
February 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,

What a storm! Although, not my favorite way to end a month, I do feel we were well prepared for this one. Enough notice and lots of time to plan helps with making the best of it. I hope you all fared well during the storm - if you need assistance please don't hesitate to call - that's what we're here for!

As we roll into February, we're sorry to say programming is still paused, we hope you will join us for some of our virtual offerings. We also have some exciting new presentations in the works and we can't wait to share them! As cases drop, we hope to be able to restart our programming again so keep an eye out for an announcement!

Warm Regards,

Joyce Albertine, Director

Bethany Hammond, Assistant Director

Diana Braillard, Administrative Assistant/Editor

Did you See it?

Did you notice anything different in the names above? We'd like to Announce that Bethany Hammond, our former outreach worker, has accepted the position as our new Assistant Director! Bethany has worked within the COA for 8 years now and we are so excited she's made this move! Congratulations Bethany!



Office Hours:

Monday – Friday

8:30am- 4:00pm

Closed Holidays

Important Notices:

Most in person classes are paused per board of health until at least Jan 1, 2022. We will reevaluate after that date.

Please take a look at our virtual program offerings.

Important Dates:

**COA WILL BE CLOSED ON
February 21st**

AARP Tax Help
February 25th
& March 15th

March 24th @ 10am
Presentation on Identity
Theft and Fraud
Prevention (via zoom-
please pre-register, link
on page 2)

AT HOME COVID TEST KITS:

The COA will be receiving a limited amount of COVID test kits. Please note kits are given out in a first come first served basis and we are trying to serve our community (Aquinnah, Chilmark, West Tisbury) first. Please check with your local COA about availability. Vineyard Scripts and Conroy's both carry these tests for a fee. When we run out that is where we will direct you to obtain a test if you need one. And as always, there is the Test MV site at the Ag Hall for you to have a test.



AARP TAX HELP: February 25th and March 15th!

The volunteers from the AARP taxes are here again! You MUST sign up for a date and appointment time. As in years past, the volunteers will be doing the taxes remotely. Please call the UICOA for appointment time and more information - 508-693-2896

JOIN US FOR AN INFORMATIONAL TALK ON

IDENTITY THEFT AND FRAUD PREVENTION: MARCH 24TH @ 10AM (VIA ZOOM)

Robin Putnam, Events & Outreach Manager from the Office of Consumer Affairs and Business Regulation, and Sergeant Andrew McLaughlin, from the Orleans Police Department will present on identity theft and fraud prevention. The presentation will include information about their offices and what they do. It will also cover how to be safe online whether it be on your smart device, social media or online banking, phishing emails, and general protection from scams and identity theft. It's some great information that we can all use!

When: Mar 24, 2022 10:00 AM Eastern Time (US and Canada)

To Register in advance for this meeting:

<https://us06web.zoom.us/join/register/tZlqd-yvqDkoEtBf4H7dxFHP426M3Bw1NST>

After registering, you will receive a confirmation email containing information about joining the meeting

Register [here](#) for the program.

Assistance Programs:



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

FUEL ASSISTANCE:



THE FUEL ASSISTANCE PROGRAM
BEGINS ON NOVEMBER 1, 2020
AND ENDS APRIL 30, 2021.

INCOME ELIGIBILITY

HOUSEHOLD SIZE	MAXIMUM GROSS ANNUAL INCOME
Family of 1	\$39,105
Family of 2	\$51,137
Family of 3	\$63,169
Family of 4	\$75,201
Family of 5	\$87,233
Family of 6	\$99,265
Family of 7	\$101,521
Family of 8	\$103,777

IF ELIGIBLE FOR FUEL ASSISTANCE YOU
MAY BE ELIGIBLE FOR THE FOLLOWING:

WEATHERIZATION PROGRAM

A program that can install attic and/or wall insulation and perform air sealing measures to prevent loss of heat from your home.

(HEARTWAP)

Heating Emergency Assistance Retrofit Task Weatherization Assistance Program repairs or replaces your primary heating system.

SSCAC is an equal opportunity provider.

THE FUEL ASSISTANCE PROGRAM

WHAT DO I HAVE TO DO?

Call South Shore Community Action Council at **508-746-6707** or **1-877 FUEL AID** for information. A staff member will give you information on what you need to do to apply: Proof of Income, Proof of Identity, Fuel bill and heating costs for the last 12 months (Printouts from Utilities, if you have gas or electric heat).

WHO IS ELIGIBLE?

Any low-income family within the income guidelines. You can own or rent (including renters whose heating costs are included in rent). Eligibility is determined by the gross income of all family members over the age of 18, as well as family size.

ADDITIONAL BENEFIT

You may be eligible for an additional benefit if the cost of heating your home for the last 12 months is high and exceeds the threshold set for your fuel type.

HOW DOES SSCAC PAY MY BILL?

Your heating company (Gas, Oil, Electric, etc.) will send billing directly to SSCAC and payments up to your benefit level will be made for energy used from November-April.

EXCEPTIONS?

YES, if you have a federal housing subsidy **AND** the cost of your heat is included in your rent **AND** your rent is less than 30% of your income, you are **NOT** eligible.

DO I PAY ANYTHING ON MY FUEL BILL IN THE WINTER?

YES. The Fuel Assistance Program does not pay ALL of your winter heating bills. Call your fuel vendor and ask for your last winter's bill. Subtract your benefit level (Information available by calling **508-746-6707** or **1-877 FUEL AID** toll free long distance) from your winter usage, what is left is your responsibility to pay.

SOUTH SHORE COMMUNITY ACTION COUNCIL | 71 OBERY STREET | PLYMOUTH, MA 02360 | WWW.SSCAC.ORG

If you know someone who would benefit from Fuel Assistance but isn't a senior, they can contact Dukes County Social Services at: (508) 696-3840

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 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
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/360009947632	amazon.com/snap	walmart.com/ideas/discover-grocery-pickup-delivery/walmart-grocery-pickup-accepts-snap-ebt-payments/355540
How do I get help?	instacart.com/help/section/360009947632	amazon.com/help	walmart.com/help



