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## January 2022 Newsletter

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# The Howes House

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

Phone: (508)693-2896 Fax: (508)693-1447

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Hello Friends,

Welcome January! Just like that 2021 is over and 2022 is here! A Brand-New year and a brand-new start. Why not try a new class or two? Pick up a new hobby? Or learn something new? We've got a full schedule of virtual classes, and once the COVID numbers drop down our in-person classes will be up and running! Anyhow, we're looking forward to a great new year with you all!

We hope you had a wonderful holiday season filled with loved ones and laughter.

Warm Regards,

Joyce Albertine, Director

Bethany Hammond, Outreach Worker

Diana Braillard, Administrative Assistant/Editor

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### **AT HOME COVID TEST KITS:**

***The COA will be receiving a limited amount of COVID test kits. At time of printing this we are currently OUT. We expect some in early January but do not have an exact date. 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 at the Ag Hall for you to have a test.***

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### 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.***

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Have you seen our newest addition to the front desk? Facebook Portal is now at the Howes House! Just in front of the elevator!

Stop in, tap the screen, and say hello!



## **January is Glaucoma Awareness Month!**



You may have heard of Glaucoma from a family member or friend, but what is Glaucoma? Glaucoma is a complex disease in which damage to the optic nerve leads to progressive, irreversible vision loss. Glaucoma is the second leading cause of blindness. Eyes effected with Glaucoma do not have drainage and in turn the fluid pressure builds up causing damage to your optic nerve, disrupting your vision and could lead to blindness. In many cases Glaucoma is asymptomatic. It is one of the leading causes of irreversible blindness in the United States. More than 3 million Americans are living with glaucoma, 2.7 million of whom are above the age of 40. The best way to detect and treat glaucoma is through regular eye checkups.

Here are 5 major signs that indicate glaucoma.

### *1. Halos Around Lights*

Halos are bright circles that surround a light source, almost like headlights. Seeing halos around lights means that you are developing a serious eye disorder, it could be glaucoma or cataracts. Some patients report seeing halos around lights as a side effect of cataract surgery, LASIK surgery, or because of eyeglasses they are wearing at the time.

### *2. Loss of Vision in One Eye*

If you notice a loss of vision or develop a blind spot in your field of vision, it's time to get tested for glaucoma. It is worth noting that glaucoma does cause a gradual loss of vision, so now is as good a time as any to get an eye checkup. This becomes even more important if you experience sudden blindness in one eye, at this point, it is an emergency.

If you indeed have glaucoma, then you're left with a very short window of time for getting treatment to avoid permanent blindness. Temporary loss of vision is a symptom of a more serious underlying issue such a stroke and doesn't always indicate glaucoma. Be sure to discuss treatment and options with your doctor.

### *3. Cloudy Looking Eyes*

The cornea has a sheet of cells on the inside which pump watery fluid out of the cornea, keeping it clear. If the pressure rises a little too high, the fluid will be pushed into the cornea, making it cloudy and water logged. This is what leads to cloudy looking eyes.

Cloudy eyes are easily detectable in a mirror and should be immediately checked in by a doctor. In many cases, cloudy eyes are caused due to cataracts which often affect older people. If you experience hazy eyes, it's time to get a checkup.

#### *4. Sensitivity to light*

Younger people with raised eye pressure (IOP) show increased sensitivity to light. There may be several reasons for this. The clear window of the eye may be cloudy and waterlogged, which is uncomfortable. When the cornea isn't completely clear it will cause light to bounce off the cornea irregularly, causing glare. While this doesn't harm a person's vision in the short term, it is an early sign of glaucoma.

#### *5. Severe and Sudden Eye Pain*

The most obvious sign of an acute attack of glaucoma is severe eye pain. This will often require emergency treatment because the pain is often unbearable. Such an attack will often cause redness of the eye, and nausea, with or without vomiting.

Eye checkups are a vital part of aging. If you have high risk factors for glaucoma, diabetes, high blood pressure, or a family history of glaucoma, you should see an eye doctor now to determine how often to have eye exams.

Early detection, through regular and complete eye exams, is the key to protecting your vision from damage caused by glaucoma.

Please visit the [Glaucoma Research Foundation](#) to find more information!



## 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-

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](mailto:coa-outreach@westtisbury-ma.gov)) to discuss the South Shore Community Action Council's fuel assistance program.

## 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

***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 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.

## **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 😊

### A Presentation from the Library:

#### 'ZOOMING IN'

Art Exhibit at the West Tisbury Free Public Library

For the past twenty months, instructor Heather Capece has been offering online art classes for teens and adults through the West Tisbury Library. Through the magic of Zoom, Heather has taught students near and far how to work with watercolors and pastels, and many of Heather's current students have been involved in these weekly classes from the beginning. They have become each other's supporters and friends.

In efforts to celebrate their longevity and beautiful work, the library is exhibiting a public art show to display some of their pieces. The submitted pieces are on display at the library until February 1st, 2022.

The work can be seen in the periodicals area at the back of the library. This show is free and open to the public. Stop in anytime the library is open to view this special exhibit.

For more information about this event, or to schedule an interview, please call the library at 508-693-3366 or email [lhearn@clamsnet.org](mailto:lhearn@clamsnet.org).



## 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](mailto: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](mailto:Katrynnyerdon@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](mailto: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.

**NEW!! ZUMBA!! Wednesday at 3pm.** Do you love dancing? Do you want a great workout while having fun? Join us Wednesdays for ZUMBA @ 3pm! Julie Meader, is shaking the Howes House for a special 6-week Zumba series! With 2 weeks left this month! January 5<sup>th</sup> and 12<sup>th</sup>! 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

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

January 25<sup>th</sup>, and every 4<sup>th</sup> 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.**

**Patricia Mello and Associates, P.C. @ the UICOA** 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of the Month.

The attorneys from Patti Mello's office visit the howes house for appointments. The next visit will be on January 12<sup>th</sup> and 26<sup>th</sup>. Please call 508-477-0267 to schedule an appointment.

**PEDI CARE –On Hiatus- Will resume in April** the 4<sup>th</sup> 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.**

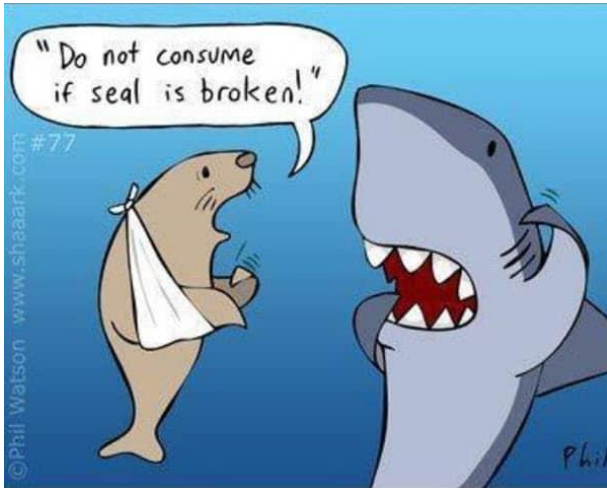
Check in with us on Tuesdays around Noon to see what goodies have been delivered that day! Also posted on our Facebook!

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

STAY TUNED FOR A SPECIAL WELLNESS CLASS WITH SHANTA \*\*COMING SOON! \*\*



## Need a Laugh?



## January's Quote:



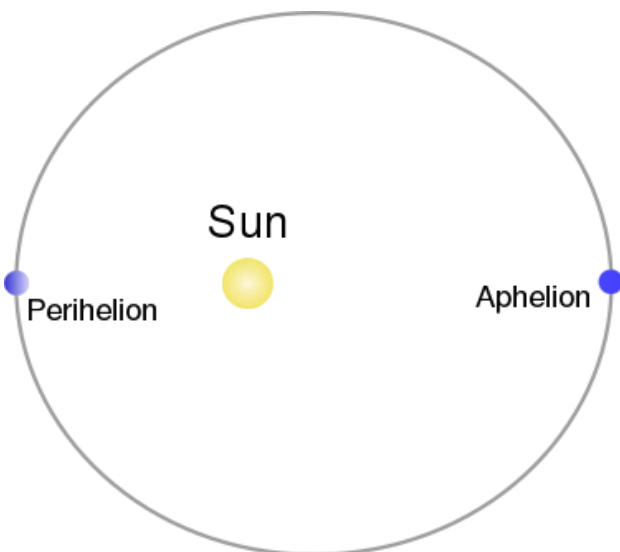
**"We spend January 1 walking through our lives, room by room, drawing up a list of work to be done, cracks to be patched. Maybe this year, to balance the list, we ought to walk through the rooms of our lives...not looking for flaws, but for potential."**

**ELLEN GOODMAN**

**RS**

## Did you know?

On January 4, 2022, Earth reaches perihelion, which is the point in the planet's orbit where it is closest to the Sun. At perihelion, Earth will be 91,406,842 miles from our bright star. Don't forget your sunscreen!



## **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](#)