



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

March 2017 - Vol. 21, Issue 3

TRAVEL NEWS

"42nd Street" at the Providence Performing Arts Center

UICOA, 508-693-2896 (Wait List Only)
 Saturday, March 25
 The quintessential backstage musical comedy classic, 42nd Street includes some of the greatest songs ever written: "We're In The Money," "Lullaby of Broadway," "Shuffle Off To Buffalo," "Dames," "I Only Have Eyes For You," and of course "42nd Street."
 Based on a novel by Bradford Ropes and Busby Berkeley's 1933 movie, 42nd Street tells the story of a starry-eyed young dancer who leaves her Allentown home and comes to New York to audition for the new Broadway musical Pretty Lady. When the leading lady breaks her ankle, Peggy takes over and becomes a star. Named the 2001 Tony Award®-winning Best Musical Revival. Roundtrip motor coach, lunch at Blake's Tavern, orchestra seating, and gratuities, \$130

Falmouth Shopping Trip

UICOA, 508-693-2896
 Wednesday, April 19th. Leaving 8:15 am, 5 pm return.
 Wednesday, May 24th. Leaving 8:15 am, 6:15 pm return.

ECO A

April trip to Eatly at the Prudential Center in Boston. Call Wendy for details, 508-627-4368.

Visit Woods Hole Oceanographic Institute (WHOI)

TCOA, 508-696-4205
 June 15
 Woods Hole is a world center for marine, biomedical and environmental science. Learn about the WHOI ship that helped discover the RMS Titanic and hydrothermal vents. Learn about Knorr's history and accomplishments and much more. Enjoy lunch at the Land Fall Restaurant. Details will be listed in this site as they become available. Register now to be put on the list. Group is limited to 40.

Martha's Vineyard Partnership for Health (MVPH) To register for MVPH programs, or for more information Call 508-939-9358 x114 or email kamways@ihimv.org

Preregistration is required

Register by Feb. 15 to be entered into a raffle to win a prize.

MVPH Commonwealth Corps a MA Service Alliance "My Life My Health"

If you are 60+ and have a chronic health condition or are a caregiver for someone who has a chronic health condition such as arthritis, heart disease, cancer, high blood pressure, asthma, depression, etc. this program is designed to give you the knowledge and skills needed to take a more active role in your own health or that of the people you are caring for.

2 free 6 week sessions:

Wednesdays, March 1 through April 5, 10 am-12:30 pm at the American Legion Hall in Vineyard Haven.

Mondays, March 13 through April 17, 10 am-12:30 pm
 Howes House in West Tisbury.

SHINE NEWS

Are you or someone you know turning 65 soon?

Every day 10,000 baby boomers turn 65 and become eligible for Medicare. Those new to Medicare can make costly mistakes resulting in higher health care costs, gaps in coverage and possibly a lifetime late enrollment penalty. If you are already collecting Social Security, you will automatically receive your Medicare card 2-3 months before turning 65. If you are not collecting, you are responsible for signing up for Medicare Part A (hospital insurance) and Part B (medical insurance) either online at www.socialsecurity.gov or at your local Social Security office. There are federal rules as to when you can enroll into Medicare Part A, Part B, Part C (Medicare Advantage Plans-HMOs, PPOs) and D (prescription coverage). If you miss

these enrollment periods you may have to pay a late enrollment penalty and could have a gap in health care coverage.

Each situation is unique and anyone turning 65 should explore options and compare costs. A trained, knowledgeable, SHINE (Serving the Health Insurance Needs of Everyone) counselor can help you explore your options. SHINE counselors are volunteers, trained and certified by the Executive Office of Elder Affairs and re-certified each year to assist those on, or eligible for Medicare navigate the complex health insurance system. If you or someone you know will be turning 65 soon call your local Senior Center to make an appointment with a SHINE counselor.

Vineyard Smiles

Free dental cleanings are available to lower-income adults on the dates listed below; the clinics are sponsored by the Town Boards of Health and are coordinated by the Vineyard Smiles program. Contact Vineyard Smiles at (508) 696-0020 x14 or go to vhealthcareaccess.org/dental, or talk to

your local Council on Aging for more information.

Aquinnah: April 7, 8:30 am – 3 pm

Oak Bluffs: April 21

Edgartown: TBA

Up Island, Chilmark

& West Tisbury: June 16

Tisbury: June 16

Coming Soon...

MEDICAL TAXI PROGRAM to become the CAPE MEDIVAN SERVICE

Later this year, the Medical Taxi Program, known for reliable, affordable transportation to medical appointments on Cape Cod for those 60 and over and/or mobility challenged, will become the

CAPE MEDIVAN SERVICE

MV Center for Living and MV Transit Authority are committed to continuing to provide reliable, affordable transportation for 60+ islanders to medical and dental appointments on Cape Cod. Due to cuts in funding for the current Medical Taxi Program, the MV Transit Authority has acquired a handicapped accessible van

that will be based in Woods Hole and made available on a regular schedule to provide transportation to and from medical appointments in Falmouth, North Falmouth, Mashpee, Sandwich, Hyannis (all of Cape Cod), Monday through Friday, by appointment.

Stay tuned in the coming months for more detailed information about scheduling and fares as we approach the transition to the new Cape Medivan Service.

Until then, please continue to call MV Center for Living at 508-969-9440 to schedule your Medical Taxi trips.

REGIONAL LUNCHEON

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

Thursday, March 9th

Music at 11:00 • Lunch served promptly at 11:30

– Menu –

French Onion Soup, Roast Chicken with Apples,
 Wild Rice Pilaf, Bread Pudding

Always delicious! \$12

Reservations are a must! Call 508-939-9440

VETERANS SERVICES

Each year the VA's National Veterans Outreach Office, in conjunction with the Veterans Day National Committee, publishes a commemorative Veterans Day poster, selected from artwork submitted by artists nationwide and distributed to VA facilities, military installations around the world, and nationally, across cities and towns. It also serves as the cover of the official program for the Veterans Day Observance at Arlington National Cemetery.

Over the years these posters have illustrated the rich history of our country's service men and women, reflecting our pride and patriotism in saluting Veterans, while providing the thematic artistry for the year.

Poster submission guidelines:

18" x 24" at 300 dots per inch, scale down submissions to 9"x12."

Not restricted to "human centric" presentations, such as a joint color guard. Imagery of American icons, monuments or scenery can qualify, for example, the American flag.

Represent Veterans from all branches of service. The Committee may select a

particular submission but ask the artist to make modifications to the original design. Additional changes may be required prior to printing. Reflect the diversity of our Veteran and military population in terms of race, gender and disability status. Include sufficient information to demonstrate that the image is the work of the artist and is not copyrighted material (i.e. photos and concepts).

Submit electronic versions as .jpg images or PDF files by email to vetsday@va.gov or send copies of artwork on a CD with artwork files to:

Veterans Day National Committee

Department of Veterans Affairs
 ATTN: Micheal Migliara (002D)
 810 Vermont Avenue,
 NW Washington, DC 20420

Deadline for submissions is April 15th.

A selection committee will convene in May to review submissions and make a final selection. Questions should be directed to the Veterans Day Coordinator at vetsday@va.gov or find out va.gov/opa/vetsday/



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.

!NOTEWORTHY

New Dementia Caregiver Support Groups

Tisbury Senior Center
Second & Fourth Fridays,
10:30 am – 12 pm
For families and caregivers of those with Alzheimer’s disease and other dementias, facing a unique and complicated set of challenges. Facilitated by Nancy Langman and Leslie Clapp. A program of Martha’s Vineyard Center for Living Family Support Services, call 508-939-9440 for information. Funded in part by a grant from the Permanent Endowment for Martha’s Vineyard.

Memoir Writing Workshop with Moira Silva

UICOA, 4 Wednesdays 10-11:30am. 3/22, 3/29, 4/5, & 4/12.
No prior writing experience necessary. Entire workshop \$25. In this supportive writing community, you’ll transform experiences into your memoirs. Participants will be inspired by reading exemplary essays, responding to intriguing prompts and engaging in rich discussions. By Week 4, your focus will be honed and you’ll be sparkling with a renewed passion for writing and living. You can find Moira C. Silva’s most recent essays in The Boston Globe and Women’s Running, or tune into WMVY Radio’s “Hot Seat.”

Martha’s Vineyard Museum Presents: “Hollywood and Broadway on Martha’s Vineyard”

UICOA: 3/20, 1:30pm.
ECOA: 3/24, 12:45pm
Remember the glamorous stars of the Broadway stage and Silver screen who frequented our little island? Who are your favorites? Did you ever bump into them? Featuring stories and photos about James Cagney, Katherine Cornell, James Robeson, The Shearer Cottage, Patricia Neal and more. 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

The Massachusetts Senior Medicare Patrol Program Presents: Protect Yourself From Medicare Fraud!

Up-Island Senior Center,
508-693-2896
Tuesday, April 11, 2 pm.
Discussion on how to prevent, detect, and report healthcare errors, fraud and abuse. Take an active role in protecting Medicare for ourselves and future generations. Light refreshments. Pre-registration requested.

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

Please call to sign up for all programs. See our newsletter at *HYPERLINK* “<http://www.edgartowncoa.com>” www.edgartowncoa.com for more information.

Lunches Noon

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

On Display This Month:

Susan Campbell

Come see Susan’s oil paintings and pen and ink artwork. Susan, an employee at the MV Center for Living, has been painting since age 13. Meet Susan at lunch on Tuesday, 3/14.

Bowlers!

3/6, Join our team to challenge TCOA at the Barn Bowl & Bistro, 11:30-1:30. Fun!

Lunch included, \$10. Call 508-627-4368 to sign up.

Friday Morning Conversation Group
ECOA, 3/3 and 3/17, 10 am. Refreshments.

ECOA Women’s Book Group

3/22, 3-4:30 pm, led by Jill Jupen. March’s book TBA. Please call Wendy to express interest and be on the email list, 508-627-4368.

SHINE Appointments

With Bill Glazier, call for appointment, 508-627-4368.

ECOA Men’s Book Group

With Glenn Carpenter
3/15, 3 pm, to discuss Strangers in Their

Own Land by Arlie Russell Hochschild. 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.

iPad and iPhone

3/21, 3:30 pm with Darren Belisle, \$10. Please call to sign up, 508-627-4368.

Martha’s Vineyard Museum Visits

3/24, following lunch, 12:45 pm, please call to sign up for lunch and special program with the Martha’s Vineyard Museum.

Bed Bug Talk

3/28, 1 pm, with Liz Sanderman, your public health nurse from the VNA Cape Cod.

Oak Bluffs Highlights - 508-693-4509

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

Friends of OBCOA meeting

Next meeting April 13, 2017. Come and join, be a part of Team OB!

OBCOA Board of Directors

Meeting 3/16.

Morning Coffee and Conversation

Daily, 8:30 am

Men’s and Ladies St. Paddy’s

Day Luncheon

3/8, 12:00 noon.
Please call Rose to make a reservation.

Coffee with the Chief

3/3, 10 am.
Conversation and coffee with Chief Erik Blake.

Threshold Choir

3/6 & 3/20, 1 pm.

With Cheryl Burns. No experience required!

Coffee and Computers

3/15, 10:30 am
With Allison Malik of the Oak Bluffs Library

Animal Companions

3/13 & 3/27, 1 pm

Hearing Clinic

Tues. 3/14, 11 am. Call Rose to schedule an appointment.

Social Security Video Display Program

Mon. 3/20, 9 am – 12 pm.

Health Insurance Counseling (SHINE Counselor Jim Butterick)

Tues. 3/28, 1 pm. Call Rose to schedule an appointment.

Exercise with new Treadmills or Nustep!

Professional machines, free to use, doctor’s not required. Call Rose for more information.

Outreach Coordinator Diane Figuerido, is available to help OB residents connect with programs and services available in the community, such as National Do Not Call Registry, CORE, Emergency Management and Hurricane List, and others. Call Diane for an appointment, 508-693-2896 x4.

Storm closings: When the Oak Bluffs School is closed, or has a delayed opening due to stormy weather, the Senior Center will also be closed or delayed in opening. Check the Oak Bluffs Town website, and WMVY radio, MV Times online, MV Gazette online for storm information.

Check Megan Alley’s weekly column in the MV Times Calendar section for updates!

Tisbury Highlights - 508-696-4205

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

Knitting and Conversation

Mondays, 9-11
Bring your work in progress or stop by and get ideas from the group. Catch up on all things Vineyard!

Tisbury Bowling Team!

Bowl, Barn, & Bistro
3/6, 11:30-1:30. Tisbury residents. We face off with the Edgartown folks and enjoy 1 hour of bowling and a delicious lunch. Bowling shoes are included in the price of \$10. Please register with us by 12 Noon on 3/3.

Yoga

2 classes available:
Gentle/ use of chair for support
Virginia Iverson, instructor, Tuesdays, 10 am

Kripalu, Stretch, Strength, Balance, Breath

Carol Aranzabe, instructor, Thursdays,
4-5:15 pm
Bring your mat.

Get Creative w/ Paint!

Bruce Kissell, inst.
Resuming on April 10
Learn how to load a brush with paint and apply to a light template. All materials provided. Hangable Worthy!! Free, limited to 10.

Peter H. Luce Play Readers Society

Wed, 9-12 noon
Paul Doherty will be this month’s producer as the play readers explore March’s theme “Plays about the Theatre.”
3/1 – “The Royal Family” by George Kaufman & Edna Ferber directed by Felicity Russell
3/8 – “Present Laughter” by Noel Coward directed by Sophia Anthony

3/15 – “The Dresser” by Ronald Harwood director TBA

3/22 – “The Submission” by Jeffrey Talbott directed by Michael Adell

3/29 – “A Life in the Theatre” by David Mamet directed by Jay Sigler
Discussion follows, listeners always welcome.

Poetry Readers

3/13, 10 am
Poet: Cesare Pavese
Facilitator: Elaine Eugster

Health Insurance Counseling (SHINE Counselor – Jo Ann Murphy)

Jo Ann Murphy will be available on Thurs. 3/9 and 3/24 from 12-4 pm to answer your questions about health insurance coverage. Call for an appointment.

Up-Island Highlights - 508-693-2896

Health Insurance Counseling (SHINE Counselor – Joyce Albertine)

Counseling assistance with your health insurance questions.

Outreach Services

Ellen Reynolds is available Mon.- Fri. 9 am -3 pm. Meet with Ellen to learn about community resources to meet your needs or those of someone you care about.

Parkinson’s Caregivers’ Support Group

Call Ellen for details 508-693-2896

Vineyard Isle Parkinsonians Support Group

3/13, 10:30 am. Call Ellen for details

Notary Services

Notary services available free of charges. Call ahead.

Chair Massage with Ellen McMannis

Treat yourself! Every Wednesday and Friday 2-4. Promotional discounted cost is \$1 per minute. 15 and 30 minute sessions. Call (508)693-2896 for an appointment.

Martha’s Vineyard Museum Presents: “Hollywood and Broadway on Martha’s Vineyard”

3/20, 1:30pm. Please register in advance (508)693-2896. See Noteworthy for details.

Medical Equipment Loans

The COA has medical equipment for loan at no charge.

Memoir Writing Workshop with Moira Silva

4 Wednesdays 10- 11:30am.

3/22, 3/29, 4/5, & 4/12.

No prior writing experience necessary. Entire workshop \$25. See Noteworthy for details

Massage and Balance Workshop Series with Kanta Lipsky

11:45 am.- 12:45pm
Wed, 3/8 - Balance workshop, a combination of Tai Chi and stretching.
Join Kanta after her 10:30 am yoga class for an interactive workshop. Light lunch of soup and bread to follow. Space limited to 20. Please RSVP for lunch at 508-693-2896. This series is free and made possible by the MA Board of Library Commissioners LSTA Grant, the West Tisbury Library Foundation, and the Friends of the West Tisbury Library.

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 Method Classes with Valerie Sonnenthal
Tues, 3/7-3/21, 1-2 pm. \$15. Space limited. Pre-registration required. Call 508-693-2896 to register. UICOA
Massage and Balance Workshop, UICOA
Facilitator: Kanta Lipsky
11:45-12:45 pm
Wed. 3/8. Balance, Tai Chi, and stretching. Lunch to follow. Limited to 20. Call 508-693-2896 to reserve space.
Yoga ECOA with Carol Aranzabe
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
Real Yoga with chair support
Virginia Iverson, instructor
Tuesdays, 10-11 am, \$5
Register at 508-696-4205
Gentle Pilates UICOA
Toni Cohen, Instructor. \$10 per class
ECOA Got Strength? Strength Training with Lisa Amols
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
Group Exercise OBCOA
Monday mornings, 8:45 am

Exercise with Bill White OBCOA
Thursday mornings, 9:00 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
3/3 & 3/17, 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
3/6, 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 toymcamv.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

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
3/3 & 3/17, 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
March Theme: Plays about the Theatre
Producer: Paul Doherty
3/1 – “The Royal Family” by George

Kaufman & Edna Ferber directed by Felicity Russell
3/8 – “Present Laughter” by Noel Coward directed by Sophia Anthony
3/15 – “The Dresser” by Ronald Harwood director TBA
3/22 – “The Submission” by Jeffrey Talbott directed by Michael Adell
3/29 – “A Life in the Theatre” by David Mamet directed by Jay Sigler
Discussion follows, listeners always welcome. Call 508-696-4205.
Poetry Readers, TCOA
3/13, 10 am
Poet: Cesare Pavese
Facilitator: Elaine Eugster
Poetry, Jill Jupen, ECOA

Thurs., 9:30 am
Breath Meditation TCOA
Tues, 11 am. Steve Powers, guide
Tisbury Book Club
3/16, 1:30 pm
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
With Glenn Carpenter, 3/15, 3 pm.
“Strangers in Their Own Land” by Arlie Russell Hochschild. 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
3/22, 3-4:30 pm
Led by Jill Jupen. March book TBA. Call 508-627-4368 to express interest and be on the email list.
Writers Group, UICOA
On hiatus until May.
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!
Bruce Kissell, instructor
On hiatus until April 10th
MV Museum Conversations
3/9, TCOA, 10 am
3/20, 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
ECOA, Tues & Fri, 1 pm
UICOA, Wed & Thurs, 1 pm
OBCOA, Mon. 1 pm
Scrabble OBCOA, Fri. 9 am
Cribbage OBCOA
Fridays, 9 am
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
Duplicate Bridge TCOA
Mondays, 1-4:30 pm
Call for seating 508-627-5476
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., 3/15, 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

The wait is nearly over!
Spring
is right around the corner.

That means a new issue of **The Local** will be here soon!

Contact an ad rep by **March 13** to hear about money saving specials for advertisers in **The Local**



Call **508-693-6100 (Press 2)** or email **danielle@mvtimes.com**



Service Programs and Support Group Directory

Health Promotion

Blood Pressure & Wellness Clinics:
Aquinnah Town Hall, 3/28, 2-3
 Chilmark Library, 3/15, 12:30-1:30
Edg Stop & Shop Pharmacy,
 3/1, 12-2
Edg Town Hall, 3/8, 9-11
Edg COA, 3/16, 10:30
Oak Bluffs COA, 3/7 & 3/23, 12:30
Tisbury COA, 3/7, 10-11;
Up-Island COA, 3/14, 11:00-1:00
Cronig's, 3/9, 1-3

Hillside Village, 3/1, 10-11
Woodside Village, 3/27, 12-1
Woodside Village II, 3/27, 1:15-2:15
Public Health Nurse Clinics:
 Call your Council on Aging for information
 TCOA, 3/9, 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: 3/14, 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, 3/8, 9 am
 Call 508-693-4509 x3
 ECOA, 3/21, 1:30-3:30 pm
 508-627-4368
 UICOA, 3/27, 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
 3/6, TCOA. Call 508-775-7020 OR 1-800-742-4107 for an appointment
Free Legal Clinic
 3/8, UICOA. Elder Law Attorney Patty Mello. Space limited (Medicaid planning, estate planning, asset protection,

wills)
 Call 508-477-0267 for an appointment.
Elder Law 101 – 2017 Update
 3/21, 5:30pm. TCOA
 Legal Clinic with Elder Law Attorney Arthur Bergeron. Call 508-696-4205 to sign up
Social Security Video Display Program
 3/27, 9:00 am-12 pm
 Meet with a Social Security Rep via

SKYPE in a private office at OB Senior Center. Call 508-693-4509 in advance for an appointment.
Social Security
 Falmouth office, 855-881-0212
Veteran's Services, ECOA
 3/3, 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 & disabled.
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, 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
 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 MS 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 mvprostatecancer.org. Alan Ganapol, Facilitator, 914-318-1477 (mobile)
Diabetes Support Group
 3/20, 1pm. TCOA, Speaker: Diabetes Educator, Debbie Allietta, RN Certified

Nurse Educator for VNA.
 Blood glucose screening will be available. Call 508-696-4205 for information
Vineyard Isle Parkinsonians Support Group
 3/13, 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
 Wed, 9:30 & 11 am at Featherstone Center for the Arts. For info call Victoria Haeselbarath, 508-627-4368 x15
Memory Cafe
 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

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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 **MVTimes**

To place your ad, call 508-693-6100 (press 2) danielle@mvtimes.com




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