

# FEBRUARY 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,

Some February highlights include:

- Wednesday February 1 - 12:30 at the Howes House - Come learn about The Resource Group (TRI) housing rehabilitation program
- Tuesday February 7 - 12:30 PM The Colorful and Lively Fishing Harbor of Mbour, Senegal - Live Walk Tour via Zoom
- Writing Through Workshop 1:30-3 2/15; 2/17; 2/22; 2/2; 2/27
- Tuesday February 14 Stop by the Howes House for some Valentine's Cheer from 11-3

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 2/20**



## **FEBRUARY HOWES HOUSE SAVE THE DATES**

***February 1<sup>st</sup> 12:30*** The Resource Group (TRI) housing rehabilitation program  
in person at the Howes House

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### **The Colorful and Lively Fishing Harbor of Mbour, Senegal**

**A Live Walking Tour Tuesday February 7<sup>th</sup> 12:30-1:30pm**

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



Our visit to the artisanal fishing port of Mbour starts at the area where artisanal handmade fishing boats called pirogues, are made and represent all the different kinds of fishing boats traditionally used.

We will also visit the area for women of the market who transform fresh fish products into dried products to sell.

Walk with us in the crowd of fishermen, fish sellers, buyers and all those who are present to seize the many job opportunities offered by the port.

## OTHER EXCITING EVENTS COMING TO THE HOWES HOUSE

FEB 14<sup>th</sup>



**STOP BY THE HOWES HOUSE FOR SOME  
VALENTINE'S CHEER FROM 11-3**

### 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!**



**FREE**

# Adult Dental Cleanings!

For Island residents, 18 years or older,  
who do not have access to dental care.

February 20 - 24

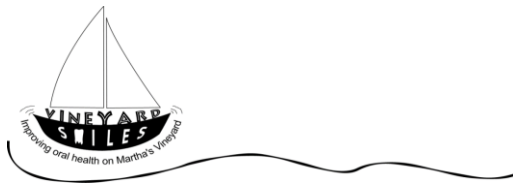
April 17 - 21

At the First Baptist Church Parish Hall  
66 Williams Street, Vineyard Haven



To register text or email Polished Dental:  
(978) 549-0659/[PolishedVHCA@gmail.com](mailto:PolishedVHCA@gmail.com)

☆ *Sponsored by Vineyard Smiles and supported by the Martha's  
Vineyard Community Foundation and the Island Boards of Health* ☆





## March preview:

### Join us for a live guided walking tour through Bruges, Belgium

Bruges has a perfectly preserved medieval center that reflects its golden age when it was the most important city of commerce in Europe!

Explore its beautiful Market Square and Burg Square. These are home to the dramatic Belfry tower and the town hall, which is considered to be the best piece of gothic civic architecture in Belgium. See the beautiful canals and quaint bridges and so much more!

Our guide will show these lovely places and explain the history of Bruges' rise and fall and rise again!

**When:** March 9<sup>th</sup>, 2023 11:00-12:00

**Where:** Join us virtually from your home OR come watch with us on the big screen at the Up-Island Council on Aging  
(1042 State Road, West Tisbury MA)



\*Please register by calling 508-693-2896  
or e-mailing [coa-staff@westtisbury-ma.gov](mailto:coa-staff@westtisbury-ma.gov)

## Go Go Grandparent (Pilot Program from Healthy Aging MV!)

## Medivan (VTA)

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

### FOOD RESOURCES:

## Buy Food Online Using SNAP in MA

## How It Works

1. Amazon and Walmart logos with the Instacart logo below.
2. A shopping bag with "SNAP" written on it and various food items.
3. A shopping cart with a checkmark and a "WASS DTA" label.
4. A blue house icon.

*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

## **CONNI BAKER, ESQ ESTATE AND MEDICAID PLANNING @ THE UP ISLAND COA**

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

Please call 508-477-0267 to schedule an appointment.

## **PARKINSON'S GROUP**

2<sup>nd</sup> Monday of the month at 1:30 PM (NOTE NEW TIME) – 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**

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:**

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?

## FEBRUARY BIRTHSTONE:



## FEBRUARY FLOWER:



## FEBRUARY ZODIAC:



## FEBRUARY HOLIDAYS & SPECIAL OCCASSIONS:

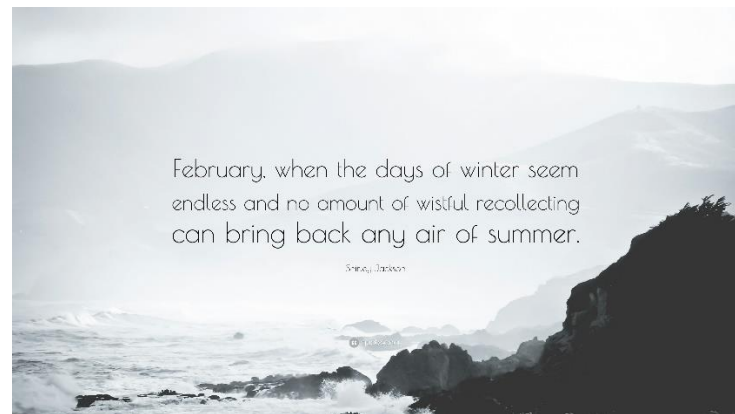
**FEBRUARY 14<sup>TH</sup> 2023 –  
VALENTINE'S DAY**

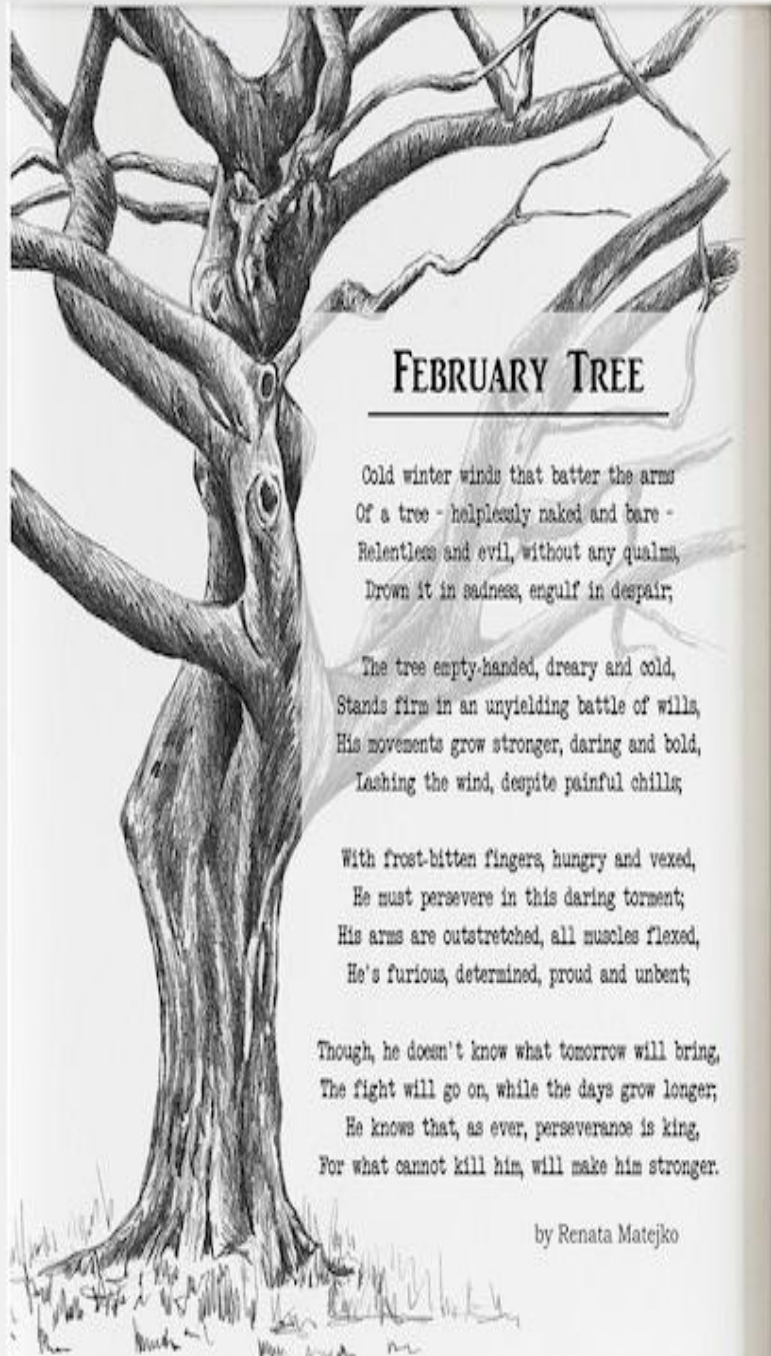
**FEBRUARY 17<sup>TH</sup> 2023  
ST PATRICK'S DAY**

**FEBRUARY 20<sup>TH</sup> 2023  
COA CLOSED**



## FEBRUARY QUOTE:





## FEBRUARY TREE

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Cold winter winds that batter the arms  
Of a tree - helplessly naked and bare -  
Relentless and evil, without any qualms,  
Drown it in sadness, engulf in despair;

The tree empty-handed, dreary and cold,  
Stands firm in an unyielding battle of wills,  
His movements grow stronger, daring and bold,  
Lashing the wind, despite painful chills;

With frost-bitten fingers, hungry and vexed,  
He must persevere in this daring torment;  
His arms are outstretched, all muscles flexed,  
He's furious, determined, proud and unbent;

Though, he doesn't know what tomorrow will bring,  
The fight will go on, while the days grow longer;  
He knows that, as ever, perseverance is king,  
For what cannot kill him, will make him stronger.

by Renata Matejko