

JULY 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, ~ Some July highlights include:

- Weekly bring a brown bag lunch Thursdays at 12:30 - we'll provide dessert 😊
- Discussion Group on the patio Tuesdays 1:30-3
- Bridge at the Howes House Tuesdays 2-5
- ProCRAFTinators 3rd Wednesday of every month 1:30-2:30
- IGI Mobile Market Tuesdays 3-5PM
- NEW Qigong with Nan Doty weekly on Tuesdays starting July 11 - 9am
- July 12th 2:00PM at the Chilmark Library - come say hello to our Outreach Coordinator SUSAN MERRILL and learn about our COA services
- July 20th 11AM Pompeii with an Architect zoom live walking tour
- July 27th Trails MV 1:30PM

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

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:

CLOSED



Introduction to Qigong with Nan Doty

Tuesdays 9am-10am
July 11th - August 29th
\$15/ session
@ Up-Island COA
(1042 State Road, WT)

Experience a sense of inner spaciousness and well-being inherent in the Qigong practice of movement, meditation and sound. Class will focus on awareness of body, breath & movement. These movements are often called a "moving meditation," which deepens our overall sense of balance and calm.


Class will be held outdoors on the patio but will move inside in the event of poor weather.

Pre-registration Preferred.

Led by Nan Doty, MEd, IIQTC
Nan earned certification as a teacher of Qigong and Tai Chi in 2003. She was drawn to this practice as one way to deal with the effects of neurological Lyme Disease. Nan continued her training and has been teaching ongoing classes ever since, emphasizing mindful movement and integrative theory.



Call **508-693-2896** for
information & to sign up!



Meet us at the **Chilmark Library**

Say hello to Up- Island Council on Aging outreach coordinator, Susan Merrill! She will be set up inside 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!



Wed. July 12th
2:00pm- 2:45 pm
508-693-2896

For more information

Join us for a live guided walking tour

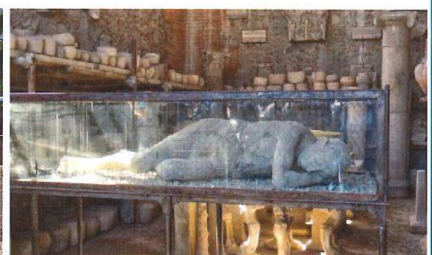
Pompeii with an Archaeologist!

Explore the ancient city of Pompeii its ruins and take a trip back in time with your Local and Expert Archaeologist Live on Site! Without waiting for queues at the ticket office, you'll start from the main entrance of the city: Porta Marina Superiore. From there looking at the volcano, the Mt. Vesuvius you'll pass through the Basilica, the Forum with the market and the main Temples, walking through the Decumanus Major (Main Street of Pompeii), looking closely and from inside the Baths, the roman fast food shop and much more.

The main highlights for this tour: City Gate and walls, roman thermopolium (fast food), Basilica, Temple of Venus, Forum (Main roman Square), Temple of Jupiter, Main roman road, roman market, and more!

When: July 20th, 2023 11:00-12:00

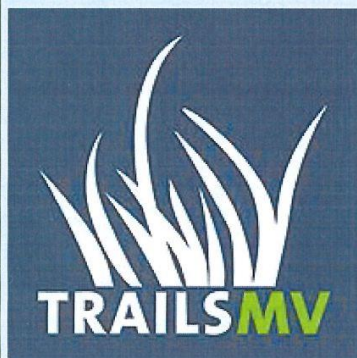
Where: Join us virtually from your home OR come watch with us on the big screen at the Up-Island Council on Aging (1042 State Road, West Tisbury MA)



*Please register by calling 508-693-2896
or e-mailing coa-staff@westtisbury-ma.gov

*This event is brought to you free of charge courtesy of the Friends of the Up-Island Council on Aging

Interested in learning how to get the most out of Martha's Vineyard's beautiful trail systems?



Join us at the Up-Island Council on Aging as Sheriff's Meadow's own Nancy Tutko guides us through all the possibilities the Trails MV app can offer. The free TrailsMV app, created by Sheriff's Meadow Foundation in collaboration with our conservation partners, is an interactive guide to 220+ miles of public trails on more than 100 protected properties. **Participants are encouraged to bring tablets or smart phones to follow along.**

When: July 27th @ 1:30

Where: Up-Island COA

(1042 State Road, W.T.)

508-693-2896 for info





Come proCRAFTinate with us!

Take a break from all the tasks & to-dos and join us at Howes House on the 3rd Wednesday of the month at 1:30 to learn a new craft!

*Advanced sign up preferred, drop-ins welcome!

1042 State Road, West Tisbury
508-693-2896 for more information!

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



Thursdays at 12:30PM

While we wait for our weekly luncheons to return, we set up the tables in the big room every Thursday at 12:30pm & invite you to bring a bagged lunch to enjoy with friends & good conversation...THE BEST PART??We will provide dessert 😊
Please let us know each week by Tuesday if you plan to attend 508-693-2896



Weekly Discussion Group on the Howes House Patio
(weather permitting) Tuesdays 1:30-3:00



Party Bridge anyone?

We are starting a sign-up sheet

Please call 508-693-2896

Date & time to be determined

FitFun Wednesdays



with Margarita Kelly

Join enthusiastic Island fitness trainer, Margarita Kelly, for a 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!

\$12.00

Wednesdays 10 – 10:45
@Up-Island COA
(1042 State Road, West Tisbury)

508-693-2896 for more info.



WE'RE STARTING A WALKING GROUP!

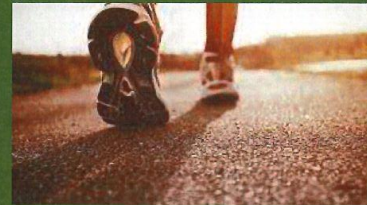
*Let's start of list of
interested walkers and get
outside in the fresh air!*

*Call the Up-Island COA if
you're interested or want
more information!*

508-693-2896



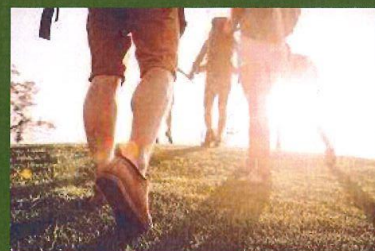
*Do you enjoy
taking a walk?*



*Would it be
more fun to walk
with a buddy?*



*Or maybe even a
small group?*

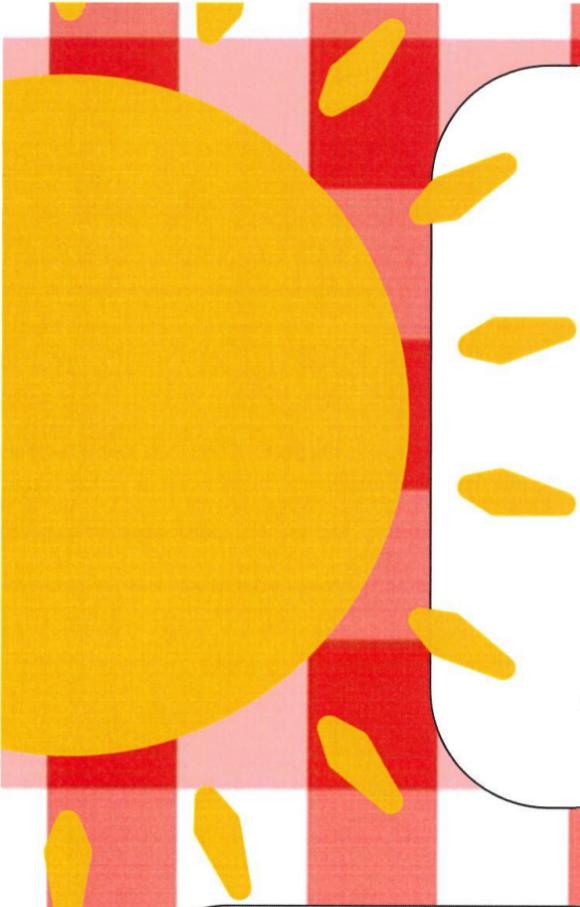


Annual Polly Hill Spring Picnic & Walking Tour June 13, 2023



In attendance: Abbie, Susan, Bernadette, David, Lex, Dianne, Leah, Judith, Cheryl (clockwise starting on the left)

SAVE THE DATE!!!



Annual
Howes
House
Cookout!

Friday August 11 @ noon

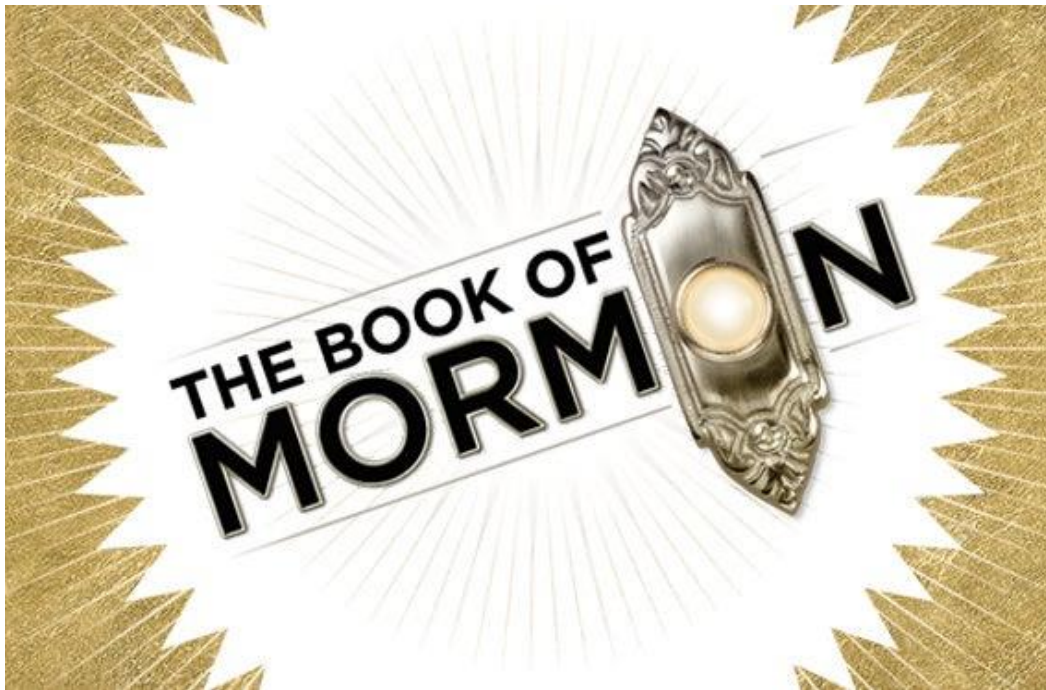
1042 State Road, West Tisbury

SIGN UP Required 508-693-2896



*This event is FREE thanks to the
Friends of the Up Island COA!*

SAVE THE DATE



Join us Saturday November 4th as we travel to the Providence Performing Arts Center for a day of theater and fun!

(Pre-registration required 508-693-2896)

The New York Times calls it "the best musical of this century." *The Washington Post* says, "It is the kind of evening that restores your faith in musicals." And *Entertainment Weekly* says, "Grade A: the funniest musical of all time." Jimmy Fallon of *The Tonight Show* calls it "Genius. Brilliant. Phenomenal." It's **THE BOOK OF MORMON**, the nine-time Tony Award® winning Best Musical. This outrageous musical comedy follows the adventures of a mismatched pair of missionaries, sent halfway across the world to spread the Good Word. With standing room only productions in London, on Broadway, and across North America, **THE BOOK OF MORMON** has truly become an international sensation. Contains explicit language.

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. Contact Cindy Trish at Healthy Aging MV for more info: **508-693-7900 ext. 455**

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 beginning in January 508-693-7900 ext. 455 or 800-635-0489 (OCB Sandwich office)

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 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
Is there a delivery fee?	Express Members: Free for orders over \$35 + reduced service fees Non-Express Members (in 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/500009947632	amazon.com/inap	walmart.com/dswa/discover-grocery-pickup-delivery/walmart-grocery-pickup-accepts-snap-ebt-payments/2020040
How do I get help?	instacart.com/help/section/500009947632	amazon.com/help	walmart.com/help

Learn more or apply for SNAP:
Mass.gov/SNAPonline

USDA Supplemental Nutrition Assistance Program
Picking Healthy Food Matters

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
- 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

Department of Transitional Assistance

USDA Supplemental Nutrition Assistance Program
Picking Healthy Food Matters

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 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 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 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

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

CONNI BAKER, ESQ ESTATE AND MEDICAID PLANNING @ 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

DISCUSSION GROUP ON THE HOWES HOUSE PATIO (Weather permitting)

Weekly Tuesdays 1:30-3:00 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 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 Appointments will be booked 1 person every ½ hr.

GLEANED GOODS: 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

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!

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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>
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JULY BIRTHSTONE:



JULY HOLIDAYS & SPECIAL EVENTS:



HOWES HOUSE CLOSED

JULY FLOWER:



JULY QUOTE:

SMALL THINGS TO LOVE
ABOUT JULY



Warm summer
night under a
clear sky



Bikini & the
beach



Long daytime to
enjoy outdoors

Freedom, liberty
& Independence



Energy to do
what you love

OurMindfulLife.com

JULY ZODIAC:

