

OCTOBER 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 ~ October highlights include:

- Weekly luncheon Thursdays at 12:30 - Suggested donation \$4 -sign up Monday before by noon 😊
- Soup & Scattergories Monday October 2nd at Noon
- Derby Fish Distribution 10/5 & 10/12
- Cider Stroll at Polly Hill Wednesday 10/18
- Aquinnah Library - Our own Susan Merrill will be there to answer questions about our services Thursday 10/19
- Navigator Homes Info Session Thursday 10/26
- Ghost Stories with Holly Nadler Monday October 30th at 2PM

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

CLOSED MONDAY
OCTOBER 9TH



Hello October

One of the best things you
Can do for yourself is
Taking time to learn and grow.
Once you give yourself patience, you
Become your best friend. And the
Empathy, self-kindness and
Resilience are what you need to grow

OurMindfulLife.com

Soup & *Eat, Play, Laugh* Scattergories



Monday October 2nd

@ 12:00

Join us at the Up-Island Council on Aging for an afternoon of hot soup, good company and a little friendly competition! Get your brain buzzing while we play Scattergories; a creative thinking, category based game that's quick to learn and easy to play!



On the Menu

**Tomato Soup
With a side of bread**

**This is a free event and
pre-registration is required.**

508-693-2896

@ Up-Island COA (Howes House)
1042 State Rd, WT

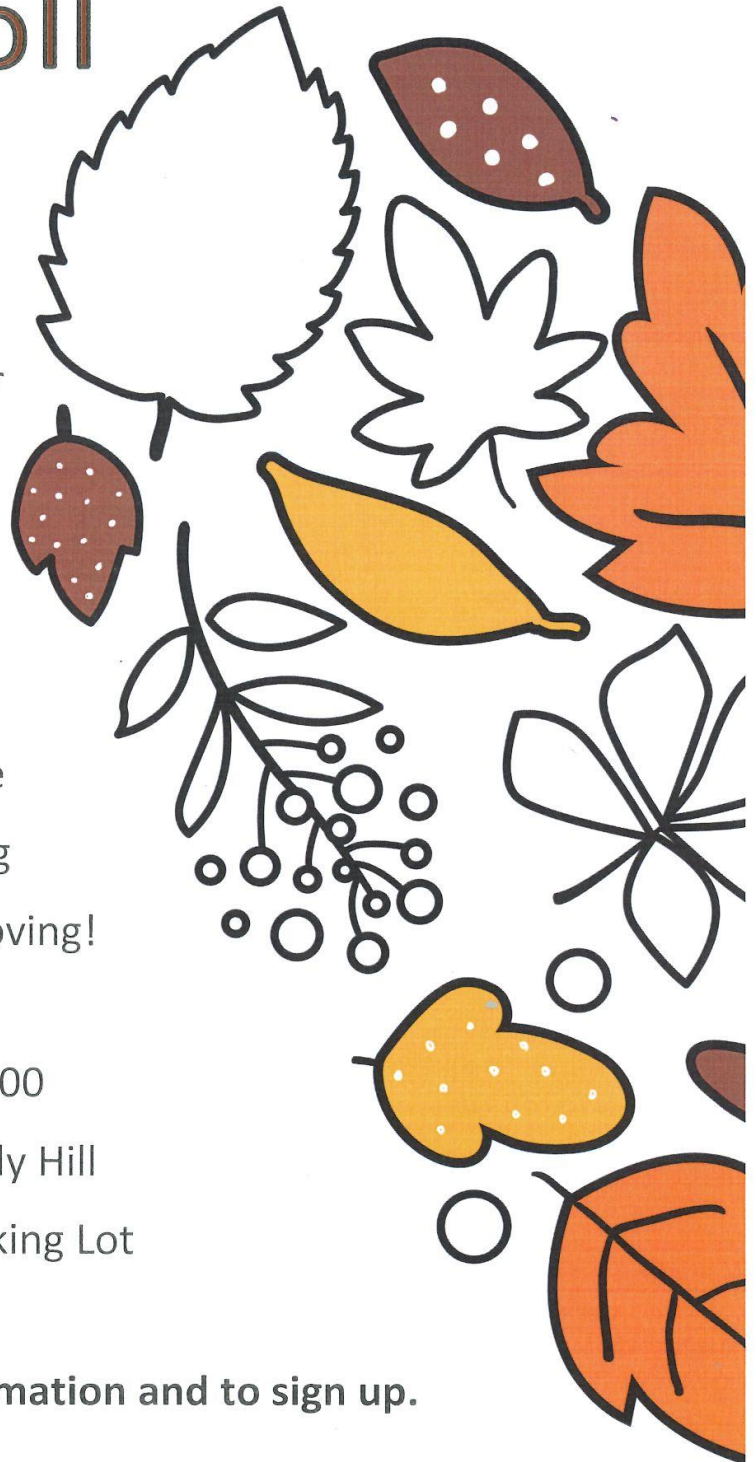
Join us for a Cider Stroll

Take advantage of the cooler weather and fresh air by joining the Up-Island COA for a stroll around Polly Hill Arboretum. Sip on warm cider, chat with a friend (old or new), or simply enjoy the opportunity to take in the peacefulness, all while getting a chance to get your body moving!

When: October 18 @ 2:00

Where: Meet at the Polly Hill
Arboretum Parking Lot

508-693-2896 for more information and to sign up.





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. October 19th
1:30pm- 2:15 pm
508-693-2896
For more information



Information Session!

Join us in learning more about the Navigator Homes Project; the philosophy behind the Green House Project model, how our community will be enhanced, when the project is expected to be completed, who will reside there, etc. Participants are encouraged to come with questions

When: Oct. 26th @ 2pm

Where: Up-Island COA
(1042 State Rd, WT)



Pre-registration preferred, walk-ins welcomed! Please call **508-693-2896**

Stories from America's most Haunted Island

With local author, Holly Nadler



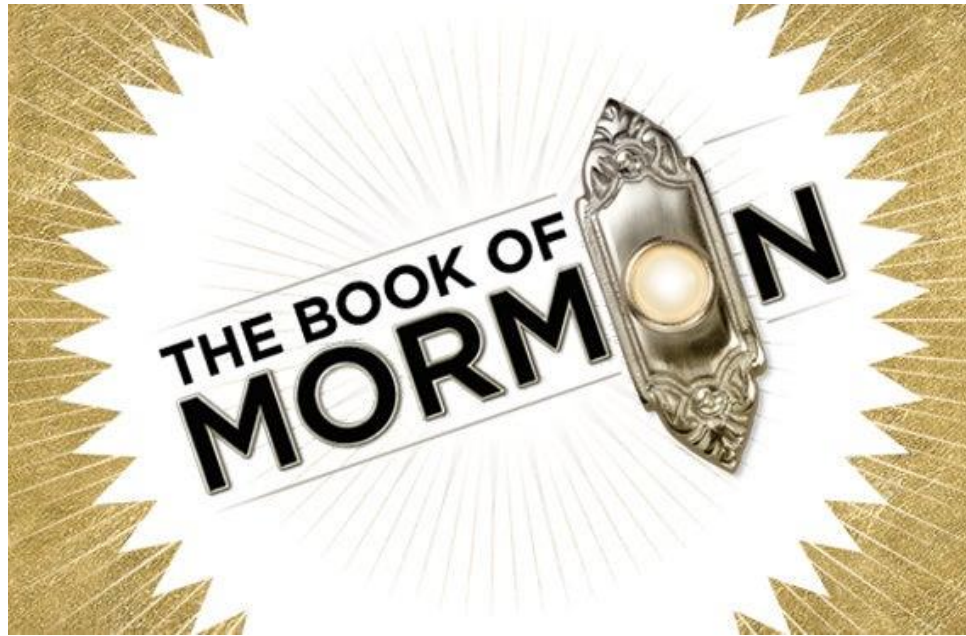
October 30th, 2:00pm
at Up-Island COA
(Howes House)

1042 State Road, W'T

It's no surprise that remote Martha's Vineyard is home to a significant population of ghosts. There are the strange entities that just may have played a part in the notorious accident at the Chappaquiddick Bridge. There is the ghost of aristocratic Desire Coffin, called back from the Other Side by the power of music and the memory of lost love. And at one haunted inn, Room 8, accessible only by way of a cramped hidden staircase, is the focus of strange events—including the total disappearance of one guest.

508-693-2896 for more information

LAST CALL!!! We still have a few seats available ...



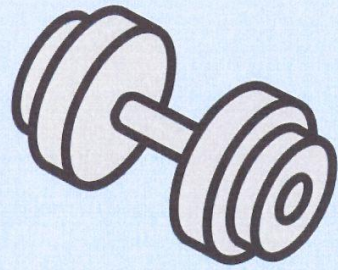
Join us Saturday November 4th as we travel to the Providence Performing Arts Center for a day of theater and fun!

(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.

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

Please sign up Monday by noon - Suggested \$4 Donation

WEEKLY LUNCHES

OCTOBER 2023

THU. 5TH

MEATLOAF WITH DEMI-GLACE
WHIPPED POTATO & PEAS
WHOLE GRAIN BREAD
PEARS

802 CALS; 715 MG SODIUM

THU. 12TH

HAM & SWISS CROISSANT
SWEET POTATO NUGGETS
BROCCOLI
PINEAPPLE

889 CALS; 1014 MG SODIUM

THU. 19TH

HONEY GARLIC GRILLED CHICKEN
JASMINE RICE
ASIAN VEGGIES
WHEAT BREAD
MIXED FRUIT

733 CALS; 498 MG SODIUM

THU. 26TH

ROAST TURKEY BREAST WITH GRAVY
SWEET POTATO WEDGES
PEAS
WHEAT BREAD
FRESH BANANA

720 CALS; 936 MG SODIUM

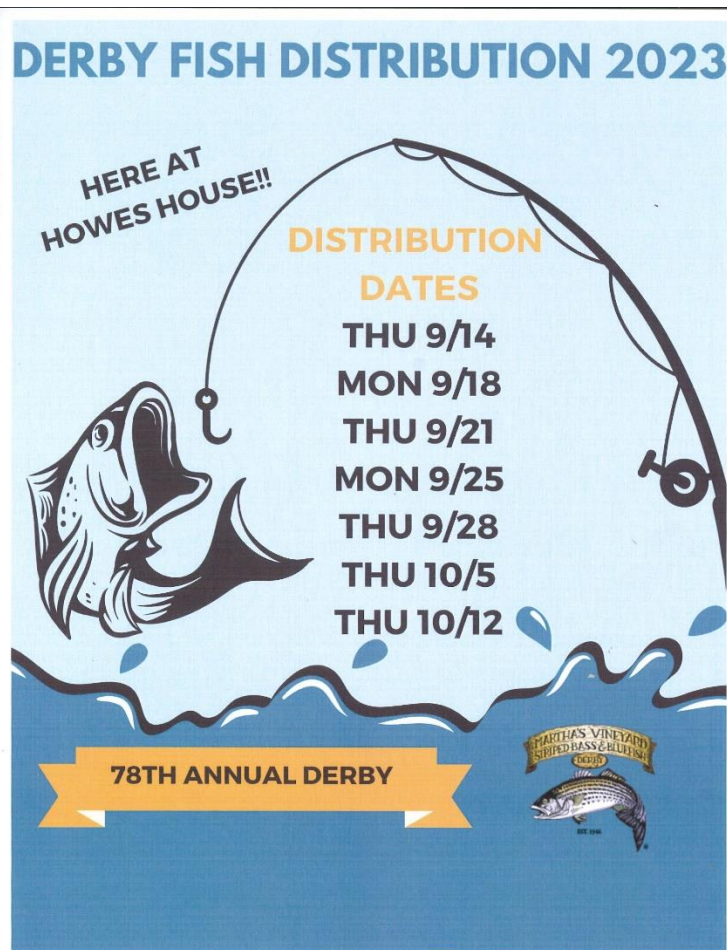


**HEALTHY LUNCH
& FRIENDLY
CONVERSATION**

**LUNCH SERVED AT
UP-ISLAND COA
1042 STATE RD, WT**

**THURSDAYS
@ 12:30**

**SIGN UP
REQUIRED BY
12PM MONDAY OF
THAT WEEK.
CALL 508-698-2896
TO REGISTER.**



Party Bridge anyone?
We are starting a sign-up sheet
Please call 508-693-2896 Date
& time to be determined

**WE'RE
STARTING A
WALKING
GROUP!**

Let's start of list of
interested walkers and get
outside in the fresh air!

Call the Up-Island COA if
you're interested or want
more information!
508-693-2896

**Make it a
Great Day!!!**

Do you enjoy
taking a walk?

Would it be
more fun to walk
with a buddy?

Or maybe even a
small group?

NOVEMBER SAVE THE DATE

JOIN US!

FREE INFORMATION
SESSION!

*The Steamship
Authority*

Serving the Islands and You.



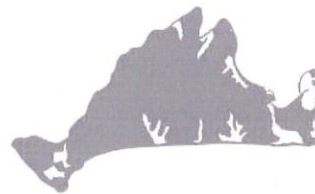
Nov. 6th, 2023

1:30 – 3:30

@ Howes House
(Up-Island Council
on Aging)

1042 State Road, WT

Come learn all about the Steamship Authority's new website and its first-ever mobile app! This session will be led by representatives from the SSA and Projekt202, the company developing the new site and the app, and will give you a chance to learn first-hand all the new features and opportunities the site has to offer. Feel free to bring your own laptop, tablet, or mobile phone to follow along, or you can watch on the screen for a live demonstration.



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 508-693-7900 ext. 455 or 800-635-0489 (OCB Sandwich office)

VTA Senior Bus Passes

Stop by the office to pick your 365-day pass! Passes are \$40 and available at the front desk 😊

FOOD RESOURCES:

Monthly 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.

	Instacart	amazon	Walmart
Is there a delivery fee?	Express Members: Free for orders over \$35 + reduced service fees Non-Express Members (in la carte delivery): \$3.99 + 3% service fee	Free if you spend \$35 or more	Fees vary \$7.95-\$9.95 Option to pay a flat fee of \$9.95 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/enp	walmart.com/daaa/section/grocery-pickup-delivery/walmart-grocery-pickup-accounts/snap-ebt-payments/355540
How do I get help?	instacart.com/help/section/360009947632	amazon.com/help	walmart.com/help

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

Department of Transitional Assistance

Supplemental Nutrition Assistance Program
Participating Retailers

Buy Food Online Using SNAP in MA

How It Works

- Amazon and/or Walmart: Add your SNAP EBT card to your account
ALDI: Sign up for an account at [Shop.ALDI.us](https://shop.aldi.us)
- Shop online for SNAP authorized foods
Look for "SNAP EBT eligible" on Amazon or ALDI, which is powered by Instacart
- 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
- 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://mass.gov/SNAPonline)

Department of Transitional Assistance

Supplemental Nutrition Assistance Program
Participating Retailers

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 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 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 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 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

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

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.

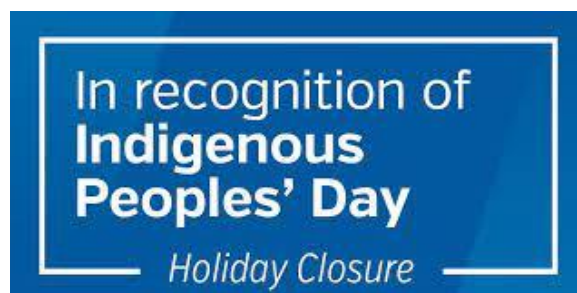
<https://friendsofupislandcouncilonaging.org>

OCTOBER BIRTHSTONE:



OCTOBER HOLIDAYS & SPECIAL EVENTS:

CLOSED MONDAY OCTOBER 9TH



OCTOBER FLOWER:



OCTOBER QUOTE:



In the entire circle of the year there are no days so delightful as those of a fine October - no days so calm, so tenderly solemn, and with such a reverent meekness in the air

Alexander Smith

OurMindfulLife.com

OCTOBER ZODIAC:



