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| **December 2022 Newsletter** |
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The Howes House

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

**IMPORTANT NOTICES:**

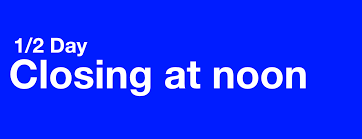
Please keep your eye on the calendar or call for the latest update.

Please take a look at our virtual program offerings.

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**IMPORTANT DATES:**

**The Howes House will be closed at Noon Friday Dec. 23**

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**Monday Dec. 26**

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**1042A State Rd., West Tisbury MA 02575 (Across from Alley’s)**

**Phone: (508) 693-2896 Fax: (508) 693-1447**

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| Hello friends,    December, it seems like everything sleeps in the winter but it’s really a time of renewal and reflection.    Some December highlights include:   * December 6 – 10AM Norway Holiday Lights - A live walking tour * Coast to Coast Mobile Haircuts at the Howes House December 8th by appointment only     Warm regards,  Joyce Albertine, Director  Bethany Hammond, Assistant Director  Susan Merrill, Outreach Coordinator  Jennie Gadowski, Administrative Assistant |
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***DECEMBER HOWES HOUSE SAVE THE DATES***

# TUESDAY DECEMBER 6th 10am NORWAY Holiday Lights live walking tour

Norway is a genuinely fantastic country every inquisitive person needs to discover. But this country completely transforms itself in the winter season and gets its unforgettable, exceptional Christmas vibe – something that even Netflix portrayed in its original series “Home for Christmas.” Just before the winter holidays, the atmosphere in the country becomes more alike to a fable or fairy tale. One of the key elements of the Norwegian winter season is Christmas markets, renowned for their beautiful gifts, warming alcohol drinks, and cheerful ambience. Witnessing such a vivid, full of life and happiness event with your own eyes is priceless, beyond doubt. In our series of online streams, we will follow Norway’s most popular markets and events during the Christmas time. Join us to explore and witness some of the most exciting thematic events of the season in Norway! (T*his program is brought to you FREE of charge by the Friends of the Up-Island COA)*



**Looking for a haircut before the holidays???**

Mobile hairstylist Angela Prout of Coast to Coast Cuts will be joining us on **Thursday December 8th** to offer haircuts here at the Howes House. Appointments are open to men and women. Cost is $25 for a basic haircut, no styling (blow drys/curls) available. Cash, check and credit card accepted. Please let us know if you have an exceptional amount of hair so Angela can allot more time.

**SNEAK PEAK OF WHAT’S COMING IN 2023**

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Sharing Your Thoughts Through Poetry and Prose

COMING IN FEBRUARY lead by founder Sue Guiney

A 5 Session Course at the Howes House in collaboration with the West Tisbury Library and the Oak Bluffs COA

FREE & OPEN TO THE PUBLIC

February 15, 17, 22, 24, 27 – Registration is required

More info to follow



**Divorced, Beheaded, Died, Divorced, Beheaded, Survived**

From Tutor Queens to Pop Princesses, the SIX wives of Henry VIII take the mic to remix five hundred years of historical heartbreak into an exuberant celebration of 21st century girl power! This new original musical is the global sensation that everyone is losing their head over! The New York Times says “SIX TOTALLY RULES” (Critics Pick) and The Washington Post hails SIX as “Exactly the kind of energizing, inspirational illumination this town aches for! The Broadway season got Supercharged!”

**Providence Performing Arts Center**

**Saturday April 22, 2023**

**Please call to get on the list if you’re interested!**

**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- 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

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***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 2nd 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 is hosting an online Zoom yoga class Monday, Wednesday and Friday at 9:30 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

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

2nd (and 4th 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 November 9th Please call 508-477-0267 to schedule an appointment.

**PARKINSON’S GROUP** 2nd 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** 4th 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 The next visit will be on December 19th **Pedi Care will be on Hiatus January, February, March 2023**

**DISCUSSION GROUP – CURRENTLY ON HIATIS** Weekly Tuesdays 1:30-3:30 PMJoin 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** 4th Tuesday of every month 1:30 PM - 3:00 PM Call 508-693-2896 to schedule

Appointments will be booked 1 person every ½ hr. **Audiology will be on Hiatus December and January**

**GLEANED GOODS:** 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 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/>

**Did you know?**

**DECEMBER Birthstone:**



**DECEMBER Flower:**

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**DECEMBER ZODIAC:**



**DECEMBER HOLIDAYS:**

**dec. 18th **

**dec. 21st **

**dec. 25th **

**dec. 31st **

**DECEMBER QUOTE:**

