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, Tel: 508-939-9440. Edited by Leslie Clapp

April, 2013–Vol. 17, Issue 4

Travel News

Art in Bloom & Museum of Fine Art, Boston
April 29
Registrants- See you on the 8:15 am boat (VH)!

BSO Fall A Subscribers
Call Sandy regarding your renewal plan, yea-OR-nay. 508-696-4205.
Short Subscriber Mtg: Mon., 6/3, 10 am

Falmouth Shopping Trip May 15
8:15 am boat leaving, 5:00 pm returning.
Call UICOA, 508-693-2896 to reserve your space.

North End & Hay Market, Boston
May 31
8:15 boat, 6:15 return, $35 (includes gratuity)
A self guided tour of the North End and Haymarket.
Sign up by 5/20, ECOA
508-627-4368

Museum of Russian Icons in Clinton MA & Wegmans
June 13
8:15 boat, 7:30 return.
Sign up by 5/30.
$45 per person includes bus, gratuity and 1 hour tour of Museum with one of the largest and most important collections of icons in the USA. In addition to five galleries overlooking Clinton's picturesque Central park, the Museum offers a Museum shop and a self-serve Russian Tea Room. Also, explore downtown Clinton! Information and itinerary, ECOA, 508-627-4368

Veterans Services

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

MEMORIAL DAY 2013

Bivouac of the Dead

by Theordore O'Hara

The muffled drum's sad roll has beat
The soldier's last tattoo;
No more on life's parade shall meet
That brave and fallen few.
On fame's eternal camping ground
Their silent tents to spread,
And glory guards, with solemn round
The bivouac of the Dead.

On Monday, May 27th, members of American Legion Post 257 in Vineyard Haven, American Legion Post 186 in Edgartown and Veterans of Foreign Wars Post 9261 in Oak Bluffs will join together to honor those who made the ultimate sacrifice. The parade will step off at 10 am from American Legion Post 257 on Martin Road, Vineyard Haven and proceed to the Avenue of Flags in Oak Grove Cemetery.

Flags at the Avenue of Flags are put up at 7:30 am and taken down at 3 pm, weather permitting. Volunteers are welcome to help put up and take down the over 400 flags that are in honor and memory of veterans.

This year our guest speaker is Lt. Colonel David Berube, a Chaplain of the Massachusetts Air National Guard, an Oak Bluffs Police Officer and Chaplain for the American Legion Post 257.

The Ladies Auxiliary from Post 257 will be selling poppies at locations in Vineyard Haven during Memorial Day weekend and at the parade. The proceeds from the poppies goes to help veterans in VA Hospitals.

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.

The Vineyard Ear

By Ginger Duarte

Hellooooooo Vineyarders!!!

Eye of the Storm: As we sit here trying to find words to write just three days following the Boston Marathon bombing, it's very difficult to pick up the thread of everyday life as we know it when other lives have been devastated, torn free of their loved ones and others their very limbs—just across the pond in Boston. We Vineyarders are so fortunate to reside on our little island so calm and undisturbed by foreign and domestic violence and natural disasters that rage around us and the eternal struggle between good vs evil, love vs hate: Sandy Hook Elementary, 9/11, towns gutted by savage tornadoes and merciless flooding—all so near and yet so removed as if to exist in another dimension.
For the first time we feel the creeping edge of survivor's guilt nudging at the consciousness. And then, we watched and listened to Governor Patrick and President Obama deliver their uplifting remarks this morning at Healing Our City: An Interfaith Service in Boston dedicated to those who were gravely wounded or killed in the 4/15 bombing near the finish line of the Boston Marathon, and we're inspired to put one foot in front of the other and go forward with faith, bravery and a strong belief that goodness and love will prevail.

The Anchors: Edgartown Council on Aging: Didya know that May is the Older Americans Month, a proud tradition that shows a commitment to honoring the value that elders contribute to our communities? We have a month all to ourselves, 55-plussers, so get ready to rock 'n roll! The Anchors is celebrating the Older Americans Month with a musical performance by the Long Point Five. The concert will be held on Saturday, May 4th, from 6-8 pm. There will be pizza and soft drinks/coffee to enjoy while you're enjoying the music of Scott Joplin, Duke Ellington, Fats Waller and Jelly Roll Morton, interspersed with Bach and Debussy for you highbrows: Jim Athearn, trombone; John Shilling, trumpet; Julie Schilling, clarinet; Bud Larson, flute and Jeri Larson, keyboard. Please sign up by Monday, April 29, 508-627-4368. The ticket is $5. Let's get out and show support for The Anchors and the Long Point Five, folks. If at least 20 people show up, ECOA Administrator Paul Mohair plans to make a musical performance by one of our Island groups a monthly event through the summer season.

Are you ready for this?!!?: On Tuesday, May 7 at 1 pm, the Anchors is offering a talk by Herb Foster on the ins and outs of the new dating mores of today's social culture. The program is called "Dating at 83: Learning the new dating rules." After 54 years of marriage, Herb's wife Anita passed on and he began dating again at the age of 83 and he has a lot of information for us in the event we find ourselves on the dating scene. This Ear has to hear! Foster is Emeritus President of the MV Hebrew Center. Please call to sign up.

What are *friends* for???: Administrator Paul Mohair told the Ear that the Friends of the ECOA are continuing their renovation of The Anchors by replacing all the curtains and drapes in the senior center. You'll remember our reporting in February of last year that the Friends had replaced a 1,500 sq. ft. area of moldy rugs on the first floor with beautiful red oak hardwood flooring, made possible by a generous bequest from the estate of Audrey Richards. They have since had all the interior walls repainted and are now redoing window treatments and also installing a new picture-hanging system that will protect the walls from "disfigurement" due to nail gouging. The venue will now double as an art gallery with works featuring a different Island artist gracing its pristine walls every month. The gracious waterfront property, built in the 1800s, was a gift to the ECOA and is the former residence of the Bailey Norton family.

Friends of the ECOA: Madeline Fisher, President; Alice Upham, Secretary; Janice Belisle, Treasurer; Barbara Boyle, Treasurer; Jay Sigler, COA Board Rep; Raymond Buckley; Phyllis Chase; Connie Cowan; Patti Dean; Janice Donaroma; Susan Henley; Beverly Fearey; Robin Hutchison; Pat Johnson; Pat Knapp; John MacKenty (Life); Deborah Reed and Marge Willoughby.

Tisbury's New Town Administrator: Tomorrow, April 26th at 4 pm, The Friends of the Tisbury Council on Aging are hosting an afternoon wingding at the Tisbury Senior Center for town residents to meet and greet their new town administrator John Grande. Mr. Grande has a background in gerontology and was an active advocate for a previous town's senior population. Tisbury's senior population is almost 50% of Tisbury's total town census. Join the party and chow down on hors d'oeuvres, virgin cocktails, tasty tidbits and clam chowder graciously provided by the MV Chowder Co. All are welcome. RSVP for set-up: 508-696-4205.

Come to the TCOA at 1 pm on April 26th and enjoy a concert by the Vintage Voices featuring Oldies, Show Tunes and even Older Oldies. Also featured will be an original work by Jim Norton and Phil Dietterich and a newly-discovered treasure from the twenties called "Tain't No Sin to Takeoff Your Skin and Dance Around in Your Bones."

Proud Parents: MV Center for Living Director Leslie Clapp and hubby, Edgartown Shellfish Warden Paul Bagnall, are all smiles these days. Two of their five offspring made the Dean's List this past semester. James is a Freshman at Salem State Univ. and is majoring in Psychology. Lauren is a senior at Armstrong Atlantic State University in Georgia and is a Fitness Management major. Congratulations!
***** Not only that—Leslie and Paul's first grandchild, Lucy, and her parents, Jenna Bagnall and Jake Riley, came to visit in March from Laramie, Wyoming. Lucy celebrated her first birthday on the Vineyard!!!

Grace Church Lobster Roll Fridays start on May 3rd .

*** **And remember, you read it all in The Vineyard Ear!!!**

Island-Wide Activities Calendar

Exercise & Fitness

Chi Gung & Tai Chi Sword
TCOA, Daisy Lifton, instructor
This class will resume 6/13, 9 am
Yoga for Seniors UICOA
Wed. 10:30 am (Kanta Lipsky)
Fri. 10:30 am (Martha Abbot)
$8 per class
Yoga ECOA Thurs, 8:30 am
Carol Aranzabe
Call 508-627-4368 for info
Gentle Yoga TCOA
Stretch, Strengthen, Breath, Balance
With Carol Aranzabe
Thurs, 4 pm; bring mat. To register: 508-939-4120
Pilates/Yoga UICOA Toni Cohen & Kanta Lipsky, Instructors, Mon., 10:30 am, $10 per class
Pilates ECOA, Tues., 10 am, Brenda Correa, Instructor,
Call 508-627-4368 for info
Strength Training with Lisa Amols
ECOA, Tues 8:30 am Thurs 10:30 am
Call 508-627-4368 for info
Strength Training UICOA
With Katryn Yerdon
Mon & Wed, 5:30 pm
Tues & Thurs, 8:30, 9:30 & 10:30 am
Saturdays, 8:30 & 9:30 am (call 774-521-9681 to confirm)
Stretching class for Men ECOA
Thurs, 4:00 pm with Megan Grennan
Call 508-627-4368 for info
***New* Balletics,** UICOA
Wed. & Fri., 9 am (Karen Cullinane)
Sit & Get Fit, TCOA
Mon, Tues, Thurs, 11 am.
1hr video using a chair for support.
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
New! Friday Morning Conversations
Facilitated by Jack Schimmelman
ECOA, 9:30 am, 1st and 3rd Friday of each month focusing on local and world-wide current events.
Peter H. Luce Play Readers Society
TCOA, Wed's, 9-12 noon
May Theme: All Creatures Great and Small
Producers: Anne Good & Connie McCreery
5/1 The Taming of the Shrew by William Shakespeare.
Director Jay Sigler
5/8 Sylvia by A.R.Gurney
Director Claudia Rogers
5/15 Juno and the Paycock by Sean O'Casey
Director Leslie J. Stark
5/22 Rhinoceros by Eugene Ionesco
Director Elaine Bart
5/29 Tiger at the Gates by Christopher Fry/Jean Giraudoux
Director Johanna Kobran
Discussion follows reading; listeners welcome
Poetry Reading, TCOA
5/6, 10 am Reading & Discussion
Featured Poet: Gary Snyder
Led by Elaine Eugster
Poetry-Jill Jupen, ECOA
Thurs,9-11 am
Book Discussion, UICOA
5/29, 10:30 am, "Appointment in Samara" by John O'Hara
Book Discussion Group
Edgartown Public Library, Call Lisa, 508-627-4221 for information.
Tisbury Book Club
VH Public Library
5/16, 1:30 pm. "Defending Jacob" by William Landay.
Books available at VH Public Library
Men's Book Group, ECOA
With Glenn Carpenter
5/15, 3 pm. "First into Nagasaki: the Censored Eyewitness Dispatches on Post-Atomic Japan and its Prisoners of War" by Goerge Weller, edited and with an essay by Anthony Weller.
Ukulele Jammin'
The Princess Poo-Poo-Ly Band
TCOA, Wednesdays, 1-3 pm
Beginners and Practiced.
(Guys, Harmonicas, welcome!)

Arts & Crafts

Writing Group, UICOA,
Tues., 10 am
Painting & Drawing TCOA
Thurs., 9-11 am
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
Rug Hooking UICOA, Tues, 11:30 am, bring lunch
Needlework,
ECOA, Thurs 2-4 pm
Mindful Knitting ECOA, Mon, 4-6 pm.
Call 508-627-4368
Not an instructional group
Quilting OBCOA, Mon & Fri, 1 pm
With Glenna Barkan
Knitting w/Nancy Merjos
OBCOA Coming in June
Knitting for Hospice,
ECOA Tues., 10 am,
Learn to knit and felt
I Knit Tisbury, TCOA,
Mon, 9:30-12 pm
Knit and conversation
All needlecraft welcome

Cards & Games

Mah Jong
ECOA, Tues & Fri, 1 pm
UICOA, Wed., 1 pm
OBCOA, Mon. 1 pm
TCOA, Fri, 9:30 am
508-696-4205, do you play?
Join us.
Scrabble
OBCOA, Fri. 9 am
Pocket Billiards UICOA
Please call for available times
Men's Cards
OBCOA Wed., 9-12 noon
Hand & Foot Card Games
OBCOA Tues., 1 pm
Ladies Cards OBCOA Tues., 1 pm
Duplicate Bridge OBCOA
Tues., 1 pm
Bridge, UICOA
Thursdays, 10-12, call ahead,
508-693-2896
Bridge OBCOA Fri., 1 pm
Party Bridge TCOA Fridays, 1-4 pm
Please call for seating, 508-696-4205
Cribbage OBCOA, Fri., 9 am
Bingo OBCOA, Wed., 5/15,
1-3 pm & 6-8 pm
Movies ECOA
5/22, 4 pm, Rick Steves' "Life of Pi"
A young man who survives a disaster at sea is hurtled into an epic journey of adventure and discovery.
Call 508-627-4368 to sign up.
Movies! TCOA Thursdays, 1 pm
Caregiver respite time! Comedies to laugh with. Call for schedule 508-696-4205

Estate and Medicaid Planning:
Recent Changes in Federal and State Law

Up-Island Council on Aging | May 15, 2013 1:30 pm
Space is limited RSVP 508-693-2896

Join Attorney Patricia Mello as she explains recent changes in federal and state laws that could affect your existing estate and/or Medicaid plans.

- Which type of Trust does Medicaid allow a surviving spouse to be the beneficiary of, and still qualify for Medicaid?
- Techniques to implement if you, as a single person, want to save substantial assets for the next generation
- Proven techniques if you want to reduce death taxes for your children

Private appointments available on a limited basis. Please call 508-477-0267 to reserve yours.

Attorney Patricia J. Mello, of the Law Offices of Patricia J. Mello, P.C. in Mashpee, is a member of the Massachusetts Bar Association and the National and Massachusetts Academy of Elder Law Attorneys.

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.

REGIONAL LUNCHEON
Martha's Vineyard Regional High School
Culinary Arts Dining Room
MAY 16, 2013
11:00 Music · 11:30 Lunch served

MENU
BAKED STUFFED ½ LOBSTER !!
Asparagus & Scalloped Potatoes
Creme Brulee for dessert

Don't miss this very special final luncheon of the season!!
$15 per person
Reservations required. Call 508-939-9440

"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.

WINDEMERE
Nursing & Rehabilitation Center

508-862-1951 • www.windemeremv.org

! ***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

All Senior Centers will be closed on Monday, May 27 for the Memorial Day Holiday

Martha's Vineyard's own Repertory Ensemble -- The Long Point Five
5/4 at The Anchors, 6-8 pm
Jim Athearn ~ Trombone; John Schilling ~ Trumpet; Julie Schilling ~ Clarinet; Bud Larson ~ Flute; Jeri Larson ~ Keyboard. Enjoy the music of Scott Joplin, Duke Ellington, Fats Waller, Jelly Roll Morton, George Gershwin, Stephen Foster and Argentine Tangos, interspersed with Bach and Debussy, "Sweet Lorraine", "Ballin'the Jack," and "Tin Roof Blues." Music arranged by Bud Larson; $5 per person. Refreshments. Sign up by 4/29.

Meditation Class
With Dr. Wendy Chabot MD
5/7, 14, 28 & 6/4
3:30 - 4:30 pm $40 per person
An established, daily practice of meditation can return the mind and body to balance. The proven health benefits are numerous including: lower blood pressure, improved sleep and relaxation, reduced pain, and an increased ability to cope with life's inevitable challenges. Each class will include meditation instruction, guided meditation practice and brief discussion. No prior experience necessary. Please wear comfortable clothes. Call ECOA 508-627-4368 to sign up. Payment due by May 1.

7,500 Miles Across America on Horseback
A talk with William Waterway
5/10, 9:30 am
During his two year trek, Waterway lived outside full time with his two horses - a lead and pack- horse, having to change his planned route several times due to harsh weather conditions. William is the only equestrian in modern history to ride horse-back across America with no support team and while living outdoors the entire trip. Call ECOA, 508-627-4368 to sign up.

Have You Heard?
With Dr. Lesley Segal
5/14, 10 am
Are hearing aids right for you? What are personal amplification systems? What are loop systems? What is Bluetooth? There are more choices now than ever before to deal with hearing problems. Which one is right for you? Dr. Segal will discuss current technology and answer questions to help you decide which option might be right for you. Open to you anyone interested. Please come with lots of questions! Call ECOA 508-627-4368 to sign up.

CORE: An in-home counseling program sponsored by Martha's Vineyard Community Services and your local Councils on Aging. Call your local Senior Center for information and referrals.

Edgartown Highlights - 508-627-4368

Paul Mohair, Administrator
Hours: 9 am–4 pm

Call to sign up for all events and activities.

The Anchors Kitchen
Call for menus
$2 Tuesday
(sandwich, soup and dessert)
$5 Friday
(soup, entre, vegetable, dessert)
Any Tuesday, bring a friend who has never been before and both eat free!

Dating at 83; Learning the new Rules ~ with Herb Foster
5/7, 1 pm
Herb Foster's wife, Anita passed away after 54 years of marriage. After a period of mourning, he started dating at age 83, and discovered that dating and sexual mores had changed from when he was a boy growing up in Brooklyn during WWII. Following Herb's presentation, there will be Q & A's and sharing of opinions and experiences. Herb Foster is a Professor Emeritus at SUNY/Buffalo and Emeritus President of the MV Hebrew Center.

Silver Sneakers: Ghosts, Gossip & Downright Scandal with Liz Villard
5/13, 10 am
Meet at The Whaling Church; the second half of the walk started in March, focusing on south Edgartown! (rain date 5/20).

iPad Basics with Dan Carbon
5/14, 6 pm
Learn the basic functions and applications of the iPad. (a repeat of the class in March, for beginners). Call Laurie with specific requests.

Guided walk in WOODS HOLE
5/15, 9:30 boat, return on your own.
With Linda Rakowksy from the Woods Hole Historical Museum, (1-2 mile walk). After the walk, tour the Woods Hole Oceanographic Institute's Ocean Science Exhibit Center, Aquarium and gift shop. Learn about the Institute's ocean science research and the vessels and research tools developed by WHOI. Enjoy lunch at the Landfall Restaurant and browse through the local craft galleries and clothing stores.

Oak Bluffs Highlights - 508-693-4509

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

See Activities Calendar opposite page for additional activities and programs

Foot Care Clinic
5/8, beginning at 9:00 am
Call for an appointment

Friends of OBCOA Meeting
Next meeting May 9 at 1 pm
All are welcome and invited to attend!

Plan on coming to our "Friends" May Breakfast

Saturday, May 4, from 8 am – 10 am here at the Council on Aging, 21 Wamsutta Avenue in Oak Bluffs. The cost is $8 per adult, and $4 per child (under age 12). Looking forward to seeing you!

Bingo! 5/20, 1-3 pm (after Nutritional Lunch) AND 6-8 pm

OBCOA Board of Directors
5/16, 10:30 am

S.H.I.N.E. (Serving Health Information Needs of Elders)
Trained counselors provide assistance with health insurance questions and concerns. Call for an appointment

Men's and Ladies Luncheon
5/22 at noon. Call Rose to reserve your seat at the table! $5 per person

Morning Coffee and Conversation
Daily, 8:30 am

Senior Dining Center Luncheon
Tues & Thurs, 12 pm
Call to make reservations.

Outreach
Susan VonSteiger is available Tuesday-Friday to assist Oak Bluffs elders in connecting with resources and services available in the community. Please call for an appointment.
Call Roger, Rose, or Susan at 508-693-4509 to add your name and address to the Emergency and Hurricane List.

CORE Counseling Program
An in-home counseling program sponsored by Martha's Vineyard Community Services and you're your local Councils on Aging, and funded in part by a grant through the MV Hospital Community Initiative Grant Program. Call your local Senior Center for information and referrals.

Tisbury Highlights - 508-696-4205

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

End of April Specials
Vintage Voices Variety
Welcome Spring Concert!
4/26, 1 pm
The popular "Vintage Voices" return, featuring Oldies, Show Tunes, Older Oldies, and Songs That Name Names, including "Maria", "Sweet Caroline", "Bill", and "Danny Boy". Also featured; three arrangements by Islander Dorian Lopes, an original work by Jim Norton and Phil Dietterich, and a newly discovered treasure from the twenties called "Tain't No Sin to Take off Your Skin and Dance Around in Your Bones."
Singers include Sofia Anthony, Nancy Blank, Martha Child, Betsy Gately, Beth Kehoe, Dorian Lopes, Carol Loud, Tim Miller, Mary-Jean Miner, Jeanne Marie Moore, Jim Norton, Sonja Norton, Lorraine St Pierre, and Bill Smith, under the direction of Phil Dietterich.
Refreshments

Meet the new Tisbury Town Administrator!
4/26, 4:00 pm
Mr. John Grande, Tisbury's new town administrator, has a background in gerontology and has been an active advocate for seniors. Do you know that the Tisbury 60+ population is almost 50% of our total town census? This is your chance to have him see Tisbury through your eyes! Enjoy hors d'oeuvres, virgin cocktails, appetizers and tea Sponsored by the FRIENDS of the Tisbury Council on Aging. RSVP

Free Talk:
Voice Tune-Up with Heidi Carter
5/3, 5 pm
Series of 4 Voice Classes
May 8, 15, 22, 29, 5 pm
Heidi Carter, vocal coach & instructor; $40
Call to register.

Chi Gung & Sword Tai Chi
Daisy Lifton, instructor
This popular class returns on June 13, 9 am. The inclusion of the sword adds a new dimension to the practice of Tai Chi. More info next month.

Up-Island Highlights - 508-693-2896

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

Volunteers Needed
We are looking for volunteer receptionists, 3-6 hours per month. Duties involve greeting people, answering the phone, and taking program reservations. Contact Tanya or Joyce for more information.

Outreach
Meet confidentially with Ellen Reynolds to learn about community resources available to meet your needs. Call for an appointment.

SHINE (Health Insurance Counseling)
Joyce Bowker can assist you with questions pertaining to you Health Insurance needs.

File of Life
File of Life is a magnetic card which contains personal medical information and is kept on your refrigerator, accessible to EMT's should they arrive on an emergency call.

Notary Services
Available free of charges. Please call ahead.

Medical equipment loans
Free of charge. Call for details

***New* Qigong with Deb Moore**
Mondays 4 pm starting 5/6
Learn techniques to increase happiness, reduce stress, prevent illness, and assist in curing major health issues. Call Deb for more information, 508-274-4241.

***New* Balletics** Wednesdays & Fridays, 9 am With Karen Cullinane

Falmouth Shopping Trip
May 15, 8:15 am boat leaving, 5:00 pm returning. Call Ellen to reserve your space.

Strength Training
With Katryn Yerdon
Monday & Wednesday, 5:30 pm
Tuesday & Thursday, 8:30, 9:30 & 10:30 am
Saturday, 8:30 & 9:30 am
Call Katryn at 774-521-9681 to confirm

Hobbies & Crafts at Howes House
Mondays, 1-3 pm
Socialize and have fun while doing your favorite activity.
Please call Ellen for further details.

Vineyard Isle Parkinsonians (VIP)
5/13, 10:30 am
Call Ellen for further information

Parkinson's Caregiver Support Group
Call Ellen for details.

Free Legal Clinic & Presentation
5/15, 1:30 pm
With Elder Law Attorney Patty Mello
See calendar page for details.

Service Programs and Support Group Directory

Health & Blood Pressure Clinics

Adult Health Promotion & Blood Pressure Clinics
Aquinnah Town Hall 5/16, 2-3
Chilmark Library
5/15, 12:30-1:30
Edg Stop & Shop Pharmacy
5/1, 12-2
Edg Town Hall 5/8, 9-11
Edg COA 5/16, 10:30-11:30
Oak Bluffs COA 5/23, 12:30-2:30
Tisbury COA 5/7, 10-11
Cronig's 5/9, 1-3
Hillside Village 5/1, 10-11
Woodside Village I 5/20, 12-1
Woodside Village II 5/20, 1:15-2:15
Up-Island COA 5/14, 11:30-1:30
Hearing Services, call in advance for an appointment.
Oak Bluffs,
5/14, Call 508-693-4509
Up-Island Vineyard Audiology
5/16 Screenings & Repairs
Call 508-693-2896
Tisbury 5/8, Miracle Ear
Call 508-696-4205
Podiatry & Foot Care
Up-Island Senior Center
5/17, Dr. Murray Bialow
Call 1-508-945-8720 for appointments
Pedi-Care w/Kathy Rose RN
Call for an appointment
TCOA: Call for date and time
508-696-4205
OBCOA 5/8, 9 am 508-693-4509
ECOA 5/23, 9-3 508-627-4368

Insurance, Legal, Social Security

Health Insurance Counseling and Medicaid & MassHealth Info
S.H.I.N.E. ECOA, Thursdays 4/4 & 4/18 starting at noon.
Call 508-627-4368 for apt.
For an appointment with a local counselor call your Council on Aging or Wampanoag Tribal Council at 508-645-9265
Vineyard Health Care Acesss
508-696-0020
Elder Law Project: first Monday: call for an appointment
5/6, UICOA, 508-693-2896
South Coastal Counties Legal Services (Cape & Islands)
508-775-7020 OR 1-800-742-4107
Social Security Representative
Call Falmouth office at 855-881-0212 for information
Funeral Consumers Alliance
1-802-865-8300, Information on alternatives concerning end of life issues

Food Services, Transport & Housing

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
Transportation
Vineyard Transit Authority-
508-693-9440.
$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
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 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

Support Groups

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
5/15, 10:30
M.V. Community Services administration building.
Mike Balaschi, 508-693-7900, x223
Diabetes Support Group
TCOA 5/14, 1 pm
Topic and speaker to be announced.
Vineyard Isle Parkinsonians Support Group
5/13, 10:30 am
UICOA, for Parkinsonians and Caregivers.
Call Ellen for details 508-693-2896
Parkinson's Caregivers' Support Group
UICOA, Call Ellen for details
508-693-2896
Caregiver Support Group
First & Third Thurs, 10:30-12:00
MVCS Island Counseling Center,
508-693-7900
Call Allison McKinley x217
Stroke Support Group
Every 4th Thursday, 4-5:30 pm
Call Karen Meeks, 508-693-6184 x7147 for details
Cancer Support Group
Wednesdays, 12:00,
Hebrew Center, Vineyard Haven
National Widowers' Support Group
(Formerly Men's Bereavement Network)
Twice monthly at home of James Masek, 9 Walker Way, VH
Call/email for schedule:
508-693-3414;
vineyardtechie1@gmail.com

Having Memory Problems?

Do you have difficulty with any of the following:

- Retaining or learning new information
- Finding words to express your thoughts
- Managing complex tasks for planning

Are you concerned about your memory? If so you might find this support group for those with early stage memory problems helpful.

Memory Support Group: Wednesdays, 9:30-11

Island Counseling Center at MV Community Services

There is no charge for this service thanks to the generous support of the Farm Neck Foundation. Donations are gratefully accepted. For more information contact Victoria Haeselbarth at the Edgartown Council on Aging, 508-627-4368 x15, or Nancy Langman at Island Counseling Center, 508-693-7900 x209.

SAVE THE DATE:
UP-COMING MV CENTER FOR LIVING EVENTS

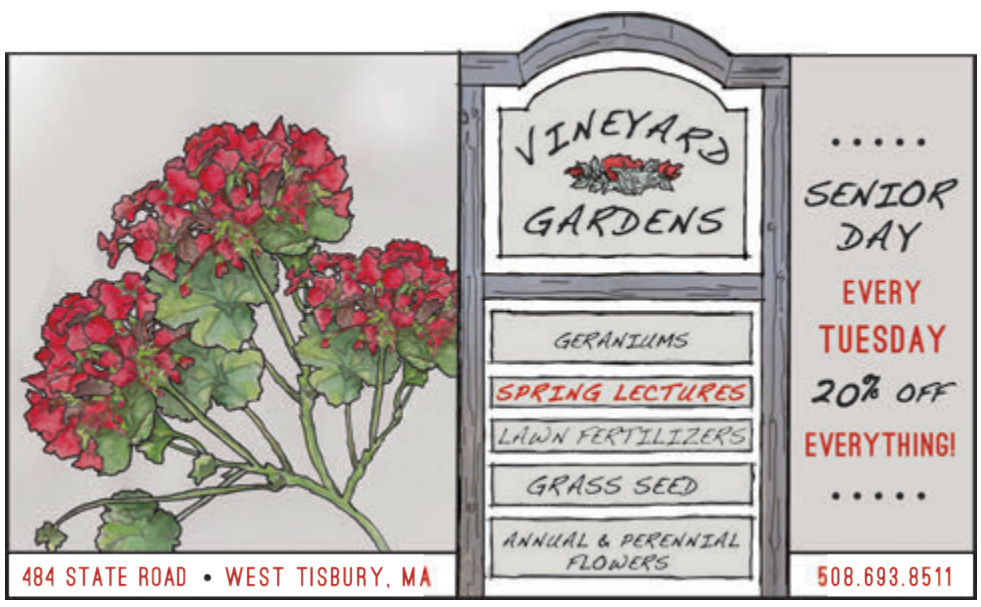
May 7 Sharky's Dine to Donate

Join us for great food and to support the Martha's Vineyard Center for Living programs; Supportive Day Program, Medical Taxi, your local Emergency Food Program and more. See you there!

May 18 (tentative date)
Cultural Luncheon Series presenting theVineyard Playhouse
12-2 pm at The Grill on Main

MJ Munafo, speaker

This will be the fourth and final luncheon in this year's series focusing on Arts and Culture on Martha's Vineyard. Please join us to hear about the newly renovated Vineyard Playhouse and their upcoming season of fabulous productions. The ticket is only $25 for a delicious three course luncheon and an informative and entertaining afternoon. For reservations call 508-939-9440.



VINEYARD NURSING ASSOCIATION

Vineyard Nursing is Martha's Vineyard's only certified home health care agency providing skilled nursing, physical and occupational therapy, medical social work and personal care, in the comfort of your home for nearly 30 years.

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VNA
508-693-6184
www.vineyardnursing.org