NOVEMBER 2023 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 ~ November highlights include:

- Weekly luncheon Thursdays at 12:30 – Suggested donation $4 -sign up Monday before by noon ☺
- Monday 11/6 1:30-3:30 **Steamship Authority Free Information Session** Learn about the new SSA Website and its first ever Mobile app!
- **Tuesday 11/7 1:30-2:15 Aquinnah Library** – Outreach Coordinator Susan Merrill answers ?'s about our services
- Wednesday 11/15 @1:30 **proCRAFTinators** will be making Fall Centerpieces – come join us!
- Monday 11/20 12 Noon **FRIENDSGIVING LUNCHEON** the Up-Island Police Departments (Aquinnah, Chilmark & West Tisbury) have joined forces to host at the Howes House on - Please RSVP 508-693-2896

We wish all of our friends a safe and happy Thanksgiving!

Warm regards,
Joyce Albertine, Director
Bethany Hammond, Assistant Director
Susan Merrill, Outreach Coordinator
Jennie Gadowski, Administrative Assistant

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

CLOSED FRIDAY 11/10

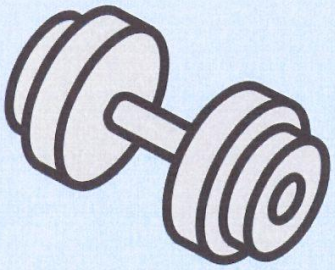
THURSDAY 11/23 & FRIDAY 11/24

Congratulations

Congrats to Shanti Blum who was the winner of our *"Guess How Many Goldfish are in the Jar"* contest! With a guess of 800, she was the closest without going over the actual count of 804 goldfish!

Shanti with her mug & gift card courtesy of Larsens Fish Market and the Friends of the Up Island COA!

FitFun



Wednesdays 10:00AM-10:45AM

$12.00

Join enthusiastic Island fitness trainer and Lululemon Ambassador, Margarita Kelly, for a weekly 45-minute class at Howes House. Whether you are new to the word of fitness, or a seasoned veteran, come get your body moving in this inclusive up-beat program!

@ Up-Island COA
1042 State Road, W.T.

For more info call
508-693-2896

Please sign up Mondays by noon - Suggested $4 Donation

WEEKLY LUNCHES

NOVEMBER 2023

THU. 2ND

MEATLOAF WITH DEMI-GLACE
WHIPPED POTATO & PEAS
WHOLE GRAIN BREAD
FRESH BANANA
802 CALS; 715 MG SODIUM

THU. 9TH

DILL CRUSTED COD WHITE WINE BUTTER
PEAS
POTATOES AU GRATIN
DINNER ROLL
PEACHES
660 CALS; 680 MG SODIUM

THU. 16TH

TURKEY W/ STUFFING AND CRANBERRY
MASHED POTATOES
BUTTERNUT SUASH
WHOLE WHEAT ROLL
PUMPKIN PIE
873 CALS; 1067 MG SODIUM

THU. 30TH

HERB ROASTED CHICKEN
ROAST SWEET POTATO OVER SPINACH
CRANBERRY AND PEPITA
MULTIGRAIN BREAD
PEARS
794 CALS; 814 MG SOIDUM

HEALTHY LUNCH & FRIENDLY CONVERSATION

LUNCH SERVED AT UP-ISLAND COA 1042 STATE RD, WT

THURSDAYS @ 12:30

SIGN UP REQUIRED BY 12PM MONDAY OF THAT WEEK. CALL 508-698-2896 TO REGISTER.

JOIN US!

FREE INFORMATION SESSION!

The Steamship Authority

Serving the Islands and You.

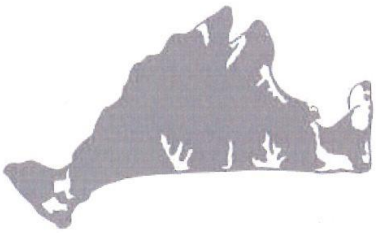
Nov. 6th, 2023

1:30 – 3:30

@ Howes House
(Up-Island Council on Aging)

1042 State Road, WT

Come learn all about the Steamship Authority's new website and its first-ever mobile app! This session will be led by representatives from the SSA and Projekt202, the company developing the new site and the app, and will give you a chance to learn first-hand all the new features and opportunities the site has to offer. Feel free to bring your own laptop, tablet, or mobile phone to follow along, or you can watch on the screen for a live demonstration.



Meet us at the Aquinnah Library

Say hello to **Up- Island Council on Aging** outreach coordinator, Susan Merrill! She will be set up at the library to answer questions you may have about services.

If you would you like a private appointment to discuss home care, community resources, heating or food assistance etc., she'll be happy to schedule one!

Tue. November 7th
1:30pm- 2:15 pm
508-693-2896
For more information

Come proCRAFTinate with us!

November 15th @1:30

Fall Centerpieces

December 20th @1:30

Gift Wrapping

1042 State Road, West Tisbury

508-693-2896 for more information!

*Advanced sign up preferred, drop-ins welcome!

This is a **FREE** event brought to you by the
Friends of the Up-Island Council on Aging

The Up-Island Police Departments (Aquinnah, Chilmark & West Tisbury) have joined forces to host a

FRIENDSGIVING LUNCHEON

Monday November 20th
at 12 Noon

Please RSVP 508-693-2896

Transportation Services

STOP BY & PICK UP A COPY OF 'ON THE GO' SAFE RIDES FOR OLDER ADULTS – SPONSORED BY HEALTHY AGING MV

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. Call us for more information 508-693-2896

Medivan (VTA)

Medivan to Boston - Tuesdays- 3 times per month call 508-693-9440 ext.1

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.

Medivan to Ophthalmic Consultants of Boston in Sandwich – One Tuesday per month 508-693-7900 ext. 455 or 800-635-0489 (OCB Sandwich office)

VTA Senior Bus Passes

Stop by the office to pick your 365-day pass! Passes are $40 and available at the front desk ☺

FOOD RESOURCES:

Monthly 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 TAFDC 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.

	ALDI powered by Instacart	amazon	Walmart
Is there a delivery fee?	Express Members: Free for orders over $35 + reduced service fees. Non-Express Members (a la carte delivery): $3.99 + 5% service fee	Free if you spend $35 or more	Fees vary $7.95-$9.95. Option to pay a flat fee of $98 per year for all fees
How do I get the food?	Same-day 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/360009947632	amazon.com/snap	walmart.com/ideas/discover-grocery-pickup-delivery/walmart-grocery-pickup-accepts-snap-ebt-payments/355540
How do I get help?	instacart.com/help/section/360009947632	amazon.com/help	walmart.com/help

Department of Transitional Assistance
Learn more or apply for SNAP:
Mass.gov/SNAPonline

Buy Food Online Using SNAP in MA
How It Works

1. amazon / Walmart / ALDI powered by Instacart
   - Amazon and/or Walmart: Add your SNAP EBT card to your account
   - ALDI: Sign up for an account at Shop.ALDI.us
2. SNAP
   - Shop online for SNAP authorized foods
   - Look for "SNAP EBT eligible" on Amazon or ALDI, which is powered by Instacart
3. Checkout using your EBT PIN:
   - You cannot use cash benefits on an EBT card to pay
   - SNAP benefits cannot be used to pay for shipping or delivery fees
4. Schedule your delivery
   - Available with Amazon and select ALDI and Walmart locations

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

Department of Transitional Assistance
USDA Supplemental Nutrition Assistance Program
Putting Healthy Food Within Reach

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.) *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 Everyone) - 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 (Open enrollment dates October 15th – December 7th)

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 at 1:00pm Call the Up Island COA 508-693-2896 for more information.

SNAP (Senior Nutrition Assistance Program- Formerly Food Stamps) - Call the Up Island COA 508-693-2896 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 where you can list medication specifics, allergies and other important information that Emergency Personnel 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- personnel are trained to check these places for medication info!

Durable Medical Equipment Loans- We have equipment available for loaning out. standard aluminum walkers, rollators, crutches, transport wheelchairs, standard wheelchairs, commodes and other items. Please check with us - we are happy to lend you what you will need

DEPENDS: If you or a loved one needs depends under garments or incontinence products please reach out. We have both men's and women's that are 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 is hosting an online Zoom yoga class Monday, Wednesday and Friday at 9:15 AM. She opens the "virtual doors" 9:00 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. **--- MONDAY & FRIDAY CLASSES ARE HYBRID (IN PERSON OR ZOOM) FROM THE HOWES HOUSE**

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 Katrynyerdon@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

WEEKLY FITNESS WITH MARGARITA KELLY Wednesdays at 10AM – Cost $12

CONNI BAKER, ESQ ESTATE AND MEDICAL PLANNING AT THE UP ISLAND COA
2nd (and 4th if needed) Wednesday of the Month. Please call 508-477-4502 to schedule an appointment.

PARKINSON'S GROUP 2nd Monday of the month at **1:00 PM** – 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. Toenail maintenance, callus care. No Diabetic foot care. Please note this is NOT a pedicure. Fee $30

KNITTER'S GROUP Monday's 7:00 PM – All are welcome! Contact Ginny at: islandgirlwt@gmail.com

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 Call 508-693-2896 to schedule.

GLEANED GOODS: Due to change of seasons, our selection and abundance changes. Check in with us weekly! Also posted on our Facebook page

BRIDGE AT THE HOWES HOUSE TUESDAYS 2-5 (bring a partner) must email beaphear2@gmail.com to register

ProCRAFTinators 3rd Wednesday of the Month 1:30-2:30 PM Bring your friends! **ON HIATUS IN AUGUST**

YOGA w/ Martha Abbott! MONDAY & FRIDAY CLASSES ARE HYBRID (IN PERSON OR ZOOM) 9:15AM

South Coastal Counties Legal Services (CCLS), Attorney Andrew L. Bardetti, serving older adults on Cape Cod & the Islands Older adults interested in signing up for a time slot at your COA contact Ms. Rasheda Dickerson directly at 774-487-3251

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 contributing. 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

NOVEMBER BIRTHSTONE:

NOVEMBER FLOWER:

NOVEMBER ZODIAC:

CLOSED FRIDAY 11/10

CLOSED THURSDAY 11/23 & FRIDAY 11/24

NOVEMBER QUOTE:

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