



# What's Happening

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

P. O. Box 1204  
West Tisbury, MA 02575

*VIP Island Connections is organizing a sale:*

*August, 2020*

VINEYARD INDEPENDENCE PARTNERSHIP  
presents a celebration of



with T-shirts and mugs available for sale  
and other arts & crafts made by VIP members

*(sorry, no chocolate!)*

**SATURDAY, AUGUST 22**  
**10 am - 1 pm**

**19 State Road, Chilmark**  
**(former Chilmark Chocolates location)**

*Individual masking and other social distancing guidelines will be enforced.*

**Rain date ~ Saturday August 29, 10 am - 1 pm**



Proceeds from the event will benefit the ongoing programming of VIP, a partnership of individuals with disabilities, their families, and friends working to ensure that opportunities for a full life on Martha's Vineyard and beyond are available to all.  
More information about VIP is available at [vipmv.org](http://vipmv.org)



### **News from Alexander**

On July 28th 2020 I became a great uncle to Sebastian Jay Carrier. Oh what a joy it was to hold him for the first time. I sang songs to him and made his parents laugh. I am looking forward to more adventures with him.



### **Dale's Birthday Gift**

Dale has a new nephew, which he says is his best birthday gift. The baby's name is Leonardo Dale Montanile and he was born on July 21st, ten days before Dale's birthday. L. Dale has big brother Oliver and parents Nina and Matt.

### **News from Shelly**

Shelly has been busy making quilts, some of which will be on sale on August 22. Shelly has also been making jewelry for Stefanie Wolf Designs and personal gifts. Shelly likes to bike ride and take walks near her home in Mashpee.





## **Nathan's Vacation by Nathan and Michele LeBlanc**

Nathan and his mom Michele went on vacation together. We first visited old friends in Maine. Everyone there was concerned about the virus so we all wore masks and sat apart from each other. The weather was so hot they spent most of their time in their pool. They treated us to a lobster dinner. We then drove through Maine on back roads to New Hampshire where we visited the Clark's Bears. The park only let a small amount of people in each day so we could social distance. Everyone was wearing masks too. Then we went to Vermont where Nathan's sister owns a cabin. We went swimming in a beautiful lake and sat out at night under the stars around the fire pit.

*Ready for the lobster!*

Vineyard Supports is open again in person every day. People are delighted to be back. VS did a great job keeping folks connected.

## **Martha's Summer Events**

My sister Emily came over from Falmouth. We went for a walk in Vineyard Haven. Then we met up with our mom Jane and we drove to Menemsha and got lobster rolls. I have been going for rides with my mother and Sonja to get out of the house.











Check out the profiles of Debbi and McCaull on our website—[vipmv.org](http://vipmv.org) as well as the current VIP schedule.

*Oxfam included this in their newsletter.  
Good, clear advice.*



*Clip and Save  
this page!*

Coping with this crisis starts with taking care of yourself.  
Here are some tips for staying safe and well:

 <b>STAY CONNECTED</b> Reach out to loved ones, friends, and neighbors.	 <b>STRUCTURE HELPS</b> Make a schedule or follow a daily routine if you can.	 <b>TAKE CARE OF YOUR BODY</b> Stretch, meditate, join a workout livestream—whatever speaks to you.
 <b>PRACTICE GOOD HYGIENE</b> Even if you're mostly keeping to yourself, it's important to properly wash your hands.	 <b>GET FRESH AIR WHEN YOU CAN</b> A change of scenery can be a great boost (just make sure you protect yourself).	 <b>SUPPORT LOCAL BUSINESSES</b> Help out the restaurants, shops, and gyms you care about by purchasing gift cards or donating to worker funds.
 <b>PAY ATTENTION TO YOUR MENTAL HEALTH</b> It's okay to seek out help from your community, or from health care professionals when you need it.	 <b>FIND SOMETHING FUN TO FILL YOUR DOWN TIME</b> Try a new recipe, dive into a project you've put off, or reread a favorite book—whatever makes you happy.	

**WE'LL GET THROUGH THIS TOGETHER.**

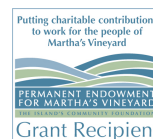
Zoom with Ally and Julie on **Mondays at 5:00** (unless the time changes) and tune in to McCaull's cooking classes **every other Thursday**.

Folks had a great time at the DJ Zoom dance with Ben. We hope to have another soon.

*VIP's is a 501-c3 and our  
Fed ID # is: 04-2867826*

VIP is very appreciative to the following for their support:

*The Joy Fund of the*



*and the Martha's Vineyard Vision Fellowship.*