

October 2022 Newsletter

The Howes House

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

Phone: (508) 693-2896

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

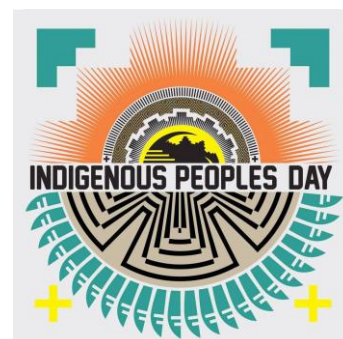
IMPORTANT NOTICES:

Please keep your eye on the calendar or call for the latest update.

Please take a look at our virtual program offerings.

IMPORTANT DATES:

**The Howes House
will be closed
Monday October
10th in observance
of**



Hello Friends,

**October, the beauty of the changing leaves,
the ultimate show of color!**

October highlights include ...

- October 10th Howes House Closed for
Indigenous Peoples Day**
- Derby Fish Distribution Monday 10/3;
Thursday 10/6; Tuesday 10/11 & Thursday
10/13 - pickup at the Howes House starting at
11AM**

Warm Regards,

Joyce Albertine, Director

Bethany Hammond, Assistant Director

Susan Merrill, Outreach Coordinator

Jennie Gadowski, Administrative Assistant

OCTOBER & BEYOND ... HOWES HOUSE SAVE THE DATES

- DERBY FISH DISTRIBUTION MONDAY 10/3; THURSDAY 10/6; TUESDAY 10/11 & THURSDAY 10/13 – PICKUP AT THE HOWES HOUSE STARTING AT 11AM
- WEDNESDAY OCTOBER 19TH 2PM CIDER WALK AT POLLY HILL ARBORETUM MEET AT THE PARKING LOT
- WEDNESDAY OCTOBER 26TH 3:00-4:00PM ALL NEW IN PERSON TANGO CLASS RUNNING 4 WEDNESDAYS 10/26, 11/2, 11/9 & 11/16
- JOIN US ON A TOUR OVERSEAS! THE UP-ISLAND COUNCIL ON AGING IS EXCITED TO OFFER MONTHLY GUIDED VIRTUAL TOURS OF EXCITING LOCATIONS 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 TO VIEW THE TOUR ON OUR BIG SCREEN CALL THE UP-ISLAND COA TO REGISTER! 508-693-2896

TUESDAY OCTOBER 25TH 2:00-3:00PM
ECUADOR: A LIVE WALKING TOUR THROUGH THE WILD ORCHID
BOTANICAL GARDENS



Ecuador is considered the country of Orchids with over 4300 registered species. To celebrate and share this amazing biodiversity, the Botanical Garden in Quito is the home of almost 2,000 different species of orchids, both native to Ecuador and from other countries. During your experience, you will marvel at the many colors and shapes of these flowers as well as the natural flora and fauna found around Ecuador.

These programs are brought to you FREE of charge by the Friends of the Up-Island COA

The theaters are open and if we have
enough interest we're going back!



Divorced, Beheaded, Died, Divorced, Beheaded, Survived

From Tutor Queens to Pop Princesses, the SIX wives of Henry VIII take the mic to remix five hundred years of historical heartbreak into an exuberant celebration of 21st century girl power! This new original musical is the global sensation that everyone is losing their head over! The New York Times says "SIX TOTALLY RULES" (Critics Pick) and The Washington Post hails SIX as "Exactly the kind of energizing, inspirational illumination this town aches for! The Broadway season got Supercharged!"

Providence Performing Arts Center

Saturday April 22, 2023

Please let us know if you're interested!

Keep your 🧐's open for more information!



PREVIEW OF NOVEMBER HAPPENINGS

- ~ TUESDAY NOV 1ST 10:30AM - FIRE SAFETY WITH CHILMARK FIRE CHIEF JEREMY BRADSHAW**
- ~ WEDNESDAY NOV 2ND NEW IN PERSON WEEKLY FITNESS CLASSES WITH MARGARITA KELLY**

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 stamps) 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 EAEDC 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 Is carts: delivery: \$3.99 + \$5 service fee.	Free if you spend \$35 or more.	Fees vary \$7.99-\$9.95. Option to pay a flat fee of \$98 per year for all fees.
How do I get the food?	Scheduled 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/300009947532	amazon.com/snap	walmart.com/ebtc/discover-grocery-pickup-delivery/walmart-grocery-pickup-accepts-regional-express/355540
How do I get help?	instacart.com/help/section/300009947532	amazon.com/help	walmart.com/help

Learn more or apply for SNAP: [Mass.gov/SNAPonline](https://mass.gov/SNAPonline)

Department of Transitional Assistance

USDA Supplemental Nutrition Assistance Program

SNAP

Buy Food Online Using SNAP in MA
How It Works

1. Amazon and/or Walmart. Add your SNAP EBT card to your account.

2. Shop online for SNAP authorized foods.

3. Look for "SNAP EBT eligible" on Amazon or ALDI, which is powered by Instacart.

4. Check out using your EBT PIN.

5. Schedule your delivery.

* You cannot use cash benefits on an EBT card to pay.

* SNAP benefits cannot be used to pay for shipping or delivery fees.

To learn more or apply for Supplemental Nutrition Assistance Program (SNAP): [Mass.gov/SNAPonline](https://mass.gov/SNAPonline)

Department of Transitional Assistance

USDA Supplemental Nutrition Assistance Program

SNAP

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 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, 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.

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 October 14th Please call 508-477-0267 to schedule an appointment.

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 The next visit will be on October 26th

DISCUSSION GROUP – CURRENTLY ON HIATIS

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

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. The next visit will be on October 27th

GLEANEED 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



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/>

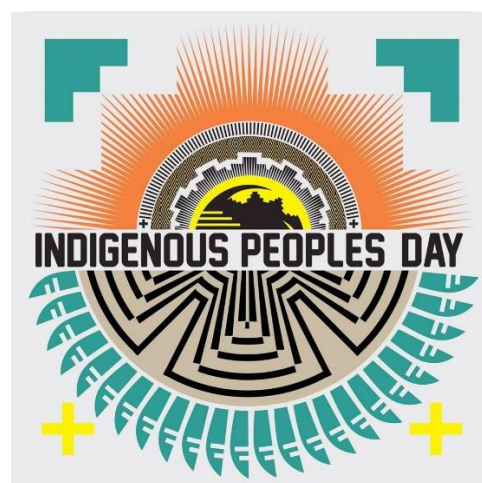
DID YOU KNOW?

OCTOBER BIRTHSTONE:



OCTOBER HOLIDAYS –

Monday October 10th



OCTOBER FLOWER:



DON'T FORGET HALLOWEEN ON THE 31ST

OCTOBER QUOTE:



OCTOBER ZODIAC:

