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Martha's Vineyard
Center for Living

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

January, 2016–Vol. 20, Issue 2

Travel News

**BSO Matinee Concerts
Boston Symphony Hall**
March 28, April 8 & 22
Join us for a day of beautiful music and the convenience of luxury motor coach travel. 8:15 /6:15 boats.
Call Tisbury Travel Club for more information: 508-696-4205.
April 22: 1 seat available
Andres Nelsons, conductor; Kristine Opolais, soprano. Mixed program of shorts: Dutilleux (Métaboles) Rachmaninoff (Zdes’Korosh), Tchaikovsky (Letter Scene), Debussy (La Mer) & Ravel (La Valse).

**Commonwealth Museum
Edward M Kennedy Institute & JFK Library May 19.**
Choose 2! All located in the same block. CM offers free admission.

Commonwealth Museum:
fascinating information and displays about our country and the people who are the fabric of society. Original documents (Bill of Rights, Declaration

of Independence, Constitution of MA 1780 and many, many more) on display as well as displays of early MA life.

JFK Library: new displays on the young life of the 35th president as well as a special display of the Freedom 7 Space Capsule the iconic space capsule that US Navy Commander Alan B. Shepard Jr. piloted on the first American manned space flight.

The Edward M Kennedy Institute: a replica of the US Senate Chamber. “To preserve our vibrant democracy for future generations, I believe it is critical to have a place where citizens can go to learn first-hand about the Senate’s important role in our system of government.” Senator Edward M. Kennedy. Lunch at the JFK library. 8:15am/5:00pm boats. Time constraints make it possible to visit 2 museums. Price for 2 museums & motorcoach transportation: JFK/CM=\$34, EMK/CM=\$36, FK/EMK=\$46. Call 508-696-4205 to reserve.

Veterans Services

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

WOMEN VETERANS ON MARTHA’S VINEYARD

Women are the fastest growing population in our military, with over 32,000 women who have served residing in Massachusetts. The Women Veterans Network needs help finding women veterans of the Commonwealth, in order to provide them with benefit info, programs and services. If you or someone you know has served, we encourage you to join your sisters in arms and register with the Women Veterans’ Network of Massachusetts.

What is a veteran?
For Massachusetts benefits, you are a “veteran” if you served for at least 90 days of regular active duty, one day of which was during wartime, or you served for 180 days during peacetime and received a discharge under honorable conditions. This does not include active duty for training days in the Guard or Reserve.

Eligibility for most U.S. Department of Veterans Affairs (VA) benefits is based on discharge from active military service under other than dishonorable conditions. Active service means full-time service (other than active duty for training). Generally, men and women veterans with similar service are entitled to the same VA benefits. Certain VA benefits require wartime service. Military veterans who served in combat since Nov 11, 1998, including in Iraq and Afghanistan, are now eligible for five years of free medical care for most conditions. The five year deadline has no effect on veterans with service-connected medical conditions or conditions related to military sexual trauma.

MV Community Services also offers programs for veterans. We would like to plan a program for women veterans. Women veterans, please call us with your contact information.

For information on the Women Veteran’s Network and the MVCS Veterans Program call Jo Ann Murphy, 508-693-6887 or email: [HYPERLINK “mailto:vetsagent@dukescounty.org”](mailto:vetsagent@dukescounty.org)

SHINE NEWS...

**Can I change my Medicare Plan after Open Enrollment?
Call your local senior center to make an appointment
with a SHINE counselor.**

Medicare’s Annual Open Enrollment ended on Dec 7th (the period when you can change your Medicare Part D Drug Plan or Part C Medicare Advantage Plan), however you may still have some options.


For those with Medicare Parts A and B (Original Medicare):
You can add, upgrade, downgrade or end a Medicare supplement (Medigap) plan at any time.

For those with a Medicare Advantage Plan (HMO or PPO):
Between January 1st and February 14th you can drop your Medicare Advantage Plan, switching back to Original Medicare. You cannot switch to another Medicare Advantage Plan. You can join a Medicare Prescription Drug Plan (Part D) to add drug coverage. You may also add a Medicare Supplement (Medigap Plan) at this time.

For Prescription Advantage members or if you are getting “Extra Help” for prescription drugs: You can change your prescription plan.

Special Enrollment Periods: Under certain circumstances, you might qualify for an exception that allows you to enroll in a Part C Medicare Advantage Plan or a Part D Prescription Drug Plan during the year.

SHINE Counselor needed! Call Sheila Curtis, Regional SHINE Manager, 508-375-6762. Training will begin in April: 12 full days (2 days per week for 6 weeks). Learn about Medicare, MassHealth and other public assistance programs, pass a certification exam, attend monthly meetings and volunteer at least 4 hours per week.



THE SHINE PROGRAM
Serving the Health Insurance Needs of Everyone

Regional Luncheon

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

February 11
Homemade rolls
Garden Salad with House Dressing
Broiled Haddock with Rice Pilaf
Bread Pudding

Join us for another wonderful meal and great company!

\$12 per person
Call 508-939-9440 for reservations


A new menu every month prepared by the MVRHS culinary arts students under the expert eye of Chef Instructor Jack O’Malley
Music by the MVRHS String Quartet begins at 11 am
Lunch served promptly at 11:30

Memory Café

Thursdays, 10 am to noon
American Legion Hall, Vineyard Haven

Join us for music, conversation, laughter and companionship.
Sing-along to all the old familiar tunes. Music and singing have been shown to reduce anxiety and improve mood and outlook.
Refreshments included! Free of charge

For info about the Memory Café and Memory Support Groups:
Nancy Langman 508-498-1948 • Leslie Clapp 508-939-9440



Martha's Vineyard
Center for Living

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.

AARP TAX AIDE PROGRAM

Volunteers, certified and trained under the AARP Tax Aide Program, will provide free income tax preparation assistance, with special emphasis on taxpayers sixty and older. Appointments may be scheduled by calling the local Councils on Aging.

Dates 2016	Location	Call for Appointment
Wednesday 3/02	Howes House, Up-Island COA	508-693-2896
Friday 3/04	Oak Bluffs, LibraryRose Cogliano	508-693-4509
Wednesday 3/09	Howes House, Up-Island COA	508-693-2896
Thursday 3/10	Tisbury Senior Center, Joyce Stiles-Tucker	508-696-4205
Monday 3/14	Edgartown Library, Edgartown COA	508-627-4368
Tuesday 3/22	Edgartown Library, Edgartown COA	508-627-4368
Thursday 3/24	Tisbury Senior Center, Joyce Stiles-Tucker	508-696-4205
Wednesday 3/30	Oak Bluffs Library, Rose Cogliano	508-693-4509

Please bring last year’s tax return and all your tax forms (W-2, SSA-1099, and other 1099 forms, including real estate taxes). Taxpayers are requested to complete an Information Questionnaire, available at each Senior Center.

!NOTEWORTHY

Bowlers Wanted! “Pin Pals”

Join the TCOA or ECOA Bowling teams and face off, beginning in February. All for fun! Scrumptious lunch and dessert included.

Call TCOA, 508-696-4205 or ECOA, 508-627-4368 for info.

“Planning For Aging”

Up-Island Senior Center
2/8, 2 pm

Abe Seiman will discuss the many questions to consider: what would I like my future to look like (physically, mentally, living arrangement, social life, etc.)? Learn how to achieve your goals: financial stability, maintaining your best physical and mental condition, designing a safe home, and continuing comfortable relationships with family and friends. Light Refreshments. Pre-register at 508-693-2896

MELT for Arthritis with Valerie Sonnenthal

Up-Island Senior Center
2/4, 4 - 5:30 pm

With arthritis, the simplest tasks can be difficult. Joints ache and you experience pain, limited mobility, and loss of strength. Learn how to help your body heal and rediscover pain-free living at any age.

MELT for the Office

2/25, 4-5:30 pm
Working in an office setting can lead to various mental and physical stresses. It can take a toll on your body, cause energy to plummet and even impair your ability to sleep and recover. Learn to relieve stress.

Classes limited to 8 students, \$20 per person/per class. Take one or both.

Martha’s Vineyard Museum Presents: “Island Stories”

Up-Island Senior Center
2/22, 1:30 pm

Docents Nancy Cabot and Linda Vadasz present “Island Stories: Highlights from the MV Museum” See UICOA Highlights for details.

(Finally!) Writing Your Memoir with Moira Silva

Up-Island Senior Center
Mondays in March, 9-10:30 am

You’ll laugh. You’ll cry. And you will write! No writing experience necessary. Call 508-693-2896 to register.

Moira C. Silva’s writing has appeared in over a half dozen publications and aired over WMVY. She holds a Masters in Writing and Teaching Writing from Northeastern University.

“Dance With Parkinson’s”

April 11, 10:30 am Urbanity Dance offers classes designed to keep individuals living with Parkinson’s disease moving in a fun, welcoming, and safe environment. Professionally trained instructors. More in next 55Plus. Call UICOA for information. 508-693-2896

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

Call 508-627-4368 to sign up for all programs. Check our newsletter at www.edgartowncoa.com, for more information.

ECOA Wants to Hear Your Trip Ideas!
Contact Wendy at wbenedetto@edgartown-ma.us or 508-627-4368 with your suggestions.

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

On Display: Anchors Knitting Groups
Mindful Knitters and Knitters for Hospice display their creations.

Seniors! Exercise, Games at MV Boys & Girls Club
Wednesdays, 10-12 walk, shoot hoops, play games! Call Peter Lambos, 508-627-3303 or Wendy, 508-627-4368.

Bowlers Wanted!
2/1, Join the ECOA Bowling team to challenge TCOA at the Barn Bowl & Bistro, 11:30-1:30. Fun! Scrumptious lunch, dessert included, \$10.

Friday Morning Conversation Group
2/5 and 2/19. Limore Peretz leads 2/5, topic, “Global Current Economic Issues Affecting USA.” Refreshments.

Cup of Karma Project
2/9, 1 pm. Polly Simpkins “Tea & Talk: storytellers talk about one person who has changed their lives. Join in, tell a story.

Facebook, iPad, iPhone for Beginners and Beyond 2/16, 3:30 Darren Belisle. Bring questions, \$10.

Coffee with a Cop
2/22, 9:30 at Police Station. Featuring Officer James Craig, the MV Tactical Team. Coffee & donuts.

Oak Bluffs Highlights - 508-693-4509

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

Please call to sign up for all programs
Friends of OBCOA meeting
Next meeting 4/14, 1:30 pm
Become part of the OB team!

OBCOA Board of Directors
2/18, 2 pm

Social Security SKYPE Appointments
2/22, 9:00 am-12 pm
Call for an appointment.

S.H.I.N.E. (Serving Health Information Needs of Elders)
2/23 Appointments with SHINE Counselor Jim Butterick.

Morning Coffee and Conversation
Daily, 8:30 am

Senior Dining Center Luncheon
Tues & Thurs, 12 pm

Men’s and Ladies Luncheon

2/10, 12:00 noon.
Threshold Choir
2/1 & 2/16, 1 pm.
With Cheryl Burns. No experience required, just the desire to sing and learn!

Bingo!
2/17, 1-3 pm AND 6-8 pm

Animal Companions
2/8, & 2/22
With Karen Ogden.

New Program!! Toastmasters
2/9 & 2/16, 1-3 pm
With Cheryl Burns. Please come and learn effective public speaking and communication skills.

UFO’S – Unfinished Forgotten Objects
Fridays, 1-2:30 pm
Have a project that you’ve forgotten about? Join us on Friday afternoons!

Tisbury Highlights - 508-696-4205

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

Please call to sign up for all programs
**Tisbury Bowlers Wanted!
“Pin Pals”
LET’S BOWL!!
BOWLING and LUNCH - \$10.00 per person*** The Barn Bowl & Bistro at 13 Uncas Ave, Oak Bluffs is offering bowling for seniors.

Weekdays from 11:30 am to 1:30 pm.
Tisbury and Edgartown COAs will face off.

Bowling followed by a scrumptious lunch and dessert prepared by *Award Winning Chef, Albert Lattanzi*. *Special pricing sponsored by the TCOA

It’s All About Love
2/11, 2-3 pm
A Tea for all the Valentines in your life! Bring photos of people in your life who are or have been dear to you. In small groups we will share stories about those special people and how they changed our lives. None of us have walked a solitary road; who are the people who have influenced you? Refreshments and short entertainment.

Crazy for Coloring Books!
Have you seen the adult coloring books that are all the rage? They’re beautiful, intricate and

complex! Using rich, jewel tone color pencils you can create stunning pictures. It takes time and concentration; the rewards are relaxation and a chance to unwind and reduce stress. Coloring can even help train your brain to focus better and increase your fine motor control, and who doesn’t want that! Most of all, it’s just plain FUN! If you’re interested in joining a coloring book group for coloring, cookies and tea; 1 pm: Mon, Tues, Wed? Let us know what works for you!

Mark Your Calendar!
March 29-**Vintage Voices in Concert** with Phil Dietterich on piano and conducting.

Up-Island Highlights - 508-693-2896

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

Please call to sign up for all programs
MV Museum Presents: “Island Stories”
2/22, 1:30 pm

Docents Nancy Cabot and Linda Vadasz present reproductions from *Island Stories: Highlights from the MV Museum* (published June 2015), sharing insights and stories about these wonderful collection items. Museum Conversation is free thanks to the support of The Martha’s Vineyard Savings Bank Charitable Fund.

Felix Neck Presents: Animals in Winter
3/7, 2 pm.
Educational Director Josey Kirkland on animals in winter and how they survive. Pelts, wings, tracks and more! Sponsored by the Friends of UICOA.

New! Wisdom Healing Qigong with Allison Parry, Mon, 4 pm

Cultivate source energy, awaken consciousness, activate healing, restore mind/body balance. For info call or text 508-397-1743. Free, all welcome.
New! Men’s Strength Training with Katryn Yerdon (\$8) Tues & Thurs, 10:35 am. Overall strength and conditioning. First class free. If interested call 508-693-2896

Senior Dining Program
Thurs, 12:30 pm. 48 hrs advance reservations.

Scrabble
Thurs, 1 pm (following lunch)
Interested in playing Scrabble with others who enjoy the game? Boards provided. Call If interested.

Health Insurance Counseling with SHINE Counselor Joyce Albertaine
Assistance with health insurance questions.

Outreach
Meet confidentially with Ellen Reynolds to learn about community resources available to meet your needs or those of someone you care about.

Vineyard Isle Parkinsonians Support Group 2/8, 10:30 am

Parkinson’s Caregiver Support Group
Call Ellen for information.

Medical equipment loans
Available at no charge.

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


Notary Services
Please call ahead.

Island-Wide Activities Calendar


Exercise & Fitness	<p>Yoga for Seniors, UICOA Martha Abbot Mon, 11:15 am , Fri, 10:30 am Kanta Lipsky Wed. 10:30, \$10 per class Yoga ECOA with Carol Aranzabe Thurs, 8:30 am \$80/8 weeks. Drop in \$15 Primordial Qigong (or wuji) and Tai Chi, ECOA With Nan Doty Thurs, 10-11 am (12 wk session) An 800 yr. old practice; Wuji is an easy to learn 15 min form; a joyful and empowering experience. Gentle Yoga/Kripalu, TCOA Stretch, Strengthen, Breathe, Balance Thurs, 4-5:15 pm Info/Register, 508-939-4120 Chi Gung and Tai Chi, TCOA Sifu Daisy Taylor Lifton, Instructor</p>	<p>This class will resume next spring. Chair Yoga, TCOA Real yoga with chair support Virginia Iverson, instructor Tuesdays, 10-11 am Register/info 508-696-4205 Qui Gong, UICOA Mon. 4 pm, Free, With Allison Parry Gentle Pilates, UICOA New winter session starting! Mon., 10 am Toni Cohen, Instructor. \$10 per class Got Strength? Strength Training Class with Lisa Amols Tuesdays, 8:30 am; Thursdays, 3:30 pm Be strong, flexible, fit, and happy! Call Lisa, 508-693-1009 before first class. Punch cards available, \$16 walk-ins. Join anytime. Men’s Strength Training UICOA</p>	<p>With Katryn Yerden (\$8) Tues, Thurs, 10:30 am Overall strength and conditioning First class is free. Call 508-693-2896 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 Yerden Mon & Wed, 5:30 pm</p>	<p>Tues & Thurs, 8:30 & 9:30 am Saturdays, 9:00 am Call 508-693-2896 Balance of Power, TCOA Ray Whitaker, instructor 3rd Mon monthly, 9-10 am Strength training, balance \$10/class Sit & Get Fit, TCOA Mon, Wed, Fri, 10:30 am 1hr award winning video using a chair for support Lunch & Wii Bowling, TCOA Call for details and reservations, 508-693-8337 Exercise Classes, OBCOA Mon., 8:45 am Group Class Thurs., 9 am w/Bill White Aquatic Exercise Class Mansion House Pool Call Mansion House for info. 508-693-7400</p>
	<p>Discussion Group, UICOA Tues., 9:30 am Open discussion unless otherwise noted. Call 508-693-2896 for discussion topics. Conversations with Bob Iadicicco OBCOA, Fri., 10-11:30 am Friday Morning Conversations, ECOA 2/5 & 2/19, 10 am Limore Peretz leads 2/5 topic “Current Global Economic Issues Affecting USA” 2/19 topic & leader TBA. Refreshments Peter H. Luce Play Readers</p>	<p>Society, TCOA Wed’s, 9-12 noon Playlist unavailable at time of printing. Call 508-696-4205 for info. Discussion follows and listeners always welcome Poetry Readers, TCOA 2/1, 10 am Featured poet Gregory Pardlo Elaine Eugster, Facillitator Poetry, Jill Jupen, ECOA Thurs., 9:30 am Tues, 10 am. New members welcome! Tisbury Book Club</p>	<p>2/18, 1:30 pm “All the Light We Cannot See” by Anthony Doerr NYT’s best-selling author of “The Paris Wife” Books available at the VH library. Book Discussion, UICOA On hiatus until further notice 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 3/16, 3 pm (No February meeting) Discuss books on history, travel,</p>	<p>nonfiction, real life. Exchange thoughts, ideas, opinions and insights with other knowledgeable readers. Exercise your mind, socialize with friendly people. Refreshments. All welcome. March book:” HYPERLINK “https://www.clamsnet.org/record=b1972292~S1” \t “_blank” In the Garden of Beasts” by Eric Larson. 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!</p>
Arts & Crafts	<p>Painters Group, TCOA Come paint with us! Thurs., 9-11 am Watercolor Painting with Nancy Cabot, UICOA, Fridays at 1 pm Chair Caning OBCOA, Tues, 9 am</p>	<p>Woodarving, OBCOA Mon. & Thurs., 9 am Rug Hooking, ECOA, Thurs, 1 pm Mindful Knitting ECOA, Mon, 4-6 pm. Call 508-627-4368 Not an instructional group</p>	<p>Needlework, ECOA, Thurs 2-4 pm Knitting for Hospice, ECOA Tues., 10 am, Learn to knit and felt Purl Jam Knitting and Conversation, TCOA Mon, 9-11 am</p>	<p>UFO’s: Unfinished Forgotten Objects, OBCOA Fri, 1-2:30 pm Karen Burke will help you start them again! Call 508-693-4509</p>
	<p>Mah Jong ECOA, Tues & Fri, 1 pm UICOA, Wed., 1 pm OBCOA, Mon. 1 pm Scrabble, OBCOA, Fri. 9 am ECOA, Fri. 1 pm New Scrabble, UICOA, Thurs. 1 pm Men’s Cards, OBCOA Wed., 9 am Hand & Foot Card Games, OBCOA Tues., 1 pm Ladies Cards, OBCOA Tues., 1 pm</p>	<p>Rummy, OBCOA Tues & Thurs, 1 pm Bridge, OBCOA With Sue Collison Tues., 9:30 -11:30 New Board Games Day! TCOA Chess, Scrabble, Checkers? What’s your game? Wed/afternoons, Friday/mornings Call to join a group. 508-696-4205.</p>	<p>Party Bridge, TCOA Fridays, 1-4 pm Please call for seating, 508-693-3686 Learn to Play Bridge, TCOA David Donald, instructor New class begins in the spring Call 508-696-4205 to register Duplicate Bridge TCOA Mondays, 1-4:30 pm</p>	<p>Contract (Party) Bridge, UICOA Thurs, 1:30 Call Abe Seiman 508-696-9030 Cribbage, OBCOA, Fri., 9 am Bingo, OBCOA, Wed., 2/17, 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</p>

READ THE MARTHA’S VINEYARD TIMES ONLINE: MVTIMES.COM


You are invited to come see ‘the jewel’ of Martha’s Vineyard – Wildflower Court – a unique residential neighborhood for independent seniors. We’ll take care of meals, laundry, housekeeping and maintenance for you while you enjoy your day. We’ve saved you a place at the table.



WINDEMERE
Nursing & Rehabilitation Center
508-862-1951 • www.windemeremv.org



“It’s the best thing in the world for me here. I can’t speak more highly. I don’t have to worry about things as if I were at home.”
– Betty, Wildflower Court resident



Service Programs and Support Group Directory

Health Promotion	Adult Health Promotion & Blood Pressure Clinics Aquinnah Town Hall 2/23, 2-3 Chilmark Library 2/17, 12:30-1:30 Edg Stop & Shop Pharmacy 2/3, 12-2 Edg Town Hall 2/10, 9-11 Edg COA , 3/18, 10:30 Oak Bluffs COA , 2/2, 12:30-2:30 Tisbury COA 2/2, 10-11; Up-Island COA 2/9, 11:30-1:00	Cronig's 2/11, 1-3 Hillside Village 2/3, 10-11 Woodside Village , 2/29, 12-1 Woodside Village II 2/29, 1:15-2:15 Public Health Nurse Clinics: Call your Council on Aging for information TCOA, 2/11, 9:30-11:30 UICOA, 2/24, 1-3 pm Vineyard Scripts , Beach Rd. VH Have your blood pressure checked	any day, any time. Hearing Services, call in advance for an appointment. OBCOA: 2/9, Call Rose, 508-693-4509 ext. 3 for apt UICOA: Vineyard Audiology Screenings & Repairs Call 508-457-9285 for appointment TCOA: Miracle Ear 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 2/10, 9 am Call 508-693-4509 x3 ECOA 2/16, 9 am 508-627-4368 UICOA, 2/8, 9 am 508-693-2896
	Health Insurance Counseling and Medicaid & MassHealth Info S.H.I.N.E. ECOA, Call 508-627-4368 f or 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 2/1, OBCOA Call 508-775-7020 OR 1-800-742-4107 for an appointment	Free Legal Clinic 2/17, 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 2/22, 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 2/5, 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 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 Info at 508-693-4764	\$25 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	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 Leslie Clapp, 508-939-9440 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
	Transportation: Vineyard Transit Authority 508-693-9440.	Housing and Living Options: Island Elderly Housing , 508-693-5880		
Support Groups & Counseling	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 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 2/16, 1 pm.	Eye Care for Diabetics With Optometrist George Santos Vineyard Isle Parkinsonians Support Group 2/8, 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 Memory Support Groups Wed, 9:30 & 11 at Featherstone Center for the Arts For info call Victoria Haeselbarath, 508-627-4368 x15 Caregiver & Educational Support Group	Caregiver Support Group First & third Thursdays, 10 am MVCS Island Counseling Center, 508-693-7900	Call Allison McKinley x217 Cancer Support Group Wednesdays, 12:00, Hebrew Center, Vineyard Haven
			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, to volunteer	

Rejuvenate your Hearing

Vineyard Audiology is hear to help, year round.

Offering Expertise with Integrity

508-696-4600

New Office! 20 Indian Hill Rd, West Tisbury

Family-owned & Operated

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vineyardscripts.com

MON-FRI 9-6, SAT 9-3

117 BEACH ROAD, VINEYARD HAVEN * AMPLE FREE PARKING

- Blood Pressure Screening
- Personal Consultations
- Sick Room Supplies
- Prescription Drug Disposal Program