

NOVEMBER 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 Everyone,

I say it every month but, can you believe we are in November? This year has flown by! I Love November, to feel the crunch of the leaves under my feet, smell the wood smoke in the air, and feeling the excitement build as we get closer to thanksgiving and spending more and more time with family. Another feeling comes to mind in November which is "Thankful". We are thankful for our Howes House family and the check-ins, calls and emails you folks send our way! We are also thankful for our families and their health this season, and all year. We are also extremely thankful for our Veterans! Without you, where would we be? Freedom is never free and they put their lives on the line for our country. We are so grateful to them and their families. November 11th is Veteran's Day. We hope you can make it to a parade or service, or even just thank a vet if you see one. We appreciate you all.

Warm Regards,

Joyce Albertine, Director

Tanya Larsen, Assistant Director

Bethany Hammond, Outreach Worker

Diana Brailard, Administrative Clerk

November is Alzheimer's Disease Awareness Month

If you've never been directly affected by Alzheimer's in your life, you may wonder what it is specifically. Alzheimer's is a brain disease that causes a slow decline in memory, thinking and reasoning skills. Alzheimer's is a form of dementia that affects memory, thinking and behavior. Unfortunately, the symptoms eventually become so severe that it impacts a



Office Hours:
Monday- Friday
8:30am-4:00pm
Closed Holidays



Special Dates & Events

November 7th- Daylight Savings Ends- Remember to "FALL" back an hour

November 11th- CLOSED- Veteran's Day

November 25th- CLOSED- Thanksgiving

November 26th- CLOSED

November 28th- Hanukkah Begins at Sundown

person's day to day life. Here are 10 Early Signs and Symptoms of Alzheimer's as taken from the Alzheimer's Associations website: www.alz.org

1. Memory Loss that disrupts daily life: One of the most common signs of Alzheimer's disease, especially in the early stage, is forgetting recently learned information. Or forgetting important dates or events, asking the same questions over and over, and increasingly needing to rely on memory aids (ex: reminders note or electronic devices) or family members for things they used hand on their own. **What is a typical age-related change?** Forgetting name and/or appointments but remembering them later
2. Challenges in planning or solving problems: Some people living with dementia may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and take much longer to do things than they did before. **What's a typical age-related change?** Making occasionally errors when managing finances or household bills.
3. Difficulty completing familiar tasks: People with Alzheimer's often find it hard to complete daily tasks. Sometimes they may have trouble driving to a familiar location, organizing a grocery list or remembering the rules of a favorite game. **What's a typical age-related change?** Occasionally needing help to use microwave settings or to record a TV show.
4. Confusion with time or place: People living with Alzheimer's can lose track of dates, seasons and the passage of time. They may have trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there. **What's a typical age-related change?** Getting confused about the day of the week but figuring it out later.
5. Trouble understanding visual images and spatial relationships: For some people, having vision problems is a sign of Alzheimer's. This may lead to difficulty with balance or trouble reading. They may also have problems judging distance and determining color or contrast, causing issues with driving. **What's a typical age-related change?** Vision changes related to cataracts.
6. New problems with words in speaking or writing: People living with Alzheimer's may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. They may struggle with vocabulary, have trouble naming familiar object or use the wrong name. **What's a typical age-related change?** Sometimes having trouble finding the right word.
7. Misplacing things and losing the ability to retrace steps: A person living with Alzheimer's disease may put things in unusual places. They may lose things and be unable to go back over their steps to find them again. The person may accuse others of stealing, especially as the disease progresses. **What's a typical age-related change?** Misplacing things from time to time and retracing steps to find them.
8. Decreased or poor judgement: Individuals may experience changes in judgement or decision-making. For example, they may use poor judgement when dealing with money or pay less attention to grooming or keeping themselves clean. **What's a typical age-related change?** Making a bad decision or mistake once in a while, like neglecting to change the oil in the car.

9. Withdrawal from work or social activities: A person living with Alzheimer's disease may experience changes in the ability to hold or follow a conversation. As a result, he or she may withdraw from hobbies, social activities or other engagements. They may have trouble keeping up with a favorite team or activity. **What's a typical age-related change?** Sometimes feeling uninterested in family or social obligations.
10. Changes in mood and personality: Individuals living with Alzheimer's may experience mood and personality changes. They can become confused, suspicious, depressed, fearful or anxious. They may be easily upset at home, with friends or when out of their comfort zone. **What's a typical age-related change?** Developing very specific way of doing things and becoming irritable when a routine is disrupted.
- All of these signs and symptoms may remind you of yourself or of a loved one. Early detection matters- Get checked out and voice your concerns to a doctor.



[We thank our Veteran's- past, present, and future!](#)

UPCOMING SPECIAL SERIES!



Join us starting on December 8th for a 6 week series:

ZUMBA

Do you love dancing? Do you want a great workout while having fun? Join us starting Wednesday **December 8th at 3pm** for ZUMBA! Julie Meader, is joining the Howes House for a special 6-week Zumba series! 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: 508-693-2896

Medicare OPEN ENROLLMENT!
October 15th- December 7th

October 15th Medicare began its Open Enrollment period. Even if you are happy with your current plan, you should still review your medications as plans can often change. We at the COA can help you review and re-enroll into the same or different plans. Please call to set up an appointment, as space is limited.

Important News from the Town of West Tisbury!

West Tisbury Task Force Against Discrimination

Meet and Greet

**Thursday, November
18th, 5:30 pm**
On Zoom



Join this town task force over Zoom to meet the members, learn more about its mission statement and goals, and ask questions of the members.

This task force was formed to respond to issues and concerns from the community. Bring your ideas, thoughts, and questions to this virtual meet and greet.

**Free and open all.
Please email wttfad@gmail.com to sign up.**

Check out this Program from Dukes County Social Services:

HAVING CAR TROUBLE AND DON'T HAVE THE MONEY TO GET IT FIXED? WE HAVE GOOD NEWS!

Effective immediately Covid-19 Emergency funds are available through Community Action Committee of Cape Cod & Islands for assistance with **BADLY NEEDED CAR REPAIRS** along with **Overdue Utility payments, Overdue Rent payments, and Grocery purchases.**



Apply Now before Funds Run Out!

Family size	Yearly
1	\$25,764
2	\$34,848
3	\$43,920
4	\$53,004
5	\$62,088
6	\$71,160
7	\$80,244
8	\$89,328

Eligibility for assistance is based on income.



To apply for assistance call **508-771-1727 Ext. 173**
English, Hablamos Español & Falamos Português
Mon.-Fri. 8 am-4 pm

HELPING PEOPLE HELP THEMSELVES

Community Action Committee of Cape Cod & Islands, Inc.

Martha's Vineyard Residents call Dukes County Social Services **508-696-3844**
Mon.-Fri. 8 am-4 pm

If you are interested in this program please call Dukes County Social Services at **508-696-3844- Monday through Friday 8am to 4pm**

In Person Programming

NEW!! ZUMBA!! Wednesdays at 3pm. December 8th – six-week series. Do you love dancing? Do you want a great workout while having fun? Julie Meader, is joining the Howes House for a special 6-week Zumba series! 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

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

2nd and 4th Wednesday of the Month.

The attorneys from Patti Mello's office visit the howes house for appointments. The next visits will be on November 10th and 24th Please call 508-477-0267 to schedule an appointment.

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

November 23rd, 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 – November 22nd. The 4th 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

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! In Person, outdoors.

Island Grown Initiative (IGI) Mobile Market is Back! – Tuesdays

Mobile Market will be inside at Howes House on Tuesdays **2:45-4pm, starting November 2nd!** 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

GLEANED GOODS: Tuesday's

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

Yoga with Shanta Gabriel – Thursday's at 9:30am

Yoga with Shanta is a very gentle style that includes using a chair, standing and floor exercise. Shanta Gabriel began Hatha Yoga classes in 1975 when she was 30. She continues to believe that the gentle stretching movement of yoga is one of the best ways for seniors to stay strong and flexible in the physical body.

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 for log in information.

Dance Free!

Our Dance Free Class (Tuesdays 3:00 pm) is happening as with our own Jill M and Joanie L. They are hosting it at the West Tisbury library on the side/children’s porch. Big thanks to the Library folks to allowing the class to take place there! Call 774-286-1855 for current location.

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 for meeting information!

Meditation with Ed Merck

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. Meeting ID: 843 9408 2991 Passcode: 737316 **Dial In**+1 646 876 9923

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 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 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](#).



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.

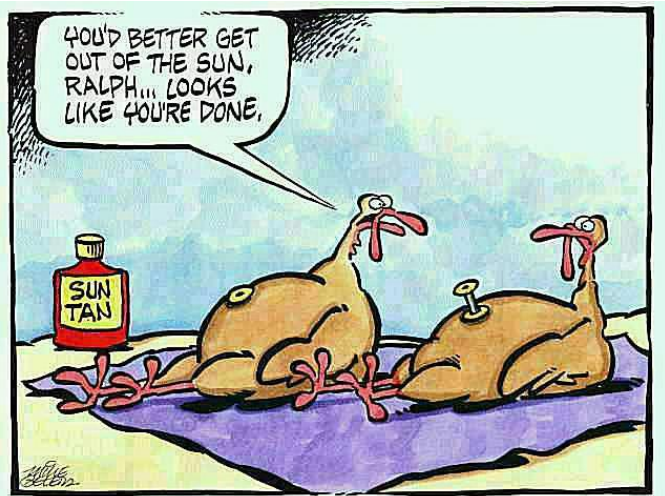
Vineyard Isle Parkinsonians Support Group - A Support group for both people suffering from Parkinson's disease and their caregivers. This group meets via Zoom on the 2nd Monday of every month and is co-facilitated by a registered nurse, a social worker, and a patient. Call the Council for more information.

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.)

Need A Laugh?



Did you Know?

The Full Beaver Moon

November's full Moon is traditionally called the **Beaver Moon**. Why this name? In the Colonial Era, this was the month to set one's beaver traps before the swamps froze and beavers retired to their lodges, to ensure a supply of warm winter furs.

In 2021, November's full Moon occurs on Friday, November 19, at 3:59 A.M. EST. Read our [November Moon](#) page for more information!



Photo and info courtesy [farmer's almanac](#)

November's Poem

November

Comes and
November goes,
With the last red berries
And the first white snows.

With night coming early
and dawn coming late,
And ice in the bucket
and frost by the gate.

The fires burn
and the kettle sings,
And earth sinks to rest
Until next spring.

By Elizabeth Coatsworth

JOIN OUR EMAIL LIST:

DROP US A NOTE TO:

COA-CLERK@WESTTISBURY-MA.GOV



