

AUGUST 2021 NEWSLETTER

The Howes House

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

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

Hello everyone,

We are ending our first month of being back fully open as we move into august, and it really has gone well! We are working on being safe, keeping our programs and members safe while still providing a fun and engaging atmosphere! Can you believe we are already in August? I feel like this summer has flown by! I'm not sure if its because last summer was so quiet and this one is buzzing or if its because life itself is just super busy! Well, either way it's nice to have the sun and warmth that august carries with it! We have a few new programs listed below so be sure to check them out!

Warm Regards,

Joyce Albertine, Director

Tanya Larsen, Assistant Director

Bethany Hammond, Outreach Worker

Diana Brillard, Administrative Assistant/Editor



Howes House Hours:
Monday – Friday
8:30am – 4:00pm
Closed Holidays

Special Dates:

**August 18th- Grand
Illumination- Oak Bluffs**

**August 19th- August 22nd
MV Agricultural Fair**

**August 23rd – Pedi-care
Clinic 9:30**

**August 24th - Audiology
Clinic 1:30-4:00**

**September 6th- Labor
Day- CLOSED**

August is Happiness Happens Month!

Once upon a time there was a real-life group of folks called the Secret Society of Happy People. And in 2000 they decided to let people know about their secret society and declared August Happiness Happens Month. The reason it was called the "secret society" was they wanted a way to celebrate being happy without people raining on their parade. They then realized that being happy and sharing happiness can be contagious and we should share this with the world! This brought change to the name and they became the Society of Happy People! There are many simple ways to increase our happiness in our life and our friends lives. Here are a few of our favorites:

1. **Be a smile-starter!** – Did you know a kind smile can change someone's whole day? Make others happy through small, smile-inducing gestures: write a handwritten letter, call, send flowers, or bake cookies. The list of ways you can spread cheer to others is truly endless but be sure to mention that August is Happiness Happens Month and that they can make it happen by passing it on!
2. **Give Kudos-** Seek someone out to thank or compliment them for a job well done. When we let people know how much we appreciate or admire them, it exponentially increases happiness, not only for them but also for you.
3. **Make a list-** Make a list of things that make you happy and things you see as happiness zappers. Knowing the zappers may help you avoid them or, at least, better prepare for responding to them. Also, when you recognize happiness zappers for what they are, you can more quickly reframe your state of mind and move thoughts to the list of things that make you happy.

Also important in spreading happiness is retraining your self to BE and THINK happy! Here are some ways to help you recognize happiness and find it in your day-to-day life.

1. Gratitude

Expressing gratitude leads to an overall optimistic attitude; it is consistently and strongly correlated to feelings of happiness.

2. Volunteer

Giving of your time to help others has been shown to decrease feelings of depression and improve optimism and a sense of worth.

3. Give

We've all heard the phrase: it is better to give than to receive — yes, giving is another action that leads to happiness and benefits the giver as much, if not more, than the receiver.

4. Encourage

Lifting others up brings about a reciprocal effect — put out positive thoughts and feelings and this is what you will likely receive in return.

5. Reminisce

Spend some time looking at old photos, flipping through high school yearbooks, or reading old letters and you will find feelings of happiness overflowing as you stroll down memory lane.

And remember don't worry...be happy



Excerpted from: <https://nationaltoday.com/happiness-happens-day/>

Howes House News – Any programs that have returned in person will say so in their write up.

NEW YOGA CLASS!! Yoga with Shanta Gabriel – Thursday's at 9:30am. Yoga with Shanta is a very gentle style that includes using a chair, standing and floor exercise. Shanta Gabriel began Hatha Yoga classes in 1975 when she was 30. She continues to believe that the gentle stretching movement of yoga is one of the best ways for seniors to stay strong and flexible in the physical body.

Audiology Clinic 1:30pm - 4:00pm

August 24th, and every 4th Tuesday of every month after we will be taking appointments to see Lesley to discuss your hearing health!

Also be on the lookout for special presentations with Lesley! Appointments will be booked 1 person every ½ hr. **Call 508-693-2896 to schedule.** In person

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

2nd and 4th Wednesday of the Month.

Great News! The attorneys from Patti Mello's office are returning! They returned to in office visits starting on May 12. Please call 508-477-0267 to schedule an appointment.

PEDI CARE IS BACK! – August 23rd

the 4th Monday, every month

Starting appointments at 9:30 am.

Please call to reserve your spot.

In Person program, Masks required.

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. \$10 per class. All are welcome.

Please email Martha for Zoom information

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.

New Programming!!

Men's Card Group!

Are you interested in a Men's card group being held at the Howes House? Join Rick Lee for Gin, Rummy, Backgammon, and/or Cribbage! Date: TBD pending interest

Duplicate Bridge

Do you play duplicate Bridge? Would you like to start playing? We have interested members and we'd like to get bridge group rolling at the howes house again! Please contact Diana at coa-clerk@westtisbury-ma.gov

**DISCUSSION GROUP is back!! – Weekly
Tuesdays 1:30-3:30pm on the patio**

Join us for Open Discussions of Controversial and Contemporary subjects, Group meets outside on our patio. All are welcome!

Food Pantry – New! Senior Shopping Hours! May 14th and every Friday going forward 12pm-2pm.

Located at the PA club, seniors now have specific time to shop at the food pantry! You, of course can, shop at any time but this slot is specifically for seniors. If you have any questions, please reach out to info@islandfoodpantry.org If you'd like to be removed from their delivery list to shop in person you may also contact them at the above email address.

Island Grown Initiative (IGI) Mobile Market is Back! – July 6th

Mobile Market will be at Howes House on Tuesdays **2:45-4pm, starting July 6!** Preorder pickups from 2:45-3pm, then open market from 3-4pm. This is a wonderful opportunity to purchase local produce from various Island farms. SNAP and HIP benefits accepted! The Mobile Market is for all ages and incomes!

Strength Training w/Katryn Gilbert!

Katryn is offering her classes via google meet at 9:00a and 9:35, 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!

Gentle Yoga w/KANTA on Zoom!

While we are sad Kanta is not going to be joining us back in the 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!

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 people so please sign up in advance. This program is in person

Dance Free! – Tuesdays at 3:00pm –

No Money, No Teaching, No Instructor- just dancing to fun, funky, rhythmic music! Contact Jill at 774-286-1855 for location! In Person, outdoors.

Howes House Writers Group

We regret to inform you that unfortunately our Howes House writers' group is no longer taking place. We are currently taking names for interested folks who may want to lead this group. If interested, please email Diana at coa-clerk@westtisbury-ma.gov

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 if you are interested!

**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 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 2nd 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!



Need a Laugh?



August's Quote:

“TOO OFTEN WE
UNDERESTIMATE THE
POWER OF A TOUCH, A
SMILE, A KIND WORD, A
LISTENING EAR, AN
HONEST COMPLIMENT,
OR THE SMALLEST ACT OF
CARING, ALL OF WHICH
HAVE THE POTENTIAL TO
TURN A LIFE AROUND.”
— LEO BUSCAGLIA

Did you know?

August was a big month for the U.S. Civil Rights Movement. It was on [August 28](#), 1963, that Martin Luther King Jr gave his famous “I have a dream” speech to 250,000 people on the steps of the Lincoln Memorial in Washington D.C. Considered to be one of the most iconic speeches in the history of the US, King’s speech called for the end of racial discrimination and for equal rights to all.