

November 2022 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,

November, the last month of Autumn, but the beginning of a new adventure. Time to take risks and do the unexpected.

Some November highlights include:

- November 1 Fire Safety with Chilmark Fire Chief Jeremy Bradshaw
- November 8 Venetian Lagoon Glass Blowing Experience on Murano Island - A live walking tour
- Learn to Tango 4 week class beginning Wednesdays November 9th 3-4 PM
- Thursday November 17th 12 Noon Friendsgiving Luncheon

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 Friday 11/11



Thursday 11/24



Friday 11/25



NOVEMBER HOWES HOUSE SAVE THE DATES

- **FIRE SAFETY WITH CHILMARK FIRE CHIEF JEREMY BRADSHAW TUESDAY NOVEMBER 1 AT 10:30AM AT THE HOWES HOUSE**
- **JOIN US ON A TOUR OVERSEAS! THE UP-ISLAND COUNCIL ON AGING IS EXCITED TO OFFER MONTHLY GUIDED VIRTUAL TOURS OF EXCITING LOCATIONS AROUND THE GLOBE! NOW WITH TWO VIEWING OPTIONS AVAILABLE, JOIN REMOTELY FROM THE COMFORT OF YOUR OWN HOME OR JOIN US HERE AT HOWES HOUSE TO VIEW THE TOUR ON OUR BIG SCREEN CALL THE UP-ISLAND COA TO REGISTER! 508-693-2896**
TUESDAY NOVEMBER 8TH 10-11AM VENETIAN LAGOON: GLASS BLOWING EXPERIENCE ON MURANO ISLAND A LIVE WALKING TOUR



Discover the ancient Venetian art of glassblowing on this private live virtual tour to the artistic island of Murano. Your local Venetian tour guide will take you to a private glassmaking demonstration from a master craftsman. Get an inside look into the centuries-old art of glassblowing on Murano Island, home to the world's finest glass artisans. Tour the factory and see a master craftsman shape molten glass through a combination of heat, blowing, and sculptural techniques. You will also visit the factory showroom to see beautiful finished works of art.

- **LEARN TO TANGO!**

Basics for everyone. Tango is said to be a walking dance. So, we return to the core question: how do we walk? And how do we walk when we have 4 legs? This is the ongoing question of the traditional, social dance of Buenos Aires.

Unlike Show Tango, the Social Tango is cradled in an embrace, while keeping the feet on the ground. No high kicks. We dance to the golden era of authentic Tango music from the 30's, 40's, and 50's. Join us at Howes House (Up-Island COA) for this FREE 4-week series of dance lessons led by Nora Laudani!

Pre-registration requested. Please call 508-693-2896

Wednesdays 3:00-4:00 Nov. 9th; Nov. 16th; Nov. 30th; Dec. 7th



These programs are brought to you FREE of charge by the Friends of the Up-Island COA



The Up-Island Police Departments
(Aquinnah, Chilmark & West Tisbury) have
joined forces to host a
FRIENDSGIVING LUNCHEON

**Thursday November 17th
12 Noon at the Howes House**

Please RSVP 508-693-2896



**HAPPY
THANKSGIVING**

Enjoy a meal delivered to your door on
Thanksgiving Day!

If you are alone or are unable to go out,
please call your local Council on Aging to
order your meal no later than
November 14th.

EDGARTOWN 508-627-4368	TISBURY 508-696-4205
OAK BLUFFS 508-693-4509	UP-ISLAND 508-693-2896

*Sponsored by your local
Councils on Aging and MV
Center for Living. Your
meal will be prepared at
MV Hospital.*



The Vaccination Bus is Back!
Ônibus da Vacinação está de volta!

COVID-19 Vaccines for adults and children ages 6 months and up
Booster shots for 5 yrs+
Vacinas contra COVID19 disponíveis para adultos e crianças a partir dos 6 meses e para cima, vacina de reforço para 5 anos+

Sunday, November 6th 2022
Domingo, 6 de Novembro de 2022
(9am-5pm) - (9 hrs-17 hrs)
Martha's Vineyard Regional High School
100 Edgartown Vineyard Haven Rd
Oak Bluffs, MA

Pfizer 5+ Moderna (6mos-5 yrs)

Please Register online/ Por favor registre online:
<https://home.color.com/vaccine/register/transformativehealth?calendar=7ae04753-d523-4404-b63e-423c63968284>

For information about the COVID 19 Vaccines: COVID Vaccine Info

Registration QR Code

Community Superheros Super-herói da comunidade

PREVIEW OF DECEMBER HAPPENINGS:

TUESDAY DECEMBER 6TH 10-11AM HOLIDAY LIGHTS WALK IN NORWAY A LIVE WALKING TOUR



Norway is a genuinely fantastic country every inquisitive person needs to discover. But this country completely transforms itself in the winter season and gets its unforgettable, exceptional Christmas vibe - something that even Netflix portrayed in its original series "Home for Christmas." Just before the winter holidays, the atmosphere in the country becomes more alike to a fable or fairy tale. One of the key elements of the Norwegian winter season is Christmas markets, renowned for their beautiful gifts, warming alcohol drinks, and cheerful ambience. Witnessing such a vivid, full of life and happiness event with your own eyes is priceless, beyond doubt. In our series of online streams, we will follow Norway's most popular markets and events during the Christmas time. Join us to explore and witness some of the most exciting thematic events of the season in Norway!



JUST IN TIME FOR THE HOLIDAYS!

**MOBILE HAIRCUTS AT THE HOWES HOUSE BY
APPOINTMENT ONLY DECEMBER 8th - \$25**

The theaters are open and if we have
enough interest we're going back!



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 21st 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!**

Keep your 🧐's open for more information!

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 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.

	Instacart	amazon	Walmart
Is there a delivery fee?	Express Members: Free for orders over \$35 + reduced service fees. Non-Express Members: \$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.
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. 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?	instacart.com/help/section/3600009947632	amazon.com/snap	walmart.com/ideas/discover-grocery-pickup-delivery-walmart-grocery-pickup-accepts-snap-ebt-payments/3600009947632
How do I get help?	instacart.com/help/section/3600009947632	amazon.com/help	walmart.com/help



Learn more or apply for SNAP:
Mass.gov/SNAPonline



Buy Food Online Using SNAP in MA

How It Works



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



Department of Transitional Assistance



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 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!

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 who runs our Monday and Friday classes has been hosting an online Zoom yoga class Monday, 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 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 Katrynverdon@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 UICOA

2nd (and 4th 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 9th Please call 508-477-0267 to schedule an appointment.

PARKINSON'S GROUP

2nd 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

4th 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 19th **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

4th 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.

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 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?

NOVEMBER BIRTHSTONE:



NOVEMBER HOLIDAYS:

FRIDAY 11/11



THURSDAY 11/24

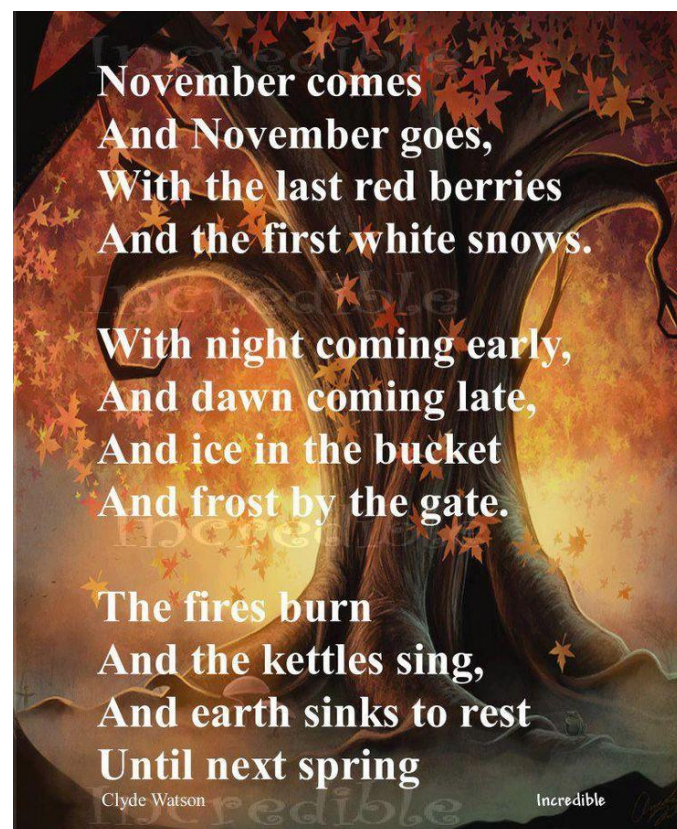


FRIDAY 11/25

A DAY TO ENJOY LEFTOVERS AND FAMILY!



NOVEMBER QUOTE:



NOVEMBER FLOWER:



NOVEMBER ZODIAC:

