

# JUNE 2021 NEWSLETTER

## The Howes House

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

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Hello Friends,

Welcome June! Here we are in the month of June and summer is here! The island is gearing up for what is expected to be the busiest summer yet! We are the howes house are excited for the return of some programming and visits from our friends near and far! We have some programs joining us in person (limited capacity) and zoom presentations still happening as well. While we are excited to welcome everyone back, please understand we want to do it SAFELY!

Warm Regards,

Joyce Albertine, Director

Tanya Larsen, Assistant Director

Bethany Hammond, Outreach Worker

Diana Braillard, Administrative Assistant/Editor

### Helpful Info!

#### Summer Safety Tips!

As summer approaches it is super important to practice safe sun and be aware of the outside temperature as it tends to rise quickly and stay hot until early evening. We tried to narrow it down to the top 10 summer safety tips. If you know of any others, be sure to share with your neighbors and friends- we can all use a quick reminder as the temps rise!

1. **Stay Hydrated!** Seniors are more susceptible to dehydration than younger people because we lose our ability to conserve water as we age. The standard amount recommended is 6 -8



#### Howes House Hours:

**Monday – Friday  
8:30am – 4:00pm  
Closed Holidays**

#### Special Dates:

**June 3rd:**

**Virtual Tour of the Wang  
Theater- 12pm via Zoom**

**June 14th:**

**Flag Day**

**June 19th:**

**Juneteenth**

**June 20th:**

**Father's Day**

**June 22nd:**

**Audiology Clinic 1:30 – 4:00**

**June 24th:**

**Estate Planning and Asset  
Protection Talk w/Attorneys  
from Patricia Mello's office-  
10am via Zoom.**

glasses a day, if you plan on being out and about in the elements try to aim for even more! Carrying a water bottle or two can help you reach your water goals!

2. **Talk to Your Doctor!** Check with your medical team to make sure any medications you are on won't be affected by higher temperatures — especially if you don't have air conditioning in your home. Some medications are less effective if stored at temperatures higher than room temperature (about 78 degrees), and the last thing anyone wants is for a preventable medical condition to become aggravated due to high temperatures.
  3. **Sunscreen:** If you carry a purse, always keep your sunscreen in it. If you don't, stick some in your car or anywhere else you can think of where you're likely to have it when you need it. If you think you might forget to re-apply when needed, set yourself an alarm, pretty much all phones have that option these days.
  4. **Protect Your Eyes:** Vision loss can be common among seniors, and too much exposure to the sun can irritate eyes and cause further damage. Wearing sunglasses can protect your eyes from harmful UV rays and preserve your vision.
  5. **Stay in Touch:** High temperatures can be life-threatening, so communication plays an important role in ensuring the safety of aging adults. Seniors should let friends and family know if they'll be spending an extended period outdoors, even if they're only gardening.
  6. **Wear the Right Stuff:** Everyone, including seniors, should dress for the weather. When it's warm out, some people find natural fabrics (such as cotton) to be cooler than synthetic fibers. Stock your summer wardrobe with light-colored and loose-fitting clothes to help feel cooler and more comfortable. Hats are also a great idea, especially for those with light-colored hair and those with only distant memories of a full head of hair.
  7. **Exercise Smart!** If you enjoy outdoor activities, such as walking or gardening, make sure to wear the proper clothing and protective gear. It's also important to keep track of time. Don't stay out for long periods and make sure to drink even more water than usual when exercising. Also, consider getting outdoor exercise earlier in the morning or later in the evening, when the sun is not at its peak (usually between the hours of 10-2).
  8. **Apply Bug Spray!** Mosquitos can be carriers of diseases like West Nile Virus that pose a heightened risk to seniors. Coat your skin with bug spray to avoid bites.
  9. **Be an early bird or night owl:** The sun is strongest between 10 am and 4 pm. If you must be outside during a summer heat wave, limit your outdoor activity to the morning and the evening, when the temperature is lower, and the sun is less intense.
  10. **Know the Signs of Heat Related Illness:** This is one of the most important summer health tips for seniors. Watch for signs of heat stroke including confusion, dry skin (i.e., not sweating in a high temperature environment), headache, lethargy, nausea, a rapid pulse, and/or a body temperature over 104°F. If you see these symptoms, seek immediate medical attention. Also review the symptoms of dehydration, heat syncope, and heat exhaustion. If you suspect you're experiencing any of these, don't be shy about speaking up and insisting on water, shade, or some time inside in air conditioning. It's better than a trip to the emergency room.
- If you're sure to follow some, if not all, of these tips then we can all enjoy a safe and fun summer!**



## Howes House News –

**Any programs that have returned in person will say so in their write up.**

### 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](mailto:Katrynyerdon@prodigy.net) with any interest!

### **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!

### 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!

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

2<sup>nd</sup> 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, out doors.

### Watercolor! Friday's at 1pm

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

### 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](mailto: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.

### **VTA RIDES TO POLLING SITES AND TOWN MEETINGS**

As the Island heads into Election and Town Meeting season the MV Transit Authority is offering free rides via LIFT van service to community members needing transportation to polling sites for upcoming town elections. (The same outreach service will be made available to for annual town meetings later this spring.)

Interested voters and town meeting attendees should call the Martha's Vineyard Transit Authority offices at **508-693-9440 x 1** to request a ride to polling sites prior to Election Day. The VTA will transport as many voters as it is able to accommodate; it is advisable to make a request as soon as is possible.

### **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!

### **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](#).

### **Audiology Clinic 1:30pm - 4:00pm**

June 22<sup>th</sup>, 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.

**Garden Kits! June 8th!** Last year the "Happiness Project" run by IGI and Healthy Aging MV put together Garden kits to give out to the community. They have reached out again this year and we will be having a few to hand out. Each week will be a different kit, tomatoes, pea shoots, mint and sprouts are on the docket. Each kit will include all the tools/soil/container necessary and written instructions/recipes. Stop in for the kits! First Come First Served.

**Food Pantry - New! Senior Shopping Hours!** May 14<sup>th</sup> 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](mailto: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.

### **FEMA COVID 19 FUNERAL ASSISTANCE**

On April 12<sup>th</sup>, the Federal Emergency Management Agency (FEMA) began accepting applications for its Funeral Assistance Program. The funding for this program was included in the coronavirus Response and Relief Supplemental Appropriation act of 2021, and the American Rescue Plan Act of 2021.

The program allows for funeral assistance for any COVID-19 related death after January 20, 2020. The program will assist with expenses up to \$9000 per funeral, up to a maximum of \$35,000 if applicants are applying for assistance related to more than one death.

For more information about the program, links to FEMA guidance, fact sheets please visit:

<https://www.mass.gov/info-details/covid-19-funeral-assistance>

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

**\$40 for Island Residents over 65!**

**Available at the Howes House**



### **Great News from the WT Library!**

After a long year closure, they opened their doors on May 17<sup>th</sup>! They are using an on-line system to book appointments for limited and timed access to the building. Link is below to book:

<https://form.jotform.com/2109634780150>

## **SPECIAL PRESENTATIONS**

### **Wang Theater Virtual Tour Thursday June 3 at 12:00pm via Zoom**

Join us for a live guided walkthrough of the theatre as well as a showcase of historic images! Visit the same dressing rooms and hallways once walked by entertainers like Ella Fitzgerald, Mikhail Baryshnikov, Queen, Lady Gaga and more! Learn about the theatre's architectural highlights and unique history – from its hotel roots and glamorous days as a movie “cathedral”, to today's role as an impressive venue for performances and events.

**RSVP: 508-693-2896 or [coa-clerk@westfisbury-ma.gov](mailto:coa-clerk@westfisbury-ma.gov) to sign up.**

## **Estate Planning Basics/ Understanding Trusts/Planning for Long-Term Care**

**Thursday, June 26 at 10:00am - 11:00am**

Attorneys Amy B. Kullar, Margaret G. Barao, and Conni L. Baker from Patricia Mello & Associates, P.C. in Mashpee, Massachusetts will give this presentation, and they are dedicated to improving the quality of legal services provided to the elderly. Each attorney applies these goals in their everyday practice, as this is the only area of law that this office specializes in. Learn more at [attorneymello.com](http://attorneymello.com)!

This highly interactive presentation will discuss a wide array of topics relevant to you and your estate. Together we will explore the importance of disability planning documents such as Durable Power of Attorney and Health Care Proxy versus when a guardianship may be the chosen alternative to such disability planning documents; who needs to create a Last Will and Testament and how probate administration of your estate can be avoided; what a Revocable Trust is and for whom it may be appropriate.

The session will continue as we learn about Revocable, Irrevocable, Marital, Special Needs, and Testamentary Trusts, and how these documents can: (1) avoid probate; (2) save on death taxes; (3) provide for disabled children; and (4) protect certain beneficiaries against creditors. Attorneys from the Patricia Mello & Associates, P.C. explain in plain English what a Trust is and how it can be customized to meet your unique estate needs.

The final part of this presentation will explain Medicaid law in Massachusetts, and how you and your family can plan for possible care in the future while taking steps to ensure that assets are preserved for you and your family.

**Call 508-693-2896** or [coa-clerk@westtisbury-ma.gov](mailto:coa-clerk@westtisbury-ma.gov) to sign up

## **Sea Lion or Fur Seal Training Presentation!**

**Wednesday, June 30th, 12pm.**

Join us on a virtual "trip" to the New England Aquarium! In this live experience we will join a professional trainer at the New Balance Foundation Marine Mammal Center as they demonstrate training either a California Sea Lion or a northern Fur seal. Space limited so sign up now! Call **508-693-2896** or email [coa-clerk@westtisbury-ma.gov](mailto: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 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!

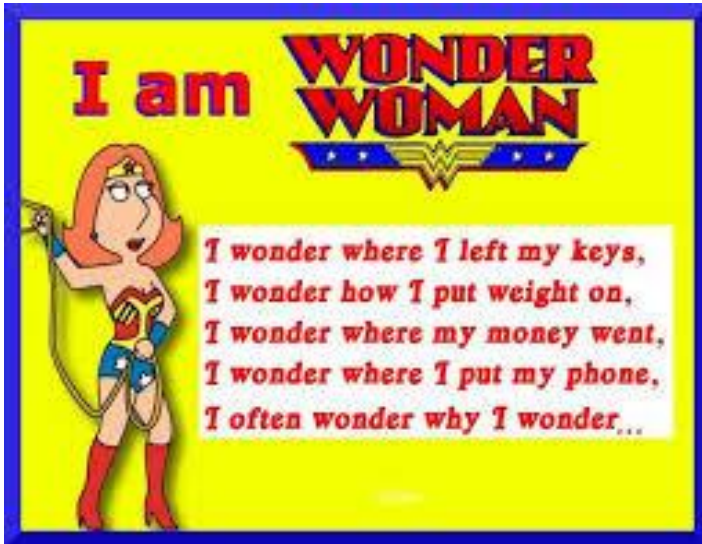


### ***Support the Friends of the Up-Island Council on Aging***

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!!

## Need A Laugh?



## **Did you know?**

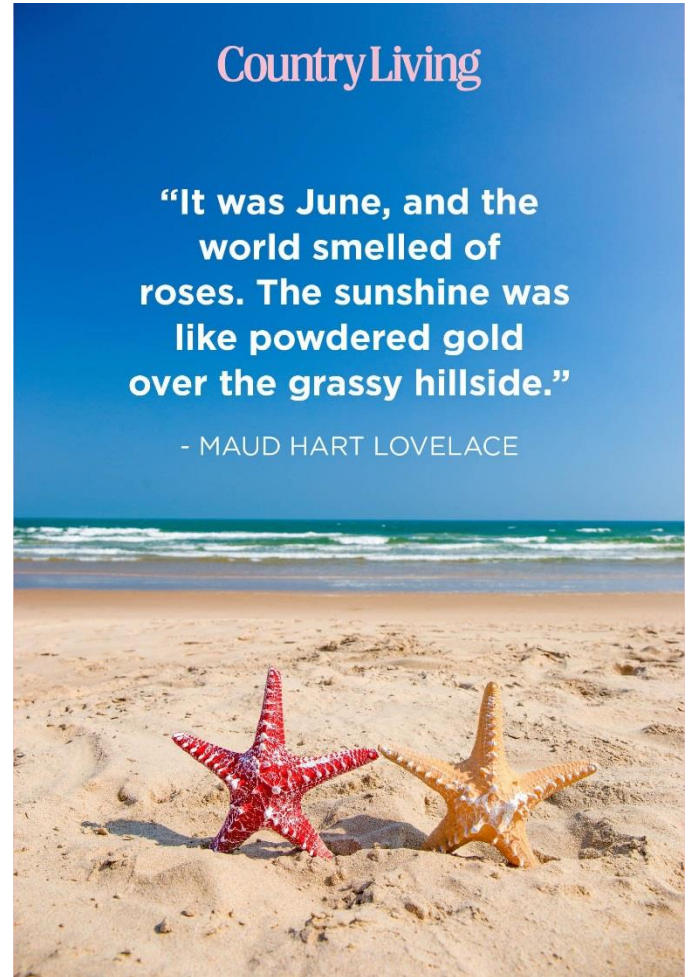
### **June 8<sup>th</sup> is BEST FRIENDS DAY!**

The origins of this holiday can be traced back to 1935, when the U.S. Congress declared June 8 as the chosen date for a holiday to honor friendship and close friends. Thus, National Best Friend Day was born. It is thought that this specific day was chosen as the weather is usually good at this time of the year, which means that friends can celebrate the day together doing outdoor activities such as having picnics or going to the beach.

So this June 8<sup>th</sup>, spend some time with your best friend! Go for a hike, plan a picnic or just chat on the phone (or via zoom!)



## June's Quote:



**Be sure you are on our mailing list! [Coa-clerk@westtisbury-ma.gov](mailto:Coa-clerk@westtisbury-ma.gov) and be sure to tell your friends!!**