

# JANUARY 2023 NEWSLETTER

## The Howes House

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

Phone: (508) 693-2896

Fax: (508) 693-1447

Hello friends,

Happy New Year to all our friends and family near and far. "Learn from yesterday, live for today, hope for tomorrow."—*Albert Einstein*

Some January highlights include:

- Thursday January 19<sup>th</sup> Potsdam: The Breathtaking German Versailles Live Walk Tour via Zoom

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**

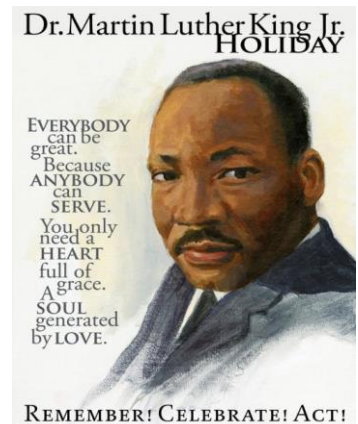
### IMPORTANT NOTICES:

Please keep your eye on the calendar or call for the latest update.

Please take a look at our virtual program offerings.

### IMPORTANT DATES:

**The Howes House will  
be closed Monday 1/16**



## *JANUARY HOWES HOUSE SAVE THE DATES*

# **Potsdam: The Breathtaking German Versailles A Live Walking Tour**

**Thursday January 19<sup>th</sup> 9:30-10:30am**

**Join us via Zoom or here at The Howes House  
to watch on the big screen**



Potsdam is a city of beautiful parks and spectacular palaces on the idyllic lakes of the Havel, just an hour away from the German capital Berlin. For the Hohenzollern monarchy of Prussia, this was the German Versailles, where they constructed lavish palaces to spend their summers. It was also the setting for the Potsdam Conference, where geopolitical giants Josef Stalin, Harry Truman, and Winston Churchill met in the summer of 1945 to seal the post-war fate of Germany and Europe.

This tour shows you the most famous of Potsdam Palaces: the Sanssouci, a UNESCO World Heritage Site. Marvel at the grandeur and splendor of this spectacular palace and virtually stroll the royal gardens as your local passionate tour guide shares with you the history of this majestic town.

**OTHER EXCITING EVENTS COMING TO THE HOWES HOUSE**

# Writing Through



## *Sharing Your Thoughts Through Poetry and Prose*

**COMING IN FEBRUARY** lead by founder **Sue Guiney**

**A 5 Session Course at the Howes House in collaboration with the West  
Tisbury Library and the Oak Bluffs COA**

**FREE & OPEN TO THE PUBLIC**

**February 15, 17, 22, 24, 27 - Registration is required**

**More info to follow**



### **Divorced, Beheaded, Died, Divorced, Beheaded, Survived**

From Tutor Queens to Pop Princesses, the SIX wives of Henry VIII take the mic to remix five hundred years of historical heartbreak into an exuberant celebration of 21<sup>st</sup> century girl power! This new original musical is the global sensation that everyone is losing their head over! The New York Times says "SIX TOTALLY RULES" (Critics Pick) and The Washington Post hails SIX as "Exactly the kind of energizing, inspirational illumination this town aches for! The Broadway season got Supercharged!"

**Providence Performing Arts Center**

**Saturday April 22, 2023**

**Please call to get on the list if you're interested!**

## 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- 3 times per month      call 508-693-9440 ext.1**

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.

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

### 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 stamp) 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.

	Instacart	amazon	Walmart
<b>Is there a delivery fee?</b>	Express Members: Free for orders over \$35 + reduced service fees. 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. Option to pay a flat fee of \$98 per year for all fees.
<b>How do I get the food?</b>	Same-day grocery delivery & pickup available via the Instacart app and website.	Delivery Only.	Curbside pickup OR delivery at some locations. Go to Walmart.com and type in your zip code for options near you.
<b>How do I know what to buy?</b>	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".
<b>Where can I learn more?</b>	<a href="https://www.instacart.com/help/section/3600009947632">instacart.com/help/section/3600009947632</a>	<a href="https://www.amazon.com/snap">amazon.com/snap</a>	<a href="https://www.walmart.com/does/discover-grocery-pickup-delivery/walmart-grocery-pickup-accepts-snap-ebt-payments/3600009947632">walmart.com/does/discover-grocery-pickup-delivery/walmart-grocery-pickup-accepts-snap-ebt-payments/3600009947632</a>
<b>How do I get help?</b>	<a href="https://www.instacart.com/help/section/3600009947632">instacart.com/help/section/3600009947632</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)

Department of Transitional Assistance (dta)

UICOA  
Up-Island Community Outreach Association  
Helping Healthy People Thrive

## Buy Food Online Using SNAP in MA

### How It Works

- 1**  
amazon  
Walmart  
ALDI  
Instacart
- 2**  
SNAP
- 3**  
Checkout using your EBT PIN.
- 4**  
Schedule your delivery

- 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)
- Shop online for SNAP authorized foods.
- Look for "SNAP EBT eligible" on Amazon or ALDI, which is powered by Instacart.
- 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.
- 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)

Department of Transitional Assistance (dta)

USDA  
Supplemental Nutrition Assistance Program  
Putting Healthy Food Within Reach



*Special Services offered at the Howes House: Below is a list of some of our services.*

**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 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.

### **VIRTUAL CLASSES / PROGRAMS**

#### **Zoom YOGA w/ Martha Abbot!**

Martha is hosting an online Zoom yoga class Monday, Wednesday and Friday at 9:30 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](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**

## **WEEKLY FITNESS WITH MARGARITA KELLY**

Wednesdays at 10AM – Cost \$12

## **PATRICIA MELLO AND ASSOCIATES, P.C. @ THE UP ISLAND COA**

2<sup>nd</sup> (and 4<sup>th</sup> if needed) Wednesday of the Month.

The attorneys from Patti Mello's office visit the Howes House for appointments. The next visit will be on November 9<sup>th</sup> Please call 508-477-0267 to schedule an appointment.

## **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 The next visit will be on December 19<sup>th</sup> **Pedi Care will be on Hiatus January, February, March 2023**

## **DISCUSSION GROUP – CURRENTLY ON HIATIS**

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**

Monday's at 7:00 PM – All are welcome! Contact Ginny at: 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**

4<sup>th</sup> Tuesday of every month 1:30 PM - 3:00 PM Call 508-693-2896 to schedule

Appointments will be booked 1 person every ½ hr. **Audiology will be on Hiatus December and January**

## **GLEANED GOODS:**

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 page

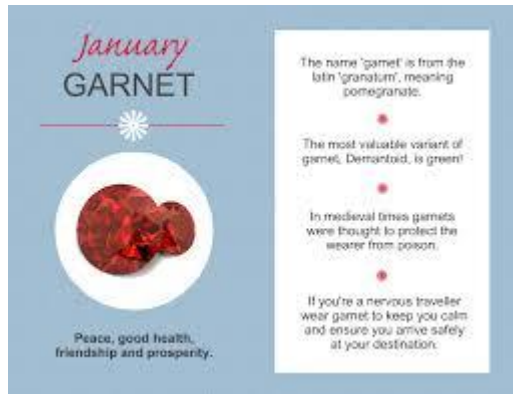
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## **Support the Friends of the Up-Island Council on Aging**

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

# DID YOU KNOW?

## JANUARY BIRTHSTONE:



## JANUARY HOLIDAYS:

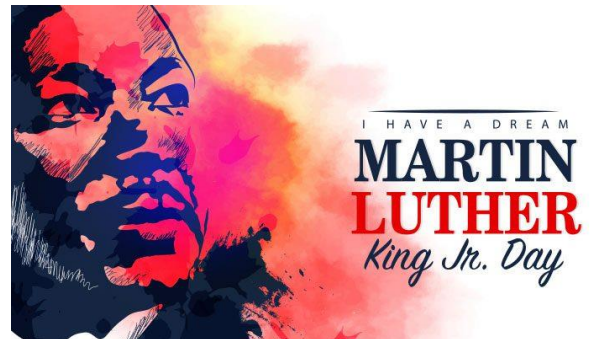
### JANUARY 1<sup>ST</sup> 2023



## JANUARY FLOWER:



### MONDAY JANUARY 16<sup>TH</sup> 2023



## JANUARY ZODIAC:



## JANUARY QUOTE:



*“This is my wish for you:  
Comfort on difficult days,  
smiles when sadness intrudes,  
rainbows to follow the clouds,  
laughter to kiss your lips,  
sunsets to warm your heart,  
hugs when spirits sag,  
beauty for your eyes to see,  
friendships to brighten your being,  
faith so that you can believe,  
confidence for when you doubt,  
courage to know yourself,  
patience to accept the truth,  
Love to complete your life.”*

*- Ralph Waldo Emerson*