



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

July 2017 - Vol. 21, Issue 6

SHINE News

Enrolling in Medigap (Supplement) Plans

Medigap (supplement) plans provide extra protection beyond Medicare by filling in some of the "gaps" in Medicare coverage. In Massachusetts, the insurance companies allow continuous open enrollment. You must have Medicare A and B to enroll, and cannot be enrolled in a Medicare Advantage plan (HMO, PPO). Anyone who is eligible may enroll or change plans or coverage levels at any time, with changes effective the first of the following month.

In Massachusetts, there are two Medigap plans, Core and Supplement 1.

The Core plan pays some of the co-pays and co-insurance for Medicare covered services, while the Supplement 1 covers all the deductibles, co-insurance and co-pays for these services. With a Medigap policy, you are free to choose any doctor or hospital that accepts Medicare and you do not need referrals to see a specialist.

Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. Please call your senior center to schedule an appointment with a SHINE counselor.

NEW CAPE MEDIVAN SERVICE

MV Center for Living and MV Transit Authority are committed to providing reliable, affordable transportation for 60+ islanders to medical and dental appointments on Cape Cod.

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, etc (all of Cape Cod) Monday through Friday, by appointment.

The tentative schedule will be as follows:
(Please try to schedule your medical appointments accordingly)

Mondays: Appointments in Falmouth and North Falmouth
Tuesdays: Appointments in Mashpee

and Sandwich
Wednesdays: Appointments in Hyannis, Yarmouth, Osterville
Thursdays: Appointments in Mashpee and Sandwich
Fridays: Appointments in Falmouth and North Falmouth

Fares (Roundtrip) are:
Falmouth: \$15.00
North Falmouth: \$25.00
Mashpee and Sandwich: \$25.00/\$35.00
Hyannis, Yarmouth, Osterville: \$35.00
Note: Fares are paid by mail to MV Center for Living, POB 1729, Vineyard Haven, MA 02568

Please bear with us as we transition to this new service model. Call MV Center for Living at 508-939-9440 if you have questions or would like to schedule your Cape Medivan trips.

VETERANS SERVICES

New Online Tool Helps Vets Learn About & Compare PTSD Treatments

The Department of Veterans Affairs (VA) launched a new online tool that will help Veterans compare various treatment options for post-traumatic stress disorder (PTSD).

The PTSD Treatment Decision Aid is a free, interactive online tool that helps educate patients about effective treatment options for PTSD and encourages them to participate actively in decisions about their care.

The tool includes information designed for people who have served in the military about evidence-based PTSD treatments. Users can watch videos of providers explaining different treatment options and what to expect with those treatments, and hear from Veterans who have benefited from them.

Veterans can also build a chart to compare the treatments they prefer and print a personalized summary to share with their providers. All personal information is erased once the tool is closed to protect users' privacy.

According to VA findings, approximately eight of every 100 people will experience PTSD at some point in their lifetimes, and almost 620,000 of the Veterans treated by VA have a diagnosis of PTSD.

To learn more about PTSD visit the National Center for PTSD website at www.ptsd.va.gov. Health-care providers who have questions about the PTSD Treatment Decision Aid or other free resources can email the PTSD Consultation Program at PTSDconsult@va.gov or call 866-948-7880.

TRAVEL NEWS

Boston Symphony Orchestra, TCOA

9/29, 10/13, 11/17. 1/19, 4/20, 1:30 pm

Become a Fall A Subscriber and enjoy 5 exceptional Friday afternoon performances at Boston Symphony Hall. Travel with the Tisbury Travel Club on new luxury motor coach. For more information and to register, call Sandy at 508-696-4205.

Foxwoods Casino, OBCOA

7/27, 7:00 am - 6:15 pm. \$35 per person.

The Friends of the Oak Bluffs Council on Aging are sponsoring a trip to Foxwoods Casino. You provide your own spending money and SSA ticket. The group will take the 7:00am Steamship from Vineyard Haven, and

return on the 6:15 pm Steamship from Woods Hole landing in Vineyard Haven at 7:00pm. Call Rose, 508-693-4509, ext. 3 to sign up.

Looking ahead - September:

9/22 - Anchors Annual North End Trip, Boston, MA - ECOA - Call Wendy, 508-627-4368. Heritage Gardens & Museum, Sandwich, MA - OBCOA - Call Rose, 508-693-4509 ext. 3

Woods Hole Science Museum & Luncheon - TCOA - Call Sandy, 508-696-4205

Looking ahead - October:

Lo Conti's Restaurant - North End, Boston, MA - OBCOA - Call Rose, 508-693-4509 ext. 3



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.

ADVERTISE IN THE MV TIMES

BUSINESS DIRECTORY

CALL FOR DETAILS: 508.693.6110

Ads start at

\$35

email bridget@mvtimes.com



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.



!NOTEWORTHY

Martha's Vineyard Partnership for Health (MVPH)

My Life, My Health – Become a Health-Self-Manager.

7/6, 10 am – 12:30 pm, free. My Life, My Health is a free, proven, 6 session program designed to empower individuals with chronic health conditions, and their caregivers, with the knowledge and skills needed to take a more active role in their own health or that of the people they're caring for.

MVPH has funding from Elder Services of Cape Cod and the Islands under the Older Americans Act. Our summer location is physically accessible and air conditioned.

Call 508-627-5797 x114 or email infoMVPH@ihimv.org to find out the dates and location of next series. Preregistration is required.

New Program! – Oak Bluffs COA Walking Club

Tues, 10 am – 11:30
Led by Sandy Blythe & Lloyd Henke, meet at OBCOA, and walk to various locations around OB. End at OBCOA. Free, bring a bottle of water & comfortable shoes! Call Rose 508-693-4509.

Island Bike Ride with Paul Mohair, ECOA

7/10, 10am -1:30 pm
Leave from Morning Glory's parking lot, ride for an hour, Plane View for lunch. Ride is about 16 miles. Return to Morning Glory. Call Paul for details & to sign up, 508-627-4368.

Music at ECOA Vineyard Sound Performance

7/21, 12:30 performance. Call for lunch and performance.

Before Lunch Piano Preludes with Adele

7/14 and 7/28, 11:30 am, enjoy Adele Dreyer's beautiful music.

Annual Cookout with the Long Point Five

8/11, 11:30 am – 1:30 pm. Join us for live music by the Long Point Five, food, and friendship. Make your reservations now. Sponsored by Friends of UPICOA. Space limited.

TCOA Health Fair with Hope Hospice

9/28, 3-6pm
3 pm- Hope Hospice Presentation: Living Will, Health Care Proxy, MOLST (Medical Orders for Life Sustaining Treatment).
4-6pm – Hearing, Glaucoma, BP, Blood Sugar screenings. Agencies available to talk about services.

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 www.edgartowncoa.com for more information.

Lunches Noon

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

Island Bike Ride with Paul Mohair

7/10, 10am -1:30 pm
Leave from Morning Glory's parking lot, ride for an hour, Plane View for lunch. Ride is about 16 miles. Return to Morning Glory. Call Paul for details & to sign up.

New Non-Sanctioned Duplicate Bridge with Sari

Thursdays 12-3. Call Sari for seating, 508-627-4061.

Bridge Instruction with Sari

Fridays, 1 pm. Call Sari to let her know you're coming, 508-627-4061.

Friday Morning Conversation Group

7/7 & 7/21, 10 am. Refreshments.

ECOA Book Group, Men & Women

7/26, 3 pm, led by Jill Jupen. July's book My Petition for More Space by John Hersey. Refreshments.

Health Screenings with Liz Sanderman

7/25, 12-1:30, Blood Pressure, health questions with Liz, public health nurse from VNA Cape Cod.

On Display in July

Watercolor and Acrylic Paintings by Jim McKay. Meet Jim at lunch 7/25, short Q and A.

Vineyard Sound Performance

7/21, 12:30 performance. Call for lunch and performance.

Before Lunch Piano Preludes with Adele
7/14 and 7/28, 11:30 am, enjoy Adele Dreyer's beautiful music.

Looking to August: iPad Refresher Program at Edgartown Library

8/2, 10:30 am, Edgartown Library with Kathy Lavieri, technology trainer 20+ years experience. Call ECOA, 508-627-4368, or Library, 508-627-4221 to reserve. Space limited.

Elder Law Attorney Tom Kosman

8/7, appointments starting at 10.

Write Your Own Obituary with Susan Klein, M.Ed — memoirist and storyteller

Tues. in August, 4:30-6:30, \$125, Sponsored in part by Friends of ECOA. Call to sign up.

Oak Bluffs Highlights - 508-693-4509

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

New Program! – Oak Bluffs COA Walking Club

Tues, 10 am – 11:30
Led by Sandy Blythe & Lloyd Henke, meet at OBCOA, and walk to various locations around town. End at OBCOA. Free, bring a bottle of water & comfortable shoes!

UFO'S – Unfinished Forgotten Objects

Fri, 1-2:30pm
Socialize & be productive! Bring in a project you've been meaning to finish.

Men's & Ladies Luncheon

7/5, 12:00 noon. Call for reservation.

Threshold Choir

Mon. 7/3 & 7/17, 1pm, Fri. 7/14, 12 noon
No experience required, just the desire to sing!

Coffee with the Chief

7/7, 10 am
Conversations & coffee w/ OB Police Chief Erik Blake

Animal Companions 7/10 & 7/24, 1 pm

Friends of the Oak Bluffs Council on Aging
7/13, 1:30 pm
Come and join, be a part of Team OB!

Coffee & Computers

7/19, 10:30 am
With Allison Malik of OB Public Library

Board of Directors Meeting 7/20, 2 pm

Social Security Video Display Program

7/24, 9 am – 12 Noon
Meet privately with a Social Security Rep via SKYPE. Call for appointment.

SHINE – Representative Jim Butterick

7/25, 12:30 pm
Call for appointment

ASALH Meeting & Patricia Matthews Pot-luck Supper

7/26, 2 pm – Meeting
7/26, 4 pm – Potluck to follow immediately after

Travel to Foxwoods Casino

7/27, 7 am – 7 pm. \$35
Friends of the Oak Bluffs Council on Aging are sponsoring a trip to Foxwoods Casino. See Travel News for details.

FBOCOA sponsored travel plans coming up:
Sept. 2017 – Heritage Gardens & Museum – Sandwich, Massachusetts
Oct. 2017 – Lo Conti's Restaurant, North End, Boston MA
Call Rose for info

Tisbury Highlights - 508-696-4205

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

Express with Color!

"Summer break" Class resumes in September
Bruce Kissell, instructor
Instruction/guidance throughout class time. You will finish your painting in one session-Guaranteed! Materials provided. Free. Call for info.

Poetry Group Next Mtg: 9/11, 10 am

Peter H Luce Play Readers Society

Wed., 9am - Noon
July Producer: Dan Headington
July 5- Born Yesterday; Director: Kathy Hochberg
July 12- All My Sons; Director: Marcia Ross
July 19- Other People's Money; Director: Arnie Reisman
July 26- An Enemy of the People; Director: Tony Nevin

Kripalu Gentle Yoga

Carol Aranzabe, instructor & guide
This class is on break until September

Kundalini Yoga Breath Meditation

Tues, 1 pm. \$4.
Steve Power, instructor/guide. Bring a mat or blanket. Beginners & experienced.

This is school of yoga is influenced by Shaktism and Tantra schools of Hinduism. Focus on awakening kundalini energy through regular practice of meditation, pranayama, chanting mantra and yoga asana.

Gentle Morning Yoga w/ chair or mat.

Tuesdays, 10 am. \$5. Bring mat. Virginia Iverson, instructor.

Yang Style Tai Chi w Daisy Lifton

9:00 – 9:45am – Chi Gung & Tai Chi Foundation for balance

9:45 – 10:15 am – Tai Chi Fan Form
10:15 – 11:00 am – Added Practice time for Students: Various Tai Chi Forms
All experience levels, seated or standing. Tai Chi Double Fan Form as well as some new Chi Gung and continuing to practice balance walking.

TCOA Health Fair with Hope Hospice

9/28, 3-6pm
3 pm- Hope Hospice Presentation: Living Will, Health Care Proxy, MOLST (Medical Orders for Life Sustaining Treatment).
4-6pm – Hearing, Glaucoma, BP, Blood Sugar screenings. Agencies available to talk about services.

Up-Island Highlights - 508-693-2896

Joyce Albertine, Director
Hours: 8:30 am - 4:00 pm

Annual Cookout with the Long Point Five

8/11, 11:30 am – 1:30 pm.
Join us for live music by the Long Point Five, food, and friendship. Make your reservations now. Sponsored by Friends of UPICOA. Space limited.

Annual Lobster Picnic at the Galley in Menemsha

9/11, 12pm
Join us at the Galley in Menemsha for picnic! Call now to reserve. Space limited

DANCE FREE

Tues, 3-4.
No money, no teacher, no instructions. All fun to catchy, funky, rhythmic music.

Howes House Writing Group

Every Tues, 11am – 1pm.

All levels welcome! Bring lunch.

Chair Massage with Ellen McMannis

Every Fri, 2 pm – 3:40 pm
Treat yourself! Promotional discounted cost is \$1 per minute for a 20 minute session. Call (508)693-2896 for an appointment.

Health Insurance Counseling (SHINE Counselor – Joyce Albertine)

Counseling assistance with your health insurance questions.

Outreach Services

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

Vineyard Isle Parkinsonians Support Group

7/10, 10:30 am
Please call Ellen for details (508)693-2896

Parkinson's Caregiver Support Group

Call Ellen for further information.

Medical equipment loans

The COA has medical equipment for loan at no charge.

Notary Services

Notary services available free of charges. Call ahead.

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.

Island-Wide Activities Calendar

Exercise & Fitness

Yoga for Seniors UICOA
Martha Abbot
Mon & Fri, 10:30 – 11:30 am
Kanta Lipsky
Wed. 10:30 -11:30 am
\$10 per class
Yoga with Carol Aranzabe, ECOA
Summer Break
Carol will return in the fall. Thank you Carol!
Wisdom Healing Qigong, UICOA
Allison Parry, Instructor
Mon, 5 pm
Cultivate source energy, awaken consciousness, activate healing, and restore mind/body balance. For info call or text 508-397-1743. Free.
Gentle Yoga/Kripalu TCOA
Summer break
Thurs, 4 – 5:15 pm
Carol Aranzabe, instructor, \$10
Gentle Morning Yoga, TCOA
Tues, 11 am

Virginia Iverson, instructor \$8
Chair or bring your on mat
Register at 508-696-4205
Kundalini Yoga Meditation, TCOA
Mon, 1 pm
Steve Power, guide. \$4
Tai Chi w/ Sifu Daisy, TCOA
Thurs. 9-11 am
Tai Chi with Nan Doty ECOA
Thurs, 10-11 am, with tea following.
Call Wendy for details, 508-627-4368.
Got Strength? Strength Training with Lisa Amols, ECOA
Tues & Thurs, 8:30 am
Be strong, flexible, fit, and happy! Call Lisa, 508-693-1009 before first class. Punch cards available. Join anytime.
Exercise with Floyd OBCOA
Fri, 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
Fri, 1:00pm – 2:30pm.
A great way to exercise, improve mobility and balance and have fun!
Dance FREE! UICOA
Tues, 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 Katelyn Gilbert
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, \$20 for 20 minutes
Every Fri., 2- 3:40 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.
Exercise Classes, OBCOA
Mon., 8:45 am Group Exercise
Thurs., 9 am w/Bill White
Bowl, Barn & Bistro, Bowling, TCOA
Summer break
Resuming: 9/11
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.ycamv.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
7/7 & 7/21, 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 info.
Poetry Readers, TCOA
Summer break
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
7/21, Books available at the VH library.
Call 508-696-4205 for information.
Book Discussion Group
Edgartown Public Library, Call Lisa, 508-627-4221 for information.
ECOA Book Group, Women & Men
7/26, 3pm
Led by Jill Jupen, July's book "My Petition for More Space" by John Hersey.

Refreshments. Call Wendy for info
508-627-4368.
Howes House Writing Group, UICOA
Every Tuesday, 11 am – 1 pm.
All levels welcome! Bring lunch.
Ukulele Players, TCOA
Weds, 1-3 pm
Martha Child, instructor
Beginners and Practiced welcome.
MV Museum Conversations
On break until September.

Arts & Crafts

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

Supplies provided
Express Yourself w/ Color! TCOA
Summer Break
Bruce Kissell, instructor. Materials provided
Call 508-696-4205 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
New! Watercolor Painters Group, TCOA. Thurs, 9-11 am. Bob Schaeffer, instructor. Call 508-696-4205

Cards & Games

Mah Jong
ECO, Tues & Fri, 1 pm
UICOA, Wed 1 pm & Thurs, 1:30 pm
OBCOA, Mon. 1 pm
Scrabble
OBCOA, Fri. 9 am
Cribbage
OBCOA
Fri, 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, Fri/mornings
Call to join a group. 508-696-4205
Party Bridge, TCOA - Fri, 1-4 pm
Call for seating, 508-627-6719
UICOA – Thurs, 1:30
Call Abe Seiman for seating,

508-696-9030
Duplicate Bridge, TCOA
Mondays, 1:15-4:30 pm
Call for seating
508-627-5476
Duplicate Bridge Lessons, UICOA
On hiatus until September. For info email Cathy Minkiewicz at cminkiewicz@verizon.net Non-Sanctioned
Duplicate Bridge, ECOA
Thurs 12-3. Call Sari Lipkin for seating, 508-627-4061.
Learn to Play Bridge,

TCOA
David Donald, instructor
Call 508-696-4205 to register
Bridge Instruction with Sari, ECOA
Fri, 1 pm. Call Sari to let her know you are coming, 508-627-4061.
Bingo
OBCOA,
Wed., 7/12, 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/ reservation

55 Plus



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**



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

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

Service Programs and Support Group Directory

Health Promotion

Blood Pressure & Wellness Clinics:

Aquinnah Town Hall, 7/25, 2-3
Chilmark Library, 7/19, 12:30-1:30
Edg Stop & Shop Pharmacy, 7/5, 12-2
Edg Town Hall, 7/12, 9-11
Edg COA, 7/25, 12-1:30
Oak Bluffs COA, 7/20, 12:30
Tisbury COA, No July date due to holiday
Up-Island COA, 7/11, 11:00-1:00

Cronig's, 7/13, 1-3
Hillside Village, 7/5, 10-11
Woodside Village, 7/24, 12-1
Woodside Village II, 7/24, 1:15-2:15
Public Health Nurse Clinics:
 Call your Council on Aging for information. TCOA, 7/13, 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:
 7/18, 11 am, Call Rose, 508-693-4509 x3 for apt
UICOA: Vineyard Audiology
 Screenings & Repairs
 Call 508-457-9285 for appointment
TCOA: Miracle Ear
 9/27, 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, 7/12, 9 am
 Call 508-693-4509 x3
 ECOA, 7/18, 1:30-3:30 pm
 508-627-4368
 UICOA, 7/24, 9 am
 508-693-2896
ECOA Blood Pressure Clinic, 7/25, 12-1:30 with Liz Sanderman.

Insurance, Legal, Social Security

Health Insurance Counseling and Medicaid & Mass Health 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
 7/10, TCOA. Appointments starting at 9:30am. Call 508-775-7020 OR 1-800-742-4107 for an appointment
Free Legal Clinic

7/12, 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
 7/24, 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
 7/7, 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. 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
 Summer break

Resume 9/18, 1 pm, TCOA
 Speaker: Elizabeth Sanderman, RN
 Call 508-696-4205 for information
Vineyard Isle Parkinsonians Support Group
 7/10, 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 am & 11 am
 Featherstone Center for the Arts
 Call Victoria Haeselbarth, 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 Leslie Clapp 508-939-9440 or Nancy Langman 508-498-1948 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, 10:30 am
 MVCS Island Counseling Center
 Call Allison McKinley 508-693-7900 x217
Grandparents Raising Grand-


children 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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MON-FRI 9-6, SAT 9-3
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