

April 2022 Newsletter

The Howes House

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

Phone: (508) 693-2896

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Hello Friends,

Welcome to April - remember April showers bring May flowers!

As of this printing the mask mandate has been lifted by the West Tisbury Select Board ... Masks are now optional at the Howes House! Many of our programs are choosing to come back in person so be sure to check the calendar or call the office for the latest update.

Aprils guided walking tour "Discovering Ushuaia, Argentina" will be on April 14th from 2:00-3:00 PM

Also, the Wellness Clinic with a Lila Fischer, RN will begin again this month - free blood pressure checks & more - 1st Monday of every month - Next date April 4th!

Warm Regards,
Joyce Albertine, Director
Bethany Hammond, Assistant Director
Susan Merrill, Outreach Coordinator
Jennie Gadowski, Administrative Assistant

Office Hours:

**Monday – Friday
8:30 AM- 4:00 PM**

**Closed Monday April
18th in observance of
Patriots Day**

Important Notices:

Many in person classes are slowly returning to the Howes House, please keep your eye on the calendar or call for the latest update.

Please take a look at our virtual program offerings.

Important Dates:

**April 14th 2-3 PM
"Discovering
Ushuaia,
Argentina"**

**CLOSED
Monday April 18th
Patriots Day**



**VINEYARD SMILES ADULT DENTAL CLEANING CLINICS
SPRING 2022 SCHEDULE**

DATES: April 4-8 April 11-13 April 18-22

Appointment Times: 8:30; 9:30; 10:30; 11:30 AM and 1:00; 2:00; 3:00 & 4:00 PM

Location: First Baptist Church of Vineyard Haven Parish Hall
66 William Street Vineyard Haven, MA

To Schedule an Appointment Call: 508-696-0020 ext. 101
Or email info@mvhealthcareaccess.org

**Must complete a CDC COVID screening Form and a Polished Registration Form
before the appointment**

**Patients will be remaining outside the building and be call in one by one for their
appointment**

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- **COVID TEST KITS ARE AVAILABLE AT THE HOWES HOUSE**
 - **PREFERENCE GOES TO OUR WEST TISBURY, CHILMARK & AQUINNAH ELDERS**
 - **LIMIT 1 TEST KIT PER FAMILY MEMBER**

Join us on another tour overseas!

Discovering Ushuaia, Argentina (Live walking tour)

Thursday April 14th 2PM-3PM



Call 508-693-2896 for more info and to register 😊

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## Transportation Services

### Go Go Grandparent (Pilot Program from Healthy Aging MV!)

There is a new pilot program called Go Go Grandparent which is fully subsidized to provide on-demand transport for older adults. It is a concierge service that works directly with Uber and Lyft. It does not require that you have an app on your phone - it is all done by a live operator. The Martha's Vineyard Older Adult Transportation Coalition is piloting this program as well as exploring other solutions for transportation for Older Adults. Please be aware this is piloted towards folks who may not drive anymore and/or meet certain requirements. Contact Cindy Trish at Healthy Aging MV for more info: **508-693-7900 ext. 455**

### Medivan (VTA)

#### Medivan to Boston - Tuesdays- call 508-693-9440

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 the VH ferry parking lot at 6:30AM for a 7:00AM ferry to Woods Hole. The van travels 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.

### VTA Senior Bus Passes



Bus passes are in! Stop by the office to pick yours up! Great news about the passes is that they are now called 365-day passes! So good for a whole year from date of first use! Say you buy it in August- its good until the following August! Passes are \$40 and available at the front desk 😊



## FOOD RESOURCES:

**Surplus Food Distribution** the UICOA distributes surplus 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 508-693-2896

### Buy Food Online with SNAP

#### Fact Sheet

##### What is SNAP?

SNAP (formerly food stamps) provides a monthly food benefit to buy healthy food

##### Where can I buy food online with SNAP?

ALDI (through the Instacart app), Amazon and Walmart. More retailers may be added later.

##### What can I buy?

You can buy SNAP EBT eligible foods.

##### Can I use my SNAP benefits to pay the delivery fee?

No. You must pay for fees with another form of payment, like a credit card or gift card.

##### I receive TAFDC or EAEDC benefits. Can I use my cash benefits to buy items online?

No. You cannot use your cash benefits on an EBT card to buy online. If you have a bank account you can ask your case manager to sign up for direct deposit so your benefits go directly into your bank account.



| Is there a delivery fee?   | Express Members: Free for orders over \$35 + reduced service fees<br>Non-Express Members (a la carte delivery): \$3.99 + 5% service fee | Free if you spend \$35 or more                             | Fees vary \$7.95-\$9.95<br>Option to pay a flat fee of \$98 per year for all fees                                                                                                                                                               |
|----------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| How do I get the food?     | Same-day grocery delivery & pickup available via the Instacart app and website                                                          | Delivery Only                                              | Curbside pickup OR delivery at some locations<br>Go to Walmart.com and type in your zip code for options near you                                                                                                                               |
| How do I know what to buy? | EBT-eligible items will be marked with 'EBT'                                                                                            | Look for 'SNAP EBT Eligible' label next to the item's name | At checkout, the payment screen will show what is SNAP eligible                                                                                                                                                                                 |
| Where can I learn more?    | <a href="https://www.instacart.com/help/section/360009947632">instacart.com/help/section/360009947632</a>                               | <a href="https://www.amazon.com/snap">amazon.com/snap</a>  | <a href="https://www.walmart.com/ideas/discover-grocery-pickup-delivery/walmart-grocery-pickup-accepts-snap-ebt-payments/355540">walmart.com/ideas/discover-grocery-pickup-delivery/walmart-grocery-pickup-accepts-snap-ebt-payments/355540</a> |
| How do I get help?         | <a href="https://www.instacart.com/help/section/360009947632">instacart.com/help/section/360009947632</a>                               | <a href="https://www.amazon.com/help">amazon.com/help</a>  | <a href="https://www.walmart.com/help">walmart.com/help</a>                                                                                                                                                                                     |



Learn more or apply for SNAP:  
[Mass.gov/SNAPonline](https://mass.gov/SNAPonline)



### Buy Food Online Using SNAP in MA

#### How It Works



1 Amazon and/or Walmart:  
Add your SNAP EBT card to your account

ALDI: Sign up for an account at [Shop.ALDI.us](https://shop.aldi.us)

2 Shop online for SNAP authorized foods

Look for "SNAP EBT eligible" on Amazon or ALDI, which is powered by Instacart

3 Checkout using your EBT PIN:

You cannot use cash benefits on an EBT card to pay

SNAP benefits cannot be used to pay for shipping or delivery fees

4 Schedule your delivery

Available with Amazon and select ALDI and Walmart locations

To learn more or apply for Supplemental Nutrition Assistance Program (SNAP):  
[Mass.gov/SNAPonline](https://mass.gov/SNAPonline)



### Community Suppers

First Congregational Church of West Tisbury Community Suppers Program 2022 officially launched on Wednesday, January 12th, and will continue weekly through April. They ask that participants register for their meal through email, phone, or with the online signup on their [website](#). They will offer curbside pick-up and a delivery program for those that cannot drive. Through the selflessness of community volunteers and the Martha's Vineyard Community Foundations and many businesses, this program is possible. If you want to sign up to volunteer click [here](#).

Please contact the FCCWT Community Suppers program at (508) 693-2842 or [WTComSuppers@Gmail.com](mailto:WTComSuppers@Gmail.com) for more information.



*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 (cards, hunting/fishing licenses etc.) We can laminate your vaccine card but recommend making a copy first \*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 2<sup>nd</sup> 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.

**File of Life** – We have file of life cards available for pick up. File of life cards are small cards that you can list medication specifics and/or allergies on that EMTs and Paramedics 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- EMTs are trained to check these places for medication info!

**Durable Medical Equipment Loans**- We have equipment available for loaning out. At any one time we have the following: standard aluminum walkers, rollators, crutches, transport wheelchairs, standard wheelchairs, commodes and other such items. If you need to an item check with us- we are happy to lend you what you will need! (Please note that Wheelchairs and Rollators are on a 2-month loan program.)

**DEPENDS:** If you or a loved one is in need of depends under garments or the insert pads for incontinence please reach out. We have an abundance of packages upstairs. We have both men's and women's that have been donated to us. Availability varies as does size, please call ahead to verify we have what you need.

### **TOWN MEETING & ELECTION SCHEDULE SPRING 2022**

**AQUINNAH TOWN MEETING - TUESDAY 5/10/22 6:30PM TOWN HALL**

**AQUINNAH ELECTIONS THURSDAY 5/12/22 12PM-8PM TOWN HALL**

**CHILMARK TOWN MEETING MONDAY 4/25/22 7:30PM**

**CHILMARK COMMUNITY CENTER**

**CHILMARK ELECTIONS WEDNESDAY 4/27/22 12PM – 8PM**

**CHILMARK COMMUNITY CENTER**

**WEST TISBURY TOWN MEETING TUESDAY APRIL 12TH 6:00PM**

**WEST TISBURY SCHOOL**

**WEST TISBURY ELECTIONS THURSDAY APRIL 14TH 7AM-8PM**

**WEST TISBURY PUBLIC SAFETY BLDG**



## ***Exciting & Yummy News Flash!!!***

***Our weekly luncheons will be resuming  
Thursday May 19<sup>th</sup> at 11:30am  
Make sure to call us (508) 693-2896  
to get your reservations in early!!!***

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### **VIRTUAL CLASSES / PROGRAMS**

#### **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 10:30 AM She opens the “virtual doors” at 10 AM if people want to chat before class, class starts at 10:30 AM. All are welcome. Email [spiritmovesyou@gmail.com](mailto: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](mailto:Katrynyerdon@prodigy.net) for meeting information!

#### **Gentle Yoga w/KANTA on Zoom!**

While we are sad Kanta is not going to be joining us back in the Howes house, we are happy to share her 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!

### **IN PERSON PROGRAMMING**

#### **Patricia Mello and Associates, P.C. @ the UICOA**

2<sup>nd</sup> and 4<sup>th</sup> Wednesday of the Month.

The attorneys from Patti Mello's office visit the Howes House for appointments. The next visit will be on March 9th. (Only once this month) Please call 508-477-0267 to schedule an appointment.

#### **WELLNESS CLINIC**

Check your blood pressure, learn about healthy living & discuss health concerns with a registered nurse: 1<sup>st</sup> Monday of the month 11 AM -12 PM

#### **PARKINSON'S GROUP**

2<sup>nd</sup> Monday of the month at 10:30 AM – A support group providing an opportunity for people with Parkinson's to share experiences, new information and updated research. Caregivers are welcome to accompany our people with Parkinson's and stay for the meeting,



### PEDI CARE

4<sup>th</sup> Monday of the month. Appointments begin at 9:30 AM. Please call to reserve your spot. Masks required. Toenail maintenance, callus care. No Diabetic foot care. Please note this is NOT a pedicure. Fee \$30

### DISCUSSION GROUP

Weekly Tuesdays 1:30-3:30 PM Join in us for Open Discussions of Controversial and Contemporary subjects, Group meets outside on our patio or inside weather dependent. All are welcome!

### KNITTER'S GROUP

Our Monday Night Knitters group is back to in person! Monday's at 7:00 PM – All are welcome! Contact Ginny at: [islandgirlwt@gmail.com](mailto:islandgirlwt@gmail.com) if you are interested!

### WATERCOLOR GROUP

Fridays at 1PM Bring your own supplies and enjoy an afternoon of painting still life with watercolor or medium of your choice.

### AUDIOLOGY CLINIC

4th Tuesday of every month 1:30 PM - 4:00 PM – at the Howes House  
Appointments will be booked 1 person every ½ hr. **Call 508-693-2896 to schedule.**

### GLEANED GOODS:

Tuesdays Due to change of season, our selection and abundance changes. Check in with us on Tuesdays around Noon to see what goodies have been delivered that day! Also posted on our Facebook!



Hello Islanders!

Have you heard of TRI-The Resource Inc.? It's shocking how many people haven't, but we want to let you know what we do, and we are here to help! TRI offers DEFFERED, FORGIVEABLE loans up to \$40,000 at 0% interest for qualified homeowners. That's right, we will fix your leaky roof, or rotted windows for free! But that's not it, we address most health and safety repairs for your home. This could include even include a new heating system. We work with all Martha's Vineyard towns - but are currently (specifically) looking to assist homeowners in EDGARTOWN, WEST TISBURY, and AQUINNAH.

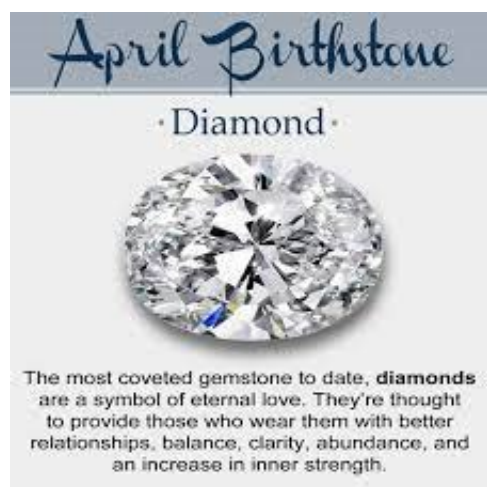
If you are in need of housing repairs, or know someone who is, please CALL US at 508-696-3285 You can also email at [mvadmin@tritheresource.onmicrosoft.com](mailto:mvadmin@tritheresource.onmicrosoft.com)

We can't wait to hear from you!



Did you know?

## April Birthstone:



The United Nations General Assembly unanimously declared 2 April as World Autism Awareness Day to highlight the need to help improve the quality of life of those with autism so they can lead full and meaningful lives as an integral part of society.



## April Flower:



## April Quote:



## 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 UICOA, 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](#)