

55 Plus



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

March, 2012—Vol. 16, Issue 3

Travel News

BSO Matinee Concerts

2011-2012 Fall A Series

Current subscribers, final concert: 4/6

Call for available tickets, Tisbury Travel Club, 508-696-4205.

Boston Flower & Garden Show

First Impressions—The WOW Factor to Outdoor Spaces **March 15**

\$40, 8:15am & 5 pm boats

Tisbury Travel Club-508-696-4205.

BSO Open Rehearsal

April 26

Co-sponsored by Falmouth Council on Aging and Up-Island Council on Aging. Watch the orchestra refine its performance, working with renowned conductor Bernard Haitink on music from Dubussy, Mozart and Beethoven. Enjoy a delicious luncheon at Maggiano's. \$70

Isabella Stewart Gardner Museum

May 11

In the courtyard, beautiful blue and white mophead and lacecap hydrangeas. The new Renzo Piano-designed Wing showcasing Glasgow-based painter Victoria Morton, known for her heavily textured 3-dimensional images, and the re-opened Historic Galleries will make Spring time in Boston a treat. The Museum displays an art collection of world importance; more than 2,500 objects: paintings, sculpture, furniture, textiles, drawings, silver, ceramics, illuminated manuscripts, rare books, photographs

and letters from every corner of the world. Café G serves up an inspired lunch menu and award-winning desserts. Choose a fixed price luncheon with dessert, included in the trip price with admission and bus: \$70. Or, select your own light entrée from the menu at a time of your convenience and pay for admission and bus: \$38. Call Sandy for details, 508-696-4205.

Beauty and the Beast

June 2

Boston Opera House, the Tony Award winning Broadway production. \$155. Call UICOA 508-693-2896

Beaumont & Rocky Neck Art Colony

June 21 (note date change from 6/28)

Visit historic Gloucester and tour Beaumont, a national historic register home and property. The Rocky Neck Historic Art Trail; walk in the footsteps of Winslow Homer, Fitz Henry Lane, Augustus Buhler, Frank Duveneck, Marsden Hartley, Edward Hopper and other pioneering American artists. Lunch at the Gloucester House Restaurant. 8:15 am & 7:30 pm boats. \$53/ RT bus, lunch, house tour. Tisbury Travel Club, 508-696-4205

Billy Eliot

August 5

\$152, Reservations by April 15. Call UICOA 508-693-2896 for details.

The Vineyard Ear

By Ginger Duarte

Helloooooo Vineyarders!

THE BRAZILIAN COMMUNITY & OUR ISLAND CULTURE:

On Saturday, March 10th, from 12 noon to 2 pm, at The Grill in Main (Edgartown), the MV Center for Living is holding the second in its series of cultural luncheons for 2012. The luncheon honors our Brazilian community. **Our speaker is Valci Carvalho!** Mr. Carvalho, pastor of the Alliance Community Church, has lived on the Vineyard for 11 years and has a lot of good insight into human behavior and a great sense of humor. He will offer a close look at the contributions and influences of the Brazilian community to the Island of Martha's Vineyard. And for a special treat, Dan Waters will be performing on the guitar. Also, a group of Brazilian dancers is coming in to entertain us with a dance performance to gospel music! Brighten up the winter doldrums with this sparkling and informative cultural luncheon, ladies and gents. Support the MV Center for living in its efforts to make a better tomorrow for the 55+ community which includes all of us. The ticket is \$25. For tickets and reservations call MV Center for Living director, Leslie Clapp, at 508-939-9440. Or contact a member of the board: June Manning, Shirley Dewing, Ellie Bates, Karen Achille, Ginger Duarte, Abe Siemen, Chuck Cotnoir, Jan Hathaway and Risë Terney.

Vintage Voices: The Vintage Voices of Martha's Vineyard sang to a packed house at the Tisbury Senior Center on Valentine's Day last week! The show was absolutely wonderful. Ear was lucky enough to be there because we were answering the telephone at the front desk to fill in for Pat Garvin who was on vacation. There were about 60 people enjoying the fabulous concert including the clients of the Supportive Day Program and staff. Musical Director Phil Dietterich accompanied the group of 16 on the piano and joined in the singing on occasion as well. And what a set of pipes Philip Fleischmann has; he sang several solos to wow the crowd. The ladies were all decked out in beautiful flowing gowns. Martha Child was swathed in red chiffon and matching plumage on her hat. Sonia Norton was lovely in her Indian sari.

The audience loved the group performances and the solos: Carol Loud was adorable with her rendition of Be My Little Baby Bumble Bee; ditto Nancy Blank warbling Rubber Duckey; Lorraine St. Pierre sang a stirring rendition of Sentimental Journey; Lee Fierro mesmerized with Where or When; Beth Kehoe thrilled us all with her Make Believe solo; Martha Child took us on a Slow Boat to China, Mary Jean Miner did a dazzling interpretation of Hernando's Hideaway and Dorian Lopes did a solo from Music Man. Pam Butterick sang two duets with Phil Dietterich. Fleischmann, Dietterich, Jim Norton and Dorian sang a 4-part arrangement of Sunrise Sunset from Fiddler written by Dorian. Rounding out the group with pitch-perfect vibrancy were: Sofia Anthony, Jeanne Marie Moore and Suzanne Nickerson. Thank you and orchids to Vintage Voices from all of us and a special thanks from

TCOA Activities Director Sandy Whitworth and Director Joyce Stiles-Tucker for the dazzling performance.

Boston Flower Show: Sandy Whitworth reminds us that this is the last chance to get on board with the Tisbury Travel Club's trip to the Boston Flower Show on March 15th. This annual favorite trip is care free. Leave the driving, parking and hassle of Boston traffic to the professional charter driver; get \$4 off the admission price and spend a day viewing "First Impressions—The WOW Factor to Outdoor Spaces." The trip is \$40 which includes round-trip bus, driver gratuity and show admission. In addition, the show offers a garden marketplace full of new tools, plants, bulbs and interesting items for your home and garden. Call the Tisbury Travel Club at 508-696-4205 to register. It's only three weeks away—sign up now!

Onward & Upward: Congratulations to MV Center for Living president Diane Jetmund and TCOA director Joyce Stiles-Tucker on their recent appointments to the Dukes County Health Council. Also to Abe Siemen for his recent appointment as Affordable Housing rep from Oak Bluffs. Abe is also a member of the OB Finance Committee. The NAACP has honored Karen Achille for her Community Service to the Island via volunteer work and participation on myriad charitable and civic organization boards. She was honored along, with Connie Teixeira and Armand Hanjian at an awards dinner last week at The Grill on Main. Meanwhile, Karen and hubba hubby, Mike are taking a winter break to the Caribbean.

Medical Taxi: Martha's Vineyard Center for Living provides round-trip transportation from Woods Hole to various medical appointments in Falmouth, North Falmouth, Mashpee, Sandwich and Hyannis. The Medical Taxi is funded by a grant from Elder Services of Cape Cod and the Islands and the voluntary contributions of clients who use the service. The Medical Taxi has become increasingly popular with the 55+ crowd, as it takes much of the stress and some of the expense out of getting to off-island medical appointments. However, the increased use also rapidly depletes funding. Additional donations are greatly appreciated and, it should be noted, are applied directly to defray the cost of the service. All donations are tax deductible and can be mailed to MV Center for Living at PO Box 1729, Vineyard Haven, 02568. For more information and reservations call MVC4L Director Leslie Clapp at 508-939-9440.

Potpouri: Thank you to the **First Congregational Church of West Tisbury** for their donation of \$333 to the MV Center for Living. ****** Mary Jean Miner** is retiring this month as secretary to the Federated Church in Edgartown after 12 years of service. ****** MVC4L director Leslie Clapp** is going to Wyoming March 31st to welcome their first grandchild into the family!!! ****** Thank you Chilmark Chocolates** for making MVC4L the beneficiary of your donation basket in the month of February!!! ******** And remember, you read it ALL in The Vineyard Ear!!!

Veterans Services

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

VA Introduces Text Messaging to Expand Efforts to Prevent Suicide

Since 2007, VA's Veterans Crisis Line 1-800-273-8255, press 1, and the Chat Service www.VeteransCrisisLine.net have received 500,000 calls and engaged in 31,000 chats resulting in the rescue of over 18,000 Veterans in immediate crisis. Now, Veterans and Service members in crisis (and their friends and families) can text free of charge to 83-8255 to receive confidential, personal and immediate support. The text service is available 24 hours a day, 365 days a year, connecting users with a specially trained VA professional -- many who are Veterans themselves.

In addition, Veterans and members of the military community in Europe can receive free, confidential support from the European Military Crisis Line. Callers in Europe can dial 0800-1273-8255 or DSN 118 to receive confidential support from responders at the Veterans Crisis Line in the U.S.

The Veterans Crisis Line continues to add external resources to provide additional support. These include Vets Prevail www.VetsPrevail.org and Vets4Warriors www.Vets4Warriors.com. Vets Prevail has launched a chat service that connects Veterans to caring responders who provide information on a wide variety of resources. If the Veteran is in crisis or needs immediate support, the conversation is seamlessly transferred to a VA Veterans Crisis Line responder. Vets4Warriors has helped thousands of their peers connect with confidential assistance through a free hotline 1-855-838-8255/1-855-VET-TALK and online chat www.Vets4Warriors.com. If a Veteran is in need of professional crisis or mental health support, Vets4Warriors' responders transfer the Veteran to a responder at the Veterans Crisis Line. For more information about VA's suicide prevention program, visit: www.mentalhealth.va.gov/suicide_prevention/

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. 9 am–3 pm

The Supportive Day Program is a professionally run social program for anyone 55 and over who may be at risk if left alone and/or experience social isolation; offering peace of mind and much needed respite for families and caregivers.

Island-Wide Activities Calendar

Exercise & Fitness

Tai Chi Chi, Kanta Lipsky, Instructor; on hiatus until May. 508-696-1917
Yang Style Tai Chi And Chi Gung TCOA, Daisy Lifton, instructor. Will return in June
Yoga for Seniors UICOA Mon. 9:30 am (Kanta Lipsky) Wed. 10:30 am (Kanta Lipsky) Fri. 10:30 am \$8 per class
Osteo Yoga ECOA Carol Aranzabe, Thurs, 8:30 am 1/5-3/22; 12 wks \$84. Maintain, regenerate, mature & heal the body
Gentle Yoga TCOA With Carol Aranzabe. Thursdays, 4-5:15 pm Stretch, Strengthen, Breath, Balance.

Pilates UICOA Toni Cohen, Instructor, Mon., 10:30 am, \$10 per class
Chair Pilates ECOA, Brenda Correa, Instructor, Tues., 10 am 1/10-3/22 Focus on building strength, posture, breathing, and core (abdominals) Call 508-627-4368 for info
Walking Group UICOA 2:20 pm MVRHS, meet inside front door 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.
Exercise 101 Learn to exercise safely and effectively; achieve satisfying re-

sults. 1 1/4 hour class includes flexibility, strengthening and cardiovascular. Lisa is certified and insured with over 25 years experience. Lisa's Studio, 23 Manter's Path, VH, 508-693-1009, amols@comcast.net
Strength Training with Lisa Amols ECOA, Tues 8:30 Thurs 10:30, 1/5-4/5; 12 weeks, \$84 Call 508-627-4368 for info.
Strength Training Class UICOA With Katryn Yerdon, Tues & Thurs 2 classes; 9 am & 10 am \$8 per class (the first one is free).
New Stretching class for Men ECOA With Megan Grennan, Thurs, 3:30 beginning Jan 12; 12 weeks \$84

New Salsa Dancing, Fri, 9 am beginning Jan 13, With Saskia Vanderhoop
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.
Wii Golf, Tennis, Bowling, Baseball, Boxing, TCOA, Call to schedule a time. Learn to play, practice All welcome.
Exercise Classes, OBCOA Mon., 8:45 am w/Sue Collinson Thurs., 9 am w/Bill White.
Aquatic Exercise Class Mansion House Pool Call Mansion House for information. 508-693-7400

Ideas, Books, & Plays

MV TRIAD, TCOA 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's, 9-12 noon Producers: Elaine Bart, Katharine Colon

3/7 Glengarry Glen Ross by David Mamet; Polly Brown, Director
 3/14 History Boys by Alan Bennett; Katharine Colon, Director
 3/21 The Price by Arthur Miller; Jay Sigler, Director
 3/28 Superior Donuts by Tracy Letts; Nora Nevin, Director
Poetry Reading, TCOA

3/5, 10 am Reading & Discussion
Poetry-Jill Lupin, ECOA Thurs, 1:30 pm Book Discussion, UICOA Call for book selection, 508-693-2896 for info
Book Discussion Group Edgartown Public Library, Call Lisa, 508-627-4221 for information.

Tisbury Book Club VH Public Library, 3/15, 1:30 pm. "Peace Like a River" by Leif Enger. Books available at VH Public Library
Writing Group, UICOA, Tues., 10 am
New Gal Talk TCOA Wed, 10:30-11:30 See TCOA

Arts & Crafts

Ukulele Jam!
The Princess Poo-Poo-Ly Band TCOA Wednesdays, 1-3 pm Beginners bring your Uke and learn! Guys welcome; Harmonicas and guitars too.
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
Mindful Knitting ECOA, Mon, 4-6 pm. Call 508-627-4368 Not an instructional group
Quilting OBCOA, Mon, 1 pm With Glenna Barkan
Knitting w/Nancy Merjos OBCOA Back next summer!

Knitting for Hospice, ECOA Tues., 10 am, Learn to knit and felt
I Knit Tisbury (a drop in knitting group) Mon, 9-12 pm Other needle workers welcome

Cards & Games

Mah Jong TCOA, Mon. 1 pm ECOA, Tues & Fri, 12:30 pm UICOA, Wed., 1 pm
Scrabble UICOA, Thurs. 1 pm ECOA, monthly, last Tues, 1 pm OBCOA, Fri. 9 am
Pocket Billiards UICOA Please call for available times
Men's Cards OBCOA Wed., 9-12 noon
Ladies Cards OBCOA Tues., 1 pm
Beginners Mixed Bridge OBCOA

Tues., 1 pm With Anita Persson
Party Bridge TCOA Fridays, 1-4 pm Please call ahead for seating, 508-696-4205
Cribbage OBCOA, Fri., 9 am
Bingo OBCOA, Wed., 3/21, 1-3 pm & 6-8 pm
Movies OBCOA Call for movie titles, 508-693-4509 Popcorn included!

Movies ECOA 3/14 The Illusionist 3/28 The Way Call 508-627-4368 to sign up
Movies TCOA Thursdays, 1 pm See the movies competing for an Oscar on our 50" flat screen in HI-Def. Popcorn served
 3/2 Hugo - Martin Scorsese's 1930's Paris
 3/8 J Edgar - Directed by Clint East-

wood, starring Leonardo D'Caprio
 3/15 The Way - Starring Martin Sheen
 3/22 No movie this week
 3/29 Margin Call Starring Kevin Spacey, Jeremy Irons, Stanley Tucci, Zachary Quinto (Thank you to our friends at Island Entertainment)

Foot Care Services

Tisbury Senior Center
 508-696-4205
 First Wednesday, 12-4 pm
 Edgartown Senior Center
 508-627-4368
 Fourth Thursday, 9-3 pm

General assessment of the feet and lower extremities, Trimming, filing, cleaning and reduction of thickened nails Smoothing of corns and calluses and foot massage Referral to MD or Podiatrist as needed
 By appointment only, \$30 per visit Home visits can be arranged, \$50 per visit Provided through Pedi-Care LLC, a private agency funded and staffed by specially trained RNs.

MV has a serious shortage of SHINE Counselors... Volunteers Needed!!

Become a State Certified SHINE Counselor

SHINE Counselors provide free counseling regarding Medicare, available insurance plans, enrollment, coverage, appeals processes, prescription drug plans and public assistance programs. Extensive training is provided through a state certification program, to be offered, in part, on Martha's Vineyard beginning in April. This is a challenging and extremely rewarding volunteer opportunity. Approx. 4 hours volunteer time required weekly. For more details, please contact SHINE Regional Director, Sonja Brewer, at sbrewer@yarmouth.ma.us or call 508-394-9326. Assistance may be available for transportation costs.

Class schedule: 4/23, 4/30 on MV and 5/7, 5/21, 6/4 in Yarmouth

Regional Luncheon

Martha's Vineyard Regional High School
 Culinary Arts Dining Room
March 8, 2012
Menu??

We don't remember what Jack decided for this one but, trust us, it will be great! Anyone who has ever attended one of these luncheons would agree...don't miss it!
 11:00 High School String Quartet
 11:30 lunch served
Reservations Required
508-939-9440

Elder Services of Cape Cod & the Islands 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.



Home Delivered Holiday Meal

Enjoy a meal delivered to your door on Easter Sunday.

If you are alone or will be unable to go out, please call your local Senior Center no later than Monday, April 2:
 Edgartown 508-627-4368
 Oak Bluffs 508-693-4509
 Tisbury 508-696-4205
 Up-Island 508-693-2896

*This program is sponsored by your local Councils on Aging and Martha's Vineyard Center for Living
 The meal is prepared at Martha's Vineyard Hospital*

! *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

Vineyard Smiles Free Dental Clinic

OBCOA
3/30, 9-3
Call Rose for an appointment

*Caregiver Homes

ECO A
3/9, 10 am
For some elders and disabled adults, the option to stay at home with familiar surroundings, routines and people is a viable, healthy and affordable choice. Through Caregiver Homes™ of Massachusetts qualifying families (Medicaid guidelines apply) can receive a stipend for the care they provide and on-going support of an RN and Care Manager. Join us to learn more.

Legal Clinics:

TCOA, 5:30 pm

3/5 - Protecting Your Home

With Attorney Arthur Bergeron
Call 508-696-4205 to sign up by 3/2

4/2 - Wills 201

The new Massachusetts Probate Code; how assets are disposed of if you have a will; what should be included in any new will and how Probate court will handle your estate.

6/11 - Wills 202

Protecting your children; making sure what you bequest to your child does not go to his/her creditors or disgruntled spouse.

Call 508-696-4205 to sign up in advance for any of the above presentations.

Beyond the Basics

Teepa Snow's video series on Dementia Care

TCOA 3/26, 4-6 pm

Gain new understanding of dementia and learn ways to better care for your loved one or patient and, as importantly, yourself. Teepa Snow, a dementia care expert delivers her wisdom with love, compassion and humor. Additional topics covered on April 23 and May 7. Please call to register, 508-696-4205. *This video series is presented by Rachael Hicks of Care from the Heart*

Strategies to Transfer Your Home to the Next Generation

UICOA 5/9, 9:30 am

Presented by Elder Law Attorney Patricia Mello in easy to understand terms:

- How a revocable or irrevocable trust can or cannot protect your home
- Why putting the kids names on your house may or may not be the best idea
- How to avoid losing your home to nursing home costs
- How death taxes may be eliminated or minimized, allowing the kids to keep your home
- How to protect your home against creditor lawsuits

Call 508-693-2896 to reserve your space.

Edgartown Highlights - 508-627-4368

Paul Mohair, Administrator
Hours: 9 am-4 pm

\$2 Tuesdays and Friday Café \$5, 12 noon

Delicious home cooked meals. Available "to-go". Sign up 24 hours in advance.
3/2 Adele Dreyer on piano after lunch, taking requests
No lunch 3/20
No café on 3/23

Friday Programs at the Anchors

10 am, call in advance to sign up

3/2 Burial Practices Around the World with Iba Lent

3/9 *Caregiver Homes

3/16 Drumming with Israeli and Palestinian Youth with Rick Bausman

Women's Circle: "Women of the Water"

First Wed., 4-6 pm with Saskia Vanderhoop. Homemade soup, coffee and tea will be served

\$10-20 suggested donation (any amount!)
A discussion group; topics include sisterhood, support, understanding and the emerging new role of elders in the community.

Cooking with Diane

3/8, 1:30 pm

"Nothing Chili about these Peppers" Explore the variety and flavors of chili peppers

Men's Book Group

3/21, 3:30 pm

Join Glenn Carpenter for an organizational meeting to assess interest. Discuss types of books and general parameters for the group.

Men's Breakfast

3/16, 8 am

Egg Bacon and Cheese Sandwich, fruit, juice and coffee. Open to men of all ages.

Foot Care Services

4th Thursday, 9-3

Provided under the auspices of Pedi-Care LLC, a private agency staffed by specially trained RNs

Movies, 4 pm

Soup, bread and dessert will be served.
3/14 The Illusionist: Einstein is a magician in early 1900's who falls in love with a woman well above his social standing. Edward Norton, Jessica Biel, Paul Giamatti

3/28 The Way: a powerful and inspirational story about family, friends and life's challenges. Martin Sheen and Emilio Estevez

Oak Bluffs Highlights - 508-693-4509

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

See Activities Calendar p30 for additional activities and programs

Friends of the Oak Bluffs Council on Aging

3/8, 1 pm

OBCOA Board of Directors

3/22, 10:30 am

Men's & Ladies Luncheon

3/28, 12:00 noon

Please call Rose to make your reservations.

Bingo!

3/21, 1-3 pm AND 6-8 pm

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

Assistance with health insurance questions and concerns.

Morning Coffee and Conversation

Daily, 8:30 am

Senior Dining Center Luncheon

Tues & Thurs, 12 noon.

Contact Rose to make reservations.

An Afternoon at the Movies

Wednesdays, 1 pm

Popcorn included!

Call Rose for details

Quilting Group with Glenna Barkan

Mon., 1 pm

Join in if you have the knack or would like to learn.

Outreach Coordinator

Susan VonSteiger is available Tuesday-Friday to assist Oak Bluffs elders in learning about and making connections with resources and services available in the community.

Free Dental Clinic

3/30, 9-3

Call Rose for an appointment

CORE: Counseling, Outreach and Referral for Elders

The aging process can trigger feelings of sadness, anxiety, fear and depression. Talking to a professional can be helpful. CORE is a home based service, supporting independence and access to community resources to combat isolation, depression and improve quality of life. To make an appointment, call your COA Outreach Worker. *This program is made possible by a grant from the Martha's Vineyard Hospital and the collaboration between the local Councils on Aging and Martha's Vineyard Community Services.*

We have two treadmills and a Nustep machine. Please call Roger Wey for further information.

Call Roger, Rose, or Susan to add your name and address to Emergency and Hurricane List.

Tisbury Highlights - 508-696-4205

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

Boston Flower Show

Last Chance to register!

Thursday, March 15. See Travel News.

WiFi is Here!

Stop by with your laptop, have a cup of coffee and get online.

Legal Clinic:

Protecting Your Home

5/5, 5:30 pm

Attorney Arthur Bergeron

Call 508-696-4205 to register by March 2.

Foot Care Services

First Monday, 12-4 pm

Details in "Noteworthy"

Ukulele Jammin'

Wednesdays, 1-3 pm

With Martha Child leading us!

How can we describe how much fun this group is? Beginners learn to play by starting with the simplest of chords; add a few and before you know it, you're playing along, singing and wondering why you didn't do this long ago! Experienced players will enjoy the wide range of songs we play. We play chords and are learning finger picking and tablature. The ukulele sounds great with harmonica, banjo and guitar. Bring yours and join us! We informally call ourselves The Princess Poo-pooly Band because we love playing the song. Guys don't fear, we want the princes among you to join us!

Gal Talk

Wed, 10:30-11:30 am

New! Get together with other gals and chat about what's on your mind! We keep it light and fun; current events, putting the spin on the realities of aging, nutrition and downsizing recipes, keeping healthy, spirituality, the art of wearing hats and scarves, favorite books, movies, TV news, you name it. Do you know about 4-7-8? We got off to a good start in February, join us!

See Contenders for...

The Academy Awards! TCOA

Thursdays, 1 pm

See all the movies competing for Oscars! See Calendar p30 for details.

Up-Island Highlights - 508-693-2896

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

All regularly scheduled classes, programs and services continue as usual

See listings on p30, Activities Calendar and p32 Service & Support Programs

Health & Wellness

We have fitness and exercise programs to suit all levels. See the calendar, p2 for complete listing, or call for information.

Podiatry Clinic

Dr. Bialow will be here in March. Call 1-508-945-8720 for an appointment.

Outreach

Ellen Reynolds is available M - F, 8:30 am to 3:30 pm to meet with you confidentially. Learn about community resources available to meet your needs or those of someone you care about. Call for an ap-

pointment.

SHINE (Health Insurance Counseling)

Joyce Bowker, certified SHINE Counselor can assist you with questions pertaining to you Health Insurance needs.

Strength Training

With Katryn Yerdon

9 am and 10 am on Tues & Thurs.

Vineyard Isle Parkinsonians (VIP)

3/12, 10:30 am.

Guest Speaker: Nutritionist Doreen Anderson will discuss Parkinsons Disease and the importance of nutrition. The public is welcome. Call Ellen for further information.

Drum Workshop with Rick Bausman

March hiatus, see you in April

Call Ellen for details at 508-693-2896.

Free Legal Clinic 3/28

Elder Law Attorney Patty Mello

Medicaid planning, estate planning, asset protection, wills

By appointment only

Beauty and the Beast

6/2, Boston Opera House

The Tony Award winning Broadway production; a true musical experience.

Roundtrip motor coach, luncheon at Maggiano's, orchestra seating, and all gratuities \$155. A few spaces still available. Reservations by 3/30.

Billy Eliot

8/55, Boston Opera House

The Tony Award winning Broadway hit. Roundtrip motor coach, luncheon at Maggiano's, orchestra seating, and all gratuities \$152. Reservations by 4/6.

Service Programs and Support Group Directory

<p>Health & Blood Pressure Clinics</p>	<p>Adult Health Promotion & Blood Pressure Clinics Aquinnah Town Hall, 3/15, 2-3 pm Chilmark Library, 3/21, 12:30-1:30 Edg Stop & Shop Pharmacy 3/7, 12-2:00 Edg Town Hall 3/13, 9-11 Edg COA 3/15, 9-10</p>	<p>Oak Bluffs COA 3/15, 12:30-2:30 Tisbury COA 3/6, 10-11:00 Cronig's 3/8, 1-3:00 Hillside Village 3/7, 10:00-11:00 Woodside Villagel 3/26, 12-1:00 Woodside Villagell 3/26, 1:15-2:15 Up-Island COA 3/13, 11:30-1:30</p>	<p>Hearing Services, call in advance for an appointment. Oak Bluffs, 3/13, 11 am Call 508-693-4509 Up-Island, Vineyard Audiology 3/15, Screenings & Repairs Call 508-693-2896</p>	<p>Tisbury, 3/14, Miracle Ear Call 508-696-4205 Podiatry & Foot Care Up-Island Senior Center 3/16, Dr. Murray Bialow Call 1-508-945-8720 for dates & appointments</p>
<p>Insurance, Legal, Social Security</p>	<p>Health Insurance Counseling and Medicaid & MassHealth Info S.H.I.N.E. For an appointment with a local counselor call your Council on Aging or Wampanoag Tribal Council at</p>	<p>508-645-9265 Vineyard Health Care Access 508-696-0020 Elder Law Project: first Monday: call for an appointment</p>	<p>3/5, TCOA, 508-696-4205 South Coastal Counties Legal Services (Cape & Islands) 508-775-7020 OR 1-800-742-4107 Social Security Representative</p>	<p>Call Falmouth office at 508-548-8150 for information 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 Services Emergency Food Pantries: All Senior Centers. Monthly distribution, call for date & time. First Baptist Church Parish House "Serving Hands" Williams St.,VH, Info at 508-693-5339 Island Food Pantry Christ United Methodist Church, Church St.,VH Emergency info at 508-693-4764</p>	<p>\$15 annual senior bus passes available at local Senior Centers. Medivan, 508-693-9440 (Vineyard Transit Authority) Tuesdays 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>CORE Counseling, Outreach and Referral for the Elderly Call the Outreach Worker at the Council on Aging in your town or Joy Ganapol at Island Counseling Center, 508-693-7900 x242 Martha's Vineyard M S Self Help Group Call 508-693-3193 Prostate Cancer Support Group, 3/21, 10:30 M.V. Community Services administration building. Laura Schroeder, 508-693-7900, x320. Diabetes Support Group TCOA 3/20, 1 pm</p>	<p>Controlling Blood Sugar with Exercise Speaker: Laura Murphy R.N. Vineyard Isle Parkinsonians (VIP) 3/12, 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 Will return in April Call Ellen, 508-693-2896 for details Caregiver Support Group First & Third Thurs, 10:30-12:00 MVCS Island Counseling Center, 508-</p>	<p>693-7900 Call Allison McKinley x217 New Caregiver Support Group For Alzheimer's Caregivers Wednesdays, 10-11:30 am Call Nancy Langman, 508-693-7900 x209 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 St Andrews Church, Edgartown Tuesdays, 9:30 am, Colleen Seadale,</p>	<p>LMFT Hospice of MV, 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>

Community Works
 A monthly Times section devoted exclusively to coverage of Island nonprofits.
 such as
FAMILY MATTERS
 and
55 Plus
 A monthly newsletter from the Martha's Vineyard Center for Living and your Island Councils on Aging, Inc.

CALL CARRIE OR DANIELLE TO ADVERTISE: 508-693-6100

TIMES PUBLISHED THE LAST THURSDAY OF EVERY MONTH

AARP/IRS Tax Assistance Program

Trained volunteers offer free assistance with income tax returns. Appointments are scheduled through the local Councils on Aging

March 1	Tisbury Senior Center	508-696-4205
March 8	Whaling Church, Edgartown	508-627-4368
March 9	Up-Island Senior Center	508-693-2896
March 15	Oak Bluffs Library	508-693-4509
March 22	Tisbury Senior Center	508-696-4205
March 29	Whaling Church, Edgartown	508-627-4368



"I love it here. The staff makes me feel right at home. They take good care of me... everyone's so friendly. It's a nice place to be in my 96th year"

- 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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