

55Plus



A monthly newsletter from your local Councils on Aging and the Martha's Vineyard Center for Living, PO Box 1729, Vineyard Haven, MA 02568, 508-939-9440. Edited by Leslie Clapp

October 2010, Vol. 14, Issue 10

Travel News

Boston Symphony Orchestra Fall "A" Friday Matinees!

10/8 & 10/22, leave on the 8:15 boat. See you there! Want to join as a substitute? Call TCOA at 508-696-5205, ask for Sandy.

Falmouth Shopping Trip October 27

Call Ellen, UICOA 508-693-2896 for details

Boston Symphony Orchestra Open Rehearsal November 4

FALLA Suite from Atlantida
Brahms Symphony No. 2
Rafael Fruhbeck deBurgos, conductor
Alexandrs Coku, soprano
Nathalie Stutzmann, contralto
Kyle Ketelsen, bass-baritone
Tanglewood Festival Chorus,
John Oliver, conductor
Roundtrip coach, rehearsal, and luncheon at Maggiano's \$60
Call UICOA 508-693-2896 for details and reservations

Barnstable Travel Club Meeting ECO, The Anchors October 15, 10 am

Karyn Wendall will discuss the Radio City Rocketts trip, and tours for 2011

including Cirque duSoleil Premier Show, Montreal, National Parks and Croatia's Riviera. RSVP at 508-627-4368 to attend.

Barnstable Travel Club—Radio City Rockettes December 10

Boston Christmas Spectacular, \$110 per person. Leave 7 am boat. Call ECOA 508-627-4368

"South Pacific" The Musical December 11

Providence Performing Arts Center Roundtrip motorcoach, orchestra seating, full course lunch, and gratuities \$85
Call UICOA, 508-693-2896

Museum of Fine Art, Boston The New Wing! January 11, 2011

Art of the Americas – 53 new galleries transforming the way visitors encounter the art of the Americas from ancient American gold, Native American and Maritime art to paintings and period rooms. Thomas Sully's magnificent portrait of George Washington crossing the Delaware will finally be displayed, and in the main museum several special exhibits. Leave on the 8:15, return on the 5:00, \$42. Call now to reserve, Tisbury Travel Club 508-696-4205

Veterans Services

Dukes Co. Director of Veterans Services, JoAnn Murphy 508-693-6887

Property Tax Exemptions for Eligible veterans, spouses, and parents

To qualify, all veterans (and spouses* where applicable) must:

- be at least 10% disabled by the U.S. Department of Veterans Affairs
 - be legal residents of Massachusetts
 - be occupying the property as his/her domicile on July 1 in the year of application
 - have lived in Massachusetts for at least six months prior to entering the service (spouses exempted) or
 - have lived in Massachusetts for five consecutive years immediately prior to filing for a property tax exemption.
- *Under M.G.L. c. 59 s. 5, clauses 22A, 22B, 22C, and 22E, surviving spouses of disabled veterans who qualified for

exemptions ranging from \$750 to \$1500 may now continue to receive the higher amount regardless of marital status. Under M.G.L. c. 58 s.8A, surviving spouses of those in receipt of full exemptions continue to receive them regardless of marital status.

How to Apply

To apply, contact the assessor's office in your community. Application must be made annually.

Contact

For property tax exemptions for disabled veterans, contact your local assessor's office or your Veterans Service Officer at 508-693-6887

Senior Scene

By Ginger Duarte

Hellooooo Vineyard Seniors & 55Plus readership!!!

The Martha's Vineyard Center for Living is well into its Great Awakening Campaign. We held a series of fund-raising events during the summer which were well-attended and successful. This community support was a rousing adrenalin-fix for the board of directors, and we thank you for your support.

Our first event was the Summer Welcome in June at the PA Club which got rave reviews. During July, you may have seen our table set up at a Cronig's Market which we will continue to do periodically. Come give us a chat when you see us. Board members Diane Jetmund (pres.), Karen Achille (v.pres.), Shirley Dewing (treas.), Leslie Clapp (dir.), June Manning, Nancy Shemeth, Ginger Duarte and Barbara Harnen will be taking turns manning the tables. There were two fundraising events in August: The Summer Bazaar and Fancy Fleas held at the MVRHS where Sylvie Farrington came out of retirement and sold her fabulous Sylvie Bags! Karen Achille's ever-lovin' hubby Mike sold some of the timeless treasures he'd been hoarding in the basement and looked aghast when Karen spent all his profit on a Sylvie Bag! We thank all the vendors who participated in the bazaar. Flatbread Company Tuesday was another August event which garnered some \$\$ for the MVC4L. Also, we had a daily presence in the non-profit tent at the Ag Fair and at the First Lady's "Let's Move" event at Waban Park. All in all, it was a very good summer for the MVC4L. Orchids to all of you out there who made it possible.

What is the Great Awakening Campaign?

From MVC4L president, Diane Jetmund: "The GAC is a jam-packed campaign of events and communications to develop awareness of our organization, i.e., name recognition and knowledge of our programs and services, in order to cultivate awareness and appreciation of the value we provide to the community. This is an essential preliminary step in our effort to secure a new home for the Supportive Day Program. Each event is a fundraising event as well as producing funds to invest in the next event. Each event reaches a slightly different audience thereby expanding the circle of awareness, knowledge and appreciation of our value to the community. Each person who knows about us, and what we do, is a candidate for spreading the word to others. We are working very hard to grow awareness Island-wide about what we offer to the community. To do this, we routinely inform the media of our activities, we have donation boxes out, bumper stickers and a beautiful new banner that hung at the Ag Fair and which will be appearing at all of our future events."

Statement of Commitment: The MVC4L, a 501c3 organization, commits to enriching the lives of 55PLUS Islanders through partnership with town Councils on Aging and other service agencies, and by securing grants and funds to provide

Island-wide services that require a larger client base and/or are not economically feasible as individual town programs.

Goals: Our primary long-term goal is to relocate the Supportive Day Program to suitable space that meets the needs of the program. Karen Achille and Nancy Shemeth co-chair the MVC4L Building/Home Committee on which June Manning, Shirley Dewing and Olga Church serve as members.

The Supportive Day Program is a day-care program for 55Plus individuals who may be socially isolated or at risk if left alone and provides much needed respite for family caregivers. We must not allow our seniors to remain socially isolated and marginalized simply because they are physically or sometimes mentally challenged in their efforts to remain independent and go it alone. Of equal importance, their families need our help in caring for their family members. We are all headed in that direction—whether as caretakers or the cared for. Is there "no room at the inn" for our seniors? We need your help in finding a permanent home for the SDP; we are counting on your input, ideas and participation in our fundraising events. For information on the SDP call Director Leslie Clapp at 508-939-9440 or SDP Supervisor Eileen Murphy 508-627-0207.

Annual Meeting: The Martha's Vineyard Center for Living will hold its Annual Meeting on Tuesday, October 12th, at 7 pm at the Tisbury Senior Center. The board cordially invites all interested Islanders. Refreshments will be served.

GOT CULTURE??? The MVCenter4Living is working on a "Cultural Luncheon Series" which will offer a close look at the contributions and influences of different groups of people on the Island and culture of Martha's Vineyard. Luncheons will include a menu of authentic foods and presentations by members of the subject group. During the coming months, we will learn more about the Wampanoag, Portuguese, African American and Jewish influences on the Vineyard and wind up the series with a look at the women of the whaling days! Stay tuned.

THIS 'N THAT – Hurricane Hints from Trina K: If you have an upright freezer, fill several of the plastic gallon containers 7/8 full of water to allow for expansion and freeze. Once it freezes, screw the top on. Space allowing, fill a new clean 5-gallon plastic container 7/8 full. Be sure to keep it upright and covered. This will provide water for drinking and "ablutions" if the electricity goes out, says Trina. Ablutions??? – Welcome welcome to new MVC4L board member from Tisbury, Barbara Harnen. – Grace Episcopal Church rector, Rev. Bob Hensley, reminds us that tomorrow, Oct. 1st, is the last Friday for lobster rolls! (Super Scoop: Scene's hubby, David Duarte, will lead a Bible Study on Wednesday nights at Grace Church beginning in December.) And remember, you read it ALL in the Senior Scene!!! You can email Ginger at tisinger@aol.com.

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 UICOA
Kanta Lipsky, Instructor.
Wed., 9:15-10:15, \$8
508-696-1917
Chi Gung & Intro to Tai Chi TCOA
Daisy Lifton, instructor
Mon. 9 am \$5/class
Pre-register 4/\$16
No class Oct 4
Yoga for Seniors UICOA
Wed. 10:30 am, (Kanta Lipsky)
\$8 per class
Yoga ECOA
12 weeks \$84,
9/9-12/2
Carol Aranzabe
Call 508-627-4368 to register

Gentle Yoga TCOA
Carol Aranzabe, Instructor
Thursdays, 4-5:15 pm
Pre-register, 508-696-4205
October 4 wks/\$28
Walk ins welcome \$10 per class
Pilates UICOA, Toni Cohen,
Instructor, Mon., 10:30-11:30 am,
\$10 per class
Pilates ECOA
12 weeks \$84, 9/7-11/23
Brenda Correa, Instructor
Call 508-627-4368 for info
Walking Group UICOA
Call Ellen 508-693-2896 for details

50+ Active Senior Exercise Class with Lisa Amols Lisa's Studio
Wed & Fri, 8:30 am
Call 508-693-1009 for info.
NEW Exercise 101 Learn to exercise safely and effectively; achieve satisfying results. 1 ¼ hour classes include flexibility, strengthening and cardiovascular. Lisa is certified and insured with over 25 years experience Strength Training with Lisa Amols ECOA, 12 weeks, \$84
Tues 8:30 (9/14-11/30)
Thurs 10:30 (9/16-12/2)
Call 508-627-4368 for info
Strength Training Class UICOA, With Katryn Yerdon, Tues & Thurs, 9 am \$8 per class

Sit & Get Fit TCOA
Mon, Tues, Thurs, 11 am
60 minute supervised video instruction, aerobic, strength, stretch & tone exercise using a chair for support & balance.
Exercise Classes OBCOA
Mon., 8:45 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, Books, & Plays

MV TRIAD
Tisbury Senior Center
Call 508-696-4205
Discussion Group, UICOA
Tues., 9:30 am
Conversations with Bob Iadicicco OBCOA
Fri., 10-11:30 am,
Peter H. Luce Play Readers' Society TCOA

Wed., 9-12 noon
October Theme: "New Plays"
Producers: Myra Stark, Rise Tierney
10/6 Love, Loss and What I Wore by Nora & Deliah Ephron
Myra Stark, Director
10/15 Love, Loss, continued
10/22 In the Next Room by Sarah Ruhl, Elaine Eugster, Director
10/27 Up by Bridget Carpenter
Nora Nevin, Director

Poetry Reading TCOA
10/4, 10 am
Book Discussion UICOA
10/25, 10:30 am
"The Last of the Just"
By Andre Schwarz-Bart
Book Discussion Group Edgartown Public Library with Nis Kildegaard

Call Nis for details.
Tisbury Book Club VH Public Library
10/21, 1:30 pm
"Shanghai Girls"
By Lisa See
Books available at VH Public Library
Writing Group UICOA
Tues., 10 am

Arts & Crafts

Painting & Drawing TCOA
Thurs., 9-11 am
Newcomers welcome
Water Color Class OBCOA
Tues., 9-11 am,
With Doug Peckham
Water Color with Nancy Cabot UICOA, Fridays at 1 pm
Chair Caning OBCOA
Tues, 9 am

Woodcarving OBCOA
Mon. & Thurs., 9 am
Rug Hooking ECOA
Thurs., 1 pm
Lunchtime Needleworkers ECOA
Fridays, 2-4, All ages welcome.
Friday Knitters TCOA
10-12 noon, A gathering of all knitting levels. Bring your own project.

Mindful Knitting ECOA
Mondays, 4-6 pm
Call 508-627-4368 for info
Knitting OBCOA
Thurs, 1 pm, With Nancy Merjos
Quilting OBCOA
Mon & Fri 1 pm
With Glenna Barkan
Knitting for Hospice ECOA
Tues., 10 am

(no meeting 10/26)
Learn to knit and felt
Crafting TCOA
With Tony Guyther
Beginning in October
Call for date and time
See TCOA Highlights p25 for details
No charge, RSVP 508-696-4205

Cards & Games

Mah Jong TCOA, Mon. 1 pm
UICOA, Wed., 1 pm
ECOA, Fri, 10 am
Scrabble UICOA, Thurs. 1 pm
ECOA, Fri. 9:30 am

Pocket Billiards UICOA
Please call for available times
Men's Cards OBCOA
Wed., 9-12 noon
Ladies Cards OBCOA
Tues., 1 pm

Ladies Bridge Lessons OBCOA
Tues., 1 pm
With Anita Persson

Cribbage OBCOA, Fri., 9 am
Bridge Lessons OBCOA
Party Bridge TCOA Fri. at 1 pm
Bingo OBCOA
Wed. 10/20, 6-8 pm

At the Movies

TCOA, Tuesday, 1 pm
10/5- *The City of Your Final Destination* (Anthony Hopkins, Laura Linney)
10/12- *Babies* (4 babies, 4 cultures, Documentary – a hit at MV Film Festival)
10/19- *The Secret of Their Eyes* (sold out at MV Film Festival, Academy Award Winner)
10/26- *The Young Visitors, or Mr. Salteena's Plan* (British comedy)

OBCOA, Wednesday, 1 pm
Ingrid Bergman Month
10/6- *Gaslight*
10/13- *Bells of St. Mary's*
10/20- *Notorious*
10/27- *Casablanca*
Call Rose, 508-693-4509 for information

MVRHS Regional Lunch
Thursday, October 14
Music begins at 11:00
Lunch served at 11:30
**** MV Sail Camp****
Chef Jack O'Malley, Instructor
Music by the High School String Quartet
Michael Tinus, Director
Welcome Back Menu
Garden Salad - Meat Lasagna - Tiramisu
Reservations required. Call 508-939-9440.
\$10 per person

Looking Ahead
Annual Flu Clinic - Veterans Day
November 11, 2010
M V Regional High School
Watch for details in future announcements
Medical and non-medical volunteers needed
Call Jean M. Roma at 508-375-6641
Fuel Assistance 2010-2011
Call your local Council on Aging for assistance with new or renewal applications.

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*

SHINE Update
Speak with a local S.H.I.N.E. Counselor regarding any questions about your health insurance coverage. Call your local Council on Aging for an appointment.
Seniors with Prescription Advantage and a Medicare Part D Prescription Drug Plan, you know that Prescription Advantage provides you with coverage in "The Gap."
You may not know that Prescription Advantage has no way of tracking your drug costs each year and does not know when you have reached "The Gap" and have begun having to pay full retail cost of your prescriptions without help from your Part D Plan.
Should you find that you have begun having to pay full cost you need to do two things:
Call Prescription Advantage customer service at 1-800-243-4636 and tell them you have reached "The Gap"
Send them copies of your Part D Plan's Explanation of Benefits forms (you get one every month) from Jan 1 to the present. Mail to Prescription Advantage, PO Box 15153, Worcester, MA 01615-0153.
If you have any questions contact your local SHINE Counselor through your Council on Aging.

! *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

Alzheimer's Services Memory Screening

10/29, 1-4 pm

Alzheimer's Services' Pat Collins will conduct six free 30 minute memory screenings. Although the result of this memory screening does not represent a diagnosis and does not replace a consultation with a qualified healthcare professional, it can be very helpful as it can indicate whether you might benefit from more testing. For an appointment call the Alzheimer's office at 508-775-5656.

Vineyard Smiles

Free Dental Clinic

10/1, 9 am-2:30 pm

Oak Bluffs Senior Center

Call Roger for details

508-693-4509

Oak Bluffs Senior Center Counseling Service

Emotional health is as important as physical health. During difficult times, talking to a professional can be beneficial. Jane Beitman of the Martha's Vineyard Community Services Counseling Center is available by appointment for 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.

Medicare Fraud

10/25, 2 pm

Terrie Drew, SMP Integration Project Coordinator

Elder Services of Merrimack Valley Tisbury Senior Center

Project Lifesaver

11/4, 1:30 pm

Presented by Captain Donald Rose, Dukes County Sheriff's Office

Are you worried about a loved one wandering?

Families, Caregivers and Friends welcome.

Medicare Part D for 2011

Seniors who have Medicare Part D Prescription coverage should review their plan to see if it remains cost effective and has all their drugs covered for 2011. Medicare posts formularies, premiums and drug costs for all Part D plans on the Medicare Web Site, www.medicare.gov on or about October 15. Unless you are a Prescription Advantage member, or in a limited number of special cases, you can only change your Part D plan once a year, between Nov 15 and Dec 31. A SHINE Counselor can help review your Part D plan and consider alternatives for 2011. Also ask to be screened for Prescription Advantage for its Gap Insurance Benefit. Contact a SHINE Counselor through your local Council on Aging.

Edgartown Highlights - 508-627-4368

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

Outreach Worker Erin Kokoszka is available to meet with you confidentially to assist you and your family with resources and information. Contact Erin if you have concerns about a friend or family member. 508-627-4368 ext. 15.

Foot Massage with Carrie Saunier

10/7 & 21, 9-11 am, 25 minute appointments. \$10 donation.

Women on a Quest with Nancy Lutz

Beginning 10/13, 11 am, Edgartown Library.
Six week class discussing 7 celebrated women including Harriet Chalmers Adams, Louise Arner Boyd, Sue Hendrickson, Dian Fossey, Jane Goodall, Mary Leakey and Margaret Mead.

Trustees of Reservations Cape Poge

Wildlife Refuge Natural History Tour
10/13, 9:30 am A 2.5 hour over sand vehicle tour.

Old Rail Trail Bike Trip

10/13, 9:30 ferry
10m bike from Woods Hole to Highway 151 (1 hour, flat terrain). Lunch at The Silver Lounge around 11:30 and return for 3:45 ferry. limit 10.

Gluten Free Cooking with Diane Wall

10/14, 2 pm - Easy, delicious recipes.

Walking Group—Peaked Hill

10/18, 10:30 am
Climb the highest elevation on Martha's Vineyard and enjoy spectacular views of the south shore. Pack a lunch and bring

water. Call for details.

Computer Basics with Janice Wooden

10/19, 3 pm
This month Janice will teach the basics of e-mail and Skype!

Genealogy Class with Marna Waller

Fridays, 9:00 am
Marna is president of the MV Chapter of the Mass Society of Genealogists, Inc. and a member of the New England Historic and Genealogical Society.

Piano Concert with Jeremy Berlin & Eric Johnson

10/26, 12:45 pm
Jeremy plays jazz and blues piano. Eric plays guitar and Bass. Funded by Friends of ECOA

Oak Bluffs Highlights - 508-693-4509

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

Halloween Party Luncheon

Wednesday, October 27, 12:00 noon

Call Rose for details 508-693-4509 x13

And make your reservations early!

Friends of the Oak Bluffs Council on Aging

10/14, 1 pm (please note time change)

This is an active bunch that does a wonderful job raising funds in support of your COA. Please join us!

The Friends of OBCOA would like to thank all who participated in the Foxwoods trips in 2010. The trips for the 2011 season will begin in May or June. Call Rose for information.

OBCOA Board of Directors

10/21, 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.

An Afternoon at the Movies, Wednesdays at 1 pm.

See Calendar p24 for listings

Quilting Group

Monday & Friday, 1 pm

Glenna Barkan and her group are working

their quilting magic. Join in if you have the knack or would like to learn. They do beautiful work, a truly wonderful American tradition.

Interested in using our beautiful professional quality Treadmill or NuStep machines? Please get your doctor's ok before using them and call Roger Wey for information.

Please call Roger, Rose or Susan to add your name and address to our Emergency and Hurricane readiness list.

Tisbury Highlights - 508-696-4205

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

Crafting with Tony Guyther

Wednesdays this Fall!

A fun, unusual class, and don't worry if you've never crafted before!. After a career in NYC, working as art director for Theatre Arts Magazine and being a freelance photographer, Tony retired to MV and has kept busy with many projects. First create a personalized Vineyard matchbox, an unusual stocking stuffer, friendship gift or farewell gift to visiting friends. For future projects, bring favorite photos of grandchildren, family, pets, to photo-copy and incorporate in a collage. Enjoy light refreshments at the end of each class and share ideas and suggestions. RSVP, for

specifics and so we know how many to set up for! 508-696-4205.

Singalong! 10/19, 1 pm

Join ten talented High School students as they sing the old favorites; You are My Sunshine, Swing Low Sweet Chariot, When the Saints go Marchin' in, Let Me Call You Sweetheart...and more.

Tisbury Online! Get it Now, Get it Fast!

Tisbury E-News is here! Do you ever wonder what you did with that info in Tisbury Highlights? Do you forget to cut out the 55Plus from the paper and need to know when that class or special event is? Get it now and get it fast with Tisbury's New Town Crier! One click access to everything

you need to know about our Town.

1) Go to www.tisburyma.gov, then at "On Our Site" click **Departments**. Scroll down to **Council on Aging**. Click on it. Scroll down left side links to Trips, Special Events, Calendar, etc.

2) To receive the latest secure email news from the TCOA, go to the town website. On the home page, under "On Our Site", click "Subscribe to News". Follow the directions. It's easy!

Winter Skin Care

Monday, 11/1, 1:30 pm

Tea & Talk with Town Nurse Laura Murphy, RN. About the latest in skin health & aging. Mark your calendar!

Up-Island Highlights - 508-693-2896

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

Pilates

With Toni Cohen

Mon, 10:30 am

Pilates is safe and highly effective for all ages and abilities focusing on ways to stretch strengthen and streamline your body without building bulk or stressing joints. \$10 per class

Strength/Fitness Class

With Katryn Yerdon

Tues., & Thurs., 9 am

\$8 per class (the first one is free!)

Learn the importance of weight/resistance training and how it can help minimize injuries, improve strength and bone density along with increasing overall energy levels! This class is designed as an

overall body workout with a cardio warm up and stretching cool down.

S.H.I.N.E.

Health Insurance Counseling

Joyce Bowker is a trained S.H.I.N.E. Counselor and has all the up to date information necessary to assist you in making important health insurance decisions.

Outreach Services

Ellen Reynolds is available Mon.-Fri., 8:30-3:30. Meet confidentially with Ellen to learn about the wide range of resources and services available in our community to meet your needs.

File of Life

Available at the center, a magnetic card kept on your refrigerator with personal medical information, accessible to EMT's should they arrive on an emergency call.

Boston Symphony Orchestra Open Rehearsal

November 4 \$60

See Travel News p1 for details

"South Pacific" The Musical

December 11 at the Providence Performing Arts Center
Roundtrip motorcoach, orchestra seating, full course lunch, and gratuities \$87 inclusive

Service Programs and Support Group Directory

<p>Health & Blood Pressure Clinics</p>	<p>Aquinnah Town Hall, 10/13, 1-3 pm Chilmark Library, 10/20, 12:30-1:30 Edg Stop & Shop 10/6, 12-2:00 Edg Town Hall 10/13, 9-11 Edg COA 10/21, 8:30-9:30 Oak Bluffs COA 10/28, 12:30-2:30</p>	<p>Tisbury COA 10/5, 10-11:00 Cronig's 10/14, 1-3:00 Hillside Village 10/6, 10:00-11:00 Woodside Villagel 10/25, 12-1:00 Woodside Villagell 10/25, 1:15-2:15 Up-Island COA 10/12, 11:30-1:30</p>	<p><i>Hearing Services, call in advance for an appointment.</i> Oak Bluffs, 10/13, 10:30, 508-693-4509 Up-Island, 10/21, Vineyard Audiology Tisbury, 10/13, Miracle Ear</p>	<p>Podiatry & Foot Care 10/8 & 11/5, Up-Island Senior Center with Dr. Murray Bialow, 1-888-289-8595 10/26, Edgartown Senior Center For non-diabetics, \$29 508-627-4368</p>
<p>Insurance, Legal, Social Security</p>	<p>S.H.I.N.E. For an appointment with a local counselor call your Council on Aging or Wampanoag Tribal Council at 508-645-9265</p>	<p>Vineyard Health Care Access 508-696-0020 <i>Elder Law Project: first Monday: call for an appointment</i> 10/4 OBCOA, 508-693-2896</p>	<p>Social Security Representative 10/25 OBCOA, 9:45-12:45</p>	<p>Funeral Consumers Alliance 1-802-865-8300, Information on alternatives concerning end of life issues.</p>
<p>Food Services, Transport & Housing</p>	<p>Emergency Food Pantries: All Senior Centers Monthly distribution, call for date & time. First Baptist Church Parish House "Serving Hands" Williams St., V.H., Info at 508-693-5339 Island Food Pantry Christ United Methodist Church Church St., V.H. Emergency info at 508-693-4764 Angel Food Ministries Low cost, high quality foods. 508-687-9093</p>	<p>Transportation Vineyard Transit Authority- 508-693-9440. \$15 annual senior bus passes available at local Senior Centers. Medivan, 508-693-9440 (Vineyard Transit Authority) <i>Tuesdays</i> 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: MV Center for Living, PO Box 1729, Vineyard Haven, 02568</p>	<p>Housing and Living Options: Windemere Nursing & Rehabilitation Center, 508-696-6465. Long term care nursing home and rest home facility, Medicaid accepted. Island Elderly Housing, 508-693-5880 Subsidized low income housing for seniors & disabled. Havenside Apartments, 508-693-2280 Henrietta Brewer House, 508-693-4500 Assisted Living, private pay Longhill, 508-627-7791 Assisted Living, Private pay, Long Term</p>	<p>Care Insurance accepted. Vineyard Village at Home (VVAH) Referrals, Transportation & Assistance With independent living Info & to join call 508-693-3038, vineyardvillage@gmail.com MV Center for Living Supportive Day Program Leslie Clapp, 508-939-9440 A social program for those needing assistance and socialization Respite for families.</p>
<p>Support Groups</p>	<p>Sight Loss Support Group 10/5, 1:30 pm ECOA, The Anchors Dr. Finkelstein offers information on various diseases of the eye and answers individual questions. Martha's Vineyard M S Self Help Group Call 508-693-3193 Prostate Cancer Support Group, 10/20, 10:30 M.V. Community Services administration building. Laura Schroeder, 508-693-7900, x320.</p>	<p>Diabetes Support Group 10/18, 1 pm Vineyard Isle Parkinsonians (VIP), 10/4, 10:30 am UICOA, for Parkinsonians and Caregivers. Call Ken Beebe at 508-693-3497, kenb44@aol.com Parkinson's Caregivers' Support Group UICOA Call Ellen for details 508-693-2896 Drum Workshop w/Rick Bausman Call Ellen, 508-693-2896 for schedule Caregiver Support Group First & third Thurs. 10:30-12:00 MVCS Island Counseling Center, 508-693-7900</p>	<p>Call Allison McKinley x217 or Alice Cook x209 for information Stroke Support Group Every 4th Thursday, 4-5:30 pm VNA Offices, 15 Merchant's Court, VH Karen Meeks, 508-693-6184 x7147 Bereavement Support Group For those who have lost a spouse or partner. WT Congregational Church Tuesdays, 10 am, Colleen Seadale, LMFT. Hospice, 508-693-0189 Anticipatory Grief Group If someone close to you is dying or has a terminal illness</p>	<p>WT Congregational Church Thursdays, 1 pm, Colleen Seadale, LMFT, Hospice 508-693-0189 Men's Bereavement Group of Martha's Vineyard Wed., 2 pm at the home of Sam Feldman, 25 Osprey Lane, Chilmark. Facilitated by George Cohn, Psychiatrist Foster Greene, 508-693-3758, fostergreene@comcast.net Cancer Support Group Wednesdays, 12:00, Hebrew Center, Vineyard Haven</p>

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 ~ Charleane, Wildflower Court resident

If you'd like to join our family, make new friends and have opportunities for meaningful activities, please come by for lunch and a tour.

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