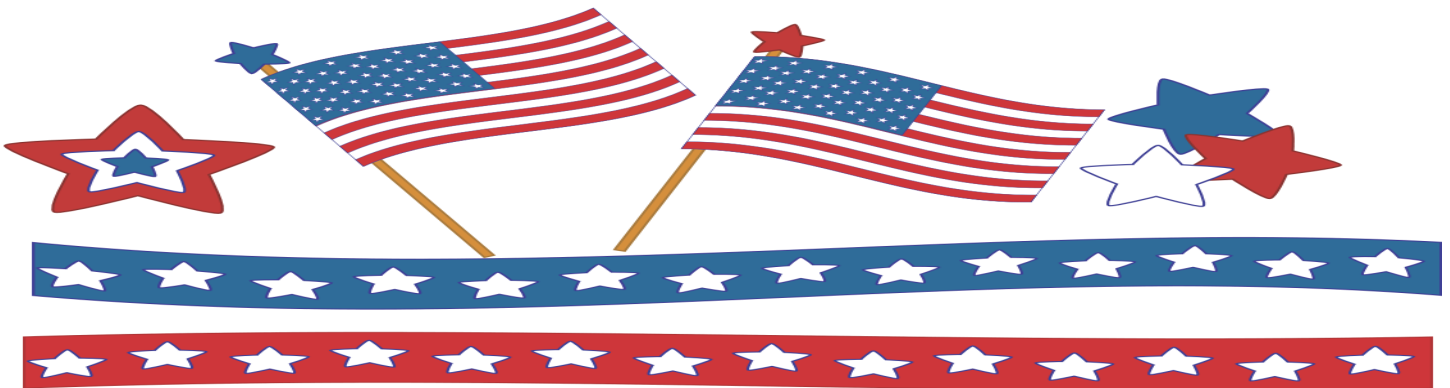


VILLAGE VOICE

JULY 2019



JULY BIRTHDAYS

Hillside Village

07/05 Christine Swansey HVI
07/06 Christopher Bonner HVI
07/19 Linda Kurth HVI
07/20 Paul Nourse HVIII
07/27 Alexandra Wojnowski HVI
07/31 Dale Ferry HVI

Woodside Village

07/02 Albert Hutchinson WVI
07/08 Douglas Searle WVI
07/11 Shirley Cartier WV II
07/11 Jon Moore WVII
07/12 Edwin Lapiene WVVI
07/14 Myrna Araujo WVVI
07/05 Barbara Nolan WVIII
07/16 Raphael Shai WVI
07/17 Howard Harrison WVVI
07/22 Nels Sjostrom WVI
7/23 Alan Burnett WV I

SUPPORTIVE SERVICES

Ann Baird – 508-693-7009
Kevin McFarland – 508-693-5880 x 15

Mobile Market

The Mobile Market is running again starting the week of June 24th.
The Market will be at Hillside Village Monday's from 3:30pm – 4:30pm and
Woodside Village Wednesdays from 3:30pm – 4:30pm. EBT Cards accepted.
The Full schedule is posted in all buildings.

Blood Pressure /Wellness Clinic

The Blood Pressure Clinic is the 4th Monday of every month.
Next clinic is; July 22nd at Woodside 1
Time: Woodside 1; 11:30a – 12:30p
Woodside 2; 12:45p- 1:45p

Meetings and Presentations

VTA meeting

Date: July 10th

Topic- Discussion regarding the new schedule, concerns and/or issues
Updates on the Medi Van schedule to the Cape and Boston.
Details: 1pm at the Woodside 1 Community Room, light refreshments.

We are having a Presentation with Lori Perry, RN (Public Health Nurse)
Topic "Laughter is Good Medicine"
Details: 11am July 22nd, Woodside 1 Community Room
The Monthly BP Clinic will follow.

MV Museum

Free admission to the Museum for EBT card holders
Through the generosity of Cronigs Market and The Cape Cod 5 there is free admission every
Tuesday evening from 5pm – 8pm. Please check the Museum website for more information.
The Island Club Card is accepted at the gift shop.

Sit2Bfit class at the Y

The new schedule for the class is Monday and Wednesday at 12:30pm starting June 24th.
This class is located upstairs at the Y. Instructor: Betty Robie
Chair Yoga is offered Tues. and Thurs. at 12:30 in the Teen Center
See posted Y schedules for more information.

Reminder:

Next Good Shepherd Parish Food Basket Distribution will be July 16th.

Happy Summer!

FROM PROPERTY MANAGEMENT

Greetings Residents!

Summer has snuck up on us again. It never ceases to amaze me how surprised I get when the Island turns busy again. No matter how many years I am here, it is never an easy transition. Yet it is a small price to pay for the honor to live on this beautiful Island year-round. And people watching is sometimes fun, anyway!

Save a Tree:

It is not necessary to put your rent check in an envelope or tape it in paper. Your check is secure in the rent lock box. Please save your paper and your envelopes. All we do is throw it in the trash. And the less trash on this earth the better. Thanks for your cooperation.

Gossip:

We all live in a community. I wish to see it a loving and kind community. Please remember that gossip hurts three people: The person the gossip is about. The person who hears the gossip. And the person who says it. Everybody who lives in the IEH community is a unique person with special gifts and a little light to shine. Let's shut out the world and be kind inside our own community.

Local Hero:

Residents at Hillside would like to recognize Jessica Oliver for service to her neighbors. She advocates for her community. She helps anyone who asks with gardening and has lots of valuable wisdom to dispense about horticulture . Thank you Jessica!

Carpet Cleaning:

IEH has contracted to wash the carpets in the common areas of our buildings. The supplier will offer a special service to clean the pathways of individual units while they are here for \$ 100. If you are interested in this service, please let Property Management know and we will notify you of the cleaning schedule when it comes available.

A Summer Poem:

Days are lonely
as the sun shines longer
But nights are cool
while the moon shines
down
with its silver light

as I sit
Watching...
The stars are twinkling
In the heavenly moonlight...
moonlight...

FROM THE MAINTENANCE DIRECTOR

I like to think of July as filter cleaning month; it is a great time of the year to clean your range hood filter and also clean your air conditioner windows.

If you soak your range hood filter in good hot water and dish washing detergent that usually does a pretty good job, if you need to use something stronger to clean the filter you can add a little baking soda to the solution. Let the filter soak for at least a half hour, then rinse and let dry before reinstalling.

With all the pollen that we have had this spring, now is the time for you to clean your air conditioner filter. You will have to read your manufactures instructions on how to remove and clean your air conditioner filter

One thing that we have to also be concern about this time year is the very dry weather conditions, those of you that do smoke please make certain you properly extinguish and dispose of your cigarette butts.

To those of you that celebrate Independence Day, please note that fireworks of any kind are not allowed on IEH property.

Also one final note; many of you have 4 legged friends; they are very susceptible to over exposure to heat. Please make certain that you do not leave them in a car, or without enough fresh water.

Greg Monka

Maintenance Director

MORIDIA PARA IDOSOS NA ILHA, INC.

(ISLAND ELDERLY HOUSING, INC.)

AVISO DE SERVICOS DE INTERPRETE

Por favor deixe o Gerente Local saber se voce gostaria de ter um interprete para assistir voce no processo de aplicacao ou para algum informacao das responsabilidades do inquilino.

ALOJAMIENTO DE RETIRADOS DE LA ISLA, INC.

(ISLAND ELDERLY HOUSING, INC.)

AVISO DE SERVICIOS DE INTERPRETE

Por favor deje saber el Gerente del Lugar si usted desea un interprete para asistirlo con el proceso de la aplicacion o para una explicacion de las responsabilidades del inquilino.

RESIDENT SPONSORED MONTHLY ACTIVITIES

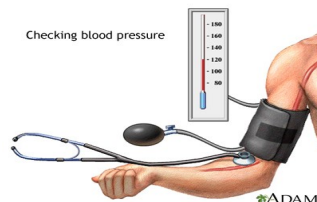
<p style="text-align: center;"><u>MONDAYS</u></p> <p style="text-align: center;">11:00am-1:00pm</p> <p style="text-align: center;">Wii Bowling WVI Community Room</p> <p style="text-align: center;">3:30:4:30pm AA Meeting for IEH Residents WVI A Corr. Community Room</p>	<p style="text-align: center;"><u>TUESDAYS</u></p> <p style="text-align: center;">11:00am-1:30pm</p> <p style="text-align: center;">Wii Bowling WVI Community Room</p>	<p style="text-align: center;"><u>WEDNESDAYS</u></p> <p style="text-align: center;">11:00am-1:00pm</p> <p style="text-align: center;">Wii Bowling WVI Community Room</p>
<p style="text-align: center;"><u>THURSDAYS</u></p> <p style="text-align: center;">11:00am-1:00pm</p> <p style="text-align: center;">Wii Bowling WVI Community Room</p> <p style="text-align: center;">2:00-3:30 PM Bible Study WV1 A Corridor Community room</p> <p style="text-align: center;">5:00pm Thursday Night Dinner</p>	<p style="text-align: center;"><u>FRIDAYS</u></p> <p style="text-align: center;">11:00am-1:00pm</p> <p style="text-align: center;">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;"><u>SATURDAYS</u></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

Woodside I- July 22nd from 11:30 am -12:30 pm

Woodside II- July 22nd from 12:45 pm-1:45pm

4th Monday of the month



Want to add something?

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



DINNER AT FIVE

JULY MENU

July 4

No dinner

July 11

Cook out Cheese burgers and salads.

July 18

Baked beans and hot dogs.

July 25

Meatloaf, mashed taters and veggies.

**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 Vine-
yard

Important Phone Numbers:

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



The van cruises on Tuesday 9-12, Thursday 10-1 and Friday 9-12;
leave a message on Kevin's answering machine if you want a ride.