



June, 2023

VIP is a 501-c3; our ID # is: 04-2867826

# What's Happening

[vipmv.org](http://vipmv.org)

P. O. Box 1204  
West Tisbury, MA 02575

**Open Art Session—many Sundays from 2:00-4:00 pm Chilmark Arts Kitchen**  
Check your email for the next one. Call Dale at (508) 693-6616 or Allison at (508) 645-2429 for the next date.

**Archery—Tuesdays at 4:00 pm at Camp Jabberwocky**  
All are invited; no experience needed.

*Carolyn, seen here, was on target!*



**Ally Walk— Saturday, June 3 at 2:30 at Polly Hill Arboretum**

Bring a water bottle to stay hydrated, and invite a friend to enjoy the beautiful colors.

**Andy Herr and the Seven Hills Band—Thursday, June 15 from 10-11:30 am at the Center for Living, Vineyard Haven**

**VIP Barbecue—Saturday, June 24 at 12:00 at the Chilmark Arts yard by the pond** Bring a dish to share and your own beverage. Rain date June 25.



*Alexander with his cards at the Beach House.*

Alexander can often be seen on Main Street in Vineyard Haven. He is now working at the Beach House two days a week. Alex's art will be on display at Mocha Motts across the street for the month of June.

Alexander will be away in early June visiting his sister Katie and new baby Arthur John who was born May 19.

## Get a smoothie! by Ally

I work at Aquila at YMCA two days a week— Mondays and Wednesdays from 9:00 am to 11:00 am. It's starting to get warmer outside so if you have any friends or neighbors that would like a smoothie, tea, coffee or lemonade definitely come visit me at Aquila. My co-worker Mike and I enjoy having customers. We enjoy being busy. I'm still learning how to do lemonade and flavored ice coffee. I did learn the register for the first time on Wednesday and it went well.



## Archery Going Strong

Tuesdays, the archery field at Camp Jabberwocky draws a crowd. Thanks to Bonnie's cousin, Coop, we have new targets and arrows. With Bonnie's guidance, our form is becoming more consistent and cheers of excitement are frequent.

*From right to left: Dale, Rolino, Carolyn, Bonnie and Martha take aim.*

## VIP Dine to Donate

Hungry patrons lined up at Offshore Ale for VIP's Dine to Donate. Thanks to Debbi for organizing the event, and to Ann for amassing a variety of gift baskets for the silent auction. The auction raised over \$1400.00 thanks to steady bidding! We are awaiting the proceeds on the food portion.

## Andy Herr and the 7 Hills Band

The Center for Living was rollicking when the band performed on May 18. The next opportunity to see them perform will be June 15 from 10-11:30.



*Mark leads the rhythm section as Nathan and Amanda enjoy the tunes.*



## Advocate for Life by Sundy

For people with disabilities and their families and friends, advocating for needed supports is never finished. I was reminded of this recently in talking to one of my oldest friends Allison (not my other Allison friend on the Vineyard!). Allison's younger brother Charles, who has cerebral palsy, is also a dear friend. Allison and Charles grew up next door to me in Michigan and we have been part of each other's lives since Allison and I started kindergarten together. Now the three of us are in our seventies and I celebrate this long friendship.

The word advocacy comes from the Latin "To Add Voice."

Allison's mother Ruth started adding her voice to efforts to include children with disabilities in public school long before the passage of the Individuals with Disabilities Education Act in 1975. And now Allison is using that voice every day so that Charles has the best supports possible. At the top of Charles' and Allison's agenda now is to get Charles into a Medicaid

Waiver group home situation with more activities and supports, but there was an eleven year waitlist for the program where they live. Knowing Allison's strong voice, things will change soon!



*Left to right: Sundy, Charles and Allison*

Where do you want to add your voice? The ARC of Massachusetts is promoting some laws that might help you, a family member or a friend. The possible changes would include allowing family members to be paid for providing personal care and raising the pay for personal care attendants. If you want to support efforts like this, you can learn how by going to [www.thearcofmass.org](http://www.thearcofmass.org) and clicking on—guess what?—Advocacy.



*Martha, Mary Beth and Allison visited Wynne at the Henderson Inclusion School in Boston. Wynne is an occupational therapist and has organized the "Sunlight Cafe" morning drink service and Wednesday lunchtime soup. Students were grating and chopping vegetables and preparing garnishes for the Ramen and vegetable soups and making garlic bread. Very tasty!*

## Spring General Meeting and Evening of Nutrition by Mary Beth and Martha

VIP's May meeting was a potluck at the Howes House in West Tisbury. JP and Beth organized the food, which Ally and Beth served. At Erin's suggestion, JP invited Josh Levy of Vineyard Nutrition to speak about healthy eating.

Josh started by showing a colorful plate indicating that one half should be filled with fruits and vegetables, one quarter carbohydrates and one quarter protein.

Josh suggested using our fists as a portion guide for protein. Dale held up his hand, and Josh noted our hands are all different sizes, like our bodies. Larry brought up snacking in the late afternoon, seeking salty foods. Josh stressed not eating from a bag of chips, but putting some in a bowl. Shylo added that feelings of hunger can be satisfied by addressing thirst. Josh agreed, emphasizing the need to stay hydrated.

As we emerge from the pandemic, it is a perfect time to be caring for our bodies. The talk inspired Martha to take a long walk the next day. She also noted Josh wears a wedding ring.



*Josh addresses the May meeting*

## Maggie's Visit by Martha

My sister Maggie came to visit from Oregon. We went to Falmouth where met sister Emily lives for the weekend. We visited Provincetown and the Cape Cod National Seashore. I had a great time while she was here.



*Maggie, Martha and Emily*

Thanks to the Tisbury Printer for their outstanding service.



## Keen Eyes Keenan Movie Reviews by Martha

Are you there God? It's me Margaret \*\*\*

The story is about Margaret, who is struggling through her teenage years. It is a funny and not so funny, loving movie.

Still \*\*\*

This is about Michael J. Fox's struggles with Parkinson's disease.