

NOVEMBER NEWSLETTER

Up Island Council on Aging at The Howes House

1042A State Rd., West Tisbury MA 02575
Phone: (508) 693-2896 Fax: (508) 693-1447

Bethany Hammond, Director
Susan Merrill, Assistant Director
Rocy Turner, Outreach
Jennie Gadowski, Administrative Assistant

MONDAY THRU FRIDAY 8:30AM - 4:00PM
CLOSED HOLIDAYS



CLOSED TUESDAY
NOVEMBER 11TH



ISLAND GROWN INITIATIVE

Delicious frozen meals & soups delivered every Thursday!
Stop by and see the selection!



There is *Always* something to be *Thankful* for...



CLOSED
THURSDAY
NOVEMBER 27TH
& FRIDAY
NOVEMBER 28TH

UPCOMING EVENTS AT THE HOWES HOUSE

MONDAYS

- BALLETTICS 9-10AM
- PARKINSONS' GROUP 2nd & 4th Monday 1:00PM - A support group providing an opportunity for people with Parkinson's to share experiences, new information and updated research.
- 7PM KNITTER'S GROUP - All are welcome! Contact Suzan Bellincampi at suzabell6@hotmail.com

TUESDAYS

- 10-11 KEEPING THE BALANCE
- 1:00-4:00 DUPLICATE BRIDGE (BRING A PARTNER)

WEDNESDAYS

CONNI BAKER, ESQ ESTATE AND MEDICAL PLANNING 2nd WEDNESDAY -
CALL 508-477-4502 TO SCHEDULE AN APPOINTMENT

- 1PM THIRD WEDNESDAY - A DIFFERENT CRAFT EVERY MONTH
- 12 NOON LUNCH AT THE AQUINNAH TOWN HALL - LAST WEDNESDAY OF THE MONTH
- 1-3 MAH JONG
- AGING GREATFULLY

THURSDAY

- IGI FROZEN MEALS & SOUPS DELIVERED
- BALLETTICS 9-10AM
- 12:30 WEEKLY LUNCHEON AT THE HOWES HOUSE SUGGESTED DONATION \$4 -SIGN UP MONDAY BY NOON
- 12:15-1:15 BLOOD PRESSURE CLINIC 1ST THURSDAY OF EVERY MONTH

FRIDAYS

- 10-11 KEEPING THE BALANCE
- 10:30-11:15 FUN FITNESS WITH MARGARITA KELLY
- 1ST FRIDAY 11:30 LUNCH & LEARN AT THE CHILMARK LIBRARY
- 2ND FRIDAY 11:30 OUTREACH WITH ROCY AT THE CHILMARK LIBRARY
- 1-3 WATERCOLOR PAINTING

SATURDAYS

- 9-3 SHOPPING SHUTTLE CALL 508-693-2896 FOR INFO

SUNDAYS

- SINFONIETTA ORCHESTRA 2:00 - 3:30

Please sign up Mondays by noon - Suggested \$4

WEEKLY LUNCHES

NOVEMBER 2025

THUR. 6TH

SPAGHETTI WITH MEAT SAUCE

GREEN BEANS

GARLIC BREAD

BUTTERSCOTCH PUDDING

730 CALS ; 844 MG SODIUM

THUR. 13TH

ATLANTIC SALMON WITH DILL BEURRE BLANC

LYONNAISE POTATOES

TUSCAN VEGGIES

WHOLE GRAIN BREAD

CARROT CAKE

738 CALS; 925 MG SODIUM

THUR. 20TH

**FRIENDSGIVING AT THE CHILMARK
COMMUNITY CENTER AT NOON!**

THUR.27TH

**** SITES CLOSED****

HAPPY THANKSGIVING!



**HEALTHY LUNCH
& FRIENDLY
CONVERSATION**

**LUNCH SERVED AT
UP-ISLAND COA
1042 STATE RD, WT**

**THURSDAYS
@ 12:30**

**SIGN UP
REQUIRED BY
12PM MONDAY OF
THAT WEEK.
CALL 508-693-2896
TO REGISTER.**

**Up Island Council on Aging and
The Up Island Police Departments
invite you...**

FRIENDSGIVING!



WHEN: Thursday, November 20th at Noon

WHERE: Chilmark Community Center

SIGN UP : 508-693-2896



Menu:

Ham w/ sweet potatoes
corn
peas
carrots
greens

Butternut squash soup
bread & butter
Pies & cookies



Join us for

Mah Jong !

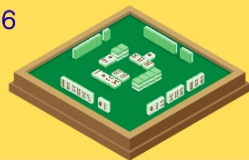
Wednesdays 1-3:00



Up Island Council on Aging

1042 State Rd West Tisbury

508-693-2896



GET FIT at.... UP ISLAND COUNCIL ON AGING

Mondays
Tuesdays
Thursdays
Fridays

Strength & Fitness w/ Katryn
9 & 9:35 ** VIRTUAL CLASS**
Info: Katrynyerdon@prodgy.net

Mondays
Wednesdays
Fridays

Yoga w/ Martha Abbot
9:15 ** VIRTUAL CLASS**
Info: spiritmovesyou@gmail.com

Mondays
Thursdays

Balletics w/ Karen Cullinan
9:00

Tuesdays
Fridays

Keeping the Balance
w/ Marni and Stevie
10:00

Wednesdays
Fridays

Fitness with Margarita
10 (Wed.) 10:30 (Fri.)

ALL CLASSES ARE IN PERSON AND AT THE COA
(1042 STATE RD, WEST TISBURY) UNLESS OTHERWISE NOTED.
CALL 508-693-2896 FOR MORE INFORMATION.



Up Island Council on Aging
**Thanksgiving meal
delivery!**

** delivered Wednesday , November 26th**



Call to sign up by November 18th:
508-693-2896

Made possible by the generosity of the Martha's
Vineyard Hospital kitchen crew!

**COA office hours at
the Chilmark Library!**



Meet with Up Island COA's
Outreach Coordinator Rocy Turner
for help with:

Medicare	Food Assistance
Mass Health	Home Care
Fuel Assistance	and more!

WHEN: The second Friday of every month 11-12:30



Call to reserve an
appointment:
508-693-2896

BALLETICS!

A body conditioning class

*floor work *learn about your body's strength & weaknesses *prevent injury with knowledge of spine alignment

WHEN: Mondays & Thursdays 9:00-10:00

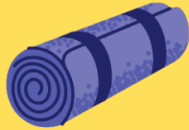
WHERE: Up Island Council on Aging

INSTRUCTOR: Karen Cullinan~ 49 years of teaching experience

FEE: \$12 per class

****BRING YOUR OWN MAT, TOWEL & SMALL PILLOW!**

1042 State Road West Tisbury



ATTENTION UP ISLAND RESIDENTS

GET YOUR SATURDAY ERRANDS DONE WITHOUT THE HEADACHE OF TRAFFIC OR PARKING.

EVERY SATURDAY HOP ON A VAN WITH OTHERS. THE DRIVER WILL PICK YOU UP AT YOUR DOOR BETWEEN 9-10AM AND RETURN YOU HOME BETWEEN 2-3PM.

FREE

ALTERNATING ROUTES

VINEYARD HAVEN ROUTE

CRONIGS -> CONROYS -> VH STOP & SHOP

EDGARTOWN ROUTE

STOP & SHOP PHARMACY -> EDG STOP & SHOP -> MORNING GLORY



FILL OUT ONE TIME REGISTRATION FORMS AT THE UP-ISLAND COA.

ONCE REGISTERED YOU CAN CALL THE VTA BY NOON FRIDAY TO SIGN UP FOR THE SATURDAY SHUTTLE.

CALL UP ISLAND COA FOR MORE INFORMATION
508-693-2896

Thanks to HAMV and the VTA for supporting this program.



Pro-CRAFT-inator!

Come CRAFT with us

Wednesday, November 19th, 2025

Vineyard-themed ornaments!



Call 508-693-2896 for more info

1042 State Rd West Tisbury

****SIGN UP REQUESTED****

FREE program brought to you by the Friends of the Up Island Council on Aging



FREE MEALS

MV Hospital has a new community FREEdge!

****WHEN:** Available 24/7

****WHERE:** MVH Emergency Room lobby

****WHAT:** Fresh meals, Frozen meals, soups ~ made by the MVH kitchen



Thank you Martha's Vineyard Hospital!



Vineyard Isle Parkinsonians

Parkinson's Support Group

For anyone affected by Parkinson's
Disease

share * learn * connect

Where: Up Island Council on Aging

When: Second and Fourth Mondays @ 1:00

508-693-2896

1042 State Rd. West Tisbury



Blood Pressure Clinic



**Tri Town EMTs available to take vital
signs**

WHEN: The first Thursday of every month ~ 12:30

WHERE: Up Island Council on Aging

QUESTIONS: 508-693-2896

1042 State Road, West Tisbury





KEEPING THE BALANCE !

**GENTLE BALANCE -
ORIENTED EXERCISE**
For all levels of ability

TUESDAY and FRIDAY
10:00-11:00

UP ISLAND COA

1042 STATE RD. WEST TISBURY
508-693-2896

FREE ~ OPEN TO THE PUBLIC



****ON HIATUS UNTIL JANUARY****

Needlework Group!

 **Embroidery** **Knitting**
Sewing **Cross Stitch**
Crochet
Or any handicraft you like!

With Ellen Reynolds



Thursdays 1-3:00

**** All levels of experience welcomed.**

Place: Up Island Council on Aging
508-693-2896

1042 State Rd West Tisbury

Soup Social

with Liz Gregg - End of Life Doula



Liz is a licensed social worker with 30-Plus years experience designing and implementing programs focused on aging, mental health , and end of life care.

WHERE: Up Island Council on Aging

WHEN: Wednesday, November 12th at 12:00

SIGN UP : 508-693-2896



1042 State Rd, West Tisbury



Lunch & Learn Founding Foods

Colonial Seasonal Eating on
Martha's Vineyard, 1642-1850

Friday, November 7th
11:30am - 1pm



with Norah Van Riper



Delve into the complex reality of how the Island's colonial inhabitants fed themselves. This interactive program features an array of unusual historical foods, recipes, preservation techniques, and samples of dishes available on Martha's Vineyard in days gone by. Norah Van Riper, itinerant historian, has been in the museum and living history trades for over twenty-five years and will present in colonial dress.

Complimentary soup and refreshments will be provided.

Sponsored by the Friends of Chilmark Library &
the Friends of Up-Island Council on Aging

TRANSPORTATION SERVICES

ON THE GO SAFE RIDES FOR OLDER ADULTS - SPONSORED BY HEALTHY AGING MV

GO GO GRANDPARENT

GoGo Grandparent is a concierge program that schedules Lyft and Uber rides for Older Adults. You can also schedule rides in advance to and from anywhere on the Island. No phone app is required. Call Healthy Aging Martha's Vineyard at 508-240-4929 to discuss your transportation needs and complete an application. Once registered, you will receive a toll-free number to order a ride when you need it.

MV CONNECT

MV Connect is Healthy Aging Martha's Vineyard's transportation program designed to provide transportation to medical appointments, shopping trips, social activities and more with the help of volunteer drivers! Call us to register and schedule your rides at 508-693-2896 or online at <https://www.hamv.org/transportation-workgroup>.

MEDIVAN (VTA)

To participate in the Medivan program, those interested must submit a one-time application through the MVTA. Applications do not require a doctor's note if passenger is over the age of 60. The Medivan holds 12 passengers and provides service on a first come, first served basis. The van picks up passengers every Tuesday from either the Vineyard Haven Park & Ride at 6:15AM or at the SSA dock. It goes to all hospitals within Boston. Doctor's appointments must be made between 10:00 and 1:00 for a 2:00ish pick-up. Fee is \$40.00 round trip, including boat.

Medivan to Ophthalmic Consultants of Boston in Sandwich - One Tuesday per month 508-693-7900 ext. 455 or 800-635-0489 (OCB Sandwich office)

VTA SENIOR BUS PASSES FREE BUS RIDES FOR ALL

FOOD RESOURCES:

MONTHLY FOOD DISTRIBUTION - the UICOA distributes food sponsored by the Commonwealth of Massachusetts Department of Agriculture. The food to be distributed varies; financial guidelines apply. We try to order a variety of produce and dry goods. Currently our program reaches about 20-25+ senior households in the up-island communities. If you find yourself facing food insecurity, please reach out 508-693-

FREE NOTARY SERVICES - All Staff are Notary Publics. Please call 508-693-2896 to schedule

LAMINATION - We are able to laminate certain documents (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.

SHINE COUNSELING (Serving Health Information Needs of Everyone) - 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 (Open enrollment dates October 15th - December 7th)

VINEYARD ISLE PARKINSONIANS SUPPORT GROUP - A Support group for both people suffering from Parkinson's disease and their caregivers. This group meets the 2nd and 4th Monday of every month at 1:00pm Call the Up Island COA 508-693-2896 for more information.

SNAP (Supplemental Nutrition Assistance Program - Formerly Food Stamps) - Call the Up Island COA 508-693-2896 to set up an appointment to meet with a staff member to assist with completing an application.

FILE OF LIFE - We have file of life cards available for pick up. File of life cards are where you can list medication specifics, allergies and other important information that Emergency Personnel are trained

to look for. It can make all the difference in frantic situations. It's best to keep it on your person and also a copy on your fridge- personnel are trained to check these places for medication info!
DURABLE MEDICAL EQUIPMENT LOANS- We have equipment available for loaning out. standard aluminum walkers, rollators, crutches, canes, transport wheelchairs, standard wheelchairs, commodes and other items. Please check with us - we are happy to lend you what you will need
PERSONAL CARE PRODUCTS : If you or a loved one needs under garments or incontinence products please reach out. We have both men's and women's that are donated to us. Availability varies as does size, please call ahead to verify we have what you need.

VIRTUAL CLASSES / PROGRAMS

ZOOM YOGA W/ MARTHA ABBOT Martha is hosting an online Zoom yoga class Monday, Wednesday and Friday at 9:15 AM. She opens the "virtual doors" 9:00 AM if people want to chat before class, class starts at 10:30 AM. All are welcome. Email spiritmovesyou@gmail.com for log in information.

STRENGTH TRAINING W/KATRYN GILBERT Katryn is offering her classes via google meet at 9:00 AM and 9:35 AM, 4 times a week! She is hosting 30-minute classes with a mix of strength training and a little cardio. Please email her at Katrynyerdon@prodigy.net for meeting information!

LEGAL ASSISTANCE

CONNIE BAKER, ESQ ESTATE AND MEDICAL PLANNING at the Howes House (U ICOA) 2nd Wednesday of the Month. Call 508-477-4502 to schedule an appointment.

SOUTH COASTAL COUNTIES LEGAL SERVICES (CCLS), Attorney Andrew L. Bardetti, serving older adults on Cape Cod & the Islands Contact Ms. Rasheda Dickerson directly for scheduling at 774-487-3251

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 contributing. Checks can be made payable to: Friends of UICOA, PO Box 3174, West Tisbury, MA 02575 or if you prefer head over to the *

* Friends Website and donate through PayPal. . <https://friendsofupislandcouncilonaging.org>





SCORPIO

October 23 - November 21

November Birthstones

TOPAZ



CITRINE

8