

# June 2020



Can't figure out what these ladies are trying to tell you? Turn to the last page of this newsletter.

## Grateful for Friends Like These



Carolyn brought the staff some adorable cupcakes to brighten their meal delivery day. With proper PPE, of course!



Barbara continued an annual tradition by potting up some lovely flowers for her friend Janice, complete with a smile and some social distance.



## **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 accessing food during these uncertain times.

All food from the Anchors is delivered to the doorstep.

For more information please call

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

## **Open Cupboard**

Thanks to the Greater Boston Food Bank we are continuing to offer surplus food to Edgartown older adults in need.

## **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.

## Advanced Care Planning

**Advanced Care Planning Workshop - Tuesday, June 9 at 1pm. Healthy Aging Martha's Vineyard** invites you to attend an informational Zoom session, which we hope will empower you to have "the conversation" with those who care about you. Learn how to speak openly about this delicate topic, so that you may do so with loved ones, and your physician. You will be provided with a packet of resources, including advance directives to fill out when ready. You will also learn who needs a copy of those forms so they are available when needed. Please email [mkeating@edgartown-ma.us](mailto:mkeating@edgartown-ma.us) to register. Sessions are kept to a maximum of 5 attendees.

## Covid-19 resources

**To register for Covid-19 Testing at the MV High School** You must call to register before your drive-thru test. **877-336-9855** For more info, visit the Island Health Care website at <http://www.ihimv.org/#welcome-alert>

**Martha's Vineyard Community Services** has put together a 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. <https://www.mvhospital.com/health-resources/resources-and-information-on-coronavirus-covid-19>

## Education & Entertainment

**The Edgartown Public Library** website provides a large 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/>

**DOROT's University Without Walls** program offers hundreds of classes, appealing to a wide range of interests – all available over the telephone. For more information or to enroll, call (877) 819-9147 or email at [uw@dorotusa.org](mailto:uw@dorotusa.org). <https://www.dorotusa.org/our-programs/at-home/university-without-walls>. Programs are available in English and Russian.

**Covia Well Connected** is a telephone and online community made up of participants, staff, facilitators, presenters, and other volunteers who care about each other and who value feeling connected. You do need access to the internet to download the catalog, but the programming is all delivered via telephone. <https://covia.org/services/well-connected/> (877) 797-7299.

**With Mather Lifeways Telephone Topics**, you simply call a toll-free number to listen to a wide range of interesting discussions and programs. **You can choose from wellness programs, education programs, discussion topics, music reviews, live performances. You do need access to the internet to view the choices and register.** <https://www.mather.com/neighborhood-programs/telephone-topics> (888) 600-2560.

**Harvard University offers an impressive array of its courses for you to take for free online.** Check out the catalogue at: <https://online-learning.harvard.edu/catalog/free>

## Exercise

**Strength Training with Lisa Amols** on Tuesday and Thursday mornings 9-9:45am. To register and for Zoom meeting info please call Lisa at 508-693-1009

For more information: [Lisastudionv.com](http://Lisastudionv.com)

**Tai Chi with Nan Doty** Wednesdays at 9:30am, followed by tea. Qigong at 11am, followed by tea. Please contact Meris for more information on this Zoom offering. [mkeating@edgartown-ma.us](mailto:mkeating@edgartown-ma.us)

## Food Resources

**The Edgartown Council on Aging continues to provide 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 would benefit from this program, please email Katie at: [kvieira@edgartown-ma.us](mailto:kvieira@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/>

## Memory Programs & Support

**Martha's Vineyard Center 4 Living** is offering some wonderful remote programming to its clients and their families through Zoom. Please contact Mary Holmes at 508-560-6012

**Martha's Vineyard Center 4 Living Dementia Caregiver Support Group** with Nancy Langman and Leslie Clapp. Fridays 10am-11:30am via Zoom. Please call Nancy at 508-498-1948

**The Alzheimer's Family Support Ceter:**  
<https://www.alzheimerscapecod.org/memory-madness-what-to-do-while-you-are-flattening-the-curve.html>

**Coronavirus information for caregivers of**

**people with Alzheimer's disease.** <https://alzfdn.org/coronavirus/>

**Virtual Education Series** with a focus on Memory Care. Presented by Dementia Expert Alicia Seaver of Bridges by Epoch

**Understanding Wandering**  
Thursday, June 4 at 11 a.m.

**Challenges of Sundowning**  
Thursday, June 11 at 11 a.m.

**Alzheimer's & Effects on Family**  
Thursday, June 18 at 11 a.m.

**Non-Pharmacological Dementia Interventions**  
Thursday, June 25 at 11 a.m.

## Telehealth Resources

**Blue Cross Blue Shield Telehealth.** Speak to a doctor or a therapist without leaving home.

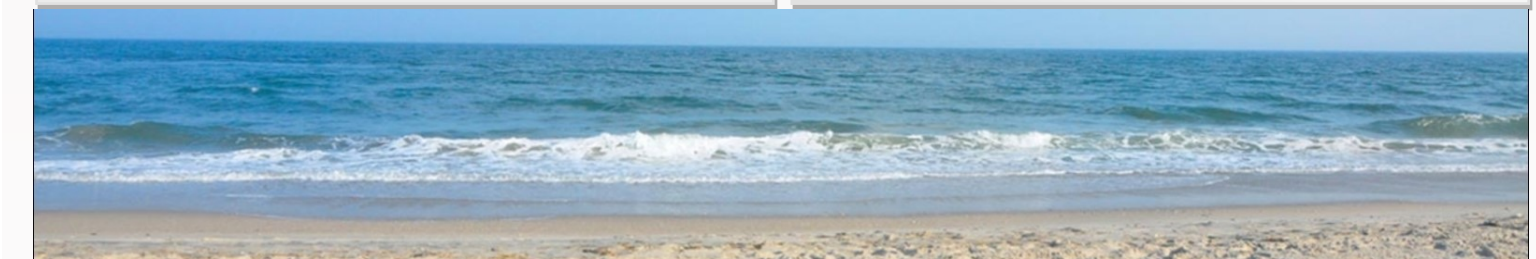
<https://www.bluecrossma.org/myblue/find-care/care-options/video-call-a-doctor#>

## Wellness

**Mindfulness Meditation with Laura Doty**  
Tuesdays June 2, 9, 16, and 23 at 11am. Meetings are held via Zoom and are FREE thanks to the Friends of the Edgartown Council on Aging. Please email [mkeating@edgartown-ma.us](mailto:mkeating@edgartown-ma.us) to register and for more information.

## Zoom with Us!

**Let's have virtual get together!** Tuesday, June 23rd at 1pm. We would *love* to see your faces and catch up. Please log in to say hi to each other and some of the Anchors staff. Email Meris at [mkeating@edgartown-ma.us](mailto:mkeating@edgartown-ma.us) to register.



## ECOA Member Spotlight, Olga Church

A native of a small town in Massachusetts, my first visit to the Island in 1960 provided a clear view of where I wanted to be when I retired. Although it would be many years before I would permanently move into what became our summer home, it was reassuring to know that no matter how much work I still had ahead of me, this place would be where I could spend my retirement - painting!

As a nurse and historian, I managed to combine my lifelong interests in Health, History and Travel. My work, after graduate school at the University of Illinois, led to establishing the Midwest Nursing History Resource Center. After returning to New England and joining the Faculty at UCONN, I helped direct an humanitarian relief project for nurses and physicians in response to a devastating Earthquake in Armenia. During one of my sabbaticals at UCONN, I volunteered at the World Health Organization in Geneva and later served on the advisory board at the Yale School of Nursing



Office of International Affairs. A few art courses at Featherstone along with more community volunteering-i.e., serving on the board of the Edgartown COA.

Finally, this year I painted this scene during a class with Meris Keating at the ECOA, keeping my retirement promise, at last!



**Olga Church "Red Dawn"**

Acrylic on canvas

11 x 14

\*The above painting was part of the Featherstone exhibit MARTHA'S VINEYARD: THE WAY WE SEE IT . The show is a curated collection of artwork submitted from around the globe, based on the photography of Vineyard Colors and the beauty of Martha's Vineyard.

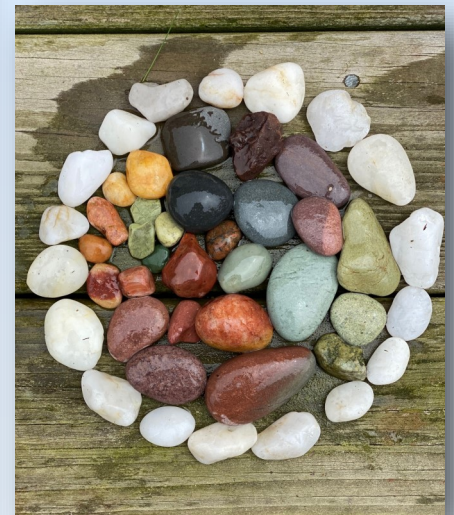
~Olga Maranjian Church, PhD



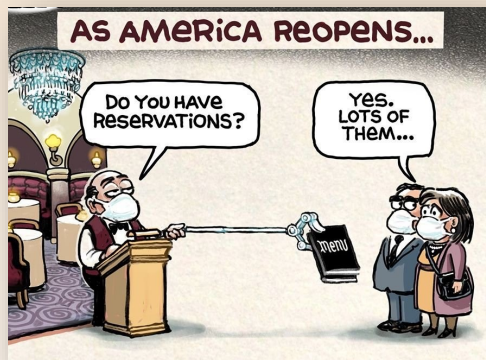
Cat or dog? Origami by Trudy Williams



Homegrown daffodil arrangement by Janet Sigler



Fun with beach stones by Meris K



Conrad Brunstrom @conbrunstrom · May 12

And in good news that makes up for everything, in Costa Rica they've discovered a frog that looks more like Kermit than any other frog.

500 24.3K 109.5K



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.

# Finally... The blooming season is upon us!



Cathy Minciewicz's magical backyard



Janice Belisle's unexpected bather.



Another stunning bloom from Cathy M's landscape



The daffodils had a great year. These beautiful doubles are from the Siglers' garden.



A lone branch of blossoms adorns Anne B's fence.



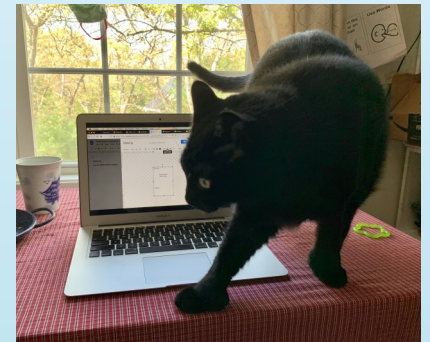
Ground ivy from the garden of Trudy Williams. It is a member of the mint family.



The word is out! Trudy Williams has the best goldfinch seed in town.



Pat Waller's blooming trees.



Katie's cat helping to organize the meal delivery program



Meris' little gardening assistant, Willow, picking some chives.



A stunningly beautiful display of Teresa Yuan's homegrown flowers.



Charles and Corbin, barefoot and adorable just enjoying the outdoors.

Board Members

Rosemary Cunningham, Chair  
Heidi Boyd  
Marvene O'Rourke  
Stephen W. Miller, MD  
Nancy Ignacio  
Mary Jane Carpenter  
John Dropick

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

ECO.A Staff

Katie Vieira, Outreach Worker  
Donna Paulson, Secretary  
Diane Wall, Cook  
Meris Keating, Director of Senior Services  
Victoria Haeselbarth, Interim Administrator

## What I Miss the Most

By Meris Keating

The first 2 months of the stay at home orders were a unique time. The initial fear for our collective health was enough to keep me happily ensconced in my house. Although the new slower pace, however unsettling, was somewhat welcome. 'Forced' quality time spent with my little family? Yes, please.

It has now been eleven weeks of working, baking, cleaning, gardening, snack making, knitting, Hulu bingeing, mask-making, Facetiming, and a never ending rotation of comfy clothes. All of which in hindsight sounds absolutely dreamy, until you're not supposed to leave your bubble.

Now as I watch the once sepia toned island landscape turn to technicolor before my eyes, my mind floats through memories of sunny luncheons with cold drinks on a crowded restaurant patio. I daydream about trips to visit

family and friends on the mainland. And browsing in and out of shops at a leisurely pace, sprinkled with the occasional impulse purchase. But what I truly miss most, and sheepishly admit that I am craving, are hugs. Remember those? Boy, they were great. The kind of hugs I crave are not just those from friends I've not seen in a while, but the spontaneous ones given and received in a moment of mutual adoration and caring. Who knew how important that was, until suddenly we couldn't do it anymore. Okay universe, lesson learned. I promise to hug more when I can.

Last but not least, I miss all of you. We all do. There will be good times and togetherness ahead, whatever that happens to look like. The certainty of that keeps us all moving in the same direction.

Wishing you all good health, peppered with some moments of joy throughout this next month. Be safe out there. And thank you all for your continued support and good wishes. We all appreciate you very much, too.

