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 March highlights include:

- Beginning March 1st at 11AM weekly Yoga class with Kat in person at the Howes House
- Wednesday March 8th at 2PM Dementia Friends Presentation with Mary Holmes at the Howes House
- Friday March 17th A St Patrick's Day full of fun activities at the Howes House
- March 27th Friends of the Up Island COA Coffee & Conversation 9-11 at the Howes House
- Tuesday March 28th 11:30AM Budapest City Center – a live walking tour via zoom or in person at the Howes House
- Tuesday March 28th 2PM – A Covid Conversation with Aquinnah Health Agent Marina Lent

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

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:

Friday 3/17 St Patrick's Day Events at the Howes House

MARCH HOWES HOUSE SAVE THE DATES

BEGINNNING MARCH 1ST

Yoga with instructor, Kat Leblanc

Wednesdays
11:00-12:00

This class is perfect for anyBODY.
Come as you are, seated in a chair or coming to the floor.
Starting off with breathing and centering.
Moving through postures using the breath.
Using props to enhance the practice, this may include blocks, blankets, and therapy balls
Coming to standing postures to build balance.
Finishing with a short meditation.

All are welcome. $10/ class

**Kat has been teaching yoga since 2011. Her belief is that anyBODY can do yoga however they feel right now. Her passion is to make yoga accessible to everyone.*

Dementia Friends Massachusetts

A Dementia Friendly America initiative

Join the global movement to change the way people think, act and talk about dementia!

How do I become a Dementia Friend?

You will become a Dementia Friend by attending this one-hour information session to learn five key messages about living with dementia, and the simple things you can do to make a difference in your community.

What Happens at the Information Session?

This free information session is a discussion led by a volunteer Dementia Friends Champion. You'll learn what dementia is, what it's like to live with it, and some tips for communicating with people who have dementia.

Participants say:

"This has opened my eyes."

"I wish I knew this five years ago when my family was going through it."

"I will be much more aware at work and out in my community."

When & Where: Up Island Council on Aging (Howes House)
1042 State Rd, West Tisbury
Wednesday, March 8th 2-3pm

Champion: Mary Holmes, MVC4L

For more info: 508-693-2896

Dementia Friends is a global movement developed by the Alzheimer's Society in the United Kingdom and now underway in Massachusetts and across the United States.
To learn more, visit www.dementiafriendsma.org or contact Beth Soltzberg at bsoltzberg@jfcsboston.org

A PROGRAM OF JF&CS

YOU ARE INVITED TO A
ST. PATRICK'S DAY
CELEBRATION
March 17, 2023
@ Howes House, 1042 State Road West Tisbury
9:00 Irish Soda Bread Demo
with baker extraordinaire Beth Kramer
10:00 Food Drive Bingo!
Help us collect donations by "purchasing"
bingo cards with dry/canned goods!
11:30 Free Lunch & Concert
Soup prepared by Chef Daniel Sauer
Fiddle Music by Mary Sossong
1:00 Watercolor
Bring your own materials. Still-life provided.
*All the day's events are open to the public of all ages.
Please call for more info and to sign up for any/all
events as space availability varies. 508-693-2896
The day is generously sponsored by the
Friends of the Up-Island Council on Aging

The Friends of the Up-Island Council on Aging invite you to join us at the Howes House (1042 State Road West Tisbury) for coffee & conversation!

Monday March 27th 9:00am-11:00am

Topic: Howes House Building Committee Update and Public Feedback

Join us for a live guided walking tour

through Parliament Square, Budapest, Hungary

Enjoy a live walk around the surroundings of the Hungarian Parliament, where we will open a window and discuss important events in Hungary's history. The building is known as one of the most beautiful public buildings in the world and it has been, and continues to be, at the centre of much of Hungary's history since it was built. From its construction in the late 1800's to the current day, we will try to give a view and understanding of events that shape Hungary till this day. The square in front of the Parliament has been the scene of much unrest, and was the location that sparked the 1956 Hungarian Revolution into life. From the other side of the Parliament we will see the Danube and the Castle District. A place of sieges and invasions. The last siege being at the end of World War Two, where 80 percent of the city was damaged and 20 percent destroyed.

Let's walk around the surroundings of the Parliament and gain an appreciation of Hungary, whilst also seeing some of the most beautiful buildings of the capital.

When: March 28th, 2023 11:30-12:30

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

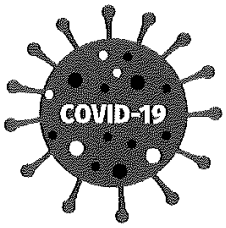
A Covid Conversation

with Aquinnah Health Agent Marina Lent

As we reach the 3rd anniversary of the beginning of the COVID-19 pandemic we find ourselves still experiencing the effects from the virus past and current. Join us as we discuss COVID; where we are now, what are the risks, and to whom? What exactly is long COVID and just how significant is it? What are the implications and changes to expect after the U.S. and Massachusetts end COVID-19 emergency declarations this May.

When: Tuesday March 28th 2:00PM

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



Call **508-693-2896** for more information or if you need assistance arranging transportation to this event.

This is one class you won't want to miss … only offered a few times a year … sign up early … space is limited!

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 9:30-11:30 am
April 4, 11, 18, 25
May 2, 16, 23, 30
To register: Call Susan Merrill
Phone: 508-693-2896
Email: coaoutreach@westtisbury-ma.gov

Brought to you by:

Happy Easter!

Enjoy a meal delivered to your door on Easter Sunday, April 9th 2023

If you are alone or will be unable to go out, call your local Council on Aging no later than **Mon, April 3rd,** to order your holiday meal:

Edgartown, 508-627-4368
Oak Bluffs, 508-693-4509
Tisbury, 508-696-4205
Up-Island, 508-693-2896

A volunteer will deliver your meal on Easter Sunday in an oven- and microwave-safe container for you to heat up at your convenience.

Sponsored by your local Councils on Aging and Martha's Vineyard Center for Living. Your meal is prepared at Martha's Vineyard Hospital.

COMING SOON!

FREE ADULT DENTAL CLEANING!

April 17 - 21

For Island residents, 18 years or older, who do not have access to dental care.

At the First Baptist Church Parish Hall
66 Williams Street, Vineyard Haven
To register text or email Polished Dental:
(978) 549-0659/PolishedVHCA@gmail.com

✰ Sponsored by Vineyard Smiles and supported by the Martha's Vineyard Community Foundation and the Island Boards of Health ✰

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 if you're interested – still a couple of seats available!

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. 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

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

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 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 YOGA WITH KAT
Wednesdays at 11AM – Cost $10

WEEKLY FITNESS WITH MARGARITA KELLY
Wednesdays at 10AM – Cost $12

CONNI BAKER, ESQ ESTATE AND MEDICAID PLANNING @ 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 (NOTE NEW TIME)** – 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 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
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.

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?

MARCH BIRTHSTONE:

MARCH FLOWER:

MARCH ZODIAC:

MARCH HOLIDAYS & SPECIAL EVENTS:

MARCH QUOTE:

Our new monthly Random Acts of Kindness Calendar

MARCH 2023

make kindness the norm.

FEBRUARY

S	M	T	W	Th	F	S
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	1	2	3	4
5	6	7	8	9	10	11

APRIL

S	M	T	W	Th	F	S
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	1	2	3	4	5	6

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Become a volunteer teen-crisis counselor.	2 Google "You Matter Marathon" and sign up to pass your "You Matter" cards along to strangers, or leave in public places.	3 Send your employees a sincere note of thanks for their hard work along with a gift card.	4 Discover your family tree and share your findings with your relatives.
5 Plan a weekend getaway in nature and unplug from all electronic devices.	6 Use less plastic and be more conscious about recycling.	7 Show your love! Send your mother or maternal figure a large bouquet of flowers or thoughtful gift.	8 Forgive an old grudge.	9 Pack extra lunches and hand them out to those in need.	10 Take the children in your life out for a fun afternoon in an amusement park.	11 Relax by planting new flowers in your garden.
12 Help a stranger in need (for example, help fix a flat tire).	13 Everyone is important. Learn the names of your receptionist, security guard, and custodians.	14 Pick a street and write "Have a great day!" messages on every driveway in colorful chalk.	15 Contribute a small sum of money to grant a wish of a foster youth.	16 Host a potluck dinner and suggest guests bring a dish from their original or adoptive culture.	17 Encourage a young person to pursue their dreams and offer help to achieve their goals.	18 Take a hot bath. Soak in a hot tub, preferably with epsom salt and aromatherapy oils.
19 Surprise your local market's cashier with a flower bouquet and thank them for all their hard work.	20 Spend the afternoon reading some poetry or a novel from your favorite author.	21 Listen to an upbeat playlist while you're getting ready or on your commute to work.	22 Put coins in an expired parking meter.	23 Do an act of kindness for someone and encourage them to pay it forward.	24 Invite a small group of friends out for a fun night of bowling.	25 Create your own fun tradition with family or friends.
26 Make an effort to be more authentic.	27 Create a kindness idea basket for co-workers to add to and grab ideas from.	28 Babysit, dog sit, or cat sit for free.	29 Go to a park and spend a relaxing afternoon taking nature photos.	30 Organize a volunteer activity with friends.	31 FREE DAY! Live your passion.	

Visit www.randomactsofkindness.org for more kindness ideas.

RANDOM ACTS OF KINDNESS FOUNDATION®

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