

# Senior Scene

By Ginger Duarte

**Helloooooo Vineyard Seniors!** Suddenly, its spring — and acting like it! The daffodils are out en masse and we've even seen a dandelion or two on our walks. And none too soon; the winter of 2010 was a doozie. You know it's spring when Martha Schmidt has hosted her annual Daffodil Walk and Tea for the Garden Club in Seven Gates and the GC greenhouse at the Wakeman is bursting at the seams with a riot of healthy plants and blooms which go on sale at their May meeting. Co-chairs Mary Lou Perry and Wesley Brown and their dedicated crew do a wonderful job through the winter planting, watering and nurturing the little cuttings and seedlings to full maturity. Word has it that Shelley Brown sings the posies a lullaby now and again; it's no wonder they thrive. The Plant sale and Open House will be held on Memorial Day Weekend at the Old Mill on Saturday and Sunday from 10 am to 2 pm. Everyone is invited to browse the plants, sample the delicious cookies, and look out across the road at the beloved Old Mill Pond that's been so much in the news lately.

**MV Center for Living:** As we wrote previously, the former Island Council on Aging has been renamed the **Martha's Vineyard Center for Living**. According to dynamic new President, **Diane Jetmund**, the change was made for two reasons: 1. nobody knew who we were; everyone thought we were talking about the Town Councils on Aging. 2. We wanted to emphasize **living** instead of aging. Have you seen our new bumper stickers: "Age is a reality; Old is a state of Mind."

The **MVC4L**, a 501c3 organization, provides the following services for 55+ Islanders: **the Supportive Day Program**, a social program for individuals who may be at risk if left alone — and a respite for family caregivers. **55 Plus Times:** A guide to services, programs, activities, and assistance, for 55+ Islanders, published the last Thursday of the month in The MV Times. **Medical Taxi:** Transportation for Islanders to medical appointments on the Cape. **Emergency Food Cupboards:** Staples distributed monthly through the Town Councils on Aging. **Culinary Arts Luncheon:** A monthly luncheon for seniors compliments of the MVHS Culinary Arts Dept. **FEMA:** Discretionary emergency funds for fuel and utility assistance. For information contact Leslie Clapp, Director, 508-939-9440, [mvcenter4living@gmail.com](mailto:mvcenter4living@gmail.com)

**55 Plus:** It's unreal to us that anyone in their 50s is considered a senior. To Scene, anyone in their 50s is still a young whippersnapper, as they say in Texas. It's not 'til you're well into your 60s that the ol' whipper starts leaving the snapper and becomes a whimper-and then you segue into the snap, crackle and pop mode. Ayuh. But not to worry, there's a long list of benefits to being a senior: you qualify for SS and Medicare, and your teenage-parenting days are long gone (PTL), your Family Shellfish permit is five dollars and there are senior discounts everywhere; don't forget 20% off everything in the store at the Vineyard Haven Thrift Shop on Thursdays and a 10% senior discount daily at Shirley's

Hardware. Not to be outdone the following Garden Centers have Senior Day (62+) Discounts: Middletown (WT): Mondays 15%; Vineyard Gardens (WT): Tuesdays 20%; Jardin Mahoney (OB): Wednesdays 10%; Heather Gardens (WT): Thursdays 15%.

**Moving On:** We spoke with our friend Helen Burt, mover and shaker at the First Baptist Church. Their beloved minister Roger Spinney is leaving the end of May. He is going to be Regional Chaplain for Hospice based in Falmouth. The congregation is sad to lose Roger but wish him well. (However, Helen would like to punch him out!) The Reverend Spinney has been at First Baptist and Gay Head Baptist for 14 years and has ever been a very active and much-admired member of the community. Roger's wife, Sharon, will not be leaving her nursing post at the MV Hospital and will commute.

**Mayday Tea:** The ladies auxiliary of the First Baptist Church is holding a Mayday Musicales Tea on Saturday, May 1st, from 2 to 4. Church organist Martha Child and friends will perform music from the 20s, 30s and 40s. Tickets are \$10 adults; \$5 children. Helen says hats are recommended but not optional. Haul out the Easter bonnet, ladies.

**Supportive Day Program:** Wendy Benedetto, Activities Coordinator, is all excited about the inter-generational activities she has planned for the SDP. "I've been in touch with Amy Lilavois, who is in charge of the peer outreach program at the high school, and she's going to provide me with a list of students interested in coming in to put on performances for the clients and get involved in all sorts inter-generational activities," said Wendy. Also scheduled is Kim Baker who is bringing her miniature pony Kymira. Thirty-two tots from Tisbury Kindergarten will come in to sing songs to the group and the clients made 32 little beaded bracelets for the tykes!

**VTA receives grant:** The Vineyard Transit Authority has received funding through a New Freedom grant for a Mobility Manager position as well as to provide new services to the Island's elderly and disabled community for travel training and travel aides. Having a Mobility Manager allows the VTA to have travel training trips to places like the local food pantries and The Anchors for lunch. The VTA can also provide information about travel options both on-Island and off-Island to those in need. MVC4L Director Leslie Clapp collaborated with the VTA and others to write this grant. For information contact Angela Rose Azevedo, Mobility Manager, 508-693-9440 x18.

**DIDJA KNOW: THAT** beginning May 1st Cronigs Markets will charge **5 cents a bag** for all the brown paper bags you use for grocery purchases. Bernier isn't being an ol' meanie, it's just an attempt to get customers to remember and bring their reusable shopping bags for packing up their groceries. Every second of every day **9** trees are cut down in order to supply U.S. grocery stores with brown paper shopping bags! **THAT** there's a Walk for Alzheimer's scheduled for May 16th. Call Joyce Stiles-Tucker for details, 508-696-4205. **THAT** th-th-th-that's all folks! And remember, you read it **ALL** in Senior Scene.

# 55Plus

A monthly newsletter from the Martha's Vineyard Center for Living and your local Councils on Aging.  
Edited by Leslie Clapp, 508-939-9440

May 2010, Vol. 14, Issue 5

## Travel News

### North End and Haymarket May 28

A self guided tour. Leave on 8:15 ferry, return on 6:15. \$25 (purchase your own ferry ticket). Sign up and money due by 5/7. Call ECOA, 508-627-4368

### Jersey Boys/Providence Performing Arts Center

#### June 6

Award-winning Best Musical "Jersey Boys" about The Four Seasons. Four blue-collar kids became fabulously successful, writing their own songs, inventing their own sounds and selling 175 million records world-wide. Roundtrip coach, lunch at Davenports, orchestra seating (gratuities included) \$115. Call UICOA, 508-693-2896

### Cape Cod Lunch Train, June 22

\$75 includes bus, two-hour train ride and gourmet lunch. **We may stop to shop!** Sign up and money due by 5/25. 8:15am ferry return on 6:15pm. Call ECOA, 508-627-4368

### 25th Anniversary POPS by the SEA August 1, 5-7 pm, Hyannis

Boston Pops Esplanade Orchestra, conductor Keith Lockhart with special guest conductor present a gala concert featuring Tony Award winner Idina Menzel. Leave 10:45 am boat, return 8:30 or 9:45 pm. Pre-concert entertainment throughout the afternoon.

Enjoy a delicious meal at Alberto's Ristorante, across from the venue, and browse the many shops and galleries in the area. \$85 includes RT coach, luncheon, Festival Seating. Call Tisbury Travel Club: 508-696-4205.

### New Bedford Whaling Museum August 18

Explore the Whaling Museum and take time to walk the streets of historic New Bedford. Lunch options include Cork; a tappas restaurant, Celtic Coffee House, Candle Works, Freestones Grill or the Waterfront Grill! Leave on the New England Fast ferry at 8 am, return on 4:30pm ferry arriving VH at 5:30. Ferry is \$62 for 65+ and \$70 for Adult. Guided Museum tour \$9. Sign up and money due by 7/23. Call ECOA, 508-627-4368

### BSO Fall A Subscribers

Renewal packets are in the mail. Current subscribers call to renew bus subscription or cancel if not renewing. *There will be a short meeting for subscribers on 5/3, 10 am at the Tisbury Senior Center to vote on the day after Thanksgiving concert.* If you cannot attend, call Sandy with your vote. Call Tisbury Travel Club, 508-696-4205.

### Rail & Sail, September 13

Explore Lewis Bay and Hyannis Harbor, and climb aboard the Cape Cod Central Railroad. Details in future issues or call Tisbury Travel Club, 508-696-4205.

## Veterans Services

### The National Alliance for Caregiving

#### Seeking Family Caregivers of Veterans for a New Study

**If you are a family caregiver of a veteran and wish to take part in this study, sign up at:** [gwsurvey.com/caregiversofveterans.html](http://gwsurvey.com/caregiversofveterans.html)

This study is intended to determine how caregivers of veterans are coping and what community and VA services, resources, and programs would support and assist them with their caregiving activities.

Caregivers are defined as those providing unpaid assistance such as personal care, bathing, dressing, feeding, help with medications, and other treatments, transportation to the doctors' appointments, and arranging for services. Caregivers of veterans from World War II, the Korean War, the Vietnam War through the current conflicts in Iraq and Afghanistan will be included in the study.

The study will use **discussion groups,**

**telephone interviews,** and an **Internet survey.** The National Alliance for Caregiving is recruiting many family caregivers of veterans from across the United States, and although the focus groups will be in major urban areas, it is important that caregivers of combat veterans in rural areas (like Martha's Vineyard) participate in and support this effort.

**Cash incentives** will be available for study participants and veterans who refer them. Information obtained through this study will be **confidential** and will not be connected to the individual caregivers participating in the study. For more information contact Kathy Cameron at [kathleen56@caregiving.org](mailto:kathleen56@caregiving.org)

*This project is funded by a grant from the United Health Foundation.*

### Martha's Vineyard Center for Living Supportive Day Program

**Leslie Clapp, Director, 508-939-9440 · Eileen Murphy, Supervisor, 508-627-0207**  
**Mon., Tues., Wed., Fri. 10 am-3 pm**

The Supportive Day Program is a professionally run social program for physically challenged and/or socially isolated individuals in our community. The SDP has provided support to over 200 Island families since 1985.

# Island-Wide Activities Calendar

## Exercise & Fitness

**T'ai Chi Chih**  
Up-Island Senior Center  
Kanta Lipsky, Instructor.  
Wed., 9:15-10:15, \$8  
508-696-1917

**New Fitness Class** Up-Island Senior Center, with Katryn Yerdon  
Tues & Thurs, 9 am  
\$8 per class

**Yoga for Seniors**  
Up-Island Senior Center  
Mon., 9 am, (Beth Kramer)  
Wed. 10:30 am, (Kanta Lipsky)  
Fri., 10:45 am, (Martha Abbot)

**Osteo Yoga**  
Edgartown Senior Center  
Carol Aranzabe  
Thurs., 8:30 am  
Call 508-627-4368 to register

**New! Gentle Yoga**

Tisbury Senior Center  
Carol Vega Aranzabe, Instructor  
Thurs. (5/6-27) 4 pm  
Register for 4 wks/\$28  
Walk-ins welcome, \$10

**Spring Walking Group**  
Wed., 2:30 pm  
(No walk if inclement weather)  
Call Ellen, Up-Island Senior Center  
508-693-2896 for details

**Walking Tisbury**  
Tisbury Senior Center  
Mon., 9 am, meet at the Center

**50+ Active Senior Exercise Class with Lisa Amols**  
Lisa's Studio  
Wed & Fri, 8:30 am  
Call 508-693-1009 for info.

**Strength Training with Lisa Amols**  
Edgartown Senior Center

Tues, 8:30; Thurs, 10:30  
Call 508-627-4368 to register

**Pilates**  
Up-Island Senior Center  
Toni Cohen, Instructor  
Mon., 10:30-11:30 am  
\$10 per class

**Pilates**  
Edgartown Senior Center  
Brenda Correa, Instructor  
Tues, 10 am  
Call 508-627-4368 to register

**Sit & Get Fit**  
Tisbury Senior Center  
Mon, 1 pm  
Tues & Thurs, 11 am  
60 minute supervised video instruction  
aerobic, strength, stretch & tone exercise

Using a chair for support & balance

**Strength Stretch & Tone**  
Tisbury Senior Center  
Eddie Parker, Personal Trainer  
On break resuming in June

**Men's Strength Training**  
Edgartown Senior Center  
Bill White, Instructor  
Fri, 8:30 am  
Call 508-627-4368 to register

**Exercise Classes**  
Oak Bluffs Senior Center  
Mon., 9 am w/Sue Collinson  
Thurs., 9 am w/Bill White  
Fri 8:30 am w/Floyd Lifton

**Aquatic Exercise Class**  
**Mansion House Pool**  
Call Mansion House for information.  
508-693-7400

## Ideas, Book, & Plays

**MV TRIAD**  
Tisbury Senior Center  
Call 508-696-4205

**Discussion Group**,  
Tues., 9:30 am  
Up-Island Senior Center

**Conversations with Bob Iadicicco**  
Fri., 10-11:30 am,  
Oak Bluffs Senior Center

**Peter H. Luce Play Readers' Society**  
Tisbury Senior Center  
Wed., 9-12 noon

May Producers: Katharine Colon,  
Judy Miller  
Theme: Women in Titles

**Anna Christie**, Eugene O'Neill,  
Elaine Bart, director

**Antigone**, Sophocles, Ann Good,  
director

**Hedda Gabler**, Henrik Ibsen, Leslie  
J. Stark, director

**Poetry Reading**  
Tisbury Senior Center  
5/3, 10 am

"Readers choice" bring your favorite!

**Book Discussion**  
Up-Island Senior Center  
5/26, 10:30 am  
"The Stranger" by Albert Camus

**Book Discussion Group**  
Edgartown Public Library with Nis  
Kildegard  
Call Nis for details.

**Tisbury Book Club**  
VH Public Library

5/20, 1:30 pm  
"Lying Awake" by Mark Salzman  
Books available at VH Public Library

**Writing Group**  
Up-Island Senior Center  
Tues., 10 am

**Memoir Writing Workshop**  
"The Spice of Life"  
Tisbury Senior Center  
Led by Susan Klein  
Registering for May and June  
Call 508-693-4140

## Arts & Crafts

**Painting & Drawing**  
Thurs., 9-11 am  
Tisbury Senior Center  
Newcomers welcome

**Water Color Class**  
Tues., 9-11 am,  
Oak Bluffs Senior Center  
With Doug Peckham

**Water Color with Nancy Cabot**  
Up-Island Senior Center  
Fridays at 1 pm

**Chair Caning**  
Oak Bluffs Senior Center  
Beginning again in May

**Woodcarving**  
Mon. & Thurs., 9 am  
Oak Bluffs Senior Center

**Rug Hooking**  
Edgartown Senior Center  
Thurs., 1 pm

**Lunchtime Needleworkers**  
Edgartown Senior Center

Fridays, 2-4  
All ages welcome.

**Friday Knitters**  
Tisbury Senior Center  
10-12 noon  
A gathering of all knitting levels  
Bring your own project.

**Mindful Knitting**  
Edgartown Senior Center  
Mon., 4-6 pm  
Call Susan 508-627-4368 x15

**Knitting**  
Oak Bluffs Senior Center  
Thurs, 1 pm  
With Barbara Morrison

**Quilting**  
Oak Bluffs Senior Center  
Monday and Friday, 1 pm

**Felting for Hospice**  
Edgartown Senior Center  
1st, 2nd & 3rd Tues, 10-12 pm  
Learn to knit and felt

## Cards & Games

**Mah Jong – the latest craze!**  
Tisbury, Mon. 1 pm  
Up-Island, Wed., 1 pm

**Scrabble**  
Up-Island, Thurs. 1 pm  
Edgartown, Fri. 9:30 am

**Pocket Billiards**

Up-Island Senior Center  
Please call for available times

**Men's Cards**  
Oak Bluffs Senior Center  
Wed., 9-12 noon

**Ladies Cards**  
Oak Bluffs Senior Center

Tues., 1 pm

**Cribbage**  
Oak Bluffs Senior Center  
Fri., 9 am

**Bridge Lessons**  
Oak Bluffs Senior Center  
Tues., 1 pm

With Anita Persson

**Party Bridge**  
Tisbury Senior Center  
Fri. at 1 pm

**Bingo**  
Oak Bluffs Senior Center  
Wed. 5/19, 6-8 pm

## Wednesday at the Movies

**Tisbury Senior Center, 1 pm**  
5/5- *Crazy Heart*, (Two Oscars in 2010, w/Jeff Bridges)  
5/12- *Young Victoria*, (2010 Oscar Winner)

5/19- *Invictus* (Clint Eastwood, Morgan Freeman) Nelson Mandela's story  
5/26- *It's Complicated*, (Meryl, Steve, Alec)

**Oak Bluffs Senior Center, 1 pm**  
5/19- *Audrey Hepburn Month*  
5/4- *My Fair Lady*  
5/12- *Sabrina*

5/19- *Paris When it Sizzles*  
5/26- *Charade*  
Popcorn included!

### Tisbury Council on Aging Legal Clinic

May 12, 2010  
5:30 p.m.

"PLANNING TO STAY IN CONTROL OF YOUR LIFE: WILLS, POWERS OF ATTORNEY, HEALTH CARE PROXIES, DNR'S, AND TRUSTS"

Are you in control of your future legal and medical decisions? In this seminar, Attorney Bergeron will discuss the basic life planning techniques that can keep you in control of the way you live the rest of your life.

Presented by:  
Atty. Arthur P. Bergeron  
Reservations: 508-696-4205



### Elder Services of Cape Cod and The Islands, Inc.

Jacque Cage, Martha's Vineyard  
508-693-4393 · Hours: 9 am-5 pm

**Elder Abuse Hotline**  
1-800-244-4630

### SENIOR DINING CENTERS

Reservations required

**Tisbury** 508-693-8337

Monday through Friday

**Up-Island** 508-693-2896

Thursday

**Oak Bluffs** 508-693-4509

Tuesday and Thursday

**Meals on Wheels** 508-693-4393

For information on how to receive Meals on Wheels or to volunteer

### REGIONAL LUNCHEON

MV Regional High School

Thursday, May 20

Note: Third Thursday!!

Music begins at 11:00

Lunch served at 11:30 sharp

Culinary Arts Dining Room

Chef Jack O'Malley, Instructor

Music by the High School String Quartet

Michael Tinus, Director

*Spring has Sprung*

*Crab Cake with Fresh Greens*

*Shrimp and Scallop Primavera*

*Fruit Tart*

Reservations required.

Call 508-939-9440. \$10 per person

**!** *Don't forget to check the Service Programs & Support Group Directory, Calendar of Activities, and the Travel News column for more listings. Call in advance for program information and reservations. ...and remember that your Senior Centers are open to anyone, regardless of residence.*

## NOTEWORTHY

### May is OLDER AMERICAN'S MONTH *Age Strong! Live Long!*

Older American's Month is a tradition dating back to 1963 to honor the legacies and ongoing contributions of older Americans. Nationwide, communities are celebrating with special activities and events. This month take advantage of the many programs and services offered through your local Councils on Aging.

#### Brain Fitness Day

5/11, 1 pm, BOOMERS and all AGES! Alzheimer's Services will discuss the latest techniques for brain fitness and cognitive stimulation. Learn how to maintain your cognitive abilities. Call 508-775-5656 (Alzheimer's Services) or ECOA to sign up! At noon, \$2 Tuesday will feature a "brain powered" lunch menu: *Salmon salad, black beans, French soup and quinoa cake.*

### Try our treadmills and step machine

OBCOA has two beautiful treadmills and a NuStep machine for your use, enjoyment and good health! It's a great way to get exercise and do a little socializing while you're here! No charge to use any of these professional quality machines but a doctor's note is required clearing you as physically able. Call Roger Wey for further information.

#### Online Info & Email Alerts- *NEW!*

Check out the TCOA page at the Tisbury Town website: [www.tisburyma.gov](http://www.tisburyma.gov). Click the "On Our Site" link, then click on "Departments" and then "Council on Aging". We will offer a monthly calendar of events and services, if you share your email address with us, we can send you an email of special events, trips and a monthly newsletter. Visit the "Subscribe to News" link or call Sandy, 508-696-4205.

#### Looking Ahead: TCOA Friends Host Fish and Chips Luncheon

Saturday, June 5, 1 pm, at the Senior Center. Call to sign up

#### Meet our wellness and Fitness Instructors

5/5, 10 am  
And take the opportunity to participate in a free class of your choosing. **Yoga** instructors: Kanta Lipskey, Beth Kramer and Martha Abbot; **Tai Chi Chih:** Kanta Lipsk; **Pilates:** Toni Cohen; **Strength Training:** Katryn Yerdon. Current participants and newcomers welcome. A healthy lunch will be served at noon.

#### Drumming Workshop

5/10 & 5/24, 1 pm with Rick Bausman, Founder and Director of The Drum Workshop. Learn and perform rhythms from traditional West African, Haitian, Cuban and Brazilian styles. It's fun and educational.

## Edgartown Highlights - 508-627-4368

Laurie Schreiber, Director, 508-627-4368  
Hours: 9 am-4 pm

#### "Trusts" with Attorney Pat Mello

5/14, 9-11 am, Learn how to: Avoid probate; Save on death taxes; Provide for disabled children; Protect certain beneficiaries against creditors; Qualify individuals for public entitlement programs. All topics covered in simple terms and explain how a trust can be customized to meet individual estate needs. ½ hour appointments available from 12:30-3:30.

#### Computer Classes - Microsoft Excel & Microsoft Word

5/18 & 25, 1:30 pm, with Janice Wooden. Create and customize templates and spreadsheets; add lists to your address and phone book; make calculations and sort data. Work with font styles, sizes,

colors and borders; insert graphics and pictures.

#### Hearing Loss Program

5/18, 1 pm, Lesley Segal of Vineyard Audiology will discuss hearing health, present information on state-of-the-art hearing aids and offer tips on how to get the most effective use from your current hearing aids.

#### Mystery Writer Cynthia Riggs

5/25, 1 pm, Ms. Riggs explains how she became a mystery writer late in her career (her first book was published when she was 70) and give us a glimpse into where she gets her ideas. "Touch Me Not," the ninth book in her MV series, is scheduled for publication in August.

#### Breakfast Buffet

4/7, 8 am, all ages welcome

**Friday Café \$5** Last café, 5/14, then... "Gourmet to Go" for the summer, call for details and reservations.

#### Two Dollar Tuesday Mindful Knitting

Mondays 4-6, (no group 5/24 & 5/31) Hot tea served. Newcomers welcome, advice available, however this is not an instructional group. Call Susan x15

#### Edgartown Village Walk

5/22, 10 a.m. with Herb Foseter. Finish with a potluck lunch at the Anchors.

## Oak Bluffs Highlights - 508-693-4509

Roger Wey, Director, 508-693-4509  
Hours: 8:30 am-4 pm

#### Friends of the Oak Bluffs Council on Aging

Monthly meeting, Thursday, 5/13, 10 am. This is an active bunch that does a wonderful job raising funds in support of your COA. Please join us!

#### OBCOA Board of Directors

Monthly meeting, Thursday, 5/20, 10:30 am

#### S.H.I.N.E. Counselor (Serving Health Information Needs of Elders)

For assistance with your health insurance questions and concerns. Call Rose to arrange an appointment.

#### Morning Coffee and conversation

8:30 am

#### Senior Dining Center Luncheon

Tuesday & Thursday, 12 noon. Contact Rose to make reservations.

#### Men's & Ladies Luncheon

Wednesday, May 26, 12 noon, \$5.00 charge per person Please call Rose @ 508.693.4509, ext. 13 to make your reservation!

Call Roger, Rose, or Susan at 508-693-4509 to add your name and address to our Emergency and Hurricane List.

Please remember schedules may change after we go to print, so be sure to read Megan Alley's Oak Bluffs column in the Calendar section each week for updates and additional notices!

#### Oak Bluffs Senior Center Counseling Service

Life's changes can be overwhelming and stressful and can trigger feelings of sadness, anxiety, fear and depression. When we are not doing well emotionally, physical health can also suffer. During difficult times, talking to a professional can be beneficial. Jane Beitman is available by appointment for those help and support. This unique program is only offered at the Oak Bluffs Senior Center. Call Outreach Coordinator Susan von Steiger to make an appointment.

**Remember, all Senior Centers will be closed on Monday, May 31, Memorial Day Summer has officially arrived!!**

## Tisbury Highlights - 508-696-4205

Joyce Stiles-Tucker, Director, 508-693-4205  
Hours: 8:30 am-4:30 pm

#### "The Laugh Effect"

Nicole Barlett, RN, May 17, 11- 12  
Do you know that laughter is correlated with health and happiness? Combat the physiological, emotional, cognitive, and behavioral consequences of stress. Allow yourself to embrace life with a sense of involvement, challenge, empowerment and fun. Learn the latest on this interesting topic and enjoy a bowl of a delicious soup! No charge, RSVP: 508-696-4205.

#### *The Spice of Life: Mema Writing*

"Twilight Spice" 4:30-7 pm

Led by Susan Klein

#### *"The Midwife of Story"-28 Years Bringing Stories to Life and Life to Stories.*

May 6, 13, 20, 27 June 3, 10, 17, 24

Whether you want to preserve the treasures of your life for your family, yourself, or for publication, or use them as catalysts for other expressive art forms, memoirist and storyteller, Susan Klein, has developed an inspiring workshop to help you excavate the richness of your life. Organize your life chronologically and thematically as you take a sometimes hilarious, sometimes thought-provoking journey through the years. Exercises developed specifically for this workshop, paired with your own creativity will help

you examine the challenges, inspiration, strength and humor in your experience, and to develop the story lines inherent therein. Format includes lecture, example, recall and association, writing, brainstorming, creative visualization, and working in the "Active Quiet." Workshop fee: \$245. All materials and supplies included. Call to register: 508-693-4140.

#### Gentle Yoga Thursdays, 4 pm

Carol Aranzabe, instructor  
For people with back & osteoporosis issues; great for overall fitness, strength and relaxation. Call to register, 508-696-4205, or 508-939-4120.

## Up-Island Highlights - 508-693-2896

Joyce Bowker, Director, 508-693-2896, Fax: 508-693-1447  
Hours: 8:30 am-4 pm

*All of our regularly scheduled programs and services continue as usual.*

*See the Activities Calendar on p2 and the Service & Support Programs on p4 for details about what is offered at all your local Councils on Aging*

#### Health Insurance Counseling

Joyce Bowker is a trained and seasoned S.H.I.N.E. counselor. Call for assistance with your insurance questions and concerns.

#### Outreach

Meet confidentially with Ellen Reynolds to learn about resources available in the community to meet your needs

#### Estate Planning and Preserving your Assets With Elder Law Attorney Patricia Mello

5/7, 9:30 a.m.

Emphasis will be on asset preservation and disability planning documents such as Durable Power of Attorney and Health Care Proxy vs. guardianship as an alternative to disability planning documents. We will also discuss who needs to create a Last Will and Testament and how probate administration of your estate can be avoided as well as what a Revocable Trust is and for whom it may be appropriate. Handouts will be available. ½ hour appointments will be available in the afternoon. Reservations, 508-693-2896.

#### Looking Ahead...Richard Clark performs "Great Scott It's Andrew Carnegie"

June 11, 1 pm

He rose from humble beginnings to become the "King of Steel" and the richest man in the world. He counted Mark Twain, Helen Keller, and Booker T. Washington among his closest friends. He was called the "greediest little devil that ever lived" yet he gave away billions to build public libraries. He was a man of contradictions, a living embodiment of Darwin's "survival of the fittest"... Don't miss Richard Clark's compelling portrayal.

**Service Programs and Support Group Directory**

<p><b>Health &amp; Blood Pressure Clinics</b></p>	<p><b>Aquinnah Town Hall</b>, 5/12, 1-3 pm  <b>Chilmark Library</b>, 5/19, 12:30-1:30  <b>Edg Stop &amp; Shop</b> 5/5, 12-2 pm  <b>Edg Town Hall</b> 5/12, 9-11 am  <b>Edg COA</b> 5/20, 8:30-9:30  <b>Oak Bluffs COA</b> 5/27, 12:30-2:30  <b>Tisbury COA</b> 5/4, 10-11 pm  <b>Cronig's</b> 5/13, 1-3 am</p>	<p><b>Hillside Village</b> 5/5, 10 am-11 am  <b>Woodside Villagel</b> 5/24, 12-1 pm  <b>Woodside Villagell</b> 5/24, 1:15-2:15  <b>Up-Island COA</b> 5/11, 11:30-1:30  <b>Hearing Services, call in advance for an appointment.</b>  <b>Oak Bluffs</b>, TBA, 508-693-4509  <b>Up-Island</b>, 5/20, Vineyard Audiology</p>	<p><b>Tisbury, Miracle Ear</b>, 5/12  <b>Podiatry &amp; Foot Care</b>  <b>5/21, Up-Island Senior Center</b> with Dr. Murray Bialow, 1-888-289-8595  <b>5/25, Edgartown Senior Center</b>                  For non-diabetics, \$29                  508-627-4368</p>	<p><b>NEW Sight Loss Support Group</b>  <b>Woodside Village I Community Room</b> 5/4, 1:30 pm Learn about resources and join others who are experiencing sight loss. Guest speaker Optometrist Dr. David Finkelstein. Call Laurie Schreiber, ECOA, 508-627-4368 x14 or Ann Wallace, IEH, 508-693-5880 x12.</p>
<p><b>Insurance, Legal, Social Security</b></p>	<p><b>S.H.I.N.E.</b> For an appointment with a local counselor call your Council on Aging or Wampanoag Tribal Council at 508-645-9265</p>	<p><b>Vineyard Health Care Access</b> 508-696-0020  <b>Elder Law Project: first Monday: call for an appointment</b> 5/3 Up Island Senior Center, 508-693-2896                  6/7 Tisbury Senior Center, 508-696-4205</p>	<p><b>Social Security Representative</b> 5/24 Oak Bluffs Senior Center, 9:45-12:45</p>	<p><b>Funeral Consumers Alliance of Cape Cod &amp; the Islands</b> 1-800-976-9552, Information on alternatives concerning end of life issues</p>
<p><b>Food Services, Transport &amp; Housing</b></p>	<p><b>Emergency Food Pantries:</b> All Senior Centers monthly distribution, call for date &amp; time.                  First Baptist Church Parish House "Serving Hands"                  Williams St., V.H., Info at 508-693-5339  <b>Island Food Pantry</b>                  Christ United Methodist Church Church St., V.H.                  Emergency info at 508-693-4764  <b>ServeNewEngland</b>, <a href="http://www.servenewengland.org">www.servenewengland.org</a>                  Shelly Carter 508-560-0983                  Rose Cogliano 508-693-4724</p>	<p><b>Transportation:</b>                  Vineyard Transit Authority- 508-693-9440. \$15 annual senior bus passes available at local Senior Centers.  <b>Medivan, 508-693-9440</b>  <b>Tuesdays</b> to Boston area medical services                  American Cancer Society Road to Recovery 1-800-227-2345, transportation for cancer patients                  Taxi to Cape Cod Medical Appointments, 508-939-9440                  Donations suggested and mailed to:</p>	<p>MV Center for Living                  PO Box 1729, Vineyard Haven, 02568  <b>Housing and Living Options:</b>                  Windemere Nursing &amp; Rehabilitation Center, 508-696-6465.                  Long term care nursing home and rest home facility, Medicaid accepted.  <b>Island Elderly Housing</b>, 508-693-5880                  Subsidized low income housing for seniors &amp; disabled.                  Havenside Apartments, 508-693-2280                  Henrietta Brewer House, 508-693-4500                  Assisted Living, private pay  <b>Longhill</b>, 508-627-7791</p>	<p>Assisted Living, Private pay, Long Term Care Insurance accepted.  <b>Vineyard Village at Home (VVAH)</b>                  Referrals, Transportation &amp; Assistance With independent living                  Info &amp; to join call 508-693-3038, <a href="mailto:vineyardvillage@gmail.com">vineyardvillage@gmail.com</a>                  MV Center for Living Supportive Day Program,                  Leslie Clapp, 508-939-9440                  A social program for those needing assistance and socialization</p>
<p><b>Support Groups</b></p>	<p><b>Martha's Vineyard M S Self Help Group</b>, 508-693-3193  <b>Prostate Cancer Support Group</b>, 5/19, 10:30 M.V. Community Services administration building.                  Laura Schroeder, 508-693-7900, x320.  <b>Diabetes Support Group</b>, 5/17, 1-2 pm                  Tisbury Senior Center, 508-696-4205                  Nicole Barlett, RN will discuss Melanoma and Skin Cancer and general concerns related to Diabetes  <b>Vineyard Isle Parkinsonians (VIP)</b>, 5/10, 10:30 am                  Up-Island Senior Center, for</p>	<p>Parkinsonians and Caregivers. Call Ken Beebe at 508-693-3497, <a href="mailto:kenb44@aol.com">kenb44@aol.com</a>  <b>Parkinson's Caregivers' Support Group</b>                  Up-Island Senior Center                  Call Ellen for details 508-693-2896  <b>Drum Workshop w/Rick Bausman</b>                  Up Island Senior Center, 508-693-2896                  5/10 &amp; 5/24  <b>Caregiver Support Group</b>, 5/6 &amp; 5/20, 10:30-12:00                  MVCS Island Counseling Center, 508-693-7900 Call Allison McKinley x217 or Alice Cook x209 for information</p>	<p><b>Stroke Support Group</b>                  Every 4th Thursday, 4-5:30 pm                  VNA Offices, 15 Merchant's Court, VH                  Karen Meeks, 508-693-6184 x7147  <b>Bereavement Support Group</b>                  For those who have lost a spouse or partner                  WT Congregational Church                  Tuesdays, 10 am, Colleen Seadale, LMFT                  Hospice, 508-693-0189  <b>Anticipatory Grief Group</b>                  If someone close to you is dying or has a terminal illness                  WT Congregational Church</p>	<p>Thursdays, 1 pm, Colleen Seadale, LMFT                  Hospice 508-693-0189  <b>Men's Bereavement Group of Martha's Vineyard</b>                  Wed., 2 pm at the home of Sam Feldman, 25 Osprey Lane, Chilmark                  Facilitated by George Cohn, Psychiatrist                  AC Miller, 508-939-1807, <a href="mailto:acmillersri@gmail.com">acmillersri@gmail.com</a>  <b>Cancer Support Group</b>                  Wednesdays, 12:00, Hebrew Center, Vineyard Haven</p>



**Do You Know**



Windemere has affordable care for people 65 years of age and over who need some assistance but are not needing nursing home care?


We invite you to come look over our residential care wing on the first floor or perhaps join us for lunch.

Affordable living with assistance and affordable state programs to support your stay.

**MV'S BEST KEPT SECRET**

For more information please call us at **508-696-6465 x 735**

**The prevention of oral disease is a major unmet health care need for seniors.**



Dental services are not covered by Medicare, so many low-income seniors receive little or inadequate dental care simply because they cannot afford to see a dentist. Vineyard Smiles, the Island's portable dental service, working in cooperation with Vineyard Nursing Assoc. through the Town Boards of Health, provides free or affordable dental hygiene services. Arrangements can also be made for a dentist to provide exams and treatment including x-rays, fillings, extractions and denture care.

Vineyard Smiles offers the services of experienced professional dental hygienists from the Forsyth Institute. Forsyth is an independent organization, affiliated with Harvard School of Dental Medicine and Harvard Medical School. The dentists work for Commonwealth Mobile Oral Health Service, also providing dental care to children in our schools. The mobile dental clinics are hosted by local Councils on Aging and Island Elderly Housing. For scheduling and information call 508-696-0020.



**Assisted Living**

Home Environment  
 Private Rooms ♦ 24 Hour Care

Call for information  
 508-693-4500 ♦ Cell: 508-627-2131  
 P.O. Box 2460, Vineyard Haven, MA 02568