
January 2021 Newsletter

The Howes House

1042A State Rd., West Tisbury MA 02575 (Across From Alley's)

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Hello Friends,

Happy New Year!! Welcome 2021! I'm not sure about you all but we are HAPPY to ring in the new year! January brings about a feeling of new beginnings and hopes. Hoping it's filled with love, laughter and togetherness (the good ol' fashioned way!).

Warm Regards,

Joyce Albertine, Director

Tanya Larsen, Assistant Director

Bethany Hammond, Outreach Worker

Diana Brailard, Administrative Assistant/Editor

BE AWARE! BE VILIGIANT!

It's a shame that with such exciting news of a COVID vaccine comes the threat of scammers and hackers trying to feed off of unsuspecting folks! Our friends at Medicare sent along a list of things to be aware of as we wait for the vaccine to become available to all.

Don't get scammed! You should know the following:

- Most Medicare beneficiaries will not have to pay to get this vaccine during this public health emergency.
- If someone offers to put you on a vaccination list in exchange for money, you are being scammed. You cannot pay to get on a list.
- If someone offers to get you early access to the vaccine in exchange for your credit card or Medicare number, you are



Office Hours:

Monday- Friday

8:30am- 4:00pm

Closed Holidays

Special Dates and Events

January 1st- CLOSED

New Year's Day

January 18th- CLOSED

Martin Luther King Jr Day

January 27th- 2:00pm

**Linsey Lee Presentation with
June Manning- Aquinnah
receives electricity**

 Have you LIKED us on Facebook yet? Search for us under "Up Island Council On Aging" We do a lot of updates and changes on facebook so be sure to follow us!!

being scammed. You cannot pay to get early access to the vaccine.

- No one from Medicare or your municipal or state health department will contact you and offer you the vaccine.
- No one from a vaccine distribution site or a private insurance company will call you asking for your Social Security number, your credit card number, or bank account information to sign you up to get the vaccine. If you get such a call you are being scammed.
- If you get a call, text, email, or even someone knocking on your door claiming they can get you early access to the vaccine, you are being scammed. You can report scams by calling the Massachusetts Senior Medicare Patrol Program's Report-A-Scam line at 978-946-1243 or email to ReportAScam@MASMP.org.

280 Merrimack St., Ste 400, Lawrence, MA 01843

800-892-0890 • www.masmp.org

Remember: Never give your Medicare number, your bank account information, your credit card numbers, your Social Security number, or any other personal information to anyone you do not know and trust. Don't get scammed.

For additional guidance call the Massachusetts Senior Medicare Patrol (SMP) Program at 800-892-0890 or visit www.MASMP.org.



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 UPICOA, 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](#).

Fuel Assistance- With winter upon us there are many low-income people 60 and over who are concerned about how they will afford to heat their homes. If you are one of these people and live in the town of Aquinnah, Chilmark, or West Tisbury, please call or email Bethany (coa-outreach@westtisbury-ma.gov) to discuss the South Shore Community Action Council's fuel assistance program.

Food Distribution

If you are struggling with food insecurity please call the office and we can help you. Currently our food distribution program reaches about 25-30 seniors every month. We try to provide dry good staples as well as fresh vegetables. We coordinate it with our gleaning delivery from IGI so that we are all able to enjoy the bounty of our island! Food is delivered 1x a month from the Greater Boston Food Bank. If you are in need please call 508-693-2896.

Due to COVID 19 we are currently delivering the food. **Please reach out if you'd like to volunteer to deliver!!**

Do You Have a File of Life?-

Medical emergencies can happen anytime. When they do, panic, urgency, and sometimes confusion. Paramedics arrive on the scene with no information about the person in need. File of Life puts answers at their fingertips. It's always good to try and update these files as often as possible so that the most up to date information is available. If you need to get one or need a new insert let us know and we can send you one or leave it out for you to pick up!

Howes House News – Unfortunately, due to the recent spike in cases, we are pausing all in office programming (Dance free, Writers Group and Watercolor) Please call if you are unsure if a program is happening.

IGI Mobile Market – October 12, 2020 to February 26th, 2021

We are excited to be hosting the Island Grown Initiative's Mobile Market at Howes House again! They have initiated a new online ordering system where you order all your delicious goodies then pay either online or at pick up with any means of payments (credit/debit, EBT, cash etc) The mobile market will be available for **Pick Up Orders Only** on Tuesdays from 3-4pm. You can order online here: <https://mobilemarketorders.square.site/>. If you don't have the ability to place an order online, please contact IGI to place an order at: 508.687.9062 and office@igimv.org

The Market is open to everyone, not just seniors – so spread the word!!

Watercolor! **Friday's at 1pm**

Bring your own supplies and enjoy an afternoon of painting still life with watercolor or medium of your choice. We are limited in the space for the amount of people so please sign up in advance.

2021 VTA SENIOR ANNUAL BUS PASSES ARE HERE!

\$40 for Island Residents over 65!

Available at the Howes House

Howes House Writers Group Wednesday's 1:30-3:30pm Beginning **Wednesday, Oct, 21, and every Wednesday thereafter from 1:30 to 3:30 pm.** Writers will work on poetry, prose, fiction, memoir writing, and more, sharing stories and ideas. Howes House writers have a long tradition of supporting one another to find their voice, to unlock writer's block, to write vignettes, and to discover the power of the written word. The rich palette of participating writing talent has served to inspire, nurture, and support writers of all ages — from beginners to published authors — with their projects.

The desire to write and the trust given to the group by presenting and sharing work in progress will be answered with the respect and discretion this act of generosity and courage deserves, according to a press release from the group.

The number of seats is limited under board of health rules by the available space. Masks are required. It is suggested that writers register early to secure their seats. Email Ilmarinen Vogel, author and facilitator of Howes House Writers, at ilmarinengvogel@gmail.com, or call 774-563-5688 to save a space."

SPECIAL PRESENTATION!

Oral History with Linsey Lee ft. June Manning

Wednesday January 27th, 2021 @ 2:00pm

If you missed out on our first presentation with Linsey Lee you are in luck! And if you loved it the first go around you're in for another treat! We have teamed up with Linsey Lee, curator of MV Museum and Author of Vineyard Voices, again to bring you a video and live discussion on when Aquinnah first received electricity with our own June Manning! We will listen in as June relives what it was like growing up during that exciting time! Please call 508-693-2896 to register. Zoom link will be emailed prior to the presentation.

This is a free, virtual, Zoom presentation. Please register in advance so you can be sent the email link to the presentation. Not familiar with Zoom? Call to see if staff have availability to help!

Calling all musicians! Howes House would like to bring live or prerecorded music into the homes of our seniors to fight isolation and support our local talent through a new weekly program. If you are or know of a musician who would be interested please have them contact Tanya at coa-staff@westtisbury-ma.gov

Virtual Programs (On Going)

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!

Gentle Yoga with Kanta Lipsky!

Kanta has let us know she is also hosting a weekly gentle yoga class via Zoom!

Meeting ID: 824 4775 7861; Passcode: 709904

Class is on Tuesday's at 11:30. She looks forward to seeing you!

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. \$10 a class. Please email Martha for zoom information

spiritmovesyou@gmail.com

Meditation with Ed Merck

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

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.

Dance Free!

Our Dance Free Group (Tuesdays 3:00 pm) is still happening as well with our own Jill M and Joanie L. Locations may change due to weather and availability. Contact Jill M at: (744-286-1855)

Strength Training

Katryn, the instructor for our strength training, has also switched to the virtual method! She is offering classes via Google Meet! She is running a 30min class with a mix of strength training and a little cardio. If you are interested in joining please contact Katryn at

katrynyerdon@prodigy.net and she will touch base with info about class time!

Web Cam Wednesday (NEW!!)

Check out our Facebook page every Wednesday to see what new web cam we've linked to every week! This week is the Penguins at the NE Aquarium! Watch these funny little birds swim, waddle and get super excited at feeding time! A new web cam every week!

Need a Laugh?



Did you know?

On January 29, 1924 — Carl Taylor of Cleveland patented a machine that made [ice cream cones](#). Yum!! Thanks Carl!



I do not own the rights to this picture (but I wish I did! So cute!)

Poem: Snow Ball by Shel Silverstein

Snow Ball

I made myself a snow ball as perfect
as could be

I thought I'd keep it as a pet and let
it sleep with me

I made it some pajamas and a pillow
for it's head.
Then, last night it ran away
But first— it wet the bed.

Shel Silverstein

**“Like” us on Facebook to keep up with
all the happenings at the Howes House!**
😊

**Also check out the new Friends of the Up
Island Council on Aging Website!**

<https://friendsofupislandcouncilonaging.org>

**HAPPY NEW YEAR FROM ALL OF US AT HOWES
HOUSE!**

Joyce, Tanya, Bethany and Diana