

MAY 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 May highlights include:

- May 4th Coast to Coast Mobile Haircuts 9:30-3 by appointment
- May 9th Volunteer Fair 1-3P at the Howes House
- May 11th Bring a Brown Bag lunch to the Howes House 12:30P
- May 15th Coffee, Conversation & Connection with The COA Friends - 9-10:30 - Chilmark Library
- May 18th 9-10A The Great Pyramids by Camel - live Walking Tour at the Howes House (zoom)
- May 22nd 1-3P Steamship Authority Program
- CLOSED May 29th Memorial Day

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
Closed Holidays

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:

Sunday May 14th

Happy
Mother's
Day!



Saturday May 20th



Monday May 29th



HOWES HOUSE SAVE THE DATES



Interested in a spring spruce-up???

Mobile hairstylist Angela Prout of Coast to Coast Cuts will be joining us on Thursday May 4th to offer haircuts here at Howes House. Appointments for basic haircuts are open to both men and women. Please let us know if you have an exceptional amount of hair so Angela can allot more time.

Thursday May, 4th 9:30am-3:00pm

Basic haircuts - \$25

Cash, check and credit card accepted.

508-693-2896 to schedule your appointment



Volunteer Fair

Tuesday May 9th  1:00-3:00

Looking for a way to get involved in the community & lend a helping hand?

Do you have some time to spare?

Drop in & join us at the Up-Island COA (Howes House) to meet with various Island organizations who depend on the hard work of volunteers to provide services on this Island we love.



1042 State Road, West Tisbury
For more information, please call 508-693-2896



Thursday May 11th at 12:30PM

While we wait for our weekly luncheons to return, we have decided to set up the tables in the big room every Thursday at 12:30pm and invite you to bring a bagged lunch to enjoy with friends & good conversation ...

AND THE BEST PART ???

We will provide dessert 😊

Please let us know each week by Tuesday if you plan to attend 508-693-2896

The Friends of the Up-Island Council on
Aging invite you to join us at the
Chilmark Public Library for coffee &
conversation!



**Monday May 15th
9:00am-10:30am**

Topic: Bethany Hammond, UICOA Assistant Director,
will discuss programs and services and get feedback
about how to best serve Chilmark residents

Join us for a live guided walking tour of the Great Pyramids by Camel

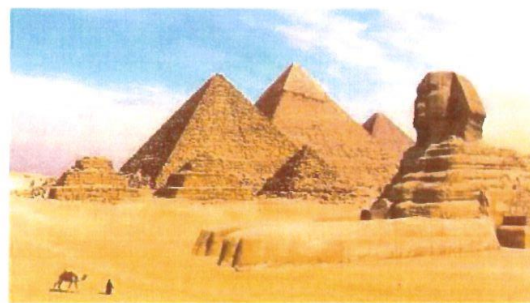
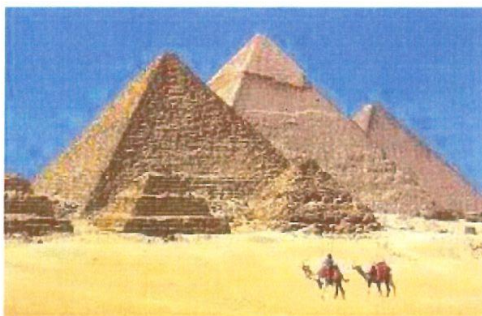
Come take a ride through the desert around the Giza plateau, taking in the last of the seven wonders of the world.

Get up close to the great pyramids as you go back to the time of the builder and the pharaohs who commissioned them.

We will start off by taking a look at the great sphinx before mounting our camel and riding up the giant causeway making our way round the great pyramids out to one of the most iconic views on earth!

When: May 18th, 2023 9:00AM - 10:00AM

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

JOIN US!

FREE INFORMATION
SESSION!



Serving the Islands and You.

Come learn all about the Steamship Authority's new website and its first-ever mobile app! This session will be led by representatives from the SSA and Projekt202, the company developing the new site and the app, and will give you a chance to learn first-hand all the new features and opportunities the site has to offer. Feel free to bring your own laptop, tablet, or mobile phone to follow along, or you can watch on the screen for a live demonstration.



May 22nd, 2023

1:00 – 3:00

@ Howes House
(Up-Island Council
on Aging)

1042 State Road, WT



FitFun Wednesdays



with Margarita Kelly

Join enthusiastic Island fitness trainer, Margarita Kelly, for a 45-minute class at Howes House. Whether you are new to the word of fitness, or a seasoned veteran, come get your body moving in this inclusive up-beat program!

\$12.00

Wednesdays 10 – 10:45
@Up-Island COA
(1042 State Road, West Tisbury)

508-693-2896 for more info.



WE'RE STARTING A WALKING GROUP!

*Let's start of list of
interested walkers and get
outside in the fresh air!*

*Call the Up-Island COA if
you're interested or want
more information!*

508-693-2896



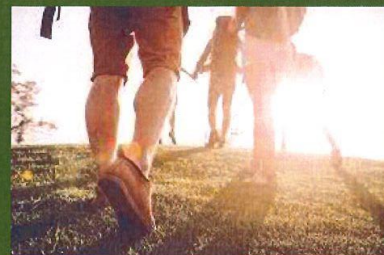
*Do you enjoy
taking a walk?*



*Would it be
more fun to walk
with a buddy?*



*Or maybe even a
small group?*



Save the date



Annual Howes House Art Show

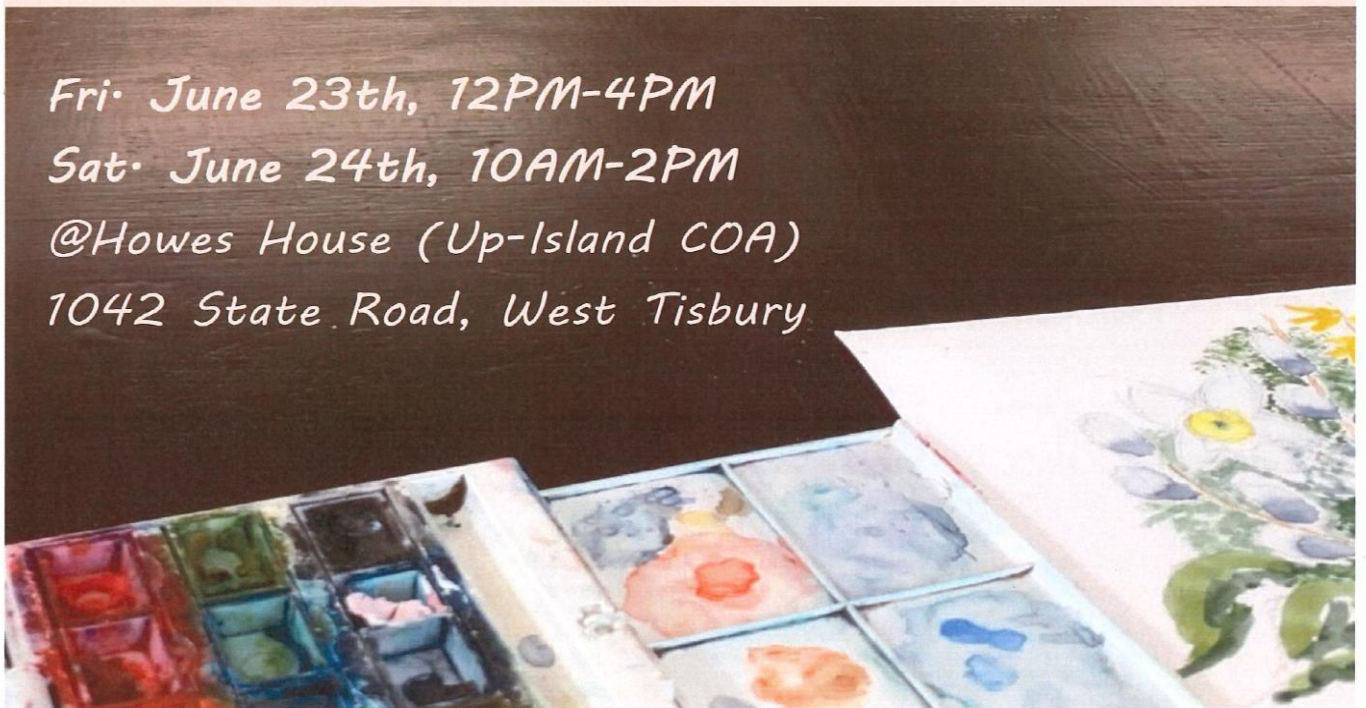
*Stop by to support talented local artists from the
COA painting group! Many original pieces of artwork
will be on display to view and for purchase!*

Fri. June 23th, 12PM-4PM

Sat. June 24th, 10AM-2PM

@Howes House (Up-Island COA)

1042 State Road, West Tisbury



Transportation Services

STOP BY & PICK UP A COPY OF 'ON THE GO' SAFE RIDES FOR OLDER ADULTS – SPONSORED BY HEALTHY AGING MV

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)

VT 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.

	Amazon	Instacart	Walmart
Is there a delivery fee?	Express Members: Free for orders over \$35 + reduced service fees Non-Express Members (in 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/500009947632	amazon.com/inap	walmart.com/dswa/discover-grocery-pickup-delivery/walmart-grocery-pickup-accepts-snap-ebt-payments/2020040
How do I get help?	instacart.com/help/section/500009947632	amazon.com/help	walmart.com/help

Learn more or apply for SNAP:
[Mass.gov/SNAPonline](https://mass.gov/SNAPonline)

USDA Supplemental Nutrition Assistance Program
Picking Healthy Food Within Reach

Buy Food Online Using SNAP in MA
How It Works

- 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)

dta Department of Transitional Assistance

USDA Supplemental Nutrition Assistance Program
Picking 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 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 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 for log in information. --- **STARTING JUNE 2ND MARTHA WILL BE HOLDING HER MONDAY & FRIDAY CLASSES HYBRID FROM THE HOWES HOUSE**

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 YOGA WITH KAT

Wednesdays at 11AM – Cost \$10

WEEKLY FITNESS WITH MARGARITA KELLY

Wednesdays at 10AM – Cost \$12

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

2nd (and 4th if needed) Wednesday of the Month. Please call 508-477-4502 to schedule an appointment.

PARKINSON'S GROUP

2nd Monday of the month at **1:00 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

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

DISCUSSION GROUP – CURRENTLY ON HIATIS LOOKING FOR A NEW COORDINATOR

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:

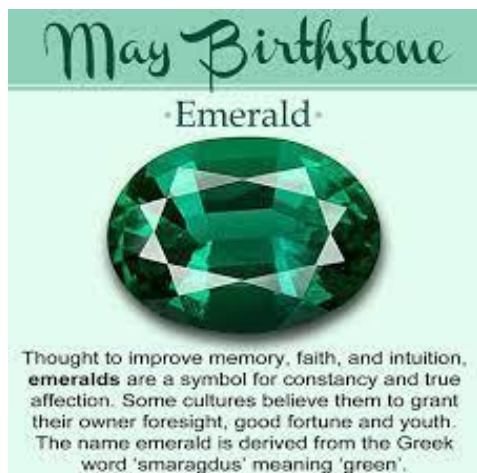
Due to change of season, our selection and abundance changes. Check in with us on Tuesdays around Noon to see what goodies have been delivered that day! Also posted on our Facebook page

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>

MAY BIRTHSTONE:



MAY FLOWER:



MAY ZODIAC:



MAY HOLIDAYS & SPECIAL EVENTS:

Sunday May 14th

Happy
Mother's
Day!



Saturday May 20th



Monday May 29th



HOWES HOUSE CLOSED

MAY QUOTE:



