



February 24, 2024

Dear Grant Committee,

On behalf of Healthy Aging Martha's Vineyard, I am writing to express my enthusiastic support for the Healthy Hearts at Home proposal submitted by Dr. Carol McMahon of Martha's Vineyard Hospital.

Our organization is deeply committed to improving the quality of life for the aging population in Dukes County, and we recognize that uncontrolled hypertension is a critical health disparity on our island. Dr. McMahon's initiative aligns perfectly with our mission by removing barriers to preventive care and providing residents with the tools they need to manage their heart health within their own homes and communities.

We are particularly supportive of this project for the following reasons:

- **Community-Centered Access:** By deploying blood pressure screening and education through trusted local settings like COAs, community centers and faith-based organizations, this program meets our residents where they already gather, ensuring high engagement among those who may struggle to navigate traditional clinical environments.
- **Empowerment Through Education:** The focus on culturally responsive education—specifically regarding nutrition, stress management, and medication adherence—equips our community members with actionable skills for sustained behavior change.
- **Continuity of Care:** The partnership between MVH and community organizations creates a vital bridge between screening and clinical referral, ensuring that high-risk individuals do not fall through the cracks.
- **Sustainable Impact:** Providing at-home blood pressure cuffs empowers patients with long-term self-management capabilities, which is essential for reducing the incidence of heart disease and stroke in our aging population.

Healthy Aging Martha's Vineyard looks forward to collaborating with Dr. McMahon to ensure the success of Healthy Hearts at Home. We believe this community-driven model will serve as a cornerstone for cardiovascular health equity in Dukes County.





I strongly urge your favorable consideration of this impactful proposal.

Sincerely,

Cindy Trish

Executive Director
Healthy Aging Martha's Vineyard