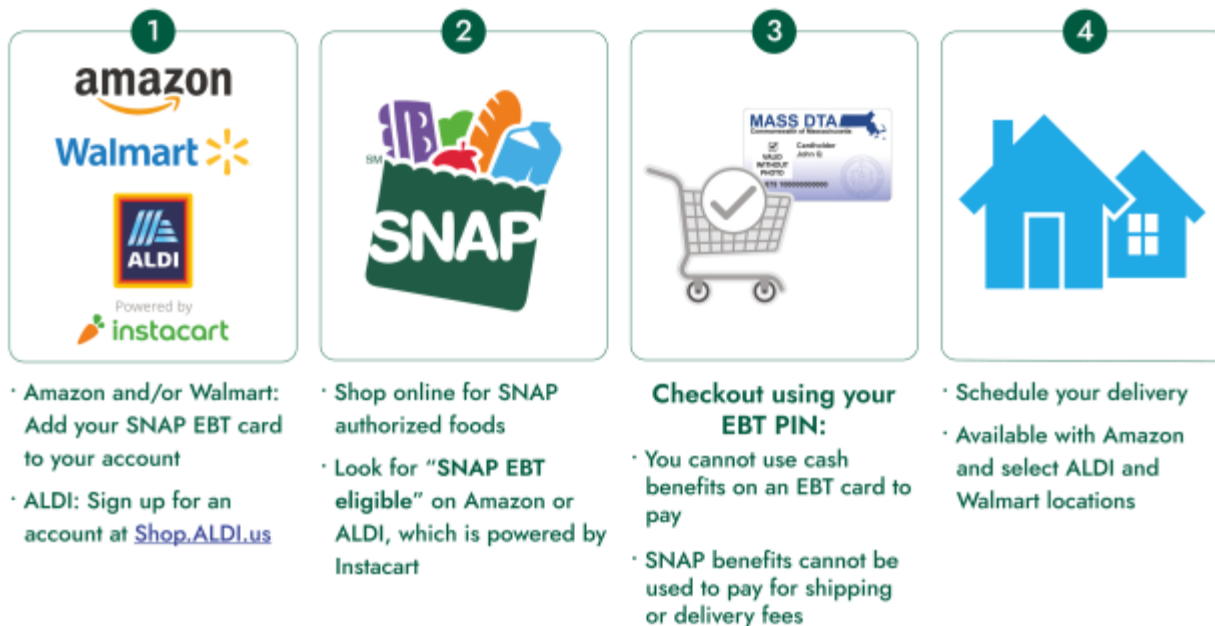
Department of
Transitional
Assistance

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



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 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 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.

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.

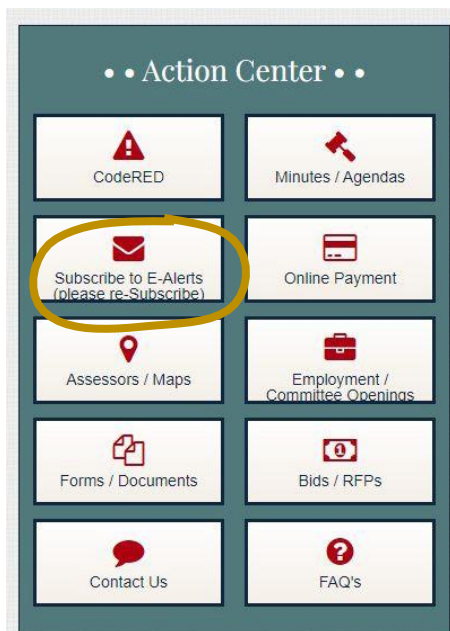
VTA Senior Bus Passes



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 😊

Want to be 'in the know?' Sign up for Email Alerts via Town of WT Website

How to sign up for
Town of West Tisbury email alerts



1. For an email about the next test kit distribution go to the town website
www.westtisbury-ma.gov

2. Look at the left of the screen for the “Action Center”

3. Click “subscribe to e-alerts.”

4. Put in your email address and click the box next to “Town Alerts.” This will sign you up for email alerts about the upcoming Covid at-home test distributions.

5. Be sure to scroll to the bottom of the page to click the box to confirm you are not a robot and then click the “subscribe me” button.

The webpage will refresh automatically and you will see a green check mark and the message “You have been successfully subscribed.”

*Be on the lookout for an email next week with details about the next distribution! Stay safe and thanks for helping keep our community as healthy as possible in these times.



Virtual Classes

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 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!

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 the links previously posted.

And on Wednesdays enjoy our **Webcam Wednesdays!** Sometimes its animals, sometimes it's a beach side airport, up next, we could be looking out someone's window in Sweden! What fun web cam will we find next!? These are both found on our Facebook page.



In Person Programming – Please note most in-person programming is paused.

Island Grown Initiative (IGI) Mobile Market– Tuesdays |IN PERSON|

Mobile Market will be inside at Howes House on Tuesdays 2:45-4pm 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! Please note – 1 person in the market at a time due to BOH COVID protocols.

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 February 9th and 23rd. Please call 508-477-0267 to schedule an appointment.

PEDI CARE –On Hiatus- Will resume in April 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 – Discussion is on hold for the

winter 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!

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!

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

February 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.**

Need a Laugh?



February's Quote:



Did you know?

February's birthstone is amethyst, The name is based on a Greek myth that speaks of a nymph named Amethyst who was inadvertently turned into white stone; in remorse, the Greek god Bacchus poured wine over her to turn her a beautiful purple.



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](#)