

# 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

May 2017 - Vol. 21, Issue 5

## MV Partnership for Health (MVPH)

My Life, My Health is a FREE series for people with chronic conditions 60 and older or their caregivers. Workshops give participants knowledge and skills needed to take a more active role in their own health or that of the people they're caring for. Topics include communication, medications and treatments, exercise and nutrition, and more!

### My Life, My Health – Managing Chronic Conditions

Dates and times TBA.

Instructor: Marcia Denine, WHNP-C

### “Diabetes and Sugars”

Learn about hypo/hyper glycaemia, blood sugar testing, exercise, healthy food choices, and more. Class topics will vary depending on participants' knowledge and

area of needs.

### “Diabetic Foot Care”

This class is for people with diabetes who want to become self-checkers. The class covers daily foot inspections, signs of circulatory or nerve impairment, deformities, care of calluses, blisters and injury, nail care, footwear resources, yearly foot exam, and Medicare guidelines for diabetic foot care and footwear.

The current series is funded through Elder Services of Cape Cod and the Islands under the Older Americans Act. Preregistration is required for more information call 508-627-5797 ext.

114, email [infoMVPH@ihimv.org](mailto:infoMVPH@ihimv.org), or visit [www.acemv.org](http://www.acemv.org).

## SHINE News

Help with Medication Costs through Prescription Advantage

Within the Medicare Prescription Drug Plan - Part D, a gap in coverage can occur when the negotiated retail costs of your medications reach \$3,700. Prescription Advantage, a state-run program, can assist you and/or put a cap on your out-of-pocket cost for medications.

Eligibility for this program is based on income only and there is no asset limit! There is no charge for joining Prescription Advantage if you have an annual income at or less than \$36,180 for a single person or \$48,720 for a married couple. However, there is a \$200 per person annual enrollment

fee for those with higher incomes.

If you are 65 years or older and not eligible for Medicare, you can still join and have Prescription Advantage as your primary prescription drug plan.

Medicare also has a program, called “Extra Help”, which can assist with the cost of your Medicare Part D plan's premium, deductible and co-pays.

Please call the Senior Center to make an appointment with a SHINE counselor for more information on these programs or assistance with any Medicare issue. SHINE offers free, confidential counseling on all aspects of Medicare and related health insurance programs.



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

Leslie Clapp, Director Eileen Murphy, Supervisor  
Program hours: Mon, Tues, Wed, Fri, 9 am - 3 pm.  
Call 508-627-0207 for information and referrals

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.

Celebrating our 61st Year in Business!

# SOSTEK

a caregiver referral company

Helping older adults who choose to stay in their home find that perfectly matched live-in caregiver.

PROUDLY SERVING THE  
MARTHA'S VINEYARD  
COMMUNITY

888.476.7835  
SOSTEK.NET



Specializing exclusively in referring 24 hour live-in caregivers.

## VETERANS SERVICES

### Flag Code – Standards of Respect

The Flag Code, which formalizes and unifies the traditional ways in which we give respect to the flag, also contains specific instructions on how the flag is not to be used. The quick list of flag etiquette is:

Don't dip the U.S. Flag for any person, flag, vessel, or thing.

Don't fly flag upside down unless it is being used a distress signal in an emergency.

Don't let the flag touch the ground or store it where it can get dirty.

Don't carry the flag flat, or carry things in it.

Don't use the flag as clothing or a cover.

Don't fasten it or tie it back. Always allow it to fall free.

Don't draw on, or otherwise mark the flag.

Don't use the flag for decoration. Use bunting with the blue on top, then white, then red.

When the flag is lowered, it should be received by waiting hands, folded neatly and ceremoniously, and stored safely. For more information about the Flag Code visit [www.legion.org/flag/code](http://www.legion.org/flag/code).

We put new flags on veteran's graves every Memorial Day. If you do not have a flag on a veteran's grave call the veterans office at 508-693-6887.

## REGIONAL LUNCHEON

Martha's Vineyard Regional High School  
Culinary Arts & Music Departments • Culinary Arts Dining Room

Thursday, May 11th Music at 11:00 • Lunch served promptly at 11:30  
– Menu – Salad, Mixed BBQ w/ Fries & Slaw, Strawberry Shortcake

Always delicious! \$12 Reservations are a must! Call 508-939-9440

## TRAVEL NEWS

Falmouth Shopping Trip,

UICOA

5/24, 8:15 am leaving,  
6:15pm return.



1 Visit Root Canals & Crowns  
Same Day Emergency Service  
Family and Cosmetic Dentistry

508-696-0222 • [paradisedentalgroup.com](http://paradisedentalgroup.com)  
395 State Road, Vineyard Haven

# !NOTEWORTHY

**C.E.O. Job and Volunteer Fair**  
4/29, 9am – 1pm  
MVRHS Cafeteria  
Learn about volunteering and employment opportunities from local non-profits and businesses.

**MV Museum Presents: “A Granary Gallery Pop Up Art Show”**  
5/22, 1:30pm. UICOA  
Featuring intriguing landscapes by famous Island Artists such as David Wallis, Heather Neill, Forest A. Rodts, Steve Mills, and others, look through their eyes at familiar places interpreted in unusual ways. Discuss what is meant by “giclée” printing. Martha’s Vineyard is so much more than her physical beauty, so discuss Stan Murphy’s Island portraits. Whom do you know and did Stan capture them in paint? Museum Conversation is free to the public thanks to the support of The Martha’s Vineyard Savings Bank Charitable Fund. Please register in advance (508) 693-2896.

**“To My Dearest” - Theatre Program**  
5/23, 1 pm. Free. OBCOA  
A theatrical reading of Emily and George Ward’s Civil War letters presented by actress Lynne McKenney Lydick. Registration required. Call Rose 508-693-4509.

**ACEMV CLASSES**  
Sign up at [acemv.org](http://acemv.org) or call 508-693-9222

**Drugs and Diseases: Understanding your Prescription “Respiratory Disorders and Other Disease Treatments”**  
5/1, 3:00 – 4:30 pm. Howes House/ Fee: \$45, FREE for Seniors  
Instructor: Dr. Lena Prisco.  
Get a brief overview of respiratory diseases, their causes, treatments and the drugs used to treat them, and how and why they work.  
**Understanding Medicare**  
5/3, 6:30 - 8:30 pm. MVRHS Room 419/ Fee: \$35  
Instructor: Mary Leddy.  
This class is an overview for anyone new to Medicare, those turning 65 or adults taking care of elderly parents. It covers the essentials: how it works, what is and is not covered, how to choose a prescription plan, what other supplemental options include and cost. Helpful handouts and available resources are presented.

**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.**

## Edgartown Highlights - 508-627-4368

Paul Mohair, Administrator  
Hours: 9 am–4 pm

See our newsletter at [www.edgartowncoa.com](http://www.edgartowncoa.com) for more information. Please call to sign up for all programs.

**Lunches Noon**  
\$2 Tuesday- Sandwich, soup, dessert  
\$5 Friday- Entree, soup, dessert

**New Party Bridge**  
Thursdays 12-3. Please call for seating, 508-627-4368.

**Bowlers!**  
5/1, 11:30-1:30 pm.  
Join our team to challenge TCOA at the Barn Bowl & Bistro. Fun! Lunch included \$10. Call 508-627-4368 to sign up.

**ECOA Men’s Book Group**  
With Glenn Carpenter

5/3, 3 pm, to discuss “Last Call: The Rise and Fall of Prohibition” by Daniel Okrent. Discuss books on history, travel, nonfiction, real life. Exchange thoughts, ideas, opinions and insights with other knowledgeable readers. Exercise your mind, socialize with friendly people. Refreshments. All welcome.

**Friday Morning Conversation Group**  
ECOA, 5/5 and 5/19, 10 am. Refreshments.

**One-Mile Walk with North Attelboro Friends**  
5/23, 11 am, Meet at Anchors.  
Meet the North Attelboro Senior Center Walking Group for a one-mile walk. Call to sign up.

**ECOA Women’s Book Group**  
5/24, 3 pm, led by Jill Jupen. May’s book TBA.

Call Wendy, 508-627-4368.

**Planning for Medicare – Countdown to 65**  
5/30, 1 pm.  
Medicare Seminar by Blue Cross Blue Shield of MA. Find out about your Medicare options. Call to sign up, 508-627-4368.

**Tom Dresser’s New Book!**  
6/2, 1 pm.  
Looking ahead to June, following lunch at 1 pm, come learn about Tom’s new book, “Hidden History of Martha’s Vineyard.” Please call to sign up for lunch and program, 508-627-4368.

**Jim Thomas’ Spiritual Choir**  
6/13. Call to sign up for lunch at noon and music to follow, 508-627-4368.

## Oak Bluffs Highlights - 508-693-4509

Rose Cogliano, Director  
Hours: 8:30 am–4 pm

**Threshold Choir**  
5/1 & 5/15 1pm  
No experience required, just the desire to sing!

**Men’s & Ladies Luncheon**  
5/3, Noon.  
Call Rose to make a reservation.

**Animal Companions**  
5/8 & 5/22, 1 pm.

**Coffee with the Chief**  
5/5, 10 am.  
Conversations and coffee with Oak Bluffs Police Chief Erik Blake.

**Friends of the Oak Bluffs Council on Aging**  
5/11, 1:30 pm  
Come and join, be a part of Team OB!

**Coffee & Computers**  
5/17, 10:30 am.  
With Allison Malik of Oak Bluffs Public Library.

**OBCOA Board of Directors Meeting**  
5/18, 2 pm.

**Social Security Video Display Program**  
5/22, 9am – 12 pm.

**“To My Dearest” - Theatre Program**  
5/23, 1 pm. Free.  
A theatrical reading of Emily and George Ward’s Civil War letters presented by actress Lynne McKenney Lydick. Registration required. Call Rose.

**SHINE – Representative Jim Butterick**  
5/23, 12:30 pm. Call Rose for an appointment.

**Memorial Day Closure – 5/29**  
Oak Bluffs Council on Aging is closed 5/29 in observance of Memorial Day.

**Second Annual Yard & Fabric Extravaganza!**  
6/2, 10am – 3pm.  
Mark your calendars for the Second Annual Yarn and Fabric Extravaganza presented by the Oak Bluffs Council on Aging and the Oak Bluffs Public Library! Please feel free to drop off any donations of fabric, books, patterns, yarn, thread, craft kits, etc. at the Oak Bluffs COA or at our beautiful Library. Looking forward to seeing you!

Check out Megan Alley’s Oak Bluffs column in the Community section for more updates and additional information!

## Tisbury Highlights - 508-696-4205

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

**Tisbury Bowling Team**  
5/1, 11:30-1:30. \$10  
Join our team at the Barn, Bowl, & Bistro. Fun! Delicious Lunch & Dessert included. Call to register before 4/27.

**“Managing Your Own Wellness”**  
5/1, Noon.  
Presenter: Kathleen Samways  
A short info session from Island Health Care. Stop by, or sign up for lunch in advance: 508-693-8337

**Express with Color!**  
5/8 & 5/22, 10 am – Noon.  
Instructor: Bruce Kissell.  
Free painting class with instruction/guidance provided throughout. All levels welcome! Finish your painting in one session guaranteed! Materials provided. Call to register. Class limit: 10

**Poetry Group**  
5/8, 10 am.  
Facilitator: John Brannen  
Read and discuss the poetry of Elizabeth Bishop.

**Cape Cod Five Presents “FRAUD”**  
5/18, Noon.  
Members of Cape Cod Five’s Risk Management and Security team will explain current scams, how to identify them and what to do in the case of an incident. Presented as part of Cape Cod Five’s Financial Education program.

**Kundalini Yoga Breath Meditation**  
Tuesdays, 1 pm. \$4.  
Instructor: Steve Power. Bring a mat or blanket.

**Gentle Yoga w/ chair or mat.**  
Tuesdays, 10 am. \$5.  
Instructor: Virginia Iverson. Bring mat.

**Yang Style Tai Chi w Daisy Lifton**  
Begins Thursday, 6/22  
All experience levels welcome.  
Schedule:  
Chi Gung & Tai Chi Foundation for balance/ 9am-9:45am  
Tai Chi Fan Form/ 9:45- 10:15 am  
Added Practice time for Students: Various Tai Chi Forms and Bodhidharma Chi Gung Form/ 10:15-11 am

**Tisbury School Building Committee Presentation**  
5/4, 1:30 pm, @TCOA.  
Tisbury School Building Committee will give a presentation and seek input on the Tisbury School Building Project.

**TCOA June Open House**  
6/4, 2 pm – 4pm.  
Celebration, refreshments, and music with Serenity!

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

**MELT for Parkinson’s Workshop**  
5/4, 9:30am -11:00 am. \$15.  
This two day workshop is designed specifically for people with Parkinson’s disease or their caregivers. Space limited to 8. Pre-registration required.

**Vineyard Isle Parkinsonians Support Group**  
5/8, 10:30 am. Call Ellen for details

**Felix Neck Presents: Sea Life**  
5/8, 2pm, free.  
Educational director, Josey Kirkland, will lead an interactive discussion about sea life of Martha’s Vineyard. Sponsored by the Friends of the Up-Island COA.

**Music and Luncheon**  
5/16, 12pm. Free  
Join us for a light lunch with music by John

Harris on the piano. Space limited. Pre-registration required. Sponsored by the Friends of the Up-Island COA.

**Martha’s Vineyard Museum Presents: “A Granary Gallery Pop Up Art Show”**  
5/22, 1:30 pm  
See Noteworthy for details. Register in advance.

**Howes House Writing Group**  
Reconvening 5/23, then every Tuesday, 11-1. All levels welcome! Bring lunch.

**Howes House Annual Art Show**  
6/23, 12-4pm. & 6/24, 9 am – 2pm  
Join us to view the works of the members of the Friday painting group. Nancy Cabot, group facilitator promises a varied and exciting show including still life and landscape.

**Chair Massage with Ellen McMannis**  
Treat yourself! Every Friday 2-4pm. Promotional discounted cost \$1 per minute. 15 and 30 minute sessions. Call (508)693-2896 for an appointment.

**GENTLE Pilates- Spring Shape-up Series! (\$10)**  
Mondays 10 am  
Instructor: Toni Cohen.  
Strengthen and lengthen, build a strong center, increase postural alignment, and have fun!

**Parkinson’s Caregiver Support Group**  
Call Ellen for information.  
Health insurance counseling (SHINE Counselor – Joyce Bowker), medical equipment loans, File of Life, and notary services available. Outreach services with Ellen Reynolds available Mon. - Fri. 9 am – 3pm.

**#REACH  
#MORE  
#VISITORS**

**VINEYARDVISITOR**

It’s on ferries, in stores & hotels year-round  
To advertise, 508-693-6100 (press 2)  
[danielle@mvtimes.com](mailto:danielle@mvtimes.com)




# Island-Wide Activities Calendar

## Exercise & Fitness

**Yoga for Seniors** UICOA  
Martha Abbot  
Mon, 11:15 am  
Fri, 10:30 am  
Kanta Lipsky  
Wed, 10:30  
\$10 per class  
**MELT for Parkinson's Workshop, UICOA**  
5/4, 9:30-10:15. \$15.  
Space limited to 8.  
Pre-registration required. Call Ellen 508-693-2896.  
**Yoga with Carol Aranzabe, ECOA**  
Thurs, 8:30 am  
**Wisdom Healing Qigong, UICOA**  
Allison Parry, Instructor  
Mondays, 5 pm  
Cultivate source energy, awaken consciousness, activate healing, restore mind/body balance. For info call or text 508-397-1743. Free.  
**Gentle Yoga/Kripalu** TCOA  
Carol Aranzabe, instructor  
Stretch, Strengthen, Breath, Balance  
Thursdays, 4 – 5:15 pm

Bring a mat. \$10  
**Tai Chi with Toys, TCOA**  
(Fan, Sword, Baoding Balls)  
Daisy will return in the Spring.  
**Tai Chi with Nan Doty** ECOA  
Thurs, 10-11 am, with tea following.  
Call Wendy for details, 508-627-4368.  
**Chair Yoga, TCOA**  
Tuesdays, 10-11 am,  
Yoga with chair support  
Virginia Iverson, instructor \$5  
Register at 508-696-4205  
**GENTLE Pilates Spring Shape up Series - UICOA**  
Mon. 10 am; \$10 per class. Toni Cohen, Instructor.  
Build a strong center, lengthen and strengthen!  
**Got Strength? Strength Training with Lisa Amols, ECOA**  
Tues, 8:30 am; Thurs, 3:30 pm  
Be strong, flexible, fit, and happy! Call Lisa, 508-693-1009 before first class.  
Punch cards available. Join anytime.  
**Exercise with Floyd** OBCOA  
Friday mornings, 8:30 am

**Balletics** UICOA  
Wed & Fri, 8:15-9:15 am  
With Karen Cullinan, 508-693-7730  
\$12 per class. Call instructor for further information.  
**Dancing and Movement, OBCOA**  
Fridays, 1:00pm – 2:30pm.  
A great way to exercise, improve mobility and balance and have fun!  
**Dance FREE!** UICOA  
Tuesdays, 3-4. No money, no teacher, no instructions.  
Dance to catchy, funky, rhythmic music.  
Call 508-693-2896  
**Strength Training** UICOA, \$8 (First class is free)  
With Katryn Yerdon  
Mon & Wed, 5:30 pm  
Tues & Thurs, 8:30 & 9:30 am  
Saturdays, 9:00 am  
Call 508-693-2896  
**Chair Massage with Ellen McMannis**  
UICOA, \$1 per minute  
Every Fri., 2-4 pm  
Call 508-693-2896 for an

appointment  
**Sit & Get Fit, TCOA**  
1hr award winning video, easy-brisk  
Call 508-696-4205 to schedule a time.  
**Bowling at Bowl & Barn Bistro, TCOA & ECOA**  
5/1, 11:30-1:30. \$10  
1 hr bowling & lunch. Call to register.  
**Exercise Classes, OBCOA**  
Mon., 8:45 am Group Exercise  
Thurs., 9 am w/Bill White  
**Aquatic Exercise Class**  
**Mansion House Pool**  
Call Mansion House for info.  
508-693-7400  
**YMCA Senior Fitness Classes**  
Free with Y membership or daily use fee.  
Go to [www.ymcamv.org](http://www.ymcamv.org) for info and program guide.  
**Rising Tide Therapeutic Equestrian Center**  
Equine Enhancing Elders: Participate in facilitated interactions with our 4 legged friends. Please call 508-693-1185 for information.

## Ideas, Books, & Plays

**Coffee & Conversation**  
M-F, 8:30 am, OBCOA  
**Discussion Group, UICOA**  
Tues., 9:30 am  
Open discussion, free and open to the public.  
Call 508-693-2896 for information.  
**Conversations with Bob Iadicicco**  
OBCOA, Fri., 10-11:30 am  
**Friday Morning Conversations, ECOA**  
5/5 & 5/19, 10 am  
Refreshments.  
Lunch & Conversation  
TCOA, M-F, 12:00  
Call for reservation/48 hr. in advance

508-693-8337 (TCOA kitchen)  
**Peter H. Luce Play Readers Society**  
TCOA, Wed, 9-12 noon  
Call 508-696-4205 for information.  
**Poetry Readers Group, TCOA**  
5/8, 10 am.  
Facilitor: John Brannen  
Read and discuss the poetry of Elizabeth Bishop.  
**Poetry, Jill Jupen, ECOA**  
Thurs., 9:30 am  
**Breath Meditation** TCOA  
Tues, 11 am. \$4 per class  
Steve Powers, guide. Call for info.  
**Tisbury Book Club**  
Call for information.

Books available at the VH library.  
**Book Discussion, UICOA**  
On hiatus  
Call 508-693-2896 for information  
**Book Discussion Group**  
Edgartown Public Library, Call Lisa, 508-627-4221 for information.  
**ECOA Men's Book Group**  
5/3, 3 pm, with Glenn Carpenter.  
Discuss Last Call: The Rise and Fall of Prohibition by Daniel Okrent. Discuss books on history, travel, nonfiction, real life. Exchange thoughts, ideas, opinions and insights with other knowledgeable readers. Exercise your mind, socialize with friendly people. Refreshments.

All welcome.  
**ECOA Women's Book Group**  
5/24, 3pm  
Led by Jill Jupen, May's book TBA. Call Wendy for more info 508-627-4368.  
**Howes House Writing Group, UICOA**  
Reconvening 5/23, 11 am – 1 pm. Every Tuesday.  
All levels welcome! Bring lunch.  
**Ukulele Jammin' TCOA**  
**The Princess Poo-Poo-Ly Band**  
Wednesdays, 1-3 pm; Martha Child, instructor  
Beginners and Practiced. Fun!  
We play a wide variety of music!

## Arts & Crafts

**Rug Hooking**  
UICOA, Wed., 10-12  
**Painters Group** TCOA  
Come paint with us!  
Thurs., 9-11 am  
**Watercolor Painting with Nancy Cabot**  
UICOA, Fridays, 1 pm  
**Creative Color - Coloring Book** TCOA

TCOA, Thurs, 9-11 am  
Supplies provided  
**Get Creative with Paint!** TCOA  
5/8 & 5/22, 10am – 12pm.  
Bruce Kissell, instructor. Call for info.  
**MV Museum Conversations**  
5/22, UICOA, 1:30 pm  
See Noteworthy for info

**Woodarving** OBCOA  
Mon. & Thurs., 9 am  
**Mindful Knitting** ECOA, Mon, 3:30-5:30 pm. Call 508-627-4368  
Not an instructional group  
**Needlework, ECOA, Thurs 2-4 pm**  
**Knitting for Hospice, ECOA**  
Tues., 10 am, Learn to knit and felt  
**Purl Jam** TCOA

**Knitting and Conversation**  
Mon, 9-11 am  
**UFO's: Unfinished Forgotten Objects, OBCOA**  
Fri, 1-2:30 pm  
Call 508-693-4509

## Cards & Games

**Mah Jong**  
ECO, Tues & Fri, 1 pm  
UICOA, Wed & Thurs, 1 pm  
OBCOA, Mon. 1 pm  
**Scrabble**  
OBCOA, Fri. 9 am  
**Cribbage** OBCOA  
Fridays, 9 M  
**Men's Cards** OBCOA  
Wed., 9 am  
**Hand & Foot Card Games** OBCOA  
Mon - Fri, 9 am  
**Ladies Cards** OBCOA Tues., 1 pm

**Rummy, OBCOA**  
Tues & Thurs, 1 pm  
**Ladies Bridge** OBCOA  
With Sue Collison  
Tues., 9:30-11:30  
**Board Games Day** TCOA  
Chess, Scrabble, Checkers? What's your game?  
Wed/afternoons, Friday/mornings  
Call to join a group. 508-696-4205  
**Party Bridge, TCOA**  
Fridays, 1-4 pm  
Please call for seating, 508-627-6719

**Party Bridge, ECOA**  
Thursdays 12-3pm.  
Please call for seating, 508-627-4368.  
**Duplicate Bridge** TCOA  
Mondays, 1-4:30 pm  
Call for seating 508-627-5476  
**Duplicate Bridge Lessons** UICOA  
Fri., 1-3 pm. Space limited. Registration required. Please email Cathy Minkiewicz at [cminkiewicz@verison.net](mailto:cminkiewicz@verison.net)  
**Learn to Play Bridge** TCOA  
David Donald, instructor

New class begins in spring.  
Call 508-696-4205 to register.  
Contract (Party) Bridge **UICOA**  
Thurs, 1:30  
Call Abe Seiman 508-696-9030  
**Cribbage** OBCOA, Fri., 9 am  
Bingo OBCOA,  
Wed., 5/10, 1-3 pm & 6-8 pm  
Enjoy Lunch and Wii Bowling!  
TCOA  
Sign up for lunch and bowl afterward!  
Call 508-696-8337 for details/reservations

## ELDER SERVICES OF CAPE COD & THE ISLANDS

### Nutrition Program Senior Dining Centers

Reservations Required 48 hours in advance  
Tisbury, 508-693-8337/ Monday - Friday  
Up-Island 508-693-2896/ Thursdays  
Oak Bluffs 508-693-4509/ Tuesday and Thursday

### Meals on Wheels 508-693-4393

Call for information on how to receive Meals on Wheels, or to volunteer

## 55Plus

A monthly newsletter from your local Councils on Aging and the Martha's Vineyard Center for Living

PUBLISHED THE LAST THURSDAY OF EVERY MONTH IN THE

## MV Times

Find helpful information on Veterans Services, Travel News, Activities, Individual Town Councils on Aging and more!

To advertise, call 508-693-6100 (press 2) [danielle@mvtimes.com](mailto:danielle@mvtimes.com)



**Service Programs and Support Group Directory**

**Health Promotion**

**Blood Pressure & Wellness Clinics:**

**Aquinnah Town Hall**, 5/23, 2-3  
**Chilmark Library**, 5/17, 12:30-1:30  
**Edg Stop & Shop Pharmacy**, 5/3, 12-2  
**Edg Town Hall**, 5/10, 9-11  
**Edg COA**, 5/19, 10:30  
**Oak Bluffs COA**, 5/2 & 5/25, 12:30  
**Tisbury COA**, 5/2, 10-11;

**Up-Island COA**, 5/9, 11:00-1:00  
**Cronig's**, 5/11, 1-3  
**Hillside Village**, 5/3, 10-11  
**Woodside Village**, 5/22, 12-1  
**Woodside Village II**, 5/22, 1:15-2:15  
**Public Health Nurse Clinics:**  
 Call your Council on Aging for information  
 TCOA, 5/11, 9:30-11:30  
**Vineyard Scripts**, Beach Rd. VH  
 Have your blood pressure checked

any day, any time.  
**Hearing Services, call in advance for an appointment.**  
**OBCOA:**  
 5/9, 11 am, Call Rose, 508-693-4509 x3 for apt  
**UICOA: Vineyard Audiology**  
 Screenings & Repairs  
 Call 508-457-9285 for appointment  
**TCOA: Miracle Ear**  
 5/24, Call 508-457-9285 to

Speak to Audiologist Michelle Harris or to make an appointment.  
**Podiatry & Foot Care**  
 Pedi-Care w/Michelle LeBlanc, RN  
 Call for an appointment: ½ hour appts, \$30  
 OBCOA, 5/10, 9 am  
 Call 508-693-4509 x3  
 ECOA, 5/16, 1:30-3:30 pm  
 508-627-4368  
 UICOA, 5/22, 9 am  
 508-693-2896

**Insurance, Legal, Social Security**

**Health Insurance Counseling and Medicaid & MassHealth Info**

**S.H.I.N.E.**  
 ECOA, Call 508-627-4368 for an apt.  
 OBCOA, Call 508-693-4509, x 3 for apt  
 TCOA, Call 508-696-4205 for an apt.  
 UICOA, Call 508-693-2896 for an apt.  
 Wampanoag Tribal Council, 508-645-9265

**Vineyard Health Care Access Program, 508-696-0020**

**Elder Law Project:**  
**South Coastal Counties Legal Services (Cape & Islands)**  
 Tom Kosman, Elder Law Attorney  
 5/1, UICOA. Appointments starting at 10am  
 Call 508-775-7020 OR 1-800-742-4107 for an appointment  
**Free Legal Clinic**  
 5/10, UICOA

Elder Law Attorney Patty Mello  
 Space limited (Medicaid planning, estate planning, asset protection, wills)  
 Call 508-477-0267 for an appointment.  
**Social Security Video Display Program**  
 5/22, 9:00 am-12 pm  
 Meet with a Social Security Rep via SKYPE in a private office at OBCOA  
 Call 508-693-4509 in advance for an appointment.

**Social Security**  
 Falmouth office, 855-881-0212  
 Veteran's Services, ECOA  
 5/5, 10:30 am.  
 Call 508-627-4368 for an appointment  
**Funeral Consumers Alliance**  
 1-802-865-8300, Information on end of life alternatives

**Food Services, Transport & Housing**

**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  
 Info at 508-693-4764

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

\$35 annual senior bus passes available at local Senior Centers.

**Medivan, 508-693-9440 (VTA)**  
 Tuesdays to Boston area medical services, \$30 round trip  
**American Cancer Society Road to Recovery**  
 1-800-227-2345, for cancer patients  
**Medical Taxi (Cape Cod medical appointments)**  
 Call 508-939-9440

**Housing and Living Options:**  
**Island Elderly Housing**, 508-693-5880  
 Subsidized housing for seniors & dis-

abled.  
**Windemere Nursing & Rehab**, 508-696-6465.  
 Long term care nursing home facility, Medicaid accepted.  
**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, HYPERLINK "mailto:vineyardvillage@gmail.com" vineyardvillage@gmail.com  
**MV Center for Living Supportive Day Program**  
 Eileen Murphy, 508-627-0207  
 A social program for those needing supervision and socialization  
 Respite for family caregivers  
**Caregiver Homes of Massachusetts**  
 In-home care and care management, income guidelines apply  
 Cape & Islands Branch, 774-212-5764  
 www.caregiverhomes.com

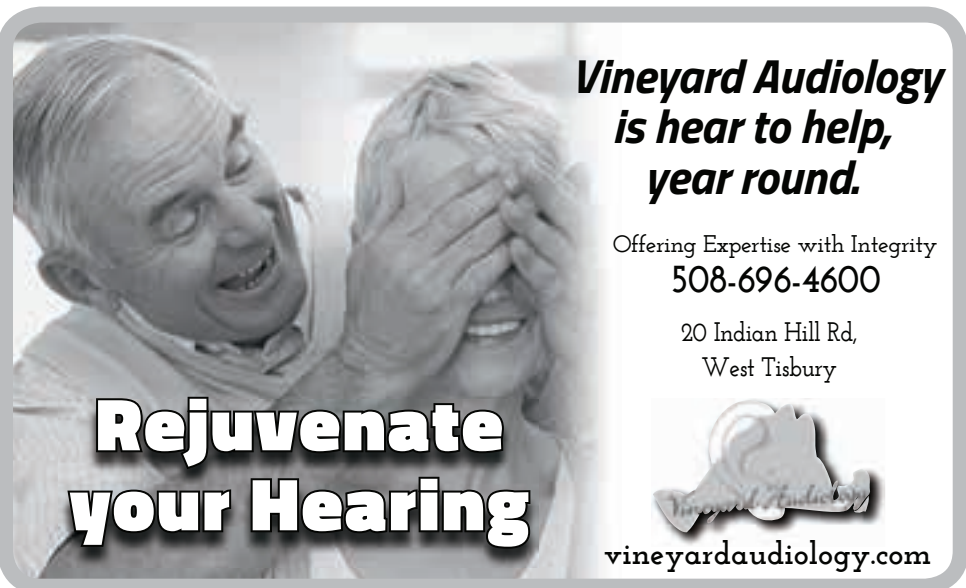
**Support Groups & Counseling**

**CORE**  
 Counseling, Outreach and Referral for the Elderly  
 Call the Outreach Worker at the Council on Aging in your town or Lindsay Famariss at MVCS Island Counseling Center, 508-693-7900  
**Martha's Vineyard M S Self Help Group**  
 Call 508-693-3193  
**Prostate Cancer Support Group**  
 3rd Wednesday, 4 pm  
 M.V. Community Services Bldg. C/Conference Rm 1.  
 Info at www.mvprostatecancer.org  
 Alan Ganapol, Facilitator, 914-318-1477 (mobile)  
**Diabetes Support Group**

5/15, 1 pm, TCOA  
 Speaker: Elizabeth Sanderman, RN  
 Call 508-696-4205 for information  
**Vineyard Isle Parkinsonians Support Group**  
 5/8, 10:30 am UICOA  
 Call Ellen for details 508-693-2896  
 Parkinson's Caregivers' Support Group  
 UICOA, Call Ellen for details 508-693-2896  
**Memory Support Groups**  
 Every Wed, 9:30am & 11 am at Featherstone Center for the Arts  
 For info call Victoria Haeselbarath, 508-627-4368 x15  
**Memory Café**  
 Every Thurs, 10 am American Legion Hall, VH

Music, conversation, laughter, companionship  
 Light refreshments. Drop in. Free of charge  
 Call Nancy Langman, 508-498-1948 or Leslie Clapp 508-939-9440 for info  
**Dementia Caregiver Support Group**  
 Second & Fourth Fridays, 10:30 am - 12 pm  
 Tisbury Senior Center  
 Call Leslie Clapp 508-939-9440  
**Caregiver Support Group**  
 First & third Thursdays, 10 am  
 MVCS Island Counseling Center  
 Call Allison McKinley 508-693-7900 x217

**Grandparents Raising Grandchildren Group**  
 MVCS Family Center, 35 Greenwood Ave, VH  
 Second Saturday of the month, 10-11:30  
 Information, coffee & discussion.  
 Call 508-687-9281 to pre-register for childcare.  
**Cancer Support Group**  
 Wednesdays, 12:00, Hebrew Center, Vineyard Haven  
**Veterans Group**  
 Weekly support group. Discuss challenges of reintegrating after the war experience. MVCS Island Counseling Center. Contact Tom Bennett for info and group times at 508-693-7900 x. 211



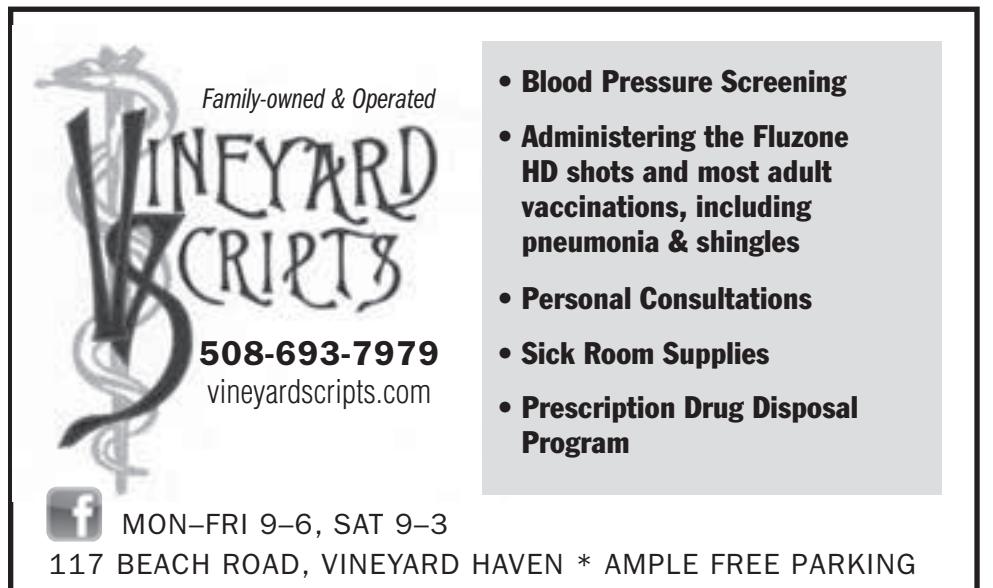
**Vineyard Audiology**  
*is hear to help, year round.*

Offering Expertise with Integrity  
 508-696-4600

20 Indian Hill Rd,  
 West Tisbury

**Rejuvenate your Hearing**

[vineyardaudiology.com](http://vineyardaudiology.com)



Family-owned & Operated

**VINEYARD SCRIPTS**

508-693-7979  
[vineyardscripts.com](http://vineyardscripts.com)

- Blood Pressure Screening
- Administering the Fluzone HD shots and most adult vaccinations, including pneumonia & shingles
- Personal Consultations
- Sick Room Supplies
- Prescription Drug Disposal Program

MON-FRI 9-6, SAT 9-3  
 117 BEACH ROAD, VINEYARD HAVEN \* AMPLE FREE PARKING