
May 2021 Newsletter



The Howes House

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

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Hello Friends,

We have made it through April! Although it wasn't very rainy we are looking forward to seeing more flowers and trees bloom! We look forward to May and although we are not back to normal things are starting to look up. We are thankful for the warmth that comes with May and occasionally sticking our toes in the sand and water for the 1st time this year!

Warm Regards,

Joyce Albertine, Director

Tanya Larsen, Assistant Director

Bethany Hammond, Outreach Worker

Diana Braillard, Administrative Assistant/Editor

May is Better Hearing and Speech Month!

Masks have posed quite a conundrum for folks who are hard of hearing- with or without a hearing aid. As your hearing loss began and/or progressed I bet you had learned to read facial expressions and lips at times when hearing was a bit muffled. With mask wearing those vital cues are diminished as well as the volume of the person speaking with you, it's almost acts as a noise buffer as well as a safety measure. While we don't know when the mask mandate will be lifted here are a few simple ways to help yourself and others while still remaining safely 6-ft away.

Office Hours:

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

Special Events

May 9th
Mother's Day

May 12th 2:00pm via
zoom
"End of Life Doula
Presentation" With Ellen
Gaskill

May 20th- 2:00pm
Audiology Clinic @
Vineyard Audiology

May 31st **CLOSED**
Memorial Day

June 3rd 12pm via Zoom
Interactive Museum Tour
of the Historic Wang
Theater!

June 26th 10:00 am via
Zoom
Estate Planning and Asset
Protection Presentation

One of the first things you can do is to minimize background noise as much as possible. Background noise can significantly impair a person's ability to understand communication even if they are not hearing impaired.

Also, it's better to stand in front of someone when speaking than beside or behind them because you can still gather clues from their body language.

If you wearing hearing aids be sure the batteries are working and they fit properly in your ears.

If you are speaking to someone who is hard of hearing be sure to speak slowly and enunciate your words while not yelling to them.

They also make all sorts of masks with clear panels or a face shield which allows people to see your whole face and that may make conversations easier.

Even after taking all these precautions, you can realize that it is still quite difficult for many people to hear in certain circumstances, particularly while wearing protective face masks and coverings. Just be patient and understand that everyone's hearing circumstances may be different.

As we enter into the new month we have a new program starting up with

Dr. Lesley Segal of Vineyard Audiology!

Starting on the third Tuesday of every month we will be taking appointments to see Lesley to discuss your hearing health! Also be on the lookout for special presentations with Lesley!



Prior to founding Vineyard Audiology, Dr. Lesley Segal served as a senior audiologist at Children's Hospital of Buffalo in Buffalo, New York. Her extensive time working with young people as a pediatric audiologist prepared her to help clients of all ages with patience and compassion. She brings that same kindness and personal touch to every appointment at Vineyard Audiology.

Dr. Segal received her Master of Arts at SUNY Geneseo and her Doctor of Audiology degree from A.T. Still in Arizona. She is dedicated to the island community and has served on school committees throughout her daughter's academic career here. She also provides professional services for community agencies.

Appointments will be booked 1 person every ½ hr. Call 508-693-2896 to schedule.

SPECIAL PRESENTATIONS

End of Life Doula Presentation w/Ellen Sullivan Wednesday May 12 at 2pm via zoom

In this presentation Ellen will share the role of an EOL Doula and the increase in their popularity, as it is growing during this death conscious movement.

Doulas have been around forever, women through the centuries have provided support in birth and death.

An End of Life Doula in modern days is not much different than in ancient times, we provide emotional support to the dying.

We do not give medical or financial advice nor do we administer medications, but we can help with funeral or celebration of life plans, and legacy work.

Our main objective is to hold space for those who are dying.

There will be a Q+A after the presentation.

RSVP: 508-693-2896 or coa-clerk@westtisbury-ma.gov

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@westtisbury-ma.gov to sign up.

Estate Planning and Asset Protection June 26 at 10:00am - 11:00am

Join us and Elder Law attorneys from the Law Office of Patricia Mello as they discuss basic estate planning concerns and how certain documents such as Durable Power of Attorney, Health Care Proxy, Last Wills and Testament and Trusts can accomplish your goals and objectives for your unique personal situation. Further discussion will address how to protect your assets against long-term care costs. **508-693-2896 or coa-clerk@westtisbury-ma.gov**

Howes House News – While we hope to restart in person programming soon, at this time we have paused most in-person programming. Any programs that have returned in person will say so in their write up.

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.

Watercolor!
Friday's at 1pm

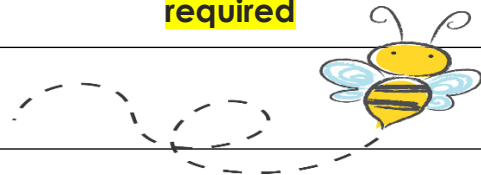
Bring your own supplies and enjoy an afternoon of painting still life with watercolor or medium of your choice. We are limited in the space for the amount of people so please sign up in advance.

DANCE FREE! –
Tuesday's at 3:00pm

Boogie down to funky, fun music and dance your cares away!

Join the dance free group outside (weather dependent) call Jill M for location: 774-286-1855

In person event- social distancing and 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 will be back starting on May 12. Please call 508-477-0267 to schedule an appointment.

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

\$40 for Island Residents over 65!

Available at the Howes House



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](#).*

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!

Strength Training

Katryn 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

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.

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

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!



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?

PICKLES

BY BRIAN CRANE



MAY FUN FACT:



Mother's Day is a holiday honoring motherhood that is observed in different forms throughout the world. In the United States, Mother's Day

2021 will occur on Sunday, May 9. The American incarnation of Mother's Day was created by Anna Jarvis in 1908 and became an official U.S. holiday in 1914. Jarvis would later denounce the holiday's commercialization and spent the latter part of her life trying to remove it from the calendar. While dates and celebrations vary, Mother's Day traditionally involves presenting moms with flowers, cards and other gifts.

MAY'S QUOTE:

