

## February 2019 Newsletter

# The Howes House

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Hello Friends,

We hope that this month's newsletter finds you well and happy! February is upon us and we're trucking on through the winter-spring will be here before we know it. We know that February on island can be gray and cold but sometimes we are blessed with some warm sunny days! If you can, get out and enjoy them!

Warm Regards,

Joyce Albertine, Director

Tanya Larsen, Assistant Director

Bethany Hammond, Outreach Worker

Diana Braillard, Administrative Clerk

### February is American Heart Month!

When I think of February I think of boxes of chocolates, roses, pink and red colored decorations, and paper hearts... what we should think of (in addition to all those things) are our REAL hearts! February is American Heart Month! While downing a few pieces of chocolate is fine for most people, here are a few healthy tips for seniors, who are the most vulnerable to heart disease.

**Get a checkup!** While most of us aren't running to MVH during this pandemic, it's still a good idea to get a checkup. Some doctors are offering virtual visits for non-urgent issues, call your PCP to see if



### Office Hours:

Monday – Friday

8:30am-4:00pm

Closed Holidays

### Special Events

**Thursday February 4<sup>th</sup> @ 1pm**

Covid Vaccine Lecture with  
Dave Caron, Director of  
Pharmacy at MVH- Please  
sign up.

**February 15<sup>th</sup>**

CLOSED- PRESIDENT'S DAY

**Wednesday February 17<sup>th</sup> @  
2pm**

Linsey Lee presentation ft.  
June Manning- A talk about  
when Aquinnah received  
electricity!

### Museum Monday!

See which Museum we've  
chosen each week for our  
Museum Mondays!

### Webcam Wednesday!

Check out our Facebook for  
this week's webcam link!

that's an option for you. Though this virus is scary, it's very important to take care of your health!

**Change your Diet!** For the better!! Think about it, when you feed your body good and nutritious things your body runs at the optimal level! Adding more fruits and veggies if possible is always a good change, the IGI Mobil Market is still coming to the Howes House for the month of February if you're looking to get some delicious local veggies! See page 4 for information on ordering. Add more beans and legumes to your diet, while reducing breads (I know it's hard!!), salt and sugar intake. Also try to limit your fat and cholesterol intake. Drinking more water is always beneficial for our bodies as well.

**Exercise Indoors** Cold weather doesn't make anyone think "Gee, I want to go outside and exercise!" but exercise especially during the winter months is good for your body and your psyche! Even something for as little as 10-minutes a day 3x a week can help keep you in shape!! Try some gentle yoga (we have two classes available via zoom!), Dancing (we have that too! Tuesdays at 3!), Aerobics (Katryn's strength class!), and resistance exercises! Remember to keep it low impact and don't do more than you feel comfortable with. It's always a good idea to check with your doctor before you begin an exercise routine and ask them what they suggest as a good workout choice for you!

**Start an Indoor Project!** A new indoor project need not be complicated or expensive! It can be something as simple as putting together a puzzle, building a model of something, or even creating a painting or drawing! Maybe you've been wanting to repaint a room, or change up some decorations in your home. Do you have some knickknacks you had put away and had forgotten about? Bring 'em out, put them up around your house! Whatever project it may be, make sure it's something you look forward to!

These tips for the month of February are designed to do more than just pass the time. They can be the foundation of a healthy lifestyle that extends throughout the year. With just a little work and effort, we will enjoy the improvements to our mental and physical wellbeing which will serve us well in the upcoming months and years!

## **Assistance Programs:**

### **Fuel Assistance-**

With winter upon us there are many low-income people 60 and over who are concerned about how they will afford to heat their homes. If you are one of these people and live in the town of Aquinnah, Chilmark, or West Tisbury, please call or email Bethany ([coa-outreach@westtisbury-ma.gov](mailto:coa-outreach@westtisbury-ma.gov)) to discuss the South Shore Community Action Council's fuel assistance program.

### **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 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.

A few other options are:

- ❖ The West Tisbury Congregational Church is providing fresh, homemade meals each Wednesday for take-out or delivered to your home. There is no income documentation needed. Recipients do not need to live Up-Island to receive the meals. They are happy to volunteer and to be helping others! For more information see the link below. We have paper copies of the information as well as the simple application here at Howes House as well as the church. Please visit the link for more information.

[Community Suppers — FCCOWT \(wtcongregationalchurch.org\)](http://wtcongregationalchurch.org)

- ❖ Also, we recently 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 \(mvvegansociety.com\)](http://mvvegansociety.com)

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.

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

**\$40 for Island Residents over 65!**

**Available at the Howes House**

**Howes House News** – Unfortunately, due to the recent spike in cases, we are pausing all in office programming (Dance free, Writers Group and Watercolor) Please call if you are unsure if a program is happening.

**IGI Mobile Market – October 12, 2020 to February 26<sup>th</sup>, 2021**

We are excited to be hosting the Island Grown Initiative's Mobile Market at Howes House again! They have initiated a new online ordering system where you order all your delicious goodies then pay either online or at pick up with any means of payments (credit/debit, EBT, cash etc) The mobile market will be available for **Pick Up Orders Only** on Tuesdays from 3-4pm. You can order online here: <https://mobilemarketorders.square.site/>. If you don't have the ability to place an order online, please contact IGI to place an order at: 508.687.9062 and [office@igimv.org](mailto:office@igimv.org)

**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.

**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 first presentation is here:

<https://youtu.be/e0c7xJRgjS0>

**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](mailto:ilmarinengvogel@gmail.com), or call 774-563-5688 to save a space."

## **MVH COVID VACCINE INFORMATIONAL PRESENTATION**

**FEBRUARY 4<sup>TH</sup> AT 1PM- At the Up Island Council on Aging**

The Martha's Vineyard Hospital Pharmacy Team will present the most up-to-date information about the COVID-19 vaccine. We will discuss vaccine confidence, administration, dosing, side effects and community-wide vaccination plans. The Pharmacy Team will also address questions and concerns about the vaccine. **RSVP to 508-693-2896 or [coa-clerk@westtisbury-ma.gov](mailto:coa-clerk@westtisbury-ma.gov)**



### **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](#).

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## **Corona Virus Vaccine Info:**

**'When will the COVID 19 Vaccine be available to me?'**

We've been getting this question a lot, and while we don't have any special insight as to when specific folks will be able to get it, we did find this chart from Mass.gov. The chart explains the "phases" that the state has decided to release the vaccine in. Phase Two is expected to begin on Feb. 1. There is a protocol that is being followed and specifics can be found at <https://www.mvhospital.com/health-resources/vaccine-information>

Please note, that information is changing daily and we are trying to keep up with it as much as possible. Your best bet to stay up to date is by following the Hospital Website, Contacting your Primary Care Provider (PCP) or visiting mass.gov.

You can view the chart below and here is a link to the DPH's website where it was found: <https://www.mass.gov/info-details/when-can-i-get-the-covid-19-vaccine>

News from the Hospital Website states that if you DO have a Primary Care Provider and are part of Patient Gateway (PG) – you will receive correspondence on booking your appointment through the Patient Gateway program. If you DO NOT have PG, the hospital (or its parent company – Mass General Brigham) will contact you by phone.

If you **DO NOT** have a PCP at the Hospital you can fill out an attestation form from Mass.gov and submit it to receive an email with an appointment date and time. See image below. This is also on the Hospital's website: <https://www.mvhospital.com/health-resources/vaccine-information>

I have attached a printable PDF of the attestation form in the email. We also have some on our bulletin board at the Howes House.

## COVID-19 Vaccine

# How To: Find out when I am eligible to make my vaccine appointment

### If you are an MVH patient:

1. If you use Patient Gateway, you will be contacted via patient gateway when you become eligible for the vaccine.
2. Once contacted, you will be able to schedule your appointment in Patient Gateway.
3. If you don't use Patient Gateway, you will receive a call from Mass General Brigham.
4. The caller will confirm your eligibility and schedule your vaccine appointment.

For more information, please visit:  
[mvhospital.com/health-resources/vaccine-information](https://www.mvhospital.com/health-resources/vaccine-information)

### If you are not an MVH patient:

1. Monitor this website to learn when the state considers you eligible for the vaccine: [mass.gov/info-details/when-can-i-get-the-covid-19-vaccine](https://mass.gov/info-details/when-can-i-get-the-covid-19-vaccine)
2. When you are eligible, fill out and submit the COVID-19 Massachusetts Vaccination Attestation Form here: [mass.gov/forms/covid-19-massachusetts-vaccination-attestation-form](https://mass.gov/forms/covid-19-massachusetts-vaccination-attestation-form)
3. You will receive an email from the Massachusetts Department of Public Health confirming your eligibility. Please forward the email confirmation to [mvhinnovations@partners.org](mailto:mvhinnovations@partners.org).
4. Based on the availability of the vaccine, you will be notified by email about your appointment from Martha's Vineyard Hospital.





# When can I get a **COVID-19** vaccine in MA?



## PHASE ONE

In order of priority

- Clinical and non-clinical healthcare workers doing direct and COVID-facing care
- Long term care facilities, rest homes and assisted living facilities
- First responders (EMS, Fire, Police)
- Congregate care settings (including corrections and shelters)
- Home-based healthcare workers
- Healthcare workers doing non-COVID-facing care



## PHASE TWO

In order of priority

- Individuals 75+
- Individuals 65+, Individuals with 2+ comorbidities (those that are at increased risk for severe illness)
- Early education and K-12 workers, transit, grocery, utility, food and agriculture, sanitation, public works and public health workers
- Individuals with one comorbidity



## PHASE THREE

Vaccine available to general public

**December - February**

Estimated timeframes

**February - April**

**April - June**

Updated 1/25/2021

**Be sure to sign up for our presentation with Dave Caron, director of the MVH Pharmacy team for the COVID 19 Vaccine informational session with him. (See top of page 5)**

### Virtual Programs (On Going)

#### Knitters Group!

Our Monday Night Knitters group is up and running via zoom! Monday's at 7:00pm – All are welcome! Contact Ginny at: [islandgirlwt@gmail.com](mailto:islandgirlwt@gmail.com) if you are interested!

#### Gentle Yoga with Kanta Lipsky!

Kanta has let us know she is also hosting a weekly gentle yoga class via Zoom!

Meeting ID: 824 4775 7861; Passcode: 709904

Class is on Tuesday's at 11:30. She looks forward to seeing you!

### **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. All are welcome. \$10 a class. Please email Martha for zoom information [spiritmovesyou@gmail.com](mailto: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.

### **Dance Free!**

Our Dance Free Group (Tuesdays 3:00 pm) is still happening as well with our own Jill M and Joanie L. Locations may change due to weather and availability. Contact Jill M at: (774-286-1855)

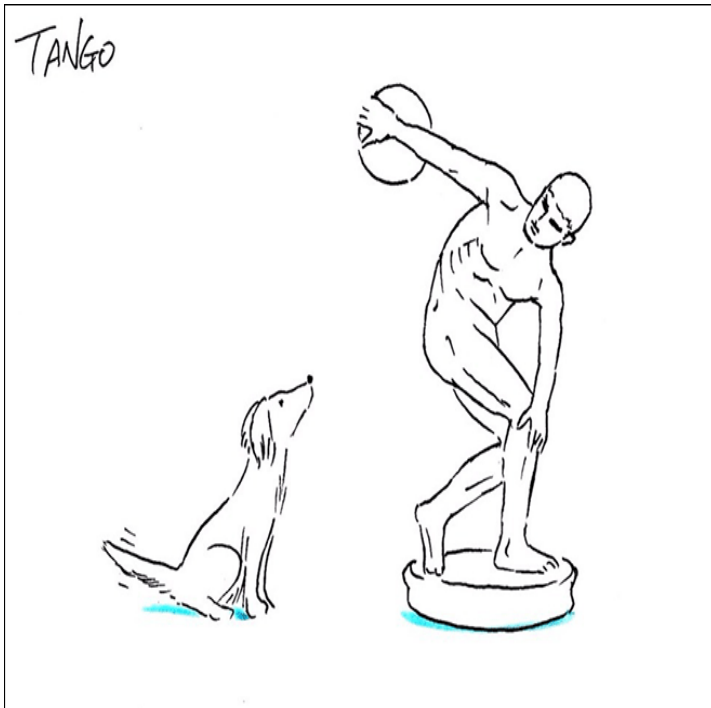
### **Strength Training**

Katryn, the instructor for our strength training, has also switched to the virtual method! She 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](mailto:katrynyerdon@prodigy.net) and she will touch base with info about class time





## Need a Laugh?



## Did you know?

The Saxons called February "Sol-monath" which means "cake month" because they would offer cakes to the gods during February.



## February's Song:

### "Fields of Gold"

Sting

You'll remember me when the west wind moves  
Upon the fields of barley  
You'll forget the sun in his jealous sky  
As we walk in fields of gold

So she took her love  
For to gaze awhile  
Upon the fields of barley  
In his arms she fell as her hair came down  
Among the fields of gold

Will you stay with me, will you be my love  
Among the fields of barley  
We'll forget the sun in his jealous sky  
As we lie in fields of gold

See the west wind move like a lover so  
Upon the fields of barley  
Feel her body rise when you kiss her mouth  
Among the fields of gold  
I never made promises lightly  
And there have been some that I've broken  
But I swear in the days still left  
We'll walk in fields of gold  
We'll walk in fields of gold

Many years have passed since those summer  
days  
Among the fields of barley  
See the children run as the sun goes down  
Among the fields of gold  
You'll remember me when the west wind moves  
Upon the fields of barley  
You can tell the sun in his jealous sky  
When we walked in fields of gold

## Support the Friends of the Up-Island Council on Aging

The Friends of the Up-Island Council on Aging is a 501c3 non-profit fundraising board of volunteers who support the programs and services of the agency. Some examples of how the friends assist the COA and the community are their funding landscaping, providing food and/or fuel assistance to in need Up-Island seniors, and financially supporting many COA events. You can help to assist them in their efforts by making a contribution.

Checks can be made payable to: Friends of UPICOA, PO Box 3174, West Tisbury, MA 02575 or if you prefer head over to the \*NEW\* Friends Website and donate through PayPal. You can find the new website [here](#)



**Have you liked us on Facebook?**

**You can now also view this newsletter and our calendar on the Town of West Tisbury's Website**

**[www.westtisbury-ma.gov](http://www.westtisbury-ma.gov) – under government select COA.**