MAY 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

A note from your Director:

Thank you for welcoming me into your community, into your lives, and into your homes over the past 38 years.

All of you have enriched my life beyond measure.

Grazie mille!

Joyce

Monday May 27th 2024

Hello friends ~ May highlights include:

- **3RD WEDNESDAY OF THE MONTH @1:30 PROCRAFTINATORS SILK SCARF DYEING**
- **LUNCH AT THE AQUINNAH TOWN HALL - LAST WEDNESDAY OF THE MONTH (MAY 29) AT NOON**
- **WEEKLY LUNCHEON THURSDAYS AT 12:30 SUGGESTED DONATION $4 -SIGN UP MONDAY BY NOON**
  - **A Matter of Balance May 7, 14, 21, 28**
  - **May 8 @ 12PM Soup Social**
  - **ProCRAFTinators May 15 – 1:30pm Silk Scarf Dyeing**
  - **Writing Through 11-1 May 15,17,22,24,29,30**
  - **Senior Safe Friday May 31 10a-12p**

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

Our beloved Joyce …

Jazzy

Original

Young at heart

Caring

Effervescent

You will be missed … like your glasses and your keys and your credit cards 😊

Bethany, Susan and Jennie

JOIN US!

AMERICAN MAHJONG

Tuesdays, 1:30-3:00

@ Up Island Council on Aging
(Howes House)
1042 State Rd, WT
(508) 693-2896

Please sign up Mondays by noon - Suggested $4 Donation

WEEKLY LUNCHES

MAY 2024

THU. 2ND
ORANGE GINGER CHICKEN OVER LO-MEIN NOODLES
ASIAN VEGETABLES
WHEAT BREAD
CHOCOLATE BROWNIES
733 CALS; 1025 MG SODIUM

THU. 9TH
SHRIMP & ORZO SALAD W/ KALAMATA OLIVES, SUNDRIED TOMATO & VEGETABLES OVER GREENS
DINNER ROLL
FRESH GRAPES
694 CALS; 614 MG SODIUM

THU. 16TH
BBQ PULLED PORK WITH POTATO WEDGES
BLACK BEAN & CORN SALAD
CHEF ROLL
PEACHES
735 CALS; 845 MG SODIUM

THU. 23RD
YANKEE POT ROAST WITH WHIPPED POTATOES
PRINCE EDWARD VEGETABLES
MULTI-GRAIN BREAD
PEARS
878 CALS; 868 MG SODIUM

THU. 30TH
BEEF SOFT TACOS WITH CHEDDAR & JACK CHEESE, LETTUCE & PICO DE GALLO
TUMERIC RICE
BLACK BEANS
FRESH APPLE
895 CALS; 905 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.

Soup Social

Wednesday May 8th
@ 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!

May 15th @ 1:30
Silk Scarf Dying

June 19th @ 1:30
Flower Arranging

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

TIME FOR LUNCH

MONTHLY LUNCHES AT AQUINNAH TOWN HALL

Join us for a FREE monthly luncheon hosted by the Up-Island Council on Aging!

Please call **508-693-2896** to sign up and for more event/ menu information.

When: Last Wednesday of every month @ 12:00pm
Where: Aquinnah Town Hall (65 State Road, Aquinnah)

SALAD
SANDWICHES
SOUP
COMMUNITY

This event is graciously sponsored by the Friends of the Up-Island Council On Aging

Senior SAFE

Join us for a crucial fire & life safety presentation by the Up-Island Fire/EMS Depts.

Topics Include fire prevention, kitchen safety, fall prevention, and more! Free giveaways are available for attendees.

Bring your family, friends, & caregivers!

When: Friday, May 31st @ 10AM
Where: Up Island Council on Aging
(1042 State Rd, West Tisbury)
508-693-2896

Writing Through

Writing Through is an international educational U.S.-registered nonprofit which uses creative writing as a tool to develop thinking skills, language fluency, and self-esteem. Writing Through is non-sectarian and operates in all communities that can benefit from our work, creating spaces which aim to amplify every voice.

6 SESSIONS 11AM- 1PM
MAY 15, 17, 22, 24, 29, 31

LOCATION:
CHILMARK FREE PUBLIC LIBRARY
522 SOUTH RD, CHILMARK

SPACE IS LIMITED.
508-693-2896 TO SIGN UP.

THIS EVENT IS FREE & OPEN TO THE PUBLIC

Chilmark FREE PUBLIC LIBRARY

Howes House UP ISLAND COUNCIL ON AGING

Call the TechPro – Smartphones!
Thursdays at 11am 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.

A MATTER OF BALANCE
MANAGING CONCERNS ABOUT FALLS

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.

What the Program Offers

- Learn to view falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks at home
- Exercise to increase strength and balance

Who Should Attend? Anyone who:

- Is concerned about falls
- Is interested in improving balance, flexibility and strength
- Has fallen in the past
- Has restricted activities because of falling concerns

Class Location and Schedule

Classes held at the Howes House,
Up-Island Council on Aging
Tuesdays 10:00am-12:00 pm
May 7, 14, 21, 28
June 4, 11, 18, 25
To register: Call Susan Merrill
Phone: 508-693-2896
Email: coaoutreach@westtisbury-ma.gov

Brought to you by: Martha's Vineyard Falls Prevention Coalition

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

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

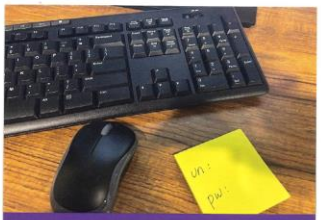
Wednesdays 10:00AM-10:45AM

$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



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

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.

Healthy Aging MARTHA'S VINEYARD

2024

ANNUAL HOWES HOUSE

Art Show

Join us in celebrating the Up-Island Council on Aging's Watercolor Artists at their annual Art Show!

Friday June 21st 12:00-4:00
Saturday June 22nd 10:00-2:00

Up-Island Council on Aging
(Howes House)
1042 State Rd, West Tisbury
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 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.

	ALDI / 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
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 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 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 and 4th 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 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 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.

PARKINSONS' GROUP 2nd & 4th .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.

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.

AMERICAN MAH JONG Tuesdays 1:30-3:00pm – All are welcome!

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!

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

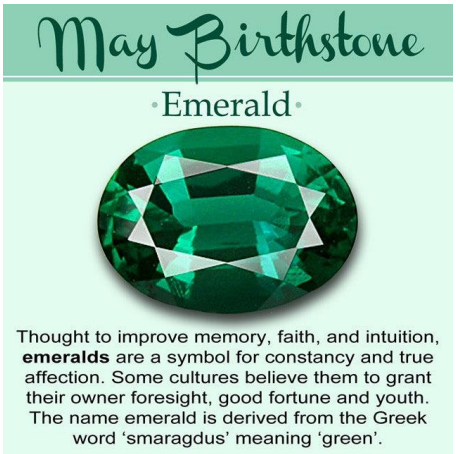
VINEYARD SINFONIETTA ORCHESTRA Sundays 2-3:30 Musicians encouraged to come play with us. Contact patriciadance23@gmail.com

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

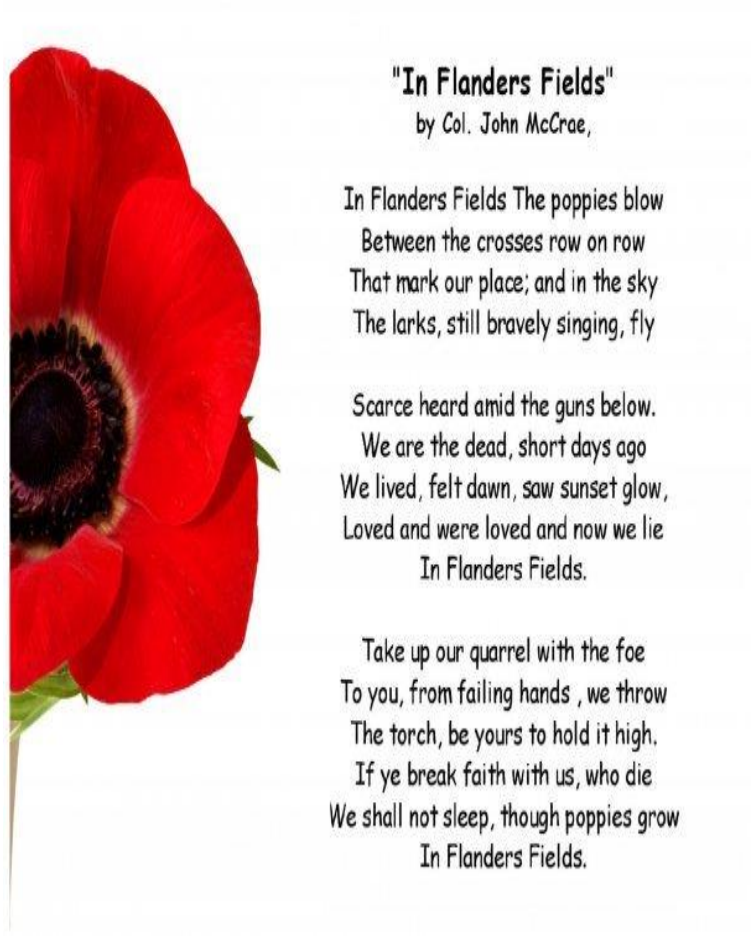
Support the Friends of the Up-Island Council on Aging

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

MAY BIRTHSTONE



MAY FLOWER

MAY ZODIAC

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