

May 2022 Newsletter

The Howes House

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

Phone: (508) 693-2896

Fax: (508) 693-1447



Office Hours:
Monday – Friday
8:30 AM- 4:00 PM

IMPORTANT NOTICES:

Many in person classes are slowly returning to the Howes House, please keep your eye on the calendar or call for the latest update.

Please take a look at our virtual program offerings.

IMPORTANT DATES:

Tuesday May 3rd “A
Walk Through Athens”
10-11AM

Climate Action Week
May 8-14

Weekly Luncheon
Thursday May 26th
11:30 AM

COA CLOSED
Monday May 30th in
observance of Memorial
Day

Hello Friends,

Celebrate the gorgeous month of May! The Sun is warming, the birds are chirping, the flowers are blooming, and the garden is growing,

Mays guided walking tour via zoom
“A Walk Through Athens”
Tuesday May 3rd 10-11 AM
Call 508-693-2896 to register

Thursday May 26th we are so excited to bring back our wonderful weekly luncheons! Remember to call us to reserve your spot.

The office will be closed on Monday May 30th in observance of Memorial Day.

Warm Regards,

Joyce Albertine, Director
Bethany Hammond, Assistant Director
Susan Merrill, Outreach Coordinator
Jennie Gadowski, Administrative Assistant

Join us on our May Zoom tour overseas!
A Walk Through Athens (Live Walking Tour)
Tuesday May 3rd 10AM-11AM



Call 508-693-2896 for more info and to register 😊



Exciting & Yummy News Flash!!!

***Our weekly luncheons will be resuming Thursday May 26th at 11:30am
Make sure to call us (508) 693-2896 to get your reservations in early!!***



CLIMATE ACTION WEEK MAY 8-14, 2022

For a complete calendar of events check out

www.thevineyardway.org

FUTURE SAVE THE DATES

Annual
Howes House



Art Show

Fri. June 17th, 12PM-4PM
Sat. June 18th, 10AM-2PM
@Howes House (Up-Island COA)
1042 State Road, West Tisbury

Stop by and support talented local artists!
There will be many original pieces of
artwork to view as well as many available
for purchase and enjoy.



Join us on a tour overseas!

The Up-Island Council on Aging is excited to offer monthly guided virtual tours of exciting locals around the globe! Now with TWO viewing options available, join remotely from the comfort of your own home OR join us here at Howes House for music, refreshments and to view the tour on our big screen!

Call the Up-Island COA to register! **508-693-2896**

Live Walking Tour of Zadar, Croatia
Wednesday June 15th 10:30AM-11:30AM




Live Walking Tour of Bruges, Belgium
"The Venice of the North"
Thursday July 14th 3:00PM-4:00PM




August Tour TBD

****This program is brought to you FREE of charge**
by the Friends of the Up-Island COA.**

Howes House
**Summer Picnic
& Garden Tour**



Join us for the return of our summer picnic and garden tour at Polly Hill Arboretum. Space is limited and **pre-registration is required**.
Please call Howes House to sign up **508-693-2896**.

Where: Polly Hill Arboretum
When: Tuesday June 21st, 2022
Time: Lunch at 12:30
Walking tour to follow.

This is a free event,
sponsored generously by
Friends of the
Up-Island Council on Aging

Estate Planning & Medicaid Basics



Join us at Howes House for an elder law presentation with attorneys from the Law Office of Patricia J. Mello.
Q&A to follow the presentation.

When: July 25th 11am-12pm

Where: Up-Island COA (Howes House)
1042 State Road, West Tisbury

*Registration is required.
Please call 508-693-2896
to reserve your spot!



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 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- 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 😊

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 stamp) 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 TANF or EAFDC 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.

	Instacart	amazon	Walmart
Is there a delivery fee?	Express Members: Free for orders over \$35 + reduced service fees Non-Express Members: In-Store 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 \$9.95 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/360009947532	amazon.com/snap	walmart.com/dbaa/discover-grocery-pickup-delivery/walmartgrocerypickup-accepts-snap-ebt-payments/352540
How do I get help?	instacart.com/help/section/360009947532	amazon.com/help	walmart.com/help

Learn more or apply for SNAP: mass.gov/SNAPonline

Department of Transitional Assistance

Buy Food Online Using SNAP in MA
How It Works

- 1** Amazon and/or Walmart: Add your SNAP EBT card to your account
ALDI: Sign up for an account at Shop.ALDI.us
- 2** Shop online for SNAP authorized foods
- 3** 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
- 4** 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

Department of Transitional Assistance

USDA Supplemental Nutrition Assistance Program
Putting 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 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!

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 who runs our Monday and Friday classes has been hosting an online Zoom yoga class Monday, Wednesday and Friday at 10:30 AM. She opens the “virtual doors” at 10 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. **Martha will be resuming in person classes at the Howes House starting June 3rd!!**

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

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

2nd (and 4th if needed) Wednesday of the Month.

The attorneys from Patti Mello's office visit the Howes House for appointments. The next visit will be on May 11th. Please call 508-477-0267 to schedule an appointment.

WELLNESS CLINIC

1st Monday of the month 11 AM -12 PM Check your blood pressure, learn about healthy living & discuss health concerns with a registered nurse:

PARKINSON'S GROUP

2nd Monday of the month at 10:30 AM – 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

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

Our Monday Night Knitters group is back to in person! 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

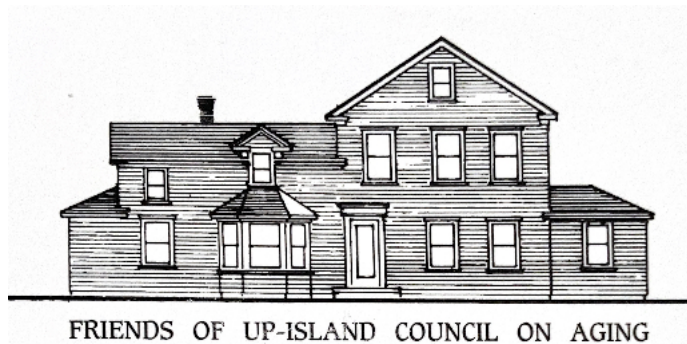
4th Tuesday of every month 1:30 PM - 3:00 PM – at the Howes House

Appointments will be booked 1 person every ½ hr. **NEXT SCHEDULED APPOINTMENTS WILL BE JUNE 28TH - Call 508-693-2896 to schedule.**

GLEANED GOODS:

Tuesdays 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

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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.

<https://friendsofupislandcouncilonaging.org/>

Did you know?

May Birthstone: Emerald

As the birthstone for May, the emerald, a symbol of rebirth, is believed to grant the owner foresight, good fortune, and youth.



May Flower: Lily of the Valley



May Zodiac: Taurus & Gemini



When it comes to their astrological sign, May babies born between May 1st and 21st fall under Taurus' sign (aka the bull). Qualities associated with Taurus include determination, patience, and good taste. May babies born after the 21st will be Geminis (symbolized by the twins). Gemini is the most versatile member of the zodiac. The sign's other qualities include a flair for communication, a quick wit, and an outgoing personality.

May Quote - This one is for our Star Wars fans 😊 :

