

# MARCH 2024 NEWSLETTER



## Up Island Council on Aging at The Howes House

1042A State Rd., West Tisbury MA 02575 (Across from Alley's)  
Phone: (508) 693-2896 Fax: (508) 693-1447

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

Hello friends ~ March highlights include:

- Hooked on Crochet Tuesdays 10-11am
- Hula Flow Wednesdays 10:30-11:30am
- 1<sup>ST</sup> Wednesday of the month Off-Island Shopping Trip - next date April 3<sup>rd</sup>
- Smartphone Help Thursdays in March at 11AM
- March 13<sup>th</sup> @ 12PM Soup Social
- March 20<sup>th</sup> @1:30 proCRAFTinators Egg Decorating
- Weekly luncheon Thursdays at 12:30  
Suggested donation \$4 -sign up Monday by noon 😊
- Samaritans Suicide Awareness & Education Session March 27<sup>th</sup> at 2PM
- Crystal Balancing (30-minute private sessions) Fridays 9:30-11:30am



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

Please sign up Mondays by noon - Suggested \$4 Donation

# WEEKLY LUNCHES



**MARCH 2024**

**THU. 7TH**

CHICKEN CACCIATORE OVER PASTA  
TUSCAN VEGGIES  
WHEAT BREAD  
GRAPENUT CUSTARD

785 CALS; 688 MG SODIUM



**THU. 14TH**

CORNER BEEF BRISKET & CABBAGE  
PARSLEY POTATOES  
BABY CARROTS  
IRISH SODA BREAD  
SHAMROCK CAKE

843 CALS; 1201 MG SODIUM

**THU. 21ST**

SESAME THAI CHICKEN  
ASIAN NOODLES  
STIR FRY VEGGIES  
EGGROLL & SWEET SAUCE  
MULTIGRAIN BREAD  
MANDARIN & PINEAPPLE

705 CALS; 693 MG SODIUM



**THU. 28TH**

SWEDISH MEATBALLS  
EGG NOODLES  
CALIFORNIA VEGGIES  
9-GRAIN BREAD  
GRAPENUT CUSTARD

736 CALS; 925 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.**



# **Call the TechPro - Smartphones! Thursdays at the Howes House**



**Bring your smartphone and join us on Thursdays to  
get more comfortable with texting, phone calls, and  
more!**

**Rachel from the WT Library will be on hand to “chat”  
via text and phone to help you master your  
smartphone skills.**

## **Thursdays in March at 11:00am**



**WEST TISBURY FREE PUBLIC LIBRARY**  
1042 State Road • West Tisbury • 508.693.3366



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



[facebook.com/westtisburylibrary](https://facebook.com/westtisburylibrary)



[@wtlib](https://twitter.com/wtlib)



# Soup Social



**Wednesday March 13th**

**@ 12:00**

Bring a friend or come meet  
someone new!

If you have time, stay after lunch and  
keep the conversations going over  
table games!



**This is a free event and  
pre-registration is required.**

**508-693-2896**

@ Up-Island COA (Howes House)  
1042 State Rd, WT



Come proCRAFTinate with us!

March 20<sup>th</sup> @ 1:30

Egg Painting

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

Handmade Cards

May 15<sup>th</sup> @ 1:30

Silk Scarf Dying

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

\*Advanced sign up requested\*

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

# Suicide Awareness & Education Session

with



<sup>The</sup>  
**Samaritans**  
On Cape Cod and the Islands

A presentation for neighbors,  
friends, family, community  
members & professionals.



**When:** March 27, 2024  
at 2:00pm

**Where:** 1042 State Road, WT  
Up Island Council on Aging  
***Please Call 508-693-2896***

# Crystal Balancing Individual Sessions

*Starting  
Feb. 16th!*



**with Sue Angeley**  
**Certified Crystal Practitioner &  
Advanced Crystal Master**

Crystal balancing is a holistic therapy that aims to balance the 7 energy centers (chakras) in the body by clearing blockages and restoring balance.



This is a clothes-on, minimal contact therapy of placing crystals and stones on the body. It is relaxing & rejuvenating; it promotes stress reduction, healing, and emotional & spiritual wellbeing.

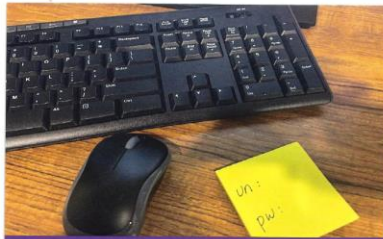
**When:** Fridays 9:30-11:30

Half hour sessions/ \$25

**Where:** Up Island COA  
1042 State Road, WT

**508 693 2896**  
to sign up





## Healthy Aging Martha's Vineyard CALL THE TECH PRO Pilot Program

### What is it?

A program to provide technology support when and where you need it.

### What does that mean?

- If you have a technology-related question, the TECH PRO will answer.
- If you have a new smart phone and want help learning how to use it, the TECH PRO can come to your home and help you use it.
- If you forget your password, call THE PRO.
- The TECH PRO can show you how to "post, tweet, & – best of all – lurk!" on social media
- If your iPad is frozen, call THE PRO.
- If you think you've been hacked, call the TECH PRO and don't give personal info to anyone you don't know and trust.

[www.hamv.org](http://www.hamv.org)



### Who is Eligible?

Any MV resident over 60 years of age.

### What does it cost?

There currently is no charge, thanks to a MA Executive Office of Elder Affairs grant and all four Island Councils of Aging.

Town	COA
Oak Bluffs	508-693-4509 x3
Up-Island	508-693-2896
Edgartown	508-627-4386
Tisbury	508-696-4205

### Can the PRO come to my house?

Yes, every TECH PRO is fully CORI\* checked. When hired, they are available to meet with you in-person, by Zoom and/or phone.

### What if I want to take a class?

Contact your local library and/or COA to see what they're offering. Also check the free AARP classes at <https://seniorplanet.org/>

### What if my computer is old and doesn't work?

The TECH PRO can help diagnose the problem and recommend best next step.

### Where do I start?

Contact your Council on Aging to get started!

\* CORI stands for Criminal Offender Record Information.



## OFF-ISLAND SHOPPING TRIPS



1<sup>st</sup> Wednesday of the month Booking now for April  
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**



# HULA FLOW

FOR PEOPLE OF ALL AGES  
& SIZES WHO LOVE TO DANCE!

WITH SHANTA GABRIEL

HULA IS A DANCE FORM USUALLY DONE BAREFOOT, USING HANDS & FEET MOVING IN A RHYTHMIC MANNER TO HAWAIIAN MUSIC. THIS FORM OF MOVEMENT INCREASES YOUR STRENGTH, FLEXIBILITY & GRACEFULNESS. IT CAN BE USED FOR COMMUNITY BUILDING, COORDINATION, COGNITION, CULTURAL APPRECIATION, POSITIVE THINKING & GRATITUDE

**BEGINING FEBRUARY 14TH!!**



**WHEN:** WEDNESDAYS 10:30-11:30  
**WHERE:** UP ISLAND COUNCIL ON AGING  
(HOWES HOUSE) 1042 STATE RD, WT

**\$10 DONATION**

## ABOUT SHANTA



SHANTA BEGAN STUDYING HULA AND HAWAIIAN CULTURE AT THE AGE OF NINE IN SAN DIEGO, CALIFORNIA. SHE DANCED WITH A GROUP AND SOLO DURING CLASS PERFORMANCES UNTIL SHE WAS 13 AND MOVED WITH HER FAMILY TO THE PHILIPPINES. IT WAS ON THAT OCEAN VOYAGE FROM SAN FRANCISCO TO MANILA THAT SHE FIRST LANDED IN HAWAII. IT WAS LOVE AT FIRST SIGHT

IN 1984 SHE WAS ABLE TO MOVE TO THE ISLANDS OF HAWAII. SHANTA LIVED THERE, STUDYING HAWAIIAN CULTURE, LANGUAGE, HISTORY, AND DANCE UNTIL SHE MOVED TO THE MAINLAND IN 2007.

**FOR MORE INFORMATION: 508-693-2896**

# 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

LET'S GET

# HOOKED ON CROCHET!



**GRAB YOUR  
CROCHET HOOKS  
AND YARN! DROP IN  
AND JOIN US AT THE  
UP-ISLAND  
COUNCIL ON AGING  
FOR A LEISURELY  
HOUR OF CROCHET  
& CONVERSATION!**



**TUESDAYS  
STARTING FEB. 6TH  
10AM-11AM  
@ UP ISLAND COA  
(HOWES HOUSE)  
1042 STATE RD, WT**

**FOR MORE INFO CALL  
(508)693-2896**

# Musicians Needed!



Join the  
**Vineyard Sinfonietta  
Orchestra**

Meets at Howes House  
*Sundays, 2:00-3:30*  
Starting March 3, 2024



Please contact:  
[patriciadance23@gmail.com](mailto:patriciadance23@gmail.com)



**FREE  
Adult Dental  
Cleanings!**

For Island residents, 18 years or older, who do not have access to dental care.

**February 19 – 22, April 15 – 19**

At the First Baptist Church Parish Hall  
66 Williams Street, Vineyard Haven

**February 23**

At Island Elderly Housing for IEH residents  
Woodside Village Community Room  
60A Village Road, Vineyard Haven



*Please don't call this number!*

To register text or email Polished Dental:  
(978) 549-0659/[PolishedVHCA@gmail.com](mailto:PolishedVHCA@gmail.com)

☆ Sponsored by Vineyard Smiles and supported by the Martha's Vineyard Community Foundation and the Island Boards of Health ☆



**Join us at the Theater!**



**Saturday April 27<sup>th</sup>**  
**@ Providence Performing Arts Center**

Winner of 5 Tony Awards including Best Revival of a Musical, **COMPANY** "strikes like a lightning bolt. It's brilliantly conceived and funny as hell" (*Variety*). Helmed by three-time Tony Award-winning director Marianne Elliott (*War Horse*, *The Curious Incident of the Dog in the Night-Time*, *Angels in America*), this revelatory new production of Stephen Sondheim and George Furth's groundbreaking musical comedy is boldly sophisticated, deeply insightful and downright hilarious.

It's Bobbie's 35th birthday party, and all her friends keep asking, Why isn't she married? Why can't she find the right man and isn't it time to settle down and start a family? As Bobbie searches for answers, she discovers why being single, being married, and being alive in the 21st-century could drive a person crazy.

**COMPANY** features Sondheim's award-winning songs *You Could Drive a Person Crazy*, *The Ladies Who Lunch*, *Side by Side* and the iconic *Being Alive*. Let's all drink to that!

Call the Up-Island COA 508-693-2896 from more info & to express your interest!  
April will be here before we know it!



**A MATTER OF  
BALANCE**  
MANAGING CONCERNS ABOUT FALLS

## MATTER OF BALANCE COACHES WANTED:

TRAINING TO BECOME A MATTER OF BALANCE COACH IS AVAILABLE SOON

Would you like to help Older Adults reduce their fear of falling and learn how to lessen the likelihood of a fall in the future? We are looking for individuals who have a passion for helping the Island's Older Adult community. We plan to train an additional small number of volunteer coaches who will be able to co-teach an in-person class of about 15 Older Adults. The course you will be trained to give is called "Matter of Balance," the curriculum for which is licensed by Healthy Aging MV. You will work with HAMV to identify an 8-week period that works with your schedule during this year, then teach a 2-hr in-person class each week for 8 weeks.

In order to become a coach, you will need to attend training - 2 four hour in-person sessions and then you will have a Mentor support your coaching experience. We plan on offering this training in late February. For more information and to register for this upcoming training session, contact Cindy Trish at [ctrish@hamv.org](mailto:ctrish@hamv.org) (508)693-7900 ext 455.

## A Matter of Balance is an award winning evidence-based program designed to reduce fear of falling and improve activity levels in older adults.

The program includes eight two-hour classes presented to a small group of 8-12 participants led by trained coaches. The program enables participants to reduce fear of falling by learning to view falls as controllable, setting goals for increasing activity, making small changes to reduce fall risks at home, and exercise to increase strength and balance.



**HA HEALTHY AGING  
MV MARTHA'S VINEYARD**  
Making Martha's Vineyard an Aging-Friendly Island



## 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 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 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	Walmart
<b>Is there a delivery fee?</b>	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
<b>How do I get the food?</b>	Same-day grocery delivery & pickup available via the Instacart app and website	Curbside pickup OR delivery at some locations 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"	At checkout, the payment screen will show what is SNAP eligible
<b>Where can I learn more?</b>	instacart.com/help/section/500009947632	amazon.com/inap
<b>How do I get help?</b>	instacart.com/help/section/500009947632	amazon.com/help

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

 USDA Supplemental Nutrition Assistance Program

**Buy Food Online Using SNAP in MA**  
How It Works

-   
1. 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)
-   
2. 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](https://Mass.gov/SNAPonline)

 Department of Transitional Assistance

 USDA Supplemental Nutrition Assistance Program  
Part of Healthy Food Access Search

**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 the VH ferry parking lot at 6:30AM for a 7:00AM ferry to Woods Hole. The van travels laminate pocket for it.

**SHINE 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 ABBOTT** 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.

**PARKINSONS' 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 Parkinsons to share experiences, new information and updated research.

**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**

**CRYSTAL BALANCING 30 MINUTE INDIVIDUAL SESSIONS (\$25) FRIDAYS 9:30-11:30am**

**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** 4<sup>th</sup> 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!

**OFF ISLAND SHOPPING TRIP – 1<sup>st</sup> Wednesday of the month 8:15-3:45** Call 508-693-2896 to sign up

**HOOKEED ON CROCHET Tuesdays 10am**

**HULA FLOW For people of all ages & sizes who love to dance! Wednesdays 10:30-11:30** \$10 donation

**VINEYARD SINFONIETTA ORCHESTRA Sundays 2-3:30** Musicians encouraged to come play with us. Contact [patriciadance23@gmail.com](mailto:patriciadance23@gmail.com)

**South Coastal Counties Legal Services (CCLS), Attorney Andrew L. Bardetti**, serving older adults on Cape Cod & the Islands Contact Ms. Rasheda Dickerson directly for scheduling 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>

MARCH BIRTHSTONE



MARCH QUOTE

Hello March

May the early spring  
Awaken your soul and  
Remind you to  
Celebrate the season with the  
Hope and Joy it brings





OurMindfulLife.com

MARCH FLOWER



MARCH ZODIAC

<p>Pisces</p>  <p>20 Feb - 20 Mar</p>	<p>Aries</p>  <p>21 Mar- 19 Apr</p>
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