

DECEMBER 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 Friends,

December's here and the Howes House is full of cheer! As we roll into December, we are excited to offer a new class or two, some presentations and as always smiling faces and good conversation. We hope this holiday season that you and your loved ones can connect, be present and enjoy each other's company, whether it virtual or in person! If you are out and about stop by! The Keurig is up and running and we've got plenty of hand sanitizer to share- we'd love to see you! We wish you all a warm, happy and healthy holiday season.

Warm Regards,

Joyce Albertine, Director

Bethany Hammond, Outreach Worker

Diana Brillard, Administrative Assistant/Editor



AND THE WINNER IS....

As you may have seen we had our "Name the Boaters" contest during the fish distribution and the winning names have been drawn:

BONITA & ALBIE!

Submission by Danguole Budris! And fun fact- Danguole caught this beautiful blue on Sept. 29 (and WON the weekly senior prize), a Wednesday and donated it to the fillet donation program, so that beautiful blue was distributed on Thursday at the

Howes House! Thanks Danguole and Congratulations!!



Office Hours:

Monday- Friday
8:30am-4:00pm
Closed Holidays



Special Dates & Events

December 8: Pearl Harbor Day

December 21: Winter Solstice

December 23: Noon Closure

December 24: Closed-
Christmas (observed)

December 25: Closed-
Christmas

December 31: Closed- New
Year's (observed)

January 1: Closed – New Year's
Day



Jack Frost has certainly popped up recently on island! We all know its really important to stay healthy and fit especially during the holidays and cold weather. Here are 5 winter health tips to keep you healthy and happy this winter!

1. Eat a healthy diet of Fruits and veggies.

Around [90% of Americans](#) don't eat enough fruit and vegetables! Drop salty snacks and sugary treats for more greens and whole foods. You can even eat typical winter veggies, such as carrots and potatoes, to keep your immune system healthy in the cold weather. Howes House hosts the IGI mobile market indoors on Tuesday afternoons which has an abundance of healthy veggies to help keep you healthy

2. Get Outdoors During the Daytime

When it's cold outdoors, it's tempting to spend all your time inside, but you need to push yourself to go outdoors. If you don't get enough natural sunlight during the winter, it can cause a vitamin D deficiency that can negatively affect your health. Plus, sunshine is good for releasing mood boosting serotonin! Whenever you have spare time, go for a winter walk at a preserve or just around your neighborhood.

3. Make Sure You Stay Hydrated

We're always reminded to stay hydrated during the summer, but it's important to drink plenty of water in the winter too. When you exercise in cold weather you may wear multiple layers, which could cause you to sweat. You need to replace this water loss by drinking more. Don't forget to keep your electrolytes up and stay away from alcohol, coffee, and tea, as these drinks will only dehydrate you more. Being even slightly dehydrated is enough to cause moodiness, problems concentrating, headaches and fatigue.

4. Try to Get Better Sleep

Around one in three American adults don't get enough sleep. During the winter, you may want to hibernate for the whole season, but you should try to stick to your regular sleeping patterns. You might feel tempted to lay in bed all morning because it's cold, but this can hurt your sleep pattern. Be sure to avoid too much caffeine, exercise, and eating food immediately before you go to bed

5. Always Keep Yourself Warm

If you spend a lot of time outside, you need to protect yourself against hypothermia, frostbite, and other cold-related issues. If you're cold, put on a sweater and wrap a blanket around yourself. Keep an eye on the weather and dress appropriately. Buy a warm winter coat if you don't already have one and keep emergency supplies in your car. Be sure to keep your house at a comfortable temperature as well. While you may be able to handle a "chilly" home hypothermia can sneak in without realizing. Be sure to keep heat between 68-70 degrees and wear a sweater. You can keep empty rooms you don't use closed off to preserve some heat- keep shades closed to help prevent heat escaping through the windows.

In Person Programming

NEW!! ZUMBA!! Wednesdays at 3pm. December 8th – six-week series. Do you love dancing? Do you want a great workout while having fun? Julie Meader, is joining the Howes House for a special 6-week Zumba series! Learn all the moves from cha-cha to samba all while engaging in a fun and exciting Zumba class. All levels welcome! The program can be modified so don't be shy! Everyone can Zumba! Please RSVP for the series. 508-693-2896

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

2nd and 4th Wednesday of the Month.

The attorneys from Patti Mello's office visit the howes house for appointments. The next visit will be on December 15th Please call 508-477-0267 to schedule an appointment.

Audiology Clinic 1:30pm - 4:00pm – Appointments take place at Indian Hill Medical Center

December 28th, and every 4th Tuesday of every month after we will be taking appointments to see Dr. Lesley Segal to discuss your hearing health! Also be on the lookout for special presentations with Dr. Segal! Appointments will be booked 1 person every ½ hr. **Call 508-693-2896 to schedule.**

PEDI CARE – December 27th. The 4th Monday, every 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.

DISCUSSION GROUP - Weekly Tuesdays 1:30-3:30pm

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

Watercolor! Friday's at 1pm

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

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!

Island Grown Initiative (IGI) Mobile Market is Back! – Tuesdays

Mobile Market will be inside at Howes House on Tuesdays **2:45-4pm, starting November 2nd!** 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!

GLEANED GOODS: Tuesday's – 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!

Yoga with Shanta—Thursday's at 9:30am. ****YOGA WITH SHANTA ON HIATUS****

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.

Virtual Classes (on going)

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. 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 9:00a 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 Katrynnyerdon@prodigy.net for meeting information!

Meditation with Ed Merck

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. Meeting ID: 843 9408 2991 Passcode: 737316 **Dial In**+1 646 876 9923

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!

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!

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 Public's. 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!

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.

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

Fuel Assistance

If you need help with your fuel costs this winter, please reach out to Bethany, our Out Reach coordinator, to see what is needed to help you apply for Fuel Assistance.

Coa-outreach@westtisbury-ma.gov

Presentation from the West Tisbury Energy Committee!

On Sunday, December 5, at 2:30pm on Zoom, the West Tisbury Energy Committee will give a presentation about "West Tisbury's Path To 100% Renewable." The committee will provide information about their five-year plan to address the goal of 100% Renewable by 2040. In addition, committee members will share some of their personal experiences transitioning to 100% electric and will be looking for people who might like to join their efforts. Please visit westtisburylibrary.org or email wt_mail@clamsnet.org for Zoom info. Free and open to the public.



Winter Shelter

Open November 28, 2021 – March 31, 2022

Overnight with dinner & breakfast –
6 pm to 8 am

Sunday/Monday: Federated Church Parish Hall, 45 S. Summer Street, EDG

Tuesday Nights: Old Whaling Church, 89 Main Street, EDG

Wednesday-Saturday: St. Andrew's Parish House, 51 Winter Street, EDG

No admission after 7 pm

Day Warming & Lunch – 11-1:30pm

Open November 17, 2021 – March 31, 2022

Monday/Wed/Friday: Good Shepherd Parish Hall - 55 Church Street, Oak Bluffs

Tuesday/Thursday/Saturday: Grace Church – 34 Woodlawn Ave, Vineyard Haven

For more information, call: 774-563-3687



Weekday Warming Center

Warm Up & Have Lunch
11-1:30 pm

Open November 22, 2021 – March 31, 2022

Monday/Wed/Friday: Good Shepherd Parish Center
55 School Street, Oak Bluffs

Tuesday/Thursday: Grace Church
34 Woodlawn Ave, Vineyard Haven

For more information, call: 774-563-3687

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 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.



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](#)

Need a Laugh?

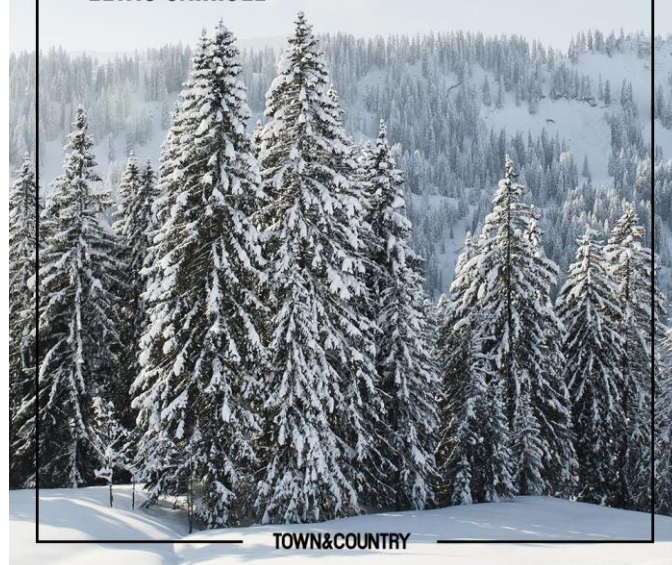
WebDonuts.com



December's Quote

"I wonder if the snow loves the trees and fields that it kisses them so gently? And then it covers them up snug, you know, with a white quilt; and perhaps it says, 'Go to sleep, darlings, till the summer comes again.'"

- LEWIS CARROLL



Did you know...

December 14th is Roast Chestnuts Day? Me either! Here are some fun facts about this nutty day!



The Entire Staff at the Up Island Council on Aging Wishes you and yours a very happy holiday and a joyous new year!

