

JULY 2021 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,

We are so excited to announce that starting on July 6th (Tuesday) staff will be back in the office 5 days a week!! We are so looking forward to being back as a team and able to help you from the office. We are very grateful for you sticking it out with us while we tried to navigate serving our members while working remotely. Your patience was so greatly appreciated- but WE'RE BACK! We hope to offer all programming in the coming months but we also want to be safe (the virus unfortunately isn't gone yet) so we're opening slowly and safely. We look forward to seeing you!

Warm Regards,

Joyce Albertine, Director

Tanya Larsen, Assistant Director

Bethany Hammond, Outreach Worker

Diana Brillard, Administrative Assistant/Editor



Howes House Hours:
Monday – Friday
8:30am – 4:00pm
Closed Holidays

Special Dates:

**July 4th-
Independence Day**

**July 5th- Closed in
observance of
Independence Day**

**July 6th- Howes House
Reopens!**

- **Happy July! – Did you know that July is UV (Ultraviolet) Safety Awareness Month! The warmer months increase the likelihood of being out side to enjoy the sun and warm temperatures. With that the comes the exposure to UV rays, the harmful rays that can lead to skin cancer. There's a helpful slogan that has been floating around for quite some time but is new to me and a great reminder: "Slip, Slop, Slap, and Wrap" Slip on a shirt, Slop on some sunscreen, Slap on a hat, and Wrap on some sunglasses! Also remember that the suns rays are the strongest between 10a- 3pm, so seeking shade is also a good way to protect yourself.**
- [**Howes House UPDATE!**](#)

While we plan to reopen to the public on July 6th, we'd like to remind folks of a few guidelines that have been put into place. First off, we ask that you please remain masked in our building during programming. Per the select board's policy. Secondly, we unfortunately need to limit group sizes due to the buildings size and layout. We ask for patience and kindness if a group has reached its capacity limits and you may not be able to participate. Some instructors are planning to offer a hybrid class, which will consist of them teaching the class through zoom, as well as in person. And other instructors have chosen to wait and continue online instructions. Please check with staff to see how your favorite class will take place!

Howes House News – Any programs that have returned in person will say so in their write

Audiology Clinic 1:30pm - 4:00pm

July 27th, and every 4th Tuesday of every month after we will be taking appointments to see Lesley to discuss your hearing health!

Also be on the lookout for special presentations with Lesley! Appointments will be booked 1 person every ½ hr. **Call 508-693-2896 to schedule.** In person

PEDI CARE IS BACK! - July 26th

the 4th Monday, every month
Starting appointments at 9:30 am.
Please call to reserve your spot.
In Person program, Masks required.

Patricia Mello and Associates, P.C. @ the UICOA

2nd Wednesday of the Month.
Great News! The attorneys from Patti Mello's office are returning! They returned to in office visits starting on May 12. Please call 508-477-0267 to schedule an appointment.

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! In Person, outdoors.

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 people so please sign up in advance.
This program is in person

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. \$10 per class. All are welcome.

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.

**DISCUSSION GROUP is back!! – Weekly
Tuesdays 1:30-3:30pm on the patio**

Join us for Open Discussions of
Controversial and Contemporary subjects,
Group meets outside on our patio.

All are welcome!

**Food Pantry – New! Senior Shopping Hours! May
14th and every Friday going forward 12pm-2pm.**

Located at the PA club, seniors now have specific
time to shop at the food pantry! You, of course
can, shop at any time but this slot is specifically
for seniors. If you have any questions, please
reach out to info@islandfoodpantry.org If you'd
like to be removed from their delivery list to shop
in person you may also contact them at the
above email address.

Strength Training w/Katryn Yerdon

Katryn is offering her classes via google meet! She
is hosting 30-minute classes with a mix of strength
training and a little cardio. Currently, Katryn's
classes are full BUT if there is the interest, she
would be happy to add another class! Please email
her at Katrynyerdon@prodigy.net with any interest!

**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 links to see previously posted.

And on Wednesdays enjoy our **Webcam
Wednesdays!** We've started with the adorable
penguins at the NE Aquarium and the
Smithsonian's Zoo Panda Bears!! What fun web
cam will we find next!? These are both found on
our facebook page [here](#).



Howes House Writers Group

We regret to inform you that unfortunately our
Howes House writers' group is no longer taking
place. We are currently taking names for interested
folks who may want to lead this group. If interested,
please email Diana at [coa-clerk@westtisbury-
ma.gov](mailto:coa-clerk@westtisbury-ma.gov)

**Island Grown Initiative (IGI) Mobile Market is
Back! – July 6th**

Mobile Market will be at Howes House on
Tuesdays **2:45-4pm, starting July 6!** 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!

New Programming!!

Men's Card Group!

Are you interested in a Men's card group
being held at the Howes House? Join Rick
Lee for Gin, Rummy, Backgammon, and/or
Cribbage!

Date: TBD pending interest

**2021 VTA SENIOR ANNUAL BUS
PASSES ARE HERE!**

\$40 for Island Residents over 65!

Available at the Howes House



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 w/KANTA on Zoom!

Great News! Kanta is teaching a 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!

Duplicate Bridge

Do you play duplicate Bridge? Would you like to start playing? We have interested members and we'd like to get bridge group rolling at the howes house again! Please contact diana at coa-clerk@westtisbury-ma.gov

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 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.

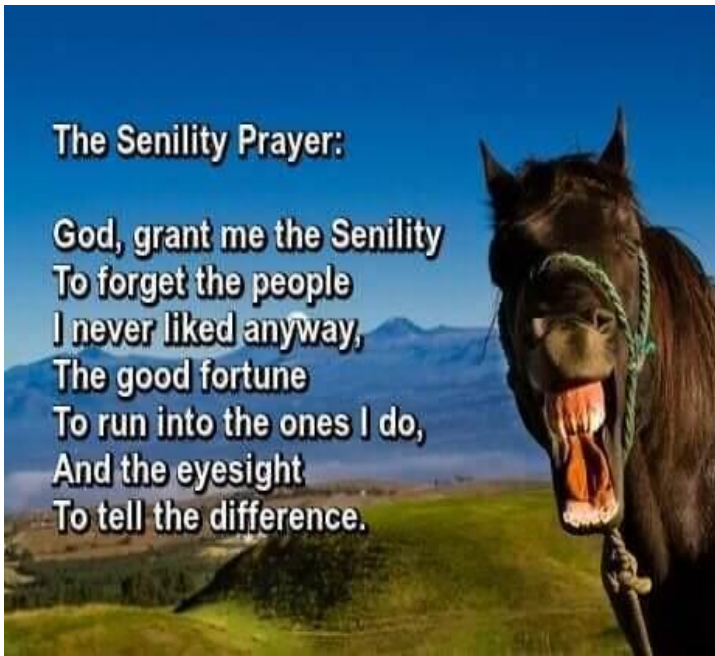
Vineyard Isle Parkinsonians Support Group - A Support group for both people suffering from Parkinson's disease and their caregivers. This group meets via Zoom on the 2nd Monday of every month and is co-facilitated by a registered nurse, a social worker, and a patient. Call the Council for more information.

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!



Need a Laugh?



July's Quote



July Fun Fact:

On [July 5](#), 1946, the world's first [bikini](#) was unveiled in the famous Piscine Molitor swimming pool in Paris. Just in time for the heat of summer, the bikini was modeled by showgirl Micheline Bernardini. While two-piece forms of swimwear previously existed, none used as little fabric as the bikini!



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](#). We thank you for your support

