# Village Voice

## March 2022

### March Birthdays!

<table>
<thead>
<tr>
<th>Location</th>
<th>Name</th>
<th>Date</th>
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<tbody>
<tr>
<td><strong>Aidylberg</strong></td>
<td>Noel Barrett</td>
<td>3/13</td>
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<tr>
<td></td>
<td>Maury De Geofroy</td>
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<td>Colleen Francis</td>
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<td>Paul Jackson</td>
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<td>Jessica Oliver</td>
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<td>Kathleen Madeiros</td>
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<td><strong>Hillside Village</strong></td>
<td>Maury De GeofroyHVII</td>
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<td>Colleen Francis</td>
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<td>Sheri Thomas</td>
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<td>Paul Jackson</td>
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<td></td>
<td>Kathleen Madeiros</td>
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<tr>
<td><strong>Love House</strong></td>
<td>Dolores Ruckman</td>
<td>3/06</td>
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<td><strong>Woodside Village</strong></td>
<td>Austin Cargill WVI</td>
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<td>Peter Pfluger</td>
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<td>Eileen Lauinger</td>
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<td>Ruth Ann Walsh</td>
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<td>John Ellis</td>
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<td>Michael Haydn</td>
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<td>William Thorp</td>
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We have had quite a taste of winter this last month, brrrrr, I’m ready for spring.

When using the wash machines, using more soap is not always better. More soap will not give you cleaner laundry, the machines will not be able to rinse out all the excess soap out of your clothes. This will leave your clothes feeling stiff.

Save yourself some money and use a little less laundry soap.

Also in the House Rules (Paragraph XLVIII. Wildlife), residents are prohibited from throwing food on the ground to feed wildlife and birds. We ask for your cooperation in complying with this rule. Not only does it make a mess of the grounds, but also attracts other undesirable animals (skunks and other rodents)

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

Greg Monka
Maintenance Director
gmonka@iehmv.org
Reminders about Individual Gardens at IEH

- Any resident who wishes to have a garden will need to submit a plan to the Maintenance Department for approval in advance.
- The size of each garden is generally limited to (4’ X 8’)
- The location must be near outside water and clear of septic systems and fire lanes.
- Plants will need to be kept 18 inches away from the foundation.
- All approved garden areas are to be maintained by the resident with mowing, watering and maintaining such garden area to ensure that the landscaping is maintained in good condition.
- No trellis or lattice work may be attached to the building
- No climbing vegetation on the building
- If the resident allows the garden to go fallow, they are responsible to return the area back to grass.
- Composting will not be allowed.
- Invasive species such as Bamboo will not be allowed.

MORIDIA PARA IDOSOS NA ILHA, INC. (ISLAND ELDERLY HOUSING, INC.)

AVISOS 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.

ALOJAMIENTO DE RETIRADOS DE LA ISLA, INC. (ISLAND ELDERLY HOUSING, INC.)

AVISOS 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.
Hello Island Elderly Housing Residents,

It is with great sadness that we share the passing of Albert Hutchinson, a longtime resident of Woodside Village 1 and Paul Nourse at Hillside Village 3. Our thoughts are with their family and friends.

The Hillside Village Residents' Association Meeting will be Tuesday, March 2nd at 10:00am in the Community Room. Come and join this active group of residents who want to make the Hillside Community stronger.

Spring is just around the corner…Please review the IEH Outside Area/Garden Garden policy reminders included in this newsletter. If you have plans for your garden this year remember to let us know your plans BEFORE starting.

This month’s Wellness Clinic is Tuesday, March 1st from 1:30 to 3:30 at Woodside Village Community Room. The meeting will begin with a Meditation session. It is believed meditation helps keep our minds relaxed and engaged, which enables us to age with grace. By incorporating mindfulness into your mind, body and soul, meditation can offer these surprising health benefits: reduces and controls blood pressure, regulates cortisol levels by improving your immune system functioning, alleviates muscle tension and aches that are often associated with feeling stressed or anxious, and lowers the risk of stress-like diseases such as diabetes, hypertension, high cholesterol. Hope you can join us! After meditation wellness checks will be done for all interested.

“It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade.”
— Charles Dickens, Great Expectations
Woodside Residents Association

The Woodside Residents Association Officers are meeting with IEH Staff every other week on Wednesdays. If you have ideas, suggestions or concerns please let them know before the meeting and they will bring it to the IEH Staff. The Officers are as follows: President—Josephine Tucker 508-687-9901, Suzanne Walker, Vice President 508-693-1389 and Secretary Glenda Cataloni—508-693-5127

HILLSIDE VILLAGE RESIDENTS ASSOCIATION

Hillside Village Residents Association will continue to meet on the 1st Thursday of the month at the Hillside Village 1 community Room from 10:00—11:00. President, Annette Moreis and Secretary, Linda Kurth

AIDYLBERG RESIDENTS ASSOCIATION

Aidylberg Association are meeting regularly. If you have concerns or ideas, please contact Joseph Scanlon, President or Mary Jane Burgoyne, Secretary /clerk

Need a Notary? Paula Driscoll, Woodside Village I, is available ….503-351-1997

ITEMS FOR SALE

JIGSAW PUZZLES, MONOPOLY GAME, SCRABBLE GAME, ETC.....

CALL 508-693-7472 ANYTIME (BEST 7:30 AM—12:00 PM)

TERRIFIC MUSIC BY LIONEL RICHIE—DEFINITIVE COLLECTION CD. HAVE 2 COPIES (1 NEW & NEVER PLAYED) CALL 774-549-9088
DAYLIGHT SAVINGS STARTS MARCH 13, 2022
REMEMBER TO “SPRING AHEAD” 1 HOUR

Want to add something?
Please call Linda Amaral at 693-5880 or email: bookkeeper@iehmv.org before the 21st of the month to add your event to the next month’s issue.

If you want the Village Voice emailed to you, please let Linda know.

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Important Phone Numbers:

Dorothy Young, Executive Director……………………………….508-693-5880 ext 12
Salli Hart, Property Manager……………………………….508-693-7557 ext 14
Marianne Sebastian, Assistant Property Manager…………………508-693-7555 ext 10
Denise Cote-Alwardt, Occupancy Specialist…………………….508-693-1367
Wendy Maseda, Hillside Site Manager………………………..508-693-7577
Service Coordinator……………………………………………508-693-7009
Greg Monka, Maintenance Director……………………………774-563-2149
Mary Kay Mazza, Maintenance Assistant …………………..508-693-8318
Maintenance Emergencies……………………………………774-563-2148
Kevin McFarland ………………………………………………508-693-5880 ext 15