
April 2021 Newsletter

The Howes House

1042A State Rd., West Tisbury MA 02575 (Across From Alley's)

Phone: (508)693-2896 Fax: (508)693-1447

Hello Friends,

April is here! We love April on the island. Though we are still in the midst of a pandemic people are getting their vaccines and there is a new wind of hope in the air. It feels nice to be looking forward to a brighter future and new beginnings. I feel that describes the arrival of spring. Stores are starting to open and days are getting longer and the birds are singing! Time to get outside and enjoy the weather!

Warm Regards,

Joyce Albertine, Director

Tanya Larsen, Assistant Director

Bethany Hammond, Outreach Worker

Diana Braillard, Administrative Assistant/Editor

Stress Awareness

April is Stress Awareness Month and we at the Up Island Council on Aging are here to help keep your stress level down! We are preparing "Stress Less Kits"! On April 15th, we will put the kits out on our front deck for pick up between 10 and 12 it is a first come, first served basis, while supplies last. Some kits may contain: Yogi Soothing Tea, a Candle with



Office Hours:
Monday - Friday
8:30a - 4:00p

CLOSED HOLIDAYS

April 1- April Fool's Day

April 4- Easter Sunday

April 15- Stress Less Kit
Pick up
10a-12p

April 19- Closed
Patriots Day

April 22- Earth Day

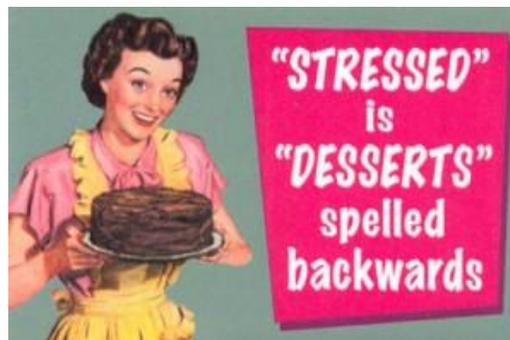
April 28- Presentation with
Heather Massey of Death
Café- 12pm
Please RSVP

May 12- End Of Life Doula
Presentation with Ellen
Gaskill- 2pm

votive, a bookmark, Stress balls, mini succulents and/or a journal to record your thoughts. We can all use a chance to de-stress especially in these times of Covid.

Here are some tips to help reduce stress as well:

1. **Get a good night's rest** – Sleep is so important to our well-being. It gives your body a chance to recharge and restore your muscles and mind.
2. **Exercise**- Getting out for a brisk 20-30 minute walk can really help take your mind off of things. Or take a yoga class (we have 2 instructors hosting classes via zoom- see page 6 for more info)
3. **Deep Breathing/Meditation**- Sit in a comfortable position or lie down, close your eyes and imagine yourself in a peaceful setting (the beach, grassy field, anywhere that brings you peace) Slowly take deep breathes in and out – do this for 5 to 10 minutes. It can be really beneficial. Also we have a meditation class hosted by Ed Merck on Mondays that is amazing for finding that calming space. See page 6 for the zoom link
4. **Eat well**- By eating well you provide your body with the nutrients to keep you healthy. It may also help control your moods, skipping meals can lead to a bad mood which in turn can contribute to more stress.
5. **Make time for Hobbies**- It doesn't have to be a ton of time, even 15 to 20 minutes of something you enjoy can reset our minds and help us destress. Try to do 1 thing every day that makes you happy.
6. **Go easy on your self**- We all lead very busy lives and it's easy to get caught up and forget to give yourself a break. Take a time out if you notice that you're rushing and starting to feel burnt out. Stop and smell the roses, as they say.
7. **Start a journal**- Sometimes writing down about what's happening in your life is a good way to identify hidden stressors. It can help you identify certain triggers that you may not notice in your daily life.
8. **Talk about your problems**- Another way to destress, if writing isn't your thing, is to talk about your problems. Talk to family, a friend, doctor or therapist. You can even talk to yourself. Self-talk is something we all do. But in order for self-talk to work you have to remember to keep it positive!



Volunteer Appreciation:

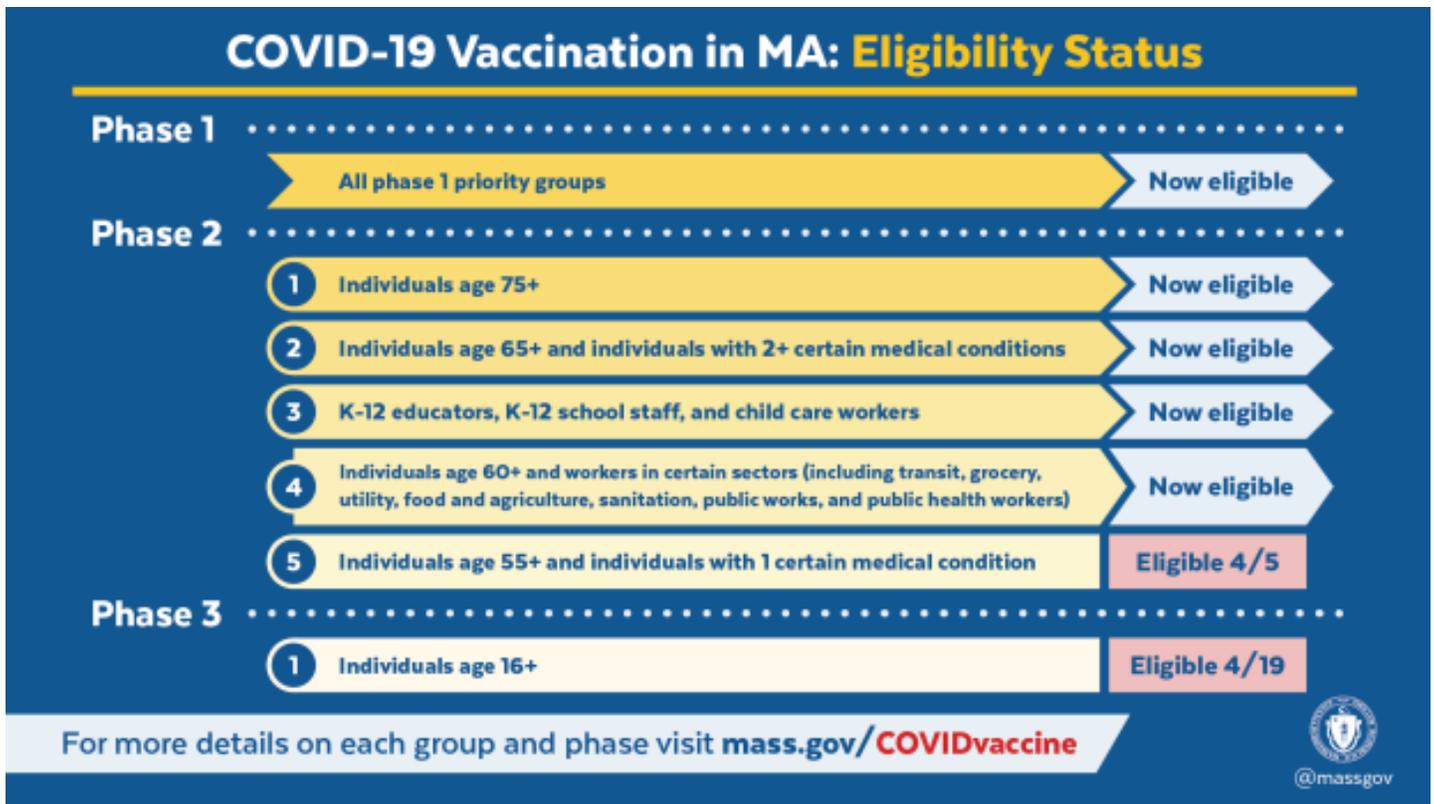
The month of April is also Volunteer Appreciation month! There aren't enough words to say how thankful we are for all of our volunteers- especially during this last year! We have leaned on them heavily and they have stepped up to the task without hesitation! Thank you, thank you, and thank you!! You all are Rock stars!

COVID 19 Vaccine

We have been trying to help our seniors get access and appointments to the vaccine, when available. As we move on to other steps and phases of the vaccine release, the availability of the shot may go quicker than in the past.

If you are capable or have someone willing to help you, it may be more beneficial to try on your own behalf. That said, we do try our best and are willing to help if it is needed. We make a list of people as they call, and go down the list when booking. Unfortunately we do not have any special access to the appointments.

As of now we are heading into Part 5 of phase 2 – which is individuals 55+ and individuals with 1 certain medical condition. As of April 19th the general population will be eligible according to mass.gov.



We will still be available to help folks who are eligible but may have missed their “specific window” of eligibility.

 WE CAN LAMINATE VACCINATION CARDS! 

Assistance Programs:

Howes House Durable Medical Equipment- Did you recently have surgery and need a piece of equipment? The Howes House has equipment to lend out! We usually have walkers/rollators, transport wheelchairs, and standard wheelchairs (wheel chairs and rollators are on a 2-3 month loan basis). We also have commodes and shower chairs available. Contact less pick up available.

Food Distributions

If you are struggling with food insecurity please call the office and we can help you. Currently our food distribution program reaches about 25-30 seniors every month. We try to provide dry-good staples as well as fresh vegetables. We coordinate it with our gleaning & soup delivery from IGI so that we are all able to enjoy the bounty of our island! Food is delivered 1x a month from the Greater Boston Food Bank. If you are in need please call 508-693-2896.

Some other options are:

- ❖ We received an outreach email from the M.V. Vegan Society who now has a Free Delivery program that provides free, fresh fruits and vegetables to your doorstep. Donations accepted. Participation also relieves the need to shop for these perishables during the pandemic! Again, this program is available to all households regardless of income. Being Vegan is also not a requirement. Part of their mission is to simply provide healthy foods to the community. For more information please click the link below.

[Free Delivery | Martha's Vineyard Vegan Society \(mvvegansociety.com\)](#)

- ❖ The Island Food Pantry strives to cultivate a healthy, hunger-free community on Martha’s Vineyard. They are now located at the PA Club in Oak Bluffs! Together with their many volunteers, partners, and supporters, The Food Pantry helps sustain our neighbors in times of need by providing a dependable source of wholesome food. *Because no one should go hungry on Martha’s Vineyard. Check out their website for more information.*

<http://islandfoodpantry.org/> 508-693-4764

If you or anyone you know are facing any of these risks, PLEASE do NOT hesitate to speak with us confidentially. We understand that often times the hardship of meeting these basic needs are temporary or situational and can happen to any of us! Staff at the Up-Island Council on Aging have a flurry of resources and are eager to help in any way possible.

Howes House News – We have paused all in office programming (Dance free, Writers Group and Watercolor) Please call if you are unsure if a program is happening.

Howes House Writers Group Wednesday's 1:30-3:30pm Beginning Wednesday, Oct, 21, and every Wednesday thereafter from 1:30 to 3:30 pm. Writers will work on poetry, prose, fiction, memoir writing, and more, sharing stories and ideas. Howes House writers have a long tradition of supporting one another to find their voice, to unlock writer's block, to write vignettes, and to discover the power of the written word. The rich palette of participating -writing talent has served to inspire, nurture, and support writers of all ages – from beginners to published authors – with their projects.

The desire to write and the trust given to the group by presenting and sharing work in progress will be answered with the respect and discretion this act of generosity and courage deserves, according to a press release from the group.

The number of seats is limited under board of health rules by the available space. Masks are required. It is suggested that writers register early to secure their seats. Email Ilmarinen Vogel, author and facilitator of Howes House Writers, at ilmarinengvogel@gmail.com, or call 774-563-5688 to save a space."

Watercolor!
Friday's at 1pm

Bring your own supplies and enjoy an afternoon of painting still life with watercolor or medium of your choice. We are limited in the space for the amount of people so please sign up in advance.

DANCE FREE! –
Tuesday's at 3:00pm

Boogie down to funky, fun music and dance your cares away!

Join the dance free group outside (weather dependent) call Jill M for location: 774-286-1855

**2021 VTA SENIOR ANNUAL BUS PASSES ARE
HERE!**

\$40 for Island Residents over 65!

Available at the Howes House



Museum Mondays and Webcam Wednesdays!

Check out our Facebook every Monday for **Museum Mondays!** Every week we will post a link that you can go to, to tour one of the fabulous museums that we have scoped out! Scroll back on the page as well to see links to see previously posted.

And on Wednesdays enjoy our **Webcam Wednesdays!** We've started with the adorable penguins at the NE Aquarium and the Smithsonian's Zoo Panda Bears!! What fun web cam will we find next!? These are both found on our facebook page [here](#).

Gentle Yoga w/KANTA on Zoom!

Great News! Kanta is teaching a Gentle Yoga class via Zoom! Tuesday's at 11:30!
Meeting ID 824 4775 7861
Passcode: 709904

Join her via zoom and get back to your yoga practice!

Strength Training

Katryn is offering classes via Google Meet! She is running a 30min class with a mix of strength training and a little cardio. If you are interested in joining please contact Katryn at katrynyerdon@prodigy.net



MV Museum Presentation Links!

If you missed the presentations with Linsey Lee, they can now be watched on the MV Museum's YouTube Page. The link to the presentations are here:

<https://youtu.be/e0c7xJRgjSO>

<https://youtu.be/jUP2RLtKEg0>

[YouTube](#) | [MV Museum Oral History Channel](#)
["An Interview with June Manning" Linsey Lee and MV Museum With The West Tisbury Council on Aging](#)

Zoom YOGA w/ Martha Abbot!

Martha who runs our Monday and Friday classes has been hosting an online Zoom yoga class Monday, Wednesday and Friday at 10:30am

She opens the "virtual doors" at 10a if people want to chat before class, class starts at 10:30. \$10 per class. All are welcome. Please email Martha for Zoom information

spiritmovesyou@gmail.com

Meditation with Ed Merck

Meeting ID: 843 9408 2991 Passcode: 737316
Dial In: +1 646 876 9923

Our UICOA *Meditation Group* uses guided meditation, silence and participant sharing to explore the principles and practices of mindfulness. We gather each Monday at 9:00 via Zoom to connect more deeply with our "higher" selves and to share that connection with others. Come experience why modern research points to many benefits from meditating such as relaxation, greater buoyancy, less reactivity, mental clarity, a sense of peace; and even medical advantages such as lower blood pressure, better sleep, and less pain

Take Me Out to the Ballgame!!



**Join the Dedham Council on Aging for an Opening Day
zoom call celebrating all things baseball!
Howie Newman sings baseball songs, offers up baseball
trivia and tells stories about his days as a sportswriter
on the Red Sox beat.
Thursday, April 1st at 12:30!!**

**Join Zoom Meeting
[https://us02web.zoom.us/j/82609991770?](https://us02web.zoom.us/j/82609991770?pwd=bkpHOUg5bnhaQno3WnBmeEhoRzk5Zz09)
pwd=bkpHOUg5bnhaQno3WnBmeEhoRzk5Zz09**

**Meeting ID: 826 0999 1770
Passcode: 216513**

**Our friends at the Dedham COA have sent out this fun event!
What a great way to celebrate opening day!**

UP COMING SPECIAL PRESENTATIONS:

Presentation with Heather Massey of the Death Café. Wednesday, April 28th at 12pm via Zoom

Join us for a presentation by Heather Massey who hosts the Death Café at the West Tisbury Library. Heather is affiliated with organizations such as In Loving Hands, the Natural Deathcare Collaborative, Death Education and more. What is the Death Café? Do we have natural options vs. chemical treatments to care for loved ones at their time of passing? I have heard of Green Burials, but what are they? Learn this and more during this informative conversation! RSVP: 508-693-2896

End of Life Doula Presentation w/Ellen Sullivan Wednesday May 12 at 2pm via zoom

In this presentation Ellen will share the role of an EOL Doula and how the increase in their popularity as it is growing during this death conscious movement. Doulas have been around forever, women through the centuries have provided support in birth and death.

An End of Life Doula in modern days is not much different than in ancient times, we provide emotional support to the dying.

We do not give medical or financial advice nor do we administer medications, but we can help with funeral or celebration of life plans, and legacy work.

Our main objective is to hold space for those who are dying.

There will be a Q+A after the presentation. RSVP: 508-693-2896

*Special Services offered at the Howes House: Below is a list of some of our services.
(Please call ahead as protocols have changed due to COVID restrictions.)*

Free Notary Services- all Staff are Notary Publics. Please call 508-693-2896 to set up a time.

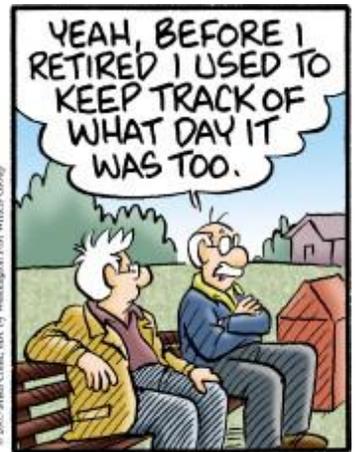
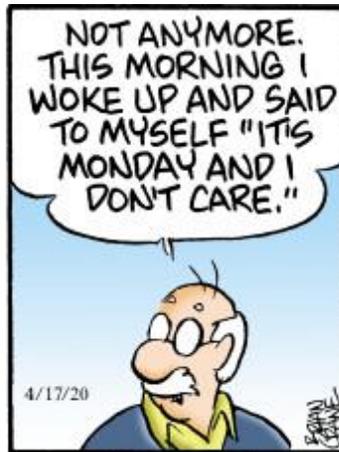
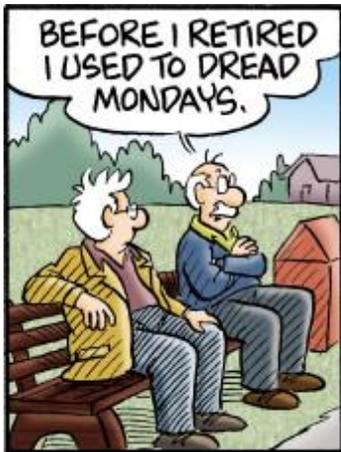
Lamination- We are able to laminate certain documents (covid vaccine cards, hunting/fishing licenses etc.) *unfortunately we are unable to laminate your Medicare card – but we can provide a non-sealed laminate pocket for it.

S.H.I.N.E Counseling (Serving Health Information Needs of Seniors) - The objective of SHINE is to ensure that Massachusetts elders have access to objective information, counseling, and assistance on health insurance and health benefit options through a network of trained health benefits counselors, free of charge. Call to schedule an appointment.

Vineyard Isle Parkinsonians Support Group - A Support group for both people suffering from Parkinson's disease and their caregivers. This group meets via Zoom on the 2nd Monday of every month and is co-facilitated by a registered nurse, a social worker, and a patient. Call the Council for more information.

SNAP (Senior Nutrition Assistance Program- Formerly Food Stamps) - Call the Council on aging to set up an appointment to meet with a staff member to assist with completing an application.

NEED A LAUGH?



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April Fun Fact:

April is a great month for meteor showers. One of which is the [Lyrids meteor shower](#), which appears from April 21st to April 22nd this year. There's another one called the [Eta Aquarids meteor shower](#) that can be seen on May 5th and 6th. Check out the links for more specific info on viewing!



April's Quote: