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## March 2021 Newsletter

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# The Howes House

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

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

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Hello Friends,

We at the Howes house are welcoming march with open arms! Though we rarely have a spring until much, much later, the calendar tells us it starts ½ way through March and we're going to cross our fingers that it does! The clocks "spring" forward this month, the crocus' start to pop up, and pinkeltinks start their songs! All sure signs that spring is coming whether or not the temperature and weather agrees!

March comes in like a lion and out like a lamb, as they say so let hope for a lamb all month long! Fingers crossed!

Warm Regards,

Joyce Albertine, Director

Tanya Larsen, Assistant Director

Bethany Hammond, Outreach Worker

Diana Braillard, Administrative Assistant/Editor

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### **COVID -19 VACCINE INFO:**

Good News on the Vaccine front: We have entered into the 2<sup>nd</sup> part of Phase 2! Which means if you are 65+, and individuals with 2 certain comorbidities and/or residents and staff of low income and affordable senior housing are now eligible for their vaccine. If you don't fall into these groups you can head over to <https://www.mass.gov/info-details/massachusetts-covid-19-vaccination-phases> to see the estimated time frame of other groups becoming available. Please check back frequently as the list tends to change quickly.

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### **Office Hours:**

**Monday – Friday**

**8:30am- 4:00pm**

**Closed Holidays**

### **Special Events**

#### **March 2**

[AARP Tax Prep](#)

Drop information between 8:45-9:00am

#### **March 14**

Spring Forward- Daylight savings time ends! Clocks go forward an hour.

#### **March 20**

The Vernal Equinox

Welcome Spring!!

#### **March 24<sup>th</sup> + March 31<sup>st</sup>**

Mass Audubon Presents: SEA TURTLES Of Cape Cod & the islands! 1:30 Zoom Presentation. Please RSVP

#### **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!

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With the opening of this new section of eligible folks comes a **NEW** way to sign up. There is no longer a need for the attestation forms to be sent in. Now what is required is to go to MV Hospitals website and sign up. Currently there are no appointments available. The following weeks appointments become available on the **Saturday prior to the week ahead (ie: the week of the March 1<sup>st</sup> appointments open up on Saturday Feb. 27)**

You can find the sign ups at: [https://mvhospital.org/patients\\_and\\_visitor/covid-19-updates/](https://mvhospital.org/patients_and_visitor/covid-19-updates/)

- Scroll down to "Schedule my appointment"
- Read the paragraph "Please Read before Proceeding" select "continue"
- Review the list of eligibilities to confirm you are in fact eligible. Select "Yes"
- Read "Consult with your provider" paragraph. Select "Proceed"
- Choose Martha's Vineyard Hospital – then "confirm"

Once you have clicked confirm the scheduling site will come up with date and available times.

**The hospital has asked for patience during these first few weeks as everyone is trying to get an appointment and the appointment times will go fast. But you can keep checking back as appointments open up and they get cancellations etc.**

If you are a resident at Island Elderly Housing (IEH), CVS has partnered with IEH to vaccinate staff and residents on campus. Please reach out to Nora Wilcox at 508-693-7009 or Salli Hart at 508-693-7557 to sign up for the vaccine. \*Note: This is only for Residents at IEH.

#### **GETTING TO YOUR APPOINTMENT:**

MV Hospital and The MV Transit Authority have entered into a partnership to offer FREE rides to vaccination appointments! The program is currently available and running through May 14<sup>th</sup>. All riders including ADA, Microtransit and Lift users are able to use this service.

Board any VTA bus at any time and let the driver know you are going to the Hospital for your vaccine, and they will drop you off in front of the hospital. To get a return ride home you may either call or flag the bus down on Beach Rd.

For anyone getting a vaccine that is not on a bus route, you need to call the office 508-693-9440 and press 1. The Lift will take your information (if you're not already in the system) and will schedule you a trip from your home, to the hospital and back.

Current hourly service goes by the hospital on route 13, departing Vineyard Haven at 55 past each hour going toward Oak Bluffs. Return journeys board opposite Ocean Park at 39 minutes past each hour. On prior request, a stop can be made within the hospital parking area en route to Vineyard Haven. In mid-April, service will be every half-hour by the hospital, going in both directions.

**\*\*HOME-BOUND folks**, there are some doses that are put aside for you. You can either call the call center at 508-684-4500 or email [afauteux1@partners.org](mailto:afauteux1@partners.org)

## 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.

Some 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

**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.

**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."

**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/e0c7xJRgiS0>

<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**



**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](#).*

### **SPECIAL PRESENTATION!**



**Wednesday, March 24th, 1:30-2:30:**

#### **Helping Stranded Sea Turtles on Cape Cod**

Presented by Bob Prescott, Director Emeritus, Mass Audubon's Wellfleet Bay Wildlife Sanctuary

When Cape Cod Bay drops below 50 degrees, sea turtles begin to cold-stun and wash ashore. Since the 1970's, Mass Audubon staff and volunteers have rescued thousands of cold-stunned sea turtles. Join Wellfleet Bay Wildlife Sanctuary Director Emeritus, Bob Prescott in learning about the environmental conditions that cause turtles to cold-stun and the coordinated effort by Mass Audubon to rescue them.

**Wednesday, March 31st, 1:30-2:30:**

#### **Sea Turtle Stranding and Sighting Research**

Presented by Karen Dourdeville, Sea Turtle Stranding Coordinator, Mass Audubon's Wellfleet Bay Wildlife Sanctuary

The juvenile cold-stunned sea turtles that strand on the beaches of Cape Cod provide a unique opportunity for researchers around the world as little research has been done previously on sea turtles in this phase of their life cycle. Join Wellfleet Bay Wildlife Sanctuary Sea Turtle Stranding Coordinator Karen Dourdeville to discover more about the research being conducted. Karen will also discuss data collected from sea turtle sightings and stranding's in the summer months.

*\*Sponsored by the Friends of the Up Island Council on Aging\**

## **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**

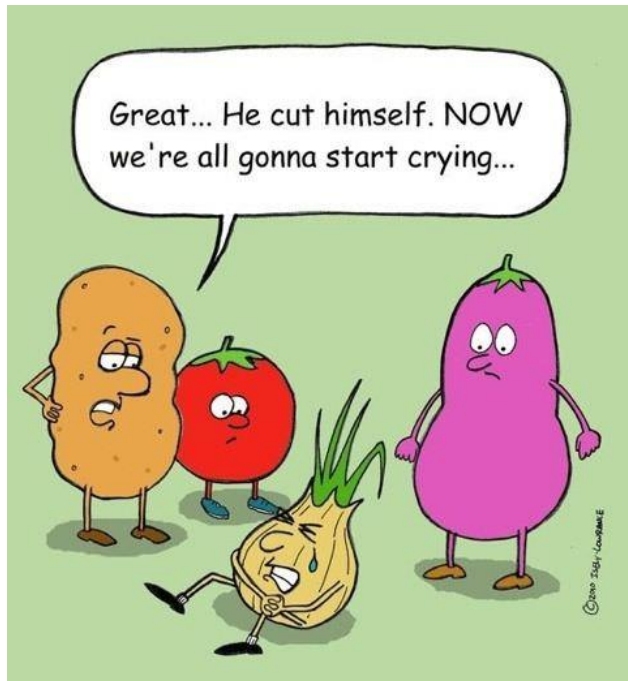
Katryn, the instructor for our strength training, has also switched to the virtual method! She is offering classes via Google Meet! She is running a 30min class with a mix of strength training and a little cardio. If you are interested in joining please contact Katryn at

[katrynyerdon@prodigy.net](mailto:katrynyerdon@prodigy.net) and she will touch base with info about class time





### Need a Laugh?



### Did you know?

President John F. Kennedy founded the Peace Corps on [March 1, 1961](#). It is a successful volunteer organization which has since sent at least 235,000 Americans abroad to developing countries to help with health care, education, and other human needs.

### **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.

### March's Poem:

See the color in a petal  
feel the warmth from the sun  
hear the birds in the trees  
taste the wind on your tongue.  
Smell the dirt beneath your toes  
touch the rock behind your back  
listen to the river as it rolls  
watch the clouds turn to black.  
Let the rain wash your face  
stomp in puddles just for fun  
soak up every single drop of life  
until the day is done.

Katelyn Meithof

### 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](#)