

# JANUARY 2024 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 ~ January highlights include:

- Weekly luncheon Thursdays at 12:30  
Suggested donation \$4 -sign up Monday  
before by noon 😊
- Thursdays in January 4,11,18,25 2-3:30  
Live to 100: Secrets of the Blue Zone
- 1<sup>ST</sup> Wednesday of the month the Off-Island  
Shopping Trips are back!
- Wednesday 1/13 @ 12 Noon Soup & Table  
Games
- Wednesday 1/17 @1:30 proCRAFTinators  
Soap Making
- Monday 1/29 @ 10AM THE RESOURCE INC.  
Informational Session

Wishing you and yours health and happiness  
in the new year!

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 MONDAY 1/1**



**CLOSED MONDAY 1/15**





# 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

## JANUARY 2024

### THU. 4TH

YANKEE POT ROAST  
WHIPPED POTATOES  
PRINCE EDWARD VEGETABLES  
MULTI-GRAIN BREAD  
CHILLED PINAPPLE

993 CALS; 868 MG SODIUM

### THU. 11TH

BEEF BORDELAISE  
RICE NOODLES  
THREE-BEAN SALAD  
WHEAT ROLL  
CHOCOLATE CAKE

815 CALS; 992 MG SODIUM

### THU. 18TH

CHEDDARE JACK QUICHE WITH  
TOMATO AND SPINACH  
CUKE/TOMATO/CARROT SALAD  
MIXED BERRY COFFEE CAKE  
FRUITED YOGURT

898 CALS; 714 MG SODIUM

### THU. 25TH

MEATLOAF WITH DEMI-GLACE  
WHIPPED POTATOES  
CARROTS  
WHOLE GRAIN BREAD  
PEARS

802 CALS; 729 MG SODIUM



**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 508-693-2896  
TO REGISTER.**



# THE OFF-ISLAND SHOPPING TRIPS ARE BACK!!!



1<sup>st</sup> Wednesday of the month

8:15 boat returning 3:45 –meet at the Steamship Authority by 7:30am.  
You will need to purchase a round trip walk on boat ticket.

**Please call the UPICOA to sign up!**

508-693-2896

# LIVE TO 100: SECRETS OF THE *Blue Zones*

Join us at Howes House for a four part viewing and discussion of ***Live to 100: Secrets of the Blue Zones***. Each session, participants will watch an installment of bestselling author and founder of *Blue Zones*, Dan Buettner's new doc series that explores the science and lifestyles behind longevity. An open discussion of the episode will follow.

**Thursdays  
in January  
4, 11, 18, & 25  
2:00-3:30**



**1042 State Rd  
West Tisbury**

Pre-sign up preferred, walk-ins welcome  
Please call **508-693-2896** for more information



Come proCRAFTinate with us!

January 17<sup>th</sup> @1:30

Soap Making

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



**TRI INFORMATIONAL SESSION**  
**MONDAY JANUARY 29<sup>TH</sup> - 10AM**  
at the HOWES HOUSE  
1042 State Road West Tisbury  
Pre-registration requested - walk-ins welcome

**tri**

the resource inc.  
for  
Community & Economic  
Development

[theresource.org](http://theresource.org)

The Resource, for Community and Economic Development, Inc (TRI) is a non-profit, community development corporation. Since its incorporation in 1994, TRI has secured funding for and successfully managed federal, state and local housing rehabilitation and development projects for over 17 Massachusetts communities. TRI's research, design and implementation efforts have resulted in the award of more than \$20 million in housing rehabilitation funds for the completion of more than 500 rehabilitation, repairs and renovations for eligible homeowners and community development initiatives.



Our integrated team management provides the highest quality services, supervision and program evaluation. Each staff member has an extensive background in construction, community development and program management, continuously building long-term working relationships with local contractors, builders and clients.

## 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

RIDE FREE NOW THRU MARCH ☺

## 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.

|                                   | Amazon   | Instacart  | Walmart  |
|-----------------------------------|--|--|--|
| <b>Is there a delivery fee?</b>   | Express Members: Free for orders over \$35 + reduced service fees<br>Non-Express Members (in LA carts delivery): \$3.99 + 3% service fee | Free if you spend \$35 or more                             | Fees vary \$7.95-\$9.95<br>Option to pay a flat fee of \$9.95 per year for all fees                                      |
| <b>How do I get the food?</b>     | Sameday grocery delivery & pickup available via the Instacart app and website  | Delivery Only  | Curbside pickup OR delivery at some locations<br>Go to Walmart.com and type in your zip code for options near you        |
| <b>How do I know what to buy?</b> | 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  |
| <b>Where can I learn more?</b>    | instacart.com/help/section/360009947632  | amazon.com/enp   | walmart.com/daaa/560009947632<br>grocery-pickup-delivery/<br>walmartgrocery-pickup-accounts/snap-ebt-payments/<br>355540 |
| <b>How do I get help?</b>         | instacart.com/help/section/360009947632  | amazon.com/help  | walmart.com/help   |

Department of Transitional Assistance

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

USDA Supplemental Nutrition Assistance Program  
Participating Retailers

### Buy Food Online Using SNAP in MA

**How It Works**

- Amazon and/or Walmart: Add your SNAP EBT card to your account  
ALDI: Sign up for an account at [Shop.ALDI.us](https://shop.aldi.us)
- Shop online for SNAP authorized foods  
Look for "SNAP EBT eligible" on Amazon or ALDI, which is powered by Instacart
- 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
- 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](https://mass.gov/SNAPonline)

Department of Transitional Assistance

USDA Supplemental Nutrition Assistance Program  
Participating Retailers



**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 15<sup>th</sup> – December 7<sup>th</sup>)

**Vineyard Isle Parkinsonians Support Group** - A Support group for both people suffering from Parkinson's disease and their caregivers. This group meets the 2<sup>nd</sup> and 4<sup>th</sup> 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](mailto: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 [Katrynyerdon@prodigy.net](mailto: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**

2<sup>nd</sup> (and 4<sup>th</sup> if needed) Wednesday of the Month. Please call **508-477-4502** to schedule an appointment.

**PARKINSON'S GROUP** 2<sup>nd</sup> & 4<sup>th</sup> 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** 4<sup>th</sup> 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 **ON HIATIS UNTIL APRIL**

**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](mailto:beaphear2@gmail.com) to register

**ProCRAFTinators 3<sup>rd</sup> Wednesday of the Month 1:30-2:30 PM** Bring your friends!

**Zoom YOGA w/ Martha Abbot!** Martha is hosting an online Zoom yoga class Monday, Wednesday and Friday at 9:30 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](mailto:spiritmovesyou@gmail.com) for log in information.

**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>

## JANUARY BIRTHSTONE:



## JANUARY FLOWER:



## JANUARY ZODIAC:



CLOSED MONDAY JANUARY 1



CLOSED MONDAY JANUARY 15



## JANUARY QUOTE:

Hello January

Journey of a thousand miles  
Always starts somewhere.  
Nothing will be achieved  
Unless you take  
Action. Momentum plus  
Repeated efforts will take  
You further than expected

OurMindfulLife.com





