

# Edgartown Council on Aging

## April 2020

### Thank you Jay...

After six years of serving on the board of the ECOA, as both chair and co-chair, Jay Sigler will be ending his term as of this month. Jay has been an important voice for the Anchors over the years. We know that his wisdom, compassion, and expertise will continue to enrich the lives of those around him.



An arrangement by Trudy Williams to brighten your day.



Janice B's lovely colorful spring wreath



Jay and Janet on a bird watching cruise in Costa Rica at the border to Nicaragua, in early March.

## Spring



Josh Levy of MV Nutrition, in March



Joan and Donna brushing up on their nutrition knowledge



Teresa Yuan sharing some sweet signs of spring with us.



Thank you Pat Johnson for sharing your wonderful Easter décor!



Kenny and Ed looking studious during Josh's talk.





## **The Anchors Kitchen:**

We are delivering frozen soups to older Edgartown adults in need during the Covid-19 pandemic. Please call if you are concerned about food security during these uncertain times. We will continue to receive surplus food from the Greater Boston Food Bank.

All food from the Anchors is delivered to the doorstep.

For more information please call

508-627-4368 or email [mkeating@edgartown-ma.us](mailto:mkeating@edgartown-ma.us)

We are offering soups for \$2 each at this time. Payments can be left in an envelope outside the door for the delivery person. Cash, or check written to: Edgartown Council on Aging. Please write "lunch" in the memo area. We do not want cost to prevent anyone from receiving the food they need during this difficult time. Donations will be accepted, but not expected.

## **Other Food Resources on MV**

Martha's Vineyard Community Services has created an amazing resource guide to address critical needs during the Covid-19 crisis.

Please visit their website for a comprehensive guide to accessing food, mental health support, substance abuse support, and other important resources.

<https://www.mvcommunityservices.org/coronavirus-covid-19-updates/>



# Resources to help you stay informed, connected, and engaged while at home.

## Covid-19 resources

**Martha's Vineyard Community Services** has put together an incredibly comprehensive listing of supports and services available to islanders during this unprecedented time. Look on their website to familiarize yourself with the resources available. <https://www.mvcommunityservices.org/coronavirus-covid-19-updates/>

**Martha's Vineyard Hospital** is keeping the island up to date on Covid-19 as it pertains to the island via their website. They also provide links to the WHO and CDC, for up to date national and world Covid-19 information and maps. <https://www.mvhospital.com/health-resources/resources-and-information-on-coronavirus-covid-19>

For text message updates on Covid-19 from the Commonwealth of Massachusetts:  
**Text COVIDMA to 888-777**

**The Town of Edgartown** uses a text notification system for sending out urgent notices.

To sign up for this,

**Text Edgartown to 877-550-8627**

## Education & Entertainment

**The Edgartown Public Library** 's website provides an incredible amount of FREE resources. Load up your Kindle, read the NY Times, or binge watch some great shows, all for FREE! You can also sign up for a new card or reset your pin via their website: <https://www.edgartownlibrary.org/>

**The Hidden Worlds of National Parks** <https://artsandculture.withgoogle.com/en-us/>

**Walks: Beautifully Designed Tours in Cities around the World** <https://www.takewalks.com/>

**The Metropolitan Opera, free Nightly Opera Streams** <https://www.metopera.org/user-information/nightly-met-opera-streams/>

**Well Connected** is a vibrant community of older adults throughout the United States meeting via phone or web conference for a variety of groups. Go to: <https://covia.org/services/covia-connections/> to learn more about this incredible organization.

## Exercise

**Kathleen Samways suggests** checking out the National Institute on Aging's website for tons of free exercise ideas. <https://www.nia.nih.gov/health/exercise-physical-activity>

**Betty Robie of the YMCA offers FREE Zoom Fitness** : Tuesdays & Thursdays at 10am- Sit to B Fit Mondays, 10am- Ted Talk virtual discussion Fridays, 10am- Introduction to Tai Chi For updated information you are asked to log on to <https://www.ymcamv.org/> or <https://www.facebook.com/YMCAMV/> Zoom Meeting ID #808 026 8687

## Food Resources & Info

**The Edgartown Council on Aging** is providing frozen soup and meal deliveries to its older and more vulnerable community members during the Covid-19 pandemic. If you or someone you care for qualifies for this program, please email: [mkeating@edgartown-ma.us](mailto:mkeating@edgartown-ma.us)

**The Edgartown Council on Aging** is providing expanded surplus food delivery via the Greater Boston Food Bank. If you or someone you care for is an older Edgartown adult who would benefit from this program, please email: [ecoa@edgartown-ma.us](mailto:ecoa@edgartown-ma.us)

**Martha's Vineyard Community Services** is the hub for information regarding all emergency food suppliers on the island during the Covid-19 pandemic. Please visit their website to learn more. <https://www.mvcommunityservices.org/food-resources-during-covid-19/>

**Grocery Delivery** for a fee, dependent on where you live. Call The Vineyard Grocer (508)693-2000 or order online at: <https://www.vineyardgrocer.com/order>



# Resources

## Humor

### A good laugh shared by Carol Fligor and her daughter Abby

"Everything's Closed" (2020 "Anything Goes" rewrite)

<https://youtu.be/tS-rtzIXDM>

### Passed on by Cate H

"What you need to go to the grocery store.  
They said a mask and gloves were enough to go to the grocery store. They lied, everybody else had clothes on.  
And I wondered why everyone was staring at me."

## Online Paint Party

**Jazen's Art Studio** in OB is hosting interactive online paint parties using the zoom application. For \$5.50, your whole household can join the party, register at [www.jazens.com!](http://www.jazens.com!) Purchasing your own materials online or locally would be your best option if you plan on joining (a supply list is on the website). Jazen's Art Studio is also offering a material rental and supply purchase option for MVY residents: (pickup on the porch of Jazen's Art Studio in OB). Anyone from ANYWHERE can join the parties, so invite your family and friends from off island too!



# Poetry and Prose

"I learned this in the late forties in school in Germany, and I've just never been able to forget it. With my best wishes from the snowy mountains of Vermont..."  
~Iba/Brigitte

### The Rainy Day

The day is cold, and dark, and dreary;  
It rains, and the wind is never weary;  
The vine still clings to the mouldering wall,  
But at every gust the dead leaves fall,  
And the day is dark and dreary.

My life is cold, and dark, and dreary;  
It rains,  
and the wind is never weary;  
My thoughts still cling to the mouldering past,  
But the hopes of youth fall thick in the blast,  
And the days are dark and dreary.

Be still, sad heart, and cease re-pining;  
Behind the clouds is the sun still shining;  
Thy fate is the common fate of all,  
Into each life some rain must fall,  
Some days must be dark and dreary.

"Do not let your hearts be troubled, know that you are never alone and in the spirit of the living God, melt away our fears, mold our faith, and Completely FILL US WITH HOPE! Know that each one of you are in my Community of Prayers."  
Peace and Blessings,  
~Dr. Lorna C. Andrade

Thank you to Dr. Andrade, who has come out of retirement to lend her extensive medical experience to our community in this time of need.

### More Fortunes

When someone's wearing a mask  
he's going to tell you the truth.

If you want to hide a tree  
hide it in a forest.

You can do anything to music.  
It doesn't mind.

The world lives outside  
the world's smallest sound.

Imagine everything you ever  
wanted showed up one day  
and called itself your life.

The past is an enormous place.  
Only it's quiet, no noise, like two  
dogs meeting in the dark.

So much of life seems unnecessary.  
Does that mean life is more or less a lie?

The words one says  
when there is nothing to say.

Are there only angry reasons  
for feeling angry?

We're like two weather fronts who met  
turning life into a storm.

The wolves are back.

Jill Jupen



## Where would we be without our Volunteers?!

It is indeed ironic, under the current circumstances, that April is Volunteer Appreciation Month. During this time of great need, both current and anticipated, we have been truly overwhelmed by offers of help from local community members. We are in a unique position at the Anchors. Unlike many human service organizations, our day to day programs are run almost entirely by volunteers. Because of this incredible resource, we have been able to address the Covid-19 pandemic with a level of preparedness and confidence which not only surprised us, but also filled us with a great deal of collective gratitude and pride.

In addition to the staff who provide outreach and referrals, we have six group leaders who are regularly reaching out to nearly 70 members of their various groups via phone and email. That's a lot of love!

Our lunch program benefits enormously from its volunteers. Our cook Diane is especially grateful for her loyal band of kitchen comrades. The same is true for those who faithfully set up the dining room each Tuesday and Friday before lunch.

We have a team of about eight volunteer drivers who happily deliver holiday meals 3 times per year, and who have once again come through to help us during this time of increased need for such service.

Several of our volunteers have been going out to do errands for those who are better off staying safely at home.

During "normal times" we have a dedicated group who make themselves ready to swoop in and answer the phones should we need them.

Our incredible AARP tax program volunteers responded immediately with a plan to collect tax documents and move their work into their own homes. Because of their swift and tireless efforts, they were able to get nearly 150 tax returns finished for islanders before the program had to be shut down due to social distancing.

Our dedicated board members remain a constant source of wisdom and support for our staff. These men and women readily give of themselves and their time to the mission of the Anchors.

We cannot express enough thanks to our Friends organization, who consistently give us the support we need to offer relevant programming to our members. During the Covid-19 pandemic, the Friends have come through to subsidize our emergency food program as well as to support our instructors, whose classes have been impacted by the temporary closure of the center.

We thank our Edgartown selectmen, who continue to give enormously of themselves and their time. Thank you for carrying the weight that can come with having to make difficult but necessary decisions.

Often times it is the staff who receive praise for making the Anchors the place it is in our community. But make no mistake, volunteers are the heartbeat of our organization, and the Anchors would not be the special place it is without them.

This past year at the Anchors has been full of unexpected changes. Each change with its own challenges. We are as always, up for that and ready to find creative solutions. With adversity often comes the opportunity to think outside the box and create new, maybe even improved, ways of doing things.

We look forward to the opportunity to thank you all again when things are back to normal(ish).

Sincerely,

The Anchors Staff



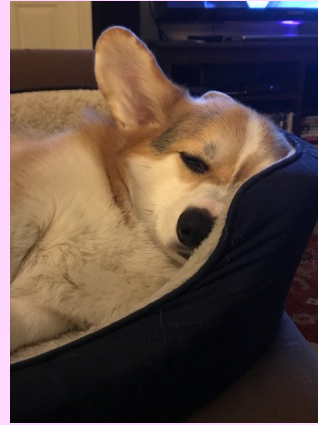
# Thankful for our four legged friends and little ones!



From Mary Jane Carpenter: "My dog Teddy has a fan club, and would like to enlarge his fan base. "



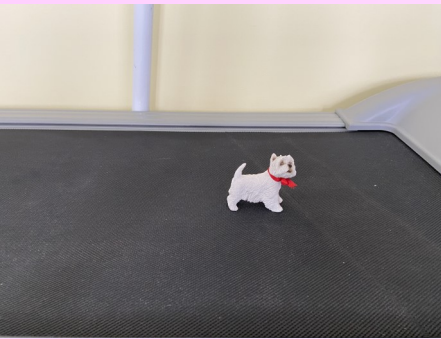
"I think our pets are going to be a big part of keeping our spirits up...here is Warren with Honey Bear" ~ Anne Vose



Jerry the corgi thinks staying at home is a great idea!  
~Nancy Ignacio



Victoria's grandson, Landyn, is enjoying his quarantine in his new walker.



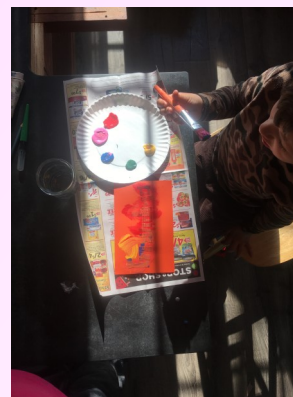
We have all experienced more down time than ever...so I have been tackling my bedroom/office! I have uncovered my treadmill which hasn't seen daylight in years! My intention is to get going on it but my Grand dog is hogging it! That's just one more excuse! ~Carol Fligor



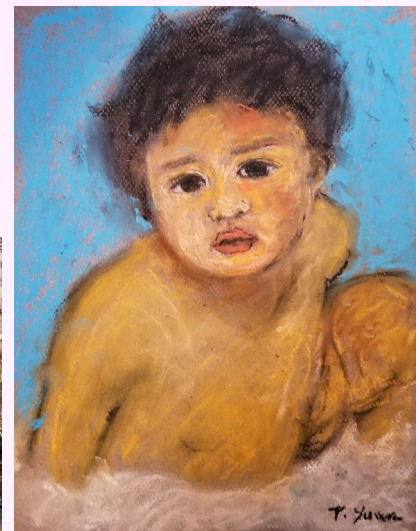
Janice Belisle's grand dog Libby, working from home



Katie's youngest, Corbin, in training at home for the EMT outreach program.



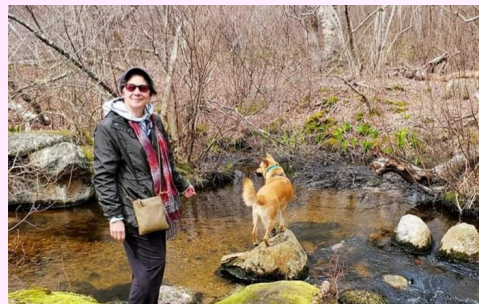
Studio painting with Charles



Teresa Yuan shares with us a captivating painting of her grandson Luca



Jill Jupen's rough coat Jack Russell terriers,. Counterclockwise from the top: James, Phil, and Jussi,

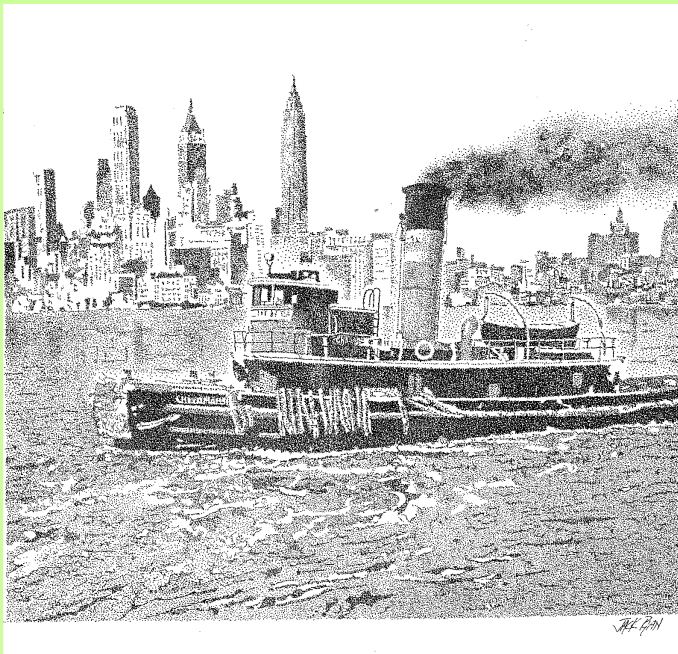


"Odie and I are maintaining social distancing from each other as we go for a walk." ~Donna P



## On Display through May

West Tisbury artist Jack Ryan has generously loaned us 31 of his incredibly detailed stipple drawings to adorn the walls of our Great room through May. Jack's drawings are undoubtedly influenced by his roots in Brooklyn, NY. He doesn't shy away from the challenge of rendering the seemingly endless details of an aerial city view, or a familiar landmark sculpture. We hope you will stop in and see his work for yourself.



We are thrilled to have spent some time catching up with officer Will Bishop for March's Coffee with a Cop.

He gave us some valuable information about avoiding many of the different scams which people are being victimized by in our community and elsewhere.

Shirlee and Victoria recently went to visit our friend Joan at her home. She sends her best to all, and we send it to her. We miss seeing you!

Joan gave the girls a good laugh with this 'tip':

"A little dab of powder and a little dab of paint, makes a woman look like something she ain't".



## RECOGNIZE



- An unsolicited call from a government agency or big company
- Threats of harm if you don't provide personal or financial info
- Product or travel offers that sound too good to be true

## RESPOND

- **DON'T** answer calls from unknown numbers
- **DON'T** provide sensitive data to unknown callers
- **DON'T** follow instructions like "Press 1 to get off the call list"



## REPORT

**FTC:** 877-382-4357 or <https://www.ftccomplaintassistant.gov>

**FCC:** 888-225-5322 or <https://consumercomplaints.fcc.gov/>

**AARP Fraud Watch Helpline:** 877-908-3360

The above poster, created by the Edgartown Police Department, is available at the Anchors as a refrigerator magnet.

### Disclaimer:

The Edgartown Council on Aging offers many legal, financial, recreational, medical screening or other services and/or activities by volunteer or nominal cost practitioners. Seniors participating in these services do so with the understanding that the Edgartown COA, the Town of Edgartown or its employees do not assume any legal responsibility for any advice or services rendered by such volunteer or nominal cost practitioner. Any act, advice, or service by outside providers at the COA is neither endorsed nor sponsored by the COA.



### Board Members

*Rosemary Cunningham, Chair*

*Heidi Boyd*

*Marvene O'Rourke*

*Stephen W. Miller, MD*

*Nancy Ignacio*

*Mary Jane Carpenter*

Thank you, Board  
Members, for your  
hard work and  
dedication!

### ECOA Staff

*Katie Vieira, Outreach Worker*

*Donna Paulson, Secretary*

*Diane Wall, Cook*

*Meris Keating, Director of Senior Services*

*Victoria Haeselbarth, Interim Administrator*



Wendy at home in RI  
practicing social distancing  
"We miss you very much-  
hope to see you soon." ~ From Paul Mohair



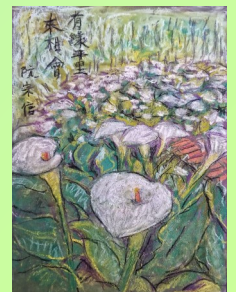
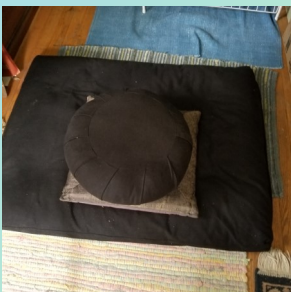
A stunning local marsh scene by Trudy Williams, who took part in  
the Studio Landscape class held back in January at the Anchors.



Willow at home transplanting some  
cedar trees with her dad. Yay Spring!



Beyond grateful for our cook Diane  
Wall. We are so lucky to have her!



Teresa Yuan is making the most of isolation! She has been filling her days with; meditation, painting, gardening, cooking, and keeping in touch with family and friends. Nice work Teresa, you make it look so appealing!