AUGUST 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 August highlights include:

- Weekly luncheon Thursdays at 12:30 – sign up Tuesday before by noon 😊
- Live walking tour of Hungarian Lake Balaton August 10th 11am
- Annual Cookout August 11th 12 Noon
- Aquinnah Library – Join our Outreach Coordinator Susan Merrill August 17 1:30pm
- Discussion Group and ProCRAFTinators are on temporary hiatus
- Bridge at the Howes House Tuesdays 2-5
- IGI Mobile Market Tuesdays 3-5PM
- Qigong with Nan Doty weekly Tuesdays 7:30am
- Yoga with Martha Abbott Hybrid Monday & Friday – Zoom Wednesdays all at 9:15am
- Mahjong Wednesdays at 1:30

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:

~ Live walking tour of Hungarian Lake Balaton August 10th ~ Annual Cookout August 11th

Join us for a live guided walking tour

Hungarian Jewel: Lake Balaton & Balatonfüred

On this live virtual tour, we will visit the jewel of Hungarian nature, namely Lake Balaton. Walk along it shores at the historic spa town of Balatonfüred.

It is difficult to describe what Lake Balaton means to Hungarians. It is their place of rest, their place of escape, their place of fun. For a country that lost two thirds of its territory after World War I, and so becoming landlocked, its significance is more than just water and sky. Lake Balaton also played a crucial role in the cold war; a meeting place for families and spies from both sides of the Iron curtain.

The spa town of Balatonfüred has for over 200 years been a resort connected with health and convalescence.

When: August 10th, 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

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!

Meet us at the Aquinnah Library

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

Thur. August 17th
1:30pm- 2:15 pm
508-693-2896
For more information

Introduction to Qigong
with Nan Doty

time change
Tuesdays 7:30am-8:30am
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.

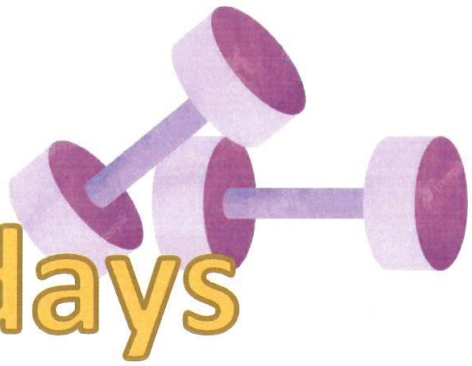
Class will be held outdoors on the patio but will move inside in the event of poor weather.

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!

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.

Please sign up Tuesdays by noon

ELDER NUTRITION PROGRAM
Dukes County **AUGUST 2023**

Telephone:
Office: 508-693-4393
Tisbury: [redacted]
Oak Bluffs: 693-4509
Up Island: 693-2896

Elder Services of Cape Cod and the Islands

Call Site for Reservations & Cancellations at least two (2) business days in advance.

Menu subject to change without notice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Thank you for your voluntary donation of $3.00 per meal towards actual cost of $10.50 ***Indicates item w/ more than 500mg sodium.**	1 Beef Stroganoff(520) Rice(0) California Veg(30) Whole Wheat Roll(115) Peaches(5)	2 Quiche Lorraine(304) Cucumber, Tomato, & Carrot Salad with Vinaigrette(220) Rosemary Focaccia(150) Fruited Yogurt(65)	3 Center Cut Pork Loin with Apple Demi(315) Roasted Red Potato(70) Butternut Squash(10) Raisin Bread(125) Mixed Fruit(10)	*Cold Plate* 4 Chicken Sao Pico Salad with Carrots/Peas/Raisins over Greens(96) Red Bliss Pot. Salad(340) Whole Grain Bread(150) Apple Strudel(190)
	798 cals; 845mg sodium	**898 cals; 914mg sodium**	**855 cals; 705mg sodium**	**870 cals; 951mg sodium**
7 BBQ Pulled Pork(235) Wedge Potatoes(85) Black Bean & Corn Salad(80) Chef Roll(210) Peaches(5)	8 Chicken Coq au Vin(175) Parsley Boiled Potato(25) Carrots(43) Whole Grain Bread(150) Yellow Cake(210)	9 Meatloaf with Demi-Glace(336) Whipped Potato(25) Peas(6) Whole Grain Bread(150) Pears(4)	*Cold Plate* 10 Chicken Salad on Greens with Apple & Craisins(65 Veggie Pasta Salad with Carrot/Peppers/Olives(280) Naan Flat Bread(124) Fresh Fruit Cup(10)	11 Penna alla Bolognese(311) Green Beans(23) Multi-Grain Bread(150) Tapioca Pudding(230)
735 cals; 790mg sodium	**802 cals; 778mg sodium**	**802 cals; 696mg sodium**	**626 cals; 654mg sodium**	**730 cals; 889mg sodium**
14 Rotisserie Chicken(185) Rice Pilaf(132) Haricot Verts(5) Multi-Grain Roll(207) Chocolate Cake(329)	15 Yankee Pot Roast(480) Whipped Potato(25) Prince Edward Veg(38) Multi-Grain Bread(150) Fresh Apple(0)	*Cold Plate* 16 Tuna Niçoise Salad with Grape Tomato/HB Egg/ Red Potato/Haricot Verts over Mesclun Greens(387) Dinner Roll(150) Melon & Berry Salad(10)	17 Thai Angus Steak(275) Jasmine Rice(0) Chick Peas & Edamame(19) Wheat Roll(187) Pineapple(0)	18 Chicken Breast & Tri-Color Tortellini with Pesto Cream Sauce(390) Tuscan Veg(20) Garlic Bread(150) Butterscotch Pudding(190
987 cals; 1033mg sodiun	**878 cals; 868mg sodium**	**694 cals; 722mg sodium**	**815 cals; 656mg sodium**	**694 cals; 925mg sodium**
21 Stuffed Shells with Basil Cream Sauce(277) Capri Veg(30) Garlic Bread(150) Peaches(5)	22 Pineapple Grilled Chicken Teriyaki(387) Rice Noodles(15) Stir-Fry Veg(20) Multi-Grain Bread(150) Fresh Orange(0)	23 Roast Turkey Breast with Gravy(388) Sweet Pot. Wedges(200) Peas(6) Wheat Bread(115) Cherry Cheesecake(50)	24 Salisbury Steak(410) Egg Noodles(15) Spinach(50) Focaccia Bread(140) Spice Cake(210)	25 Salmon with Lemon-Dill Cream Sauce(135) Lyonnaise Potato(250) California Veg(30) Whole Grain Bread(150) Pears(4)
660 cals; 637mg sodium	**694 cals; 747mg sodium**	**860 cals; 934mg sodium**	**839 cals; 1000mg sodiun**	**602 cals; 744mg sodium**
28 Orange Ginger Chicken(175) Lo-Mein Noodles(150) Asian Veg(20) Wheat Bread(115) Chocolate Pudding(190)	29 Ham & Swiss Cheese with Mustard(590)* on Croissant(185) Sweet Potato(44) Broccoli(25) Pineapple(0)	30 Teriyaki Beef Tips(385) Hawaiian Rice(0) Asian Veg(20) Whole Wheat Roll(115) Mandarin Oranges(5)	31 Veggie Lasagna(480) Spinach(50) Ciabatta Bread(160) Banana(10)	***In order to reduce sodium at this meal, you may want to omit condiments and/or save items such as bread, milk, or dessert & have them with another meal or snack.***
836 cals; 825mg sodium	**889 cals; 1019mg sodiun**	**798 cals; 700mg sodium**	**768 cals; 875mg sodium**	

NUTRITION INFO: Total calories (cals) & sodium are for the ENTIRE meal, including margarine & milk.
Each item is followed by mg of sodium in parentheses. Add 45mg for margarine; add 130mg for milk.

Party Bridge anyone?

We are starting a sign-up sheet

Please call 508-693-2896 Date & time to be determined

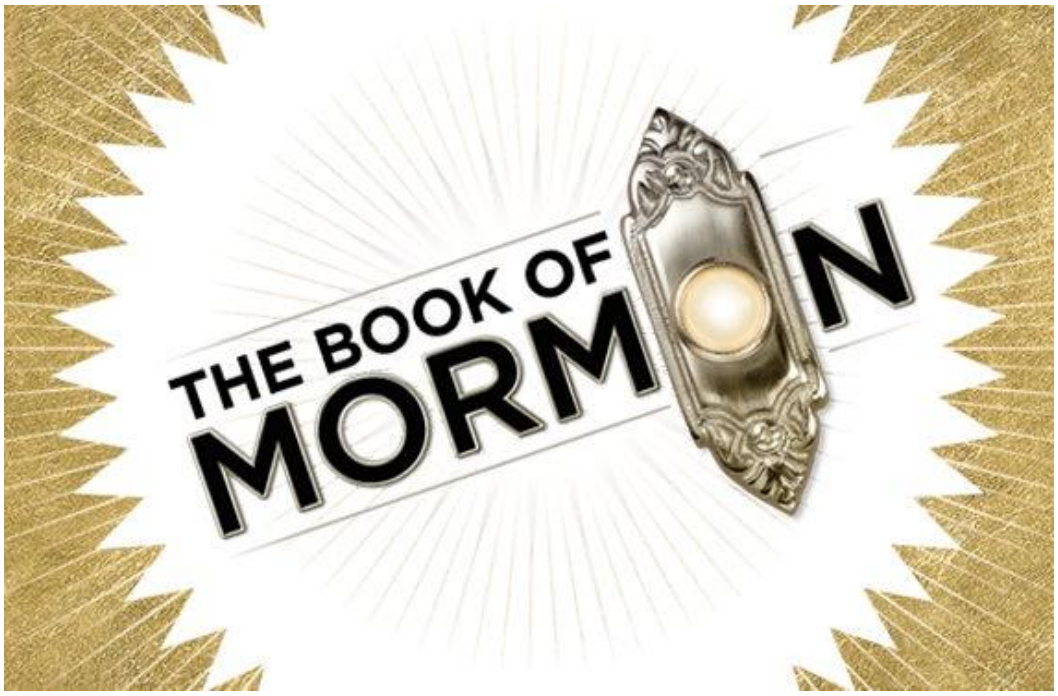
SAVE THE DATE

ANNUAL LOBSTER PICNIC IN MENEMSHA

MONDAY SEPTEMBER 11th
12 NOON
$35 ALL INCLUSIVE

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

MUST PRE REGISTER 508-693-2896



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. 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.

	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

Buy Food Online Using SNAP in MA
How It Works

1. amazon, Walmart, ALDI, Instacart
- Amazon and/or Walmart: Add your SNAP EBT card to your account
- ALDI: Sign up for an account at Shop.ALDI.us

2. SNAP
- Shop online for SNAP authorized foods
- Look for "SNAP EBT eligible" on Amazon or ALDI, which is powered by Instacart

3. MASS DTA
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
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 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 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 is in need of 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 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 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.

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! **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 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! **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

AUGUST BIRTHSTONE:

AUGUST FLOWER:

AUGUST ZODIAC:

AUGUST HOLIDAYS & SPECIAL EVENTS:

AUGUST QUOTE: