

OCTOBER 2020 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,

Hard to believe October is here already! We have officially entered the second month of fall. Time for pumpkins and color changing leaves! The fall brings about a feeling of cozy-ness and warmth but with a mix of gorgeously warm sunny days. It seems the traffic and crowds have thinned out (wishful thinking, perhaps?) to make it truly feel like fall.

Warm Regards,

Joyce Albertine, Director

Tanya Larsen, Assistant Director

Bethany Hammond, Outreach Worker

Diana Braillard, Administrative Clerk

Don't Miss Medicare OPEN ENROLLMENT! **October 15th!**

Beginning October 15th Medicare begins 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.



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



Special Dates & Events

October 14th – CLOSED

Indigenous Peoples Day &
Columbus Day

October 15th– Medicare
Open Enrollment begins

October 31st– Halloween

November 7th– Daylight
Savings Ends- Remember to
“FALL” back an hour.



As October rolls in we'd like to share some safety tips for seniors who may live alone or those who may need a little reminder as to what we should need for fall!

- **Fall Proof your home.** September was falls prevention month and with that we were provided with a bevy of helpful tips. Some highlights of those were to remove tripping hazards such as cords or wires. If you have large carpets, be sure they are securely held down or have slip free mat underneath. Buy some nightlights that you can use to light up your walk to the bathroom at night. And also work on your core muscles to help improve balance!
- **Keep batteries and flashlights on every floor!** Be sure to keep new batteries and flashlights on every floor and make sure they work, prior to a power outage! Keep them in handy spot that is close to where you normally are in case of an outage (i.e., bedside table, kitchen drawer etc.) Also, it can be helpful to have candles as well as matches or a lighter close by- but make sure if you light a candle, that they are not near anything flammable (curtains, loose papers, napkins etc.) It might also be a good idea to familiarize yourself with the fuse box in case it is a blown fuse so you know how to reset them.
- **Keep a phone charger in every room in your house!** Even if you have a landline, a cell phone can be a big help as your move around your home- but a dead cell phone is of no use to anyone! Keeping a charger in each room enables you to plug it in no matter where you are and ensures your battery can be fully charged in case of emergency.
- **Make sure your contact list is updated!** Speaking of phones, make sure your contact list is up to date with the correct number for the town police, fire and your emergency contact person. If you use a land line, be sure there is a legible list next to your phone of all relevant numbers. You can save valuable time if the numbers are readily available in the case of emergency.
- **Make sure your Fire Alarm works and have an exit plan!** I just made our fire exit plan with my two sons, and it helped alleviate some anxiety about 'would they know what to do in case of fire?' It is recommended that you test your fire alarms once a month and replace them every 10 years. Think up an exit plan if you were to have a fire in your kitchen, bedroom, living room etc. Where is the closest exit? Are you able to make it out quickly? What about meeting your household members outside? Do you have a meeting place? Make sure everyone is aware of that meeting place and plan so you can all be safe.
- **Set up a regular check in with loved ones (or your COA!)** Stay connected by scheduling regular weekly phone calls with family members or friends. If your loved ones know you typically call them every Tuesday at 7 p.m., and one Tuesday evening you don't, they'll know to follow up. You'll both feel better knowing you're OK and they're OK—it's a win-win! The Up Island COA also offers this service known as our Reassurance Call List. It's set up as a daily/weekly call either from us to you or vice versa just to know you are safe and doing well! It could be as simple as a message left on our voicemail saying "hi! Just checking in!" when you first wake up or we can set up a time that we call to check in with you!

LET'S PLAY IT SAFE THIS FALL!

In Person Programming

[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.

[Patricia Mello and Associates, P.C. @ the UICOA](#)

2nd and 4th Wednesday of the Month.

The attorneys from Patti Mello's office have returned. The next visits will be on October 13th + 27th
Please call 508-477-0267 to schedule an appointment.

[Audiology Clinic 1:30pm - 4:00pm – Appointments take place at Indian Hill Medical Center](#)

October 26th, 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! – October 25th](#) 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 on the patio](#)

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

[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! Take look at our delivery from the Gleaners on 8/31!

[Derby Fish!](#)

We only have a few weeks left for our Derby Fish distribution. The next dates are Oct. 7, Oct. 12 (our Bonus Day!!) and Oct. 14. Fish is ready to distribute by 10:30, and is a first come first served basis. It is all dependent on the amount that is caught the day before.

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 Katrynyerdon@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 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?



October's Quote:

“Autumn is the time of year when Mother Nature says, “Look how easy, how healthy, and how beautiful letting go can be.”

Toni Sorenson

FILLING THE JARS
Post. Simplify. Take action.

Did you know?

The official opening of the Walt Disney World Resort occurred on **October 1, 1971**. On this day, Magic Kingdom opened its gates for the first time, along with the Polynesian Village Resort and the Contemporary Resort!



JOIN OUR EMAIL LIST:

DROP US A NOTE TO:

COA-CLERK@WESTTISBURY-MA.GOV

