

SEPTEMBER 2021 NEWSLETTER

The Howes House

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

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Hello Friends,

It's September! We love September on the island as the days are getting shorter but the weather is still beautiful. Warm days and cool nights. September brings about a time of early change and a change of pace on the island, a change that will surely be welcomed! We have a few fun things planned this month so be sure read through and join us for the fun!

Warm Regards,

Joyce Albertine, Director

Tanya Larsen, Assistant Director

Bethany Hammond, Outreach Worker

Diana Braillard, Administrative Clerk/Editor

September is National Cholesterol Education Month.

September 1st kicks off National Cholesterol Education Month. This month is used to shine a light on the dangers of high cholesterol and its connection with the leading cause of death, heart disease. High Cholesterol is the most common and commonly misunderstood health risk in America. Most people with high Cholesterol don't even know it because it is virtually symptomless, which makes it hard to diagnose. BUT there are ways to help lower cholesterol and that's what this month is about- to educate folks on how to manage their cholesterol!

Some ways to naturally bring down your cholesterol is to eat heart healthy foods! Reduce your intake of saturated fats! Exercise- work up to works outs of 30mins most days of the week (with your doctors ok!). Quit Smoking! Quitting smoking improves your HDL ('good' cholesterol) levels. In as quickly as 20 minutes after quitting your blood pressure and heart rate recover from a cigarette-induced spike. Drink alcohol, but in moderation. Moderate use of alcohol has been linked with higher levels of HDL cholesterol — but the benefits aren't strong enough to recommend alcohol for anyone who doesn't already drink. For healthy adults, that means up to one drink a day for women of all ages and



Hours:

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

September Dates to Remember:

September 2: VJ Day

September 6: Labor Day

September 6-8: Rosh Hashanah

September 10: Watercolor Art Show 12pm-4pm

September 11: Watercolor Art Show 10am-2pm

September 22: Autumnal Equinox – FALL BEGINS!

men older than age 65, and up to two drinks a day for men age 65 and younger. Remember to stay cholesterol smart!



September 22nd is not only start of Fall but also the start of Falls Prevention Week! Stop by, outside the howes house (weather depending) and grab some Falls Prevention Information! It's always good to read up on how you can prevent falls and prepare in case of falls!



The 76th Martha's Vineyard Striped Bass and Bluefish Derby starts on September 13th. Our fish days will be every Thursday!

We receive the fish, break it down into bags, and then distribute. *Please be patient- we work as fast as we can!* It is a first come, first served basis. You can call in the morning to see if we have the time that the fish will be available for pick up. Generally, this is around 10:30am.



Water Color Group Art Show!

Friday September 10th 12pm- 4pm &

Saturday September 11th 10am-2pm

Come enjoy the paintings of our Friday Watercolor Group!

Indoor and Outdoor showcases!



In Person Programming

NEW YOGA CLASS!! [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.

Writing Group – Thursdays 11am – through September

Our writers' group is BACK (seasonally), Join us on Thursdays at 11am. Led by author, Jeff Scheuer. Bring unfinished or beginning works or just a pen and a pencil! All are welcome.

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 September 8th + 22nd. Please call 508-477-0267 to schedule an appointment.

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

September 28th, 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! – September 27th The 4th Monday, every month. Appointments begin at 9:30 am. Please call to reserve your spot. Masks required. No Diabetic foot care. Toenail maintenance, callus 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. We are limited in the space for people so please sign up in advance.

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!



Duplicate Bridge

Do you play duplicate Bridge? Would you like to start playing? We have interested members and we'd like to get bridge group rolling at the howes house again! Just need a few more players to make this happen! Please contact Diana at coa-clerk@westtisbury-ma.gov if you or some friends are interested!



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](#).

Need a Laugh?



Did you know?

We all know that Labor Day is in September, but did you know that September also has a few little-known holidays? Among these are National Grandparent Day, National Cheese Pizza Day, and National Drink-a-Beer Day.



September's Poem

Summer's End

*No flowers to plant,
No garden to tend,
As summertime lazily
Comes to an end.*

*It's time to sit back
and deliciously savor
The beauty of the season
and the fruits of our labor.*

*Farewell to summer;
for autumn make way,
With this last celebration
We call Labor Day.*

Author: Nancy Hughes

JOIN OUR EMAIL LIST:

DROP US A NOTE TO:

COA-CLERK@WESTTISBURY-MA.GOV

