

## July 2022 Newsletter

# 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**

### IMPORTANT NOTICES:

Many in person classes are slowly returning to the Howes House, please keep your eye on the calendar or call for the latest update.

Please take a look at our virtual program offerings.

### IMPORTANT DATES:

**The Howes House  
will be closed  
Monday July 4<sup>th</sup> in  
observance of**



Hello Friends,

Can you believe it's July already? We're almost half way through the summer!

July highlights include ... Lyme Support Group on July 5<sup>th</sup> at 6:30PM; Adult Movement Class for all abilities July 12<sup>th</sup> at 1PM; Walking Tour of Bruges, Belgium on the 14<sup>th</sup> at 3PM; Estate Planning & Medicaid Basics presented by the Law Office of Patricia J. Mello on July 25<sup>th</sup> at 10AM **(NOTE NEW TIME)** plus lots more! Always be sure to check on new activities weekly.

Warm Regards,

Joyce Albertine, Director

Bethany Hammond, Assistant Director

Susan Merrill, Outreach Coordinator

Jennie Gadowski, Administrative Assistant

**JULY & BEYOND HOWES HOUSE SAVE THE DATES**

**LYME CENTER of Martha's Vineyard**

**Lyme Support Group MEETS at Howes House**

Dr. Enid Haller, Lyme Center of MV, (508) 560-1893

~~July 5, 6:30 pm - Dr. Enid Haller, Lyme Center of MV, (508) 560-1893~~ **ZOOM ONLY**

August 2<sup>nd</sup>, 6:30 pm - Dr. Enid Haller, Lyme Center of MV, (508) 560-1893

September 6<sup>th</sup>, 6:30 pm - Dr. Enid Haller, Lyme Center of MV, (508) 560-1893

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Martha's Vineyard Film Festival brand new Lyme documentary

**“The Quiet Epidemic”** Director/Producer - Lindsey Keys - August 3 & 4 - <https://tmvff.org/>

For more information, Dr Enid Haller Lyme Center of Martha's Vineyard (508) 560-1893

*Join us on a tour overseas!*

The Up-Island Council on Aging is excited to offer monthly guided virtual tours of exciting locals around the globe! Now with **TWO** viewing options available, join remotely from the comfort of your own home OR join us here at Howes House for music, refreshments & to view the tour on our big screen!

Call the Up-Island COA to register! 508-693-2896

**Live Walking Tour of Bruges, Belgium “The Venice of the North”**

Thursday July 14<sup>th</sup> 3:00PM-4:00PM



**Live Tour of Egypt “Sailing the River Nile”**

Tuesday August 16<sup>th</sup> 10:00AM-11:00PM



This program is brought to you **FREE** of charge by the Friends of the Up-Island COA

**NAOMI GOLDBERG-HAAS will  
be conducting an  
ADULT MOVEMENT CLASS  
FOR ALL ABILITIES**

**at the Howes House on Tuesday  
July 12<sup>th</sup> 1:00-2:00 PM**



*NAOMI GOLDBERG HAAS is the founding artistic director of Dances for a Variable Population (DVP) since 2005, which promotes strong & creative movement among adults of all ages and abilities. DVP's model of community creative aging education program MOVEMENT SPEAKS® has served 5,000 older adults in NYC and is a model in best practices for creative aging in community-based performance and education programs for older adults. Goldberg Haas has been a leader in the field of creative aging, starting with founding the successful intergenerational and mixed ability dance company, Los Angeles Modern Dance & Ballet (1990- 2004). She danced with Pacific Northwest Ballet and holds an MFA from Tisch Dance/NYU. Goldberg Haas received LMCC President's Award for Performing Arts (2014), served on the Age Friendly Media, Arts & Culture Working Group (2015–2018) and received the DANCE USA 2019–20 Fellowship for Artists addressing Social Change*

**Very special thanks to the Friends of the Up Island Council  
on Aging for generously sponsoring this program ☺**



*Essay/Non-Fiction  
Summer Writing Group  
The Howes House is pleased  
to welcome back  
Jeff Scheuer Freelance Writer  
Wednesday afternoons 2:00-3:00 PM  
Beginning July 6<sup>th</sup> thru mid-September*

Estate Planning &  
Medicaid Basics



Join us at Howes House for an elder law presentation with attorneys from the Law Office of Patricia J. Mello. Q&A to follow the presentation.

When: July 25<sup>th</sup> 11am-12pm

Where: Up-Island COA (Howes House)  
1042 State Road, West Tisbury

\*Registration is required.  
Please call 508-693-2896  
to reserve your spot!



**ESTATE  
PLANNING  
SEMINAR**

**NOTE TIME  
CHANGE**  
**10:00-11:00 AM**

# Save the Date!!

## August 7<sup>th</sup> at 4pm!!



### A retirement party for Skipper!

His last day in uniform is Sunday, July 31<sup>st</sup>. We will celebrate and thank him for his many years of service in the West Tisbury Police Department. Please join us at the L&W Tree Farm on the Panhandle (back of Whiting Farm and across from Ag Hall). There will be a pig roast (provided) and pot luck (everyone please bring a dish to share). The Stragglers will be playing from 5pm-7pm-ish. ALL are invited - Island wide! This is a celebration of a life of service to the Town of West Tisbury!! Not that he is done, he just won't be in uniform anymore!

People are welcome to reach out to with any questions [tarajw@yahoo.com](mailto:tarajw@yahoo.com)

# Howes House Annual



**Friday August 12<sup>th</sup>, 2022**

**12 Noon**

Good food, good friends, fun times!

Please RSVP 508-693-2896

by end of day Friday July 29<sup>th</sup>

## Transportation Services

### 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- call 508-693-9440

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.



### 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 TANF 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: In la carte delivery: \$3.99 + \$5 service fee.	Free if you spend \$35 or more.	Fees vary \$7.99-\$9.95. Option to pay a flat fee of \$98 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. 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 name.	At checkout, the payment screen will show what is SNAP eligible.
<b>Where can I learn more?</b>	instacart.com/help/section/300000947632	amazon.com/snap	walmart.com/ebt/discover-grocery-pickup-delivery/walmart-grocery-pickup-accepts-regional-payment/355540
<b>How do I get help?</b>	instacart.com/help/section/300000947632	amazon.com/help	walmart.com/help

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

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

1. Amazon and Walmart. Add your SNAP EBT card to your account. \*ALDI: Sign up for an account at 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://www.mass.gov/SNAPonline)

Department of Transitional Assistance (dta) | Department of Agriculture (dta) | USDA Supplemental Nutrition Assistance Program (SNAP) | Helping People Feed Their Lives

*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 2<sup>nd</sup> 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 who runs our Monday and Friday classes has been hosting an online Zoom yoga class Monday, and Friday at 10:30 AM. She opens the “virtual doors” at 10 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

[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**

### **Patricia Mello and Associates, P.C. @ the UICOA**

2<sup>nd</sup> (and 4<sup>th</sup> if needed) Wednesday of the Month.

The attorneys from Patti Mello's office visit the Howes House for appointments. The next visit will be on July 13<sup>th</sup>. Please call 508-477-0267 to schedule an appointment.

### **PARKINSON'S GROUP**

2<sup>nd</sup> Monday of the month at 10:30 AM – 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. Masks required. Toenail maintenance, callus care. No Diabetic foot care. Please note this is NOT a pedicure. Fee \$30

### **DISCUSSION GROUP**

Weekly Tuesdays 1:30-3:30 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 at 7:00 PM – All are welcome! Contact Ginny at: islandgirlwt@gmail.com if you are interested!

### **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 – at the Howes House

Appointments will be booked 1 person every ½ hr. **NEXT SCHEDULED APPOINTMENTS WILL BE JULY 26<sup>th</sup> - Call 508-693-2896 to schedule.**

### **GLEANED GOODS:**

Tuesdays 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



### **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 making a contribution. 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/>

# Did you know?

## July Birthstones:



## July Holidays –



## July Flower:



## July Quotes:



## July Zodiac:

