SHINE NEWS

Medicare Open Enrollment Began October 15th!

Medicare’s Part C (Medicare Advantage Plan) and Part D (Prescription Drug Plan) Annual Open Enrollment began October 15th and ends December 7th. Please make sure you review your 2018 Medicare options during this period.

During the Annual Open Enrollment (October 15 - December 7), you will have a chance to change your plan. This change will take effect January 1, 2018. SHINE Counselors can help you understand your plan’s changes, screen you for assistance programs and discuss other options you may have. If you do not change your plan during this period you may have to stay with your existing plan for another whole year. (Note: the open enrollment may not affect those with retiree coverage).

Appointments fill up fast! Call the senior center and make an appointment with a SHINE counselor for this year’s open enrollment. Make sure you bring a list (or bottles) of your current medications to the appointment and if you are a couple, please ask for 2 appointments. If we are unable to fit you in during this short period please call the regional SHINE office.

To learn more about our flexible rental options at Thirwood Place, visit us online at ThirwoodPlace.com or stop by and join us for a casual tour to experience the Thirwood difference.

(508) 398-8006
237 North Main Street
South Yarmouth, MA 02664
www.ThirwoodPlace.com

VETERANS SERVICES

Veteran’s Day 2017

Veteran’s Day is always the 11th hour of the 11th day of the 11th month. For the Seventh year in a row the Town of Oak Bluffs Veterans Day Parade is a Veterans Day Regional Site. We are the only recognized regional site in Massachusetts. This recognition comes from the Department of Veterans Affairs and the Veterans Day National Committee.

For the Seventh year in a row the parade will step off from Martha’s Vineyard Regional High School and proceed to Ocean Park where a brief ceremony will be held. Parade participants are then invited back to VFW Post 9261 for refreshments. We will be doing our Veterans Day Ceremony again at Windemere at 1:30 p.m. on Friday, November 10th. Everyone is welcome at all events.

Members of American Legion Post 257 will start Veteran’s Day by putting up the 450 flags in the Avenue of Flags in Oak Grove Cemetery, Vineyard Haven at 7:30 am and take them down at 3 p.m. The flags are flown in honor and memory of veterans. Anyone wishing to help put up and take down these flags should be at the cemetery by 7:15 a.m. and 2:45 p.m. for more information on Veteran’s Day activities please call Dukes County Veterans Services at 508-693-6887. If you would like to remember our island veterans with a donation to the Veterans Assistance Fund, checks can be made out to American Legion County Veterans Services at 508-693-6887. If you would like to remember our island veterans with a donation to the Veterans Assistance Fund, checks can be made out to American Legion County Veterans Services at 508-693-6887. If you would like to remember our island veterans with a donation to the Veterans Assistance Fund, checks can be made out to American Legion County Veterans Services at 508-693-6887. If you would like to remember our island veterans with a donation to the Veterans Assistance Fund, checks can be made out to American Legion County Veterans Services at 508-693-6887. If you would like to remember our island veterans with a donation to the Veterans Assistance Fund, checks can be made out to American Legion County Veterans Services at 508-693-6887. If you would like to remember our island veterans with a donation to the Veterans Assistance Fund, checks can be made out to American Legion County Veterans Services at 508-693-6887. If you would like to remember our island veterans with a donation to the Veterans Assistance Fund, checks can be made out to American Legion County Veterans Services at 508-693-6887. If you would like to remember our island veterans with a donation to the Veterans Assistance Fund, checks can be made out to American Legion County Veterans Services at 508-693-6887. If you would like to remember our island veterans with a donation to the Veterans Assistance Fund, checks can be made out to American Legion County Veterans Services at 508-693-6887. If you would like to remember our island veterans with a donation to the Veterans Assistance Fund, checks can be made out to American Legion County Veterans Services at 508-693-6887. If you would like to remember our island veterans with a donation to the Veterans Assistance Fund, checks can be made out to American Legion County Veterans Services at 508-693-6887. If you would like to remember our island veterans with a donation to the Veterans Assistance Fund, checks can be made out to American Legion County Veterans Services at 508-693-6887. If you would like to remember our island veterans with a donation to the Veterans Assistance Fund, checks can be made out to American Legion County Veterans Services at 508-693-6887. If you would like to remember our island veterans with a donation to the Veterans Assistance Fund, checks can be made out to American Legion County Veterans Services at 508-693-6887. If you would like to remember our island veterans with a donation to the Veter
Promotion Services, Housing Support Programs and Support Group Directory

Health Promotion

**Blood Pressure & Wellness Clinics:**
- Aquinnah Town Hall, 11/28, 2:30
- Chilmark Library, 11/15, 12:30 to 2:30
- Edg Stop & Shop Pharmacy, 11/1, 12
- Edg Town Hall, 11/8, 9
- Edg COA, 11/26, 12:30
- Oak Bluffs COA, 11/7 & 11/16, 12:00
- Tisbury COA, 11/7, 10:00
- Up Island COA, 11/14, 11:00
- Cronig’s, 11/9, 15

**Counseling**

**Insurance, Legal, Social Security**

**Transport**

**Food Services, Housing**

**Support Groups & Counseling**

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

**S.H.I.N.E.**
- ECOA, Call 508-627-4368 for an apt.
- OBHCA, Call 508-693-4509 x.3 for apt.
- TCIA, Call 508-698-4205 for an apt.
- UICOA, Call 508-693-2896 for an apt.
- Wampanoag Tribal Council, 508-645-9265

**Healthcare**

**Food Services:**
- Emergency Food Pantries: AllSenior 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.
- Medivian, 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
- Healthy Eating & Lifestyle Options
  - Island Elderly Housing, 508-693-5800
  - Subsidized housing for seniors

**Food Services & Transport Housing**

**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
- MV Community Services Bldg, C/Conference Rm 1.
- Info at www.mvprostatecancer.org
- Alan Ganapal, Facilitator.
  - 914-318-1477 (mobile)
- Diabetes Support Group
  - 11/20, 1 pm, TCIA

**Community Services**

**Bone Health**
- Hillside Village, 11/1, 9:45
- Woodside Village, 11/27, 12:30
- Woodside Village II, 11/27, 12:45

**Public Health Nurse Clinics:**
- With Liz Sanderman, Public Health RN from VNA of Cape Cod
- Call your Council on Aging for info
- TCIA, 11/9, 9:30-11:30
- ECOA, 11/28, 12:30
- Vineyard Scripts, Beach Rd. VH

**Insurance Programs & Support Group Directory**

**Counseling**

**Housing Support Programs and Support Group Directory**

**Have your blood pressure checked any day, any time.**

**Hearing Services, call in advance for an appointment.**
- OBHCA:
  - 11/14, 11 am.
  - Call Rose, 508-693-4509 x.3 for apt.
- UICOA: Vineyard Audiology
  - Screenings & Repairs
  - Call 508-693-9265 for appointment
- Miracle Ear
  - Call 508-697-9285 to speak to Audiologist
  - gist Michelle Harris or to make an appointment.
- Podiatry & Foot Care:
  - Pedicure w/Michelle LeBlanc, RN
  - Call for an appointment:
    - 1/2 hour appts, $30
  - OBHCA, 11/8, 9 am
  - Call 508-693-4509 x.3
  - ECOA, 11/21, 1:30-3:30 pm
  - 508-627-4368
  - UICOA, 11/20, 9 am
  - 508-693-2896

**Legal, Social Security & Support Programs**

**B11**
Yoga for Seniors, UCOA
$10 per class
Martha Abbot
Mon & Fri, 10:30 – 11:30 am
Kanta Lipsky
Wed. 10:30 - 1:30
Yoga w/ Carol Aranazae, ECOA
Thurs, 8:30 am.
Wisdom Healing Qiqong, UCOA
Mon. 5 pm.
Allison Parry, Instructor
Cultivate source energy, awaken consciousness, activate healing, and re-establish mind/body balance. For info call or text 508-397-1743.

Morning Yoga, TCOA
Tues, 11:12 am. S.B.
Virginia Iversen, instructor
Chair or bring your own mat
Register at 508-696-4205.
Kundalini Yoga Breathe Meditation, TCOA
Thurs, 11 am.
Steve Power, guide. $10. New and practiced welcome, bring a mat or blanket.

Coffee & Conversation
ECOA 5:30 pm, TCOA 5:30 pm.

Coffee & Conversation
M-F, 8:30 am, OBCOA
Discussion Group, UCOA
Tues, 9:30 am
Open discussion, all welcome.
Call 508-693-2896 for information.

 Conversations with Bob Iadiceto, OBCOA
Fri, 10-11:30 am

Friday Morning Conversations, ECOA
11/3 & 11/17, 10 am
Referrals.

Lunch & Conversation, TCOA
M-F, 12:00

Watercolor Painting with Nancy Cabot, UCOA
Fri. 1 pm. Beginners welcome!

Creative Coloring Book, TCOA
Thurs, 9-11 am
Supplies provided.

Creative Painting 101! TCOA
Bruce Kissell, instructor.
Beginning in January. Call 508-696-4205 for details

Woodaroring, OBCOA
Mon. & Thurs., 9 am

Needlework, ECOA, Thurs 2-4 pm
Mindful Knitting, ECOA Mon. 3:30-5:30 pm. Call 508-627-4368.

Not an instructional group
Knitting w/ Nancy Merjos, OBCOA
Thurs. 1:00 pm
Call 508-693-4509

Knitting for Hospice, ECOA
Tues., 10 am. Learn to knit and felt

Purl Jam, TCOA
Call to join a group. 508-696-4205

Party Bridge, TCOA
Fri. -1:45 pm
Call Trudy for seating: 508-627-6719

Duplicate Bridge, TCOA
Thurs. 1-5:00 pm
Call Gayle for info: 508-627-5476.

Duplicate Bridge for Beginners, with Dan Cabot, UCOA
Fri. 1:30-3:00 pm
No fee. Attendees purchase course notes ($10) to cover printing.
Class limited to 8. Pre-registration required.
For info email Cathy Minkiewicz, cminkiewicz@verison.net.

Non-Sanctioned Duplicate Bridge
Thurs.12-3. Contact Carol at flogies@comcast.net for seating or call 508-627-4722.

Bingo, OBCOA
Wed., 11/8, 1-3 pm & 6-8 pm

Martha’s Vineyard Partnership for Health (MVPH)
My Life, My Health – Become a Health Self-Manager.

10/18 – 11/22, 3:00 – 5:30 pm.
Preregistration is required.

If you 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, or pain you will become empowered by participating in this series. My Life, My Health is proven program designed to give participants the knowledge and skills needed to take a more active role in their own health or that of the people they’re caring for.

To register or for more information call 508-627-5797 x114 or email infoMVPH@himv.org.

The MVPH Partnership for Health has funding from MA Executive Office of Elder Affairs and the Federal Administration for Community Living to offer this FREE 6-session series.

If you are reading this online, please visit: MVPH Partnership for Health: Becoming a Health Self-Manager; MVTV on demand, May 12, 2017.
Edgartown Highlights - 508-627-4368

Call for appointments
On Display in November
Photographs by Ernie Dewing.
Preview his exhibit and work on his website at: 1-ernie-dewing.artistwebsites.com, or call 508-627-4722.

Friday Morning Conversation Group
11/3 at 11/17. 10 am. Refreshments.

Fall Prevention Bingo
11/14, 1:30-2:30. UICOA – 508-698-2396
11/28, 12:15-1:30. ECOA – 508-627-4368
Learn about preventing falls while playing bingo! Win a prize!

MV Museum Presents: Local Immigrants, Now and Then
11/20, 1:00 pm. UICOA
MV Museum docents present photographer Milena Lowe’s “Local Immigrants” photo project. Profiles of immigrants on the Island from all over the world, placing them in iconic Island locations, in traditional dress and learning about their experiences here. Explore the stories of immigrants who came here many generations back. How did you get to the Island? What’s your story?
Call to sign up. 508-693-2896

 Threshold Choir
11/6 & 11/20, 1:00 pm
No experience needed.
Just the desire to sing!

Men’s & Ladies Luncheon
11/1, 12:00 noon.
Come Rose to make a reservation.

Hearing Clinic
11/14, 11 am.
Please call Rose to schedule an appointment.

Coffee with the Chief
11/17, 10 am
Come for conversations and coffee with Oak Bluffs Police Chief Erik Blake.

Board of Directors Meeting
11/16, 2:00 pm

Friends of the Oak Bluffs Bluffs Council on Aging
11/9, 1:30 pm
Be a part of Team OBI! See Travel News for details on the Friends of the OBCOA trip to the North End! Call now! Only 30 spots available, so don’t wait!

New! Chair Yoga with Kat
Thurs, 10:30 - 11:30 am.
$5 per class
Kat has years of experience in exercise and yoga. Join in the fun and feel great!

New! OBCOA Walking Club
Tues, weather permitting, 10:00 – 11:00 am
Led by Sandy Bythe & Lloyd Henke.
Meet at OBCOA and walk to various locations around town, end at the OBCOA by 11:30 am. Bring a bottle of water and wear comfortable shoes!

Tisbury Highlights - 508-696-4205

Memos of an Arabian Princess from Zanzibar
11/2, 2 pm • Rita Parisi, SAG actors, presenter
Return to an era when Zanzibar was ruled by sultans and enter a vanished world of harems, slave trading and court intrigues. In this one woman theatrical presentation “meet” the former princess and learn about her life from childhood to being a young widