

Edgartown Council on Aging

May 2020



Pat Waller's dog, Finnegan aka, Easter doggie, following best practices.



Congratulations to Donna and her family as they welcome beautiful baby girl Hazel. Hazel is home in Topsfield, Ma with mom Sarah and dad Bob.

We Have Masks!

Thanks to the generosity of some lovely local sewers we have a supply of hand made masks to offer. Please contact us and we will deliver one to you or your loved one.



Katie puts Jean in her heart during a delivery. We miss you very much Jean!



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.

All food from the Anchors is delivered to the doorstep.

For more information please call

508-627-4368 or email 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.

Open Cupboard

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

A special thank you to Wes Brighton and the F/V Martha Rose for donating 40 pounds of scallops to our Wednesday delivery program!

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>

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/>

Here are some great opportunities to participate in social and educational programming over the telephone. You will need to register online.

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 uww@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: Lisasstudiomv.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

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 would benefit from this program, please email Katie at: 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

Food Resources, Cont.

an older Edgartown adult who would benefit from this program, please email: 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 Center: <https://www.alzheimerscapecod.org/memory-madness-what-to-do-while-you-are-flattening-the-curve.html>

Bridges by Epoch are offering a virtual education series with a focus on Memory Care. Presented by Dementia Expert Alicia Seaver <https://www.bridgesbyepochmemorycare.com/webinar/>

Coronavirus information for caregivers of people with Alzheimer's disease. <https://alzfdn.org/coronavirus/> series with a focus on Memory Care. Presented by Dementia Expert Alicia Seaver <https://www.bridgesbyepochmemorycare.com/webinar/>

Coronavirus information for caregivers of people with Alzheimer's disease. <https://alzfdn.org/coronavirus/>

Seeking:

Volunteer Zoom session leaders.

Do you have a special interest to share or a class you would like to teach to your peers during the stay-at-home?

If you have an interest in facilitating a group for The Anchors community, please get in touch with Meris by calling:

508-627-4368

or email:

mkeating@edgartown-ma.us

FREE Seated exercise peddler

*Spidey suit not included

We have a fairly large supply of the following medical items at the Anchors to give away or loan out FREE

- ◆ Standard Walkers
- ◆ Rolling Walkers
- ◆ Commodes
- ◆ Crutches
- ◆ Shower chairs
- ◆ Transfer Chairs

Let us know if you need something





Some lovely images from Teresa Yuan, who is always busy creating. Thanks for sharing!



Lorraine St Pierre and daughter Anne made these great signs and delivered them to loved ones' gardens.

Ode to Beach Plum Jelly

I got a wonderful treat that made my day,
from a friend on an island far away.

It made me remember fun times from before,
When my friend showed me how to make
jelly and more.

Then boiling the concoction as anticipation
grew,
adding the final ingredients to complete the
brew.

Then came the straining of the claret
liquid so sweet,
into various jars for a future treat.

As I savor my toast with its dab so
delicious,
I have to appreciate the labor of love
so ambitious.

many thanks for the jars of jelly from
my old island home,
you can see they inspired this sad
excuse for a poem!

~Ruth Smith
for Janice Belisle





Thank You!

The Martha's Vineyard Savings Bank recently donated an extremely generous \$5,000 to the Friends of the Edgartown Council on Aging. This money will support our continued efforts to provide for the critical needs of the older adults most impacted by the Covid-19 crisis. On behalf of Edgartown residents and their families, we thank you.

We asked and you delivered! Thank you to the following Mask Makers:

- ♥ Katie Halsey
- ♥ Patricia Correia
- ♥ Carol Smith
- ♥ Cathy Minciewicz



Thank you to the Friends of The Edgartown Council on Aging who support so many of the important programs and services we are fortunate enough to offer through the Anchors. A special thanks to Janice Belisle who always makes herself available to us, ensuring we get what we need when we most need it.



Thank you to Wes Brighton of the Martha Rose for donating 40 pounds of beautiful scallops to our Wednesday delivery program!

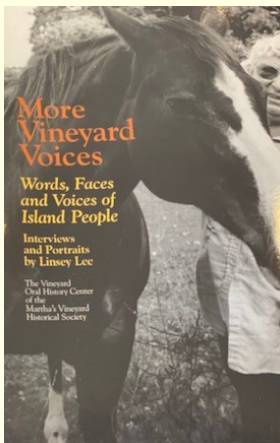


Thank you to the Anchors staff and volunteers, Leah Fraumeni, Carolyn O'daly, Anthony Carestia, Jean Tattlebaum, and Juliet Mulinare. Your caring and dedication has made it possible for us to deliver nearly 1500 meals to 75 individuals since the stay at home orders went into effect.



Thank you to Linsey Lee and the MV Museum for generously gifting several copies of "More Vineyard Voices" to a large number of our delivery recipients.

They are being thoroughly enjoyed and are even inspiring some of us to write down our own histories.



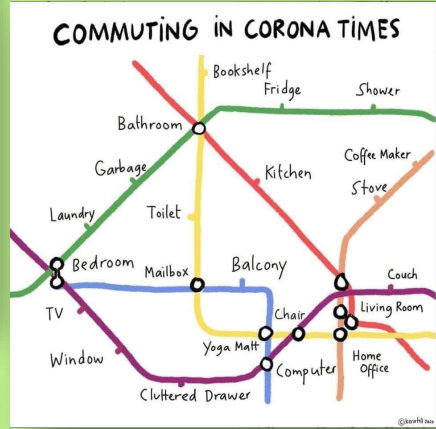


How am i doing? Well, I just wiped down the container of Lysol wipes with a Lysol wipe. So I'm fine. Everything's fine

UNTIL FURTHER NOTICE THE DAYS OF THE WEEK ARE NOW CALLED: THISDAY, THATDAY, OTHERDAY, SOMEDAY, YESTERDAY, TODAY and NEXTDAY!



WHEN WE COME OUT OF THIS AND I ASK YOU WHERE YOU WANT TO EAT, I DO NOT WANT TO HEAR, "DON'T KNOW." YOU HAD 45 DAYS.



THE COPS JUST LEFT, THEY SAID IF I WAS GONNA WALK AROUND THE HOUSE NAKED, I HAVE TO DO IT INSIDE.

glad i didn't waste my money buying a planner for 2020



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!

ECO.A Staff

Katie Vieira, Outreach Worker

Donna Paulson, Secretary

Diane Wall, Cook

Meris Keating, Director of Senior Services

Victoria Haeselbarth, Interim Administrator

From Adele Dreyer:

New and improved! Say this fast:

Say this out loud three times...FAST
(Amended by me for your speaking pleasure!)

" Shelagh shall sell seashells by the seashore.
"Yes, she shall sell scalloped shelled sea shells by the seashore,
" Should she sell scalloped shelled sea shells by the sea shore?
" Sure she should sell shucked sushi on shellfish seashells by the bushel in Menemsha!! Shouldn't she?".

*Scenes of Menemsha from Adele Dreyer



Anthony Carestia, a true gem of a volunteer.

Even the produce is thankful for Diane's hard work

We Miss You Too Margi!



Hello to all my friends at Anchors. I miss you and wish you good health and, laughter
~Margi



We managed to get an *actual* superhero to help with deliveries!