

# SEPTEMBER 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 ~ September highlights include:

- Weekly luncheon Thursdays at 12:30 - Suggested donation \$4 -sign up Monday before by noon ☺
- Annual Lobster Picnic September 11<sup>th</sup> 12:00 noon
- ProCRAFTinators Wednesday September 13<sup>th</sup> at 1:30pm
- Emergency Preparedness Seminar Sept. 15<sup>th</sup> 11:30am
- Derby Fish Distribution 9/14, 9/18, 9/21, 9/25, 9/28, 10/5 & 10/12
- Live walking tour of Nairobi State Park September 26<sup>th</sup> 10:00am

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**



### Hello September

Some people think that beauty  
Equals a good look. But a  
Pretty face is just the surface.  
The real beauty lies inside  
Everyone. Kindness and smiles  
Melt hearts. And when you  
Believe in yourself and know you'r  
Enough, the light you  
Radiate will touch everyone around

OurMindfulLife.com



# 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



# DERBY FISH DISTRIBUTION 2023

HERE AT  
HOWES HOUSE!!

## DISTRIBUTION DATES

THU 9/14

MON 9/18

THU 9/21

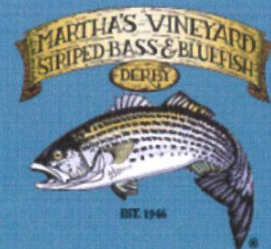
MON 9/25

THU 9/28

THU 10/5

THU 10/12

78TH ANNUAL DERBY







## **ANNUAL LOBSTER PICNIC IN MENEMSHA**

**MONDAY SEPTEMBER 11<sup>th</sup>  
12 NOON**


**\$35 ALL INCLUSIVE**

**Lobster Roll, Chowder, Chips, Beverage & Ice Cream for Dessert**

**MUST PRE-REGISTER 508-693-2896**



# Emergency Preparedness 101



Join us at the **Up-Island COA** for an educational conversation with West Tisbury Emergency Management Director Russell Hartenstein and West Tisbury Deputy Emergency Management Assistant Director Jennelle Gadowski. Find out how you can stay informed, prepared and safe before, during and after a disaster.

**Call 508-693-2896 for more info.**



**09/15/2023**

**at 11:30 am**

**1042 State Rd  
West Tisbury**



Join us for a live guided walking tour

## Nairobi National Park

Welcome to this Live Tour of Nairobi National Park. We will get to explore one of the oldest Parks in Kenya and a true gem as it is considered the only\* National Park in the World within the vicinity of a city.

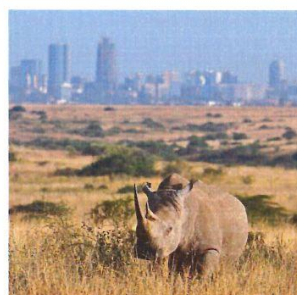
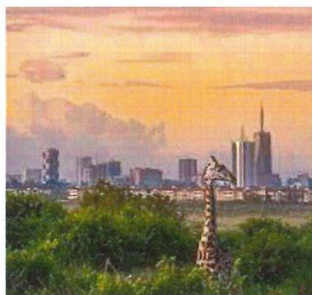
Here, you will encounter numerous animals like lions, buffaloes, zebras, giraffes, rhinos, impala, baboons, hippos, crocodiles and so much more while you are on safari.

The animals here entirely use their natural instincts to hunt and survive. We will also get to learn why this park is a rhino sanctuary and the efforts being made to reduce the cases of poaching.

Come discover this beautiful park only 4 miles/ 7km from the city center and experience the wild in the city with us!

**When:** September 26th, 2023 10:00-11:00

**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](mailto: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

Please sign up Tuesdays by noon

## WEEKLY LUNCHES

### SEPTEMBER 2023

#### THU. 7TH

VEGGIE & CHEDDAR QUICHE  
CUKE/TOMATO/CARROT SALAD  
CLOVER LEAF ROLL  
FRUITED YOGURT

898 CALS; 764 MG SODIUM

#### THU. 14TH

SPAGHETTI WITH MEAT SAUCE  
GREEN BEANS  
GARLIC BREAD  
TAPIOCA PUDDING

730 CALS; 849 MG SODIUM

#### THU. 21ST

HONEY GARLIC GRILLED CHICKEN  
RICE PILAF  
PRINCE EDWARD VEGETABLES  
WHEAT BREAD  
MIXED FRUIT

720 CALS; 755 MG SODIUM

#### THU. 28TH

CHICKEN PARMESAN OVER LINGUINI  
TUSCAN VEGETABLES  
MULTI-GRAIN BREAD  
PEACHES

824 CALS; 870 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 508-698-2896  
TO REGISTER.**





## Party Bridge anyone?

We are starting a sign-up  
sheet

Please call 508-693-2896

Date & time to be  
determined

## 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?*







## Martha's Vineyard Falls Prevention Coalition

### September is Falls Prevention Month

#### Falls Prevention Information, Trivia, Giveaways, Matter of Balance Class Sign-up, AND Refreshments

*Every day of Falls Prevention Week (Sept 18-22)*

- Mon, Sept 18, 12:00–3:00, Vineyard Haven Library
- Tues, Sept 19, 11:30–1:00, EDG Council on Aging
- Wed, Sept 20, 12:30–2:00, OB Council on Aging
  - Thurs, Sept 21, 11:30–1:00, Up-Island Council on Aging (West Tisbury)
- Fri, Sept 22, 10:00–12:00, Tisbury Council on Aging

#### Trail Walking to Stay Active

*Discover accessible Martha's Vineyard Trails  
for adults of all levels of mobility*

Each walk will be led by a member of the All Island Trails Committee and HAMV. We'll identify safe walking options and look for benches for resting.

- Wed, Sept 6, 10am, Felix Neck Wildlife Sanctuary  
Edgartown (Mass Audubon)
- Wed, Sept 13, 10am, Pecoy Point Preserve  
Oak Bluffs (MV Land Bank)
- Wed, Sept 20, 10am, Sheriff's Meadow Sanctuary  
Edgartown (Sheriff's Meadow Foundation)
- Wed, Sept 27, 10am, Polly Hill Arboretum, WT

Join The Trustees of Reservations for a guided walk at beautiful Mytoi Garden on Chappy on Sat, Sept 23rd.  
Email [LynnMarquedant@hamv.org](mailto:LynnMarquedant@hamv.org) to register.

#### How to Recover From a Fall

*Presented by Natasha Snowden of the Martha's Vineyard Hospital Physical Therapy Department*

While there are actions we can take to reduce the risk of falling, like keeping muscles toned, removing obstacles in the home and installing grab bars, the fact is sometimes we fall. In this hour long session you'll learn strategies and techniques for recovering from any of a number of types of falls.

**September 22, 10AM**

At the YMCA, 111R Edgartown-Vineyard Haven Road

#### Public Health RN HealthChecks

Sept 5 VH COA Wellness 10:30–11:30

Sept 5 OB COA Wellness 12:30–1:30

Sept 5 Woodside Village Wellness 2:30–3:30

Sept 7 Stop & Shop Pharmacy Wellness 10:30–11:30

Sept 11 WT Library Wellness 12:00–1:00

Sept 11 WT COA Parkinson's Support Group 1:00–2:00

Sept 12 EDG COA Wellness 12:00–1:00

Sept 18 VH COA DM Support Group 1:00–2:00

Sept 18 Food Pantry 2:30–3:30

#### Movement & Balance Screening

*Vineyard Complementary Medicine*

Sept 14 Balance Screenings start at 12:20

At the YMCA, 111R Edgartown-Vineyard Haven Road

Email [info@vcmt.com](mailto:info@vcmt.com) or call 508-693-3800

Reservation required.

Reserve your spot online today:

<https://vcmt.com/clinics-screenings/>

**Check with your local COA for more Falls Prevention offerings and resources.**

**Edgartown: 508-627-4368, Tisbury: 508-696-4205**

**Oak Bluffs: 508-693-2896, Up-Island: 508-693-2896**

**Visit [hamv.org](http://hamv.org) or email [LynnMarquedant@hamv.org](mailto:LynnMarquedant@hamv.org) for more information.**





## SAVE THE DATE

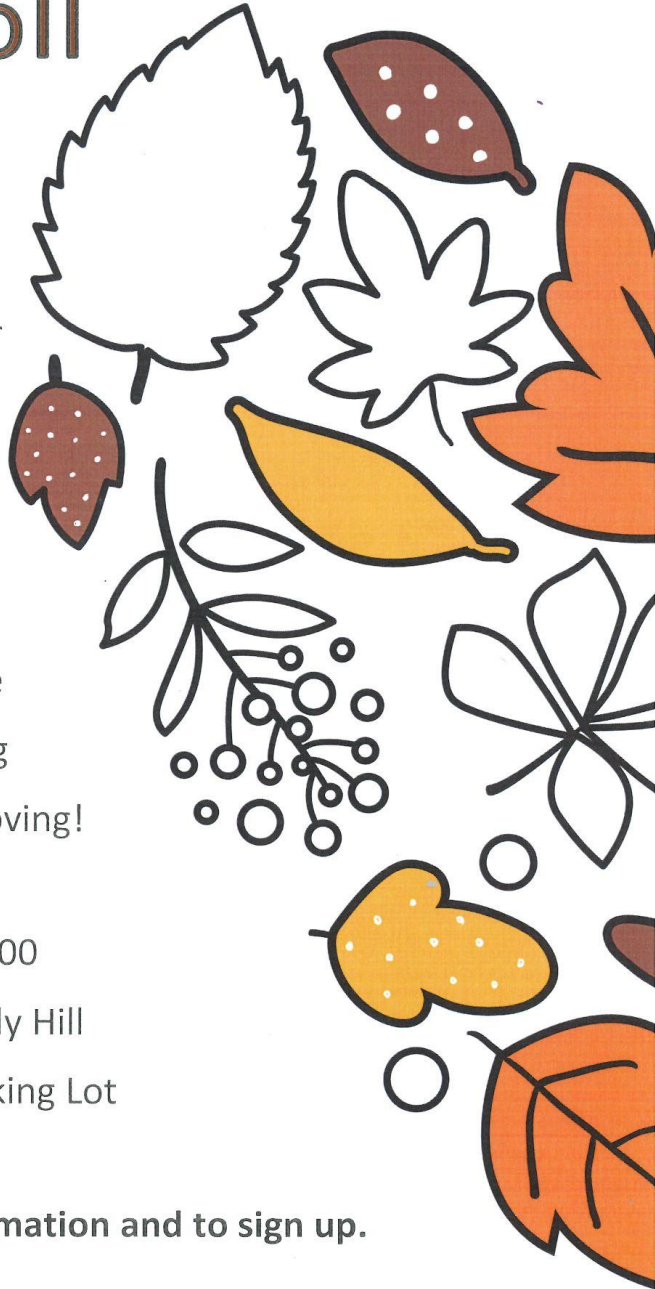
# Join us for a Cider Stroll

Take advantage of the cooler weather and fresh air by joining the Up-Island COA for a stroll around Polly Hill Arboretum. Sip on warm cider, chat with a friend (old or new), or simply enjoy the opportunity to take in the peacefulness, all while getting a chance to get your body moving!

**When:** October 18 @ 2:00

**Where:** Meet at the Polly Hill  
Arboretum Parking Lot

**508-693-2896 for more information and to sign up.**





*Join us for a live guided walking tour*

# Horror Stories of Mexico City

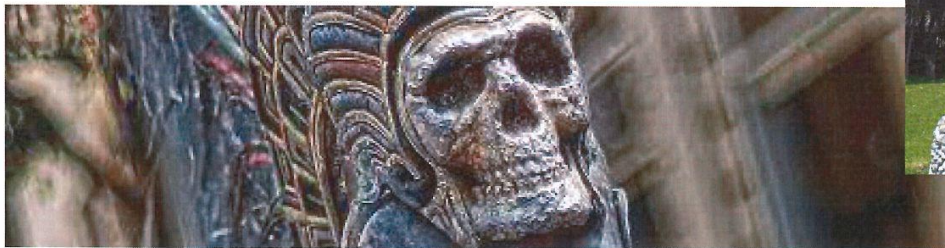
Join this live virtual experience to hear some of the most popular horror legends in Mexico City.

Legends are popular uncertain stories, half true and half fictitious, that continue thanks to their ability to amaze their listeners. In this live-streaming experience, your host will share some of the creepiest tales that local people have been passing from generation to generation through oral storytelling methods.

For 700 years, the city's downtown has been continuously inhabited by many diverse groups of people, making this element of Mexican folklore rich and varied. Come hear some of the most disturbing legends while we show you around the city's historic center and backdrop of the local culture's scariest stories.

**When:** October 31<sup>st</sup>, 2023 4:00pm-5:00pm

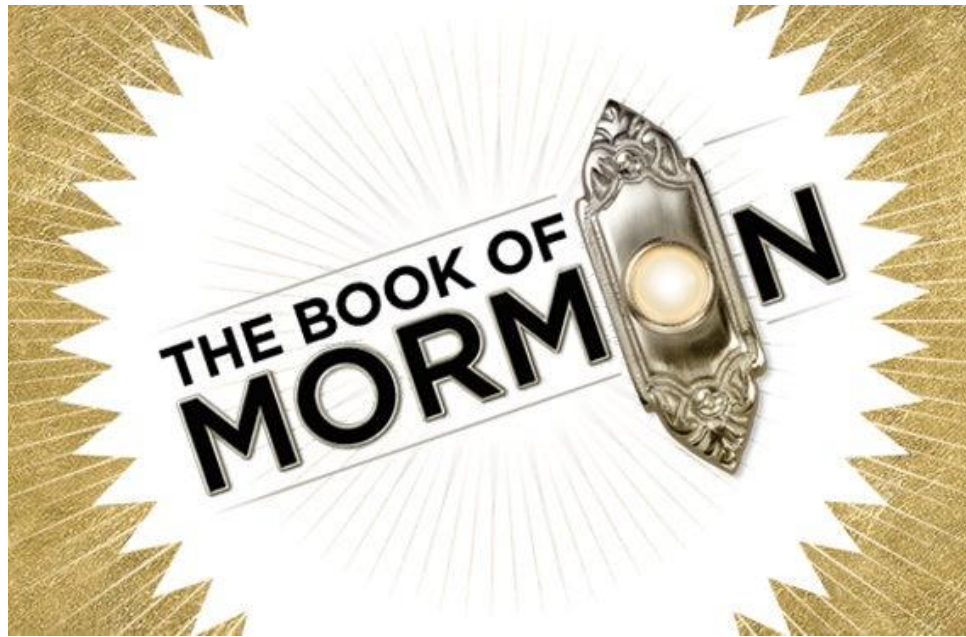
**Where:** Join us virtually via Zoom  
(This month is virtual ONLY)



\*Please register by calling **508-693-2896**  
or e-mailing [coa-staff@westtisbury-ma.gov](mailto: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





Join us Saturday November 4<sup>th</sup> 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. 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 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.

	Instacart	amazon	Walmart
<b>Is there a delivery fee?</b>	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 \$95 per year for all fees.
<b>How do I get the food?</b>	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.
<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/360009947532	amazon.com/inap	walmart.com/daaa/discover-grocery-pickup-delivery/walmart-grocery-pickup-account-requirements/355340
<b>How do I get help?</b>	instacart.com/help/section/360009947532	amazon.com/help	walmart.com/help

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

 Department of Transitional Assistance
  USDA Supplemental Nutrition Assistance Program

### 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  
 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.) 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 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> Monday of every month at 1:00pm and is co-facilitated by a registered nurse, a social worker, and a patient. 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 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 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 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. --- **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](mailto: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 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> 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

**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! ON HIATUS UNTIL FALL

**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! **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>

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## SEPTEMBER BIRTHSTONE:



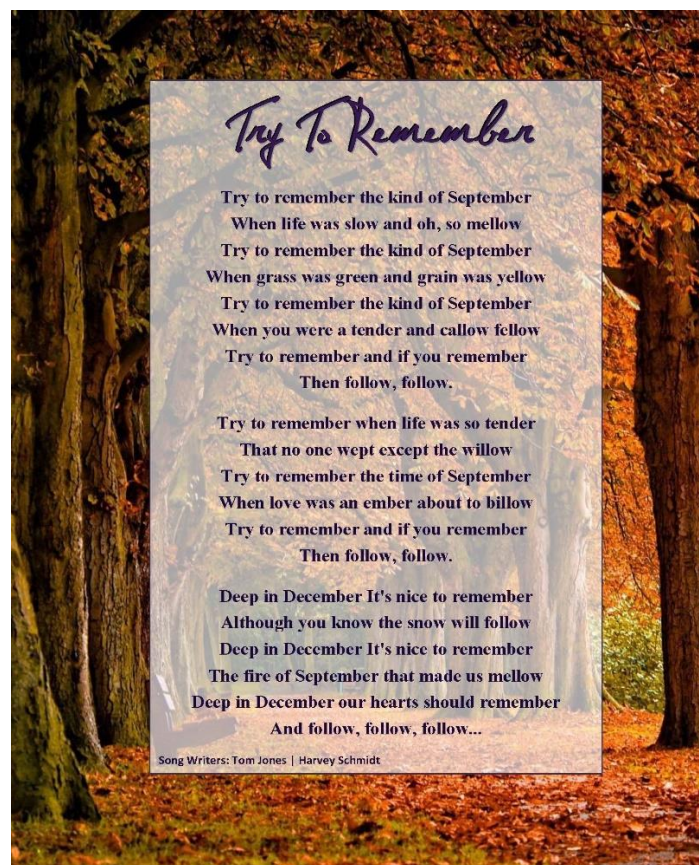
## SEPTEMBER HOLIDAYS & SPECIAL EVENTS:



## SEPTEMBER FLOWER:



## SEPTEMBER QUOTE:



## SEPTEMBER ZODIAC:



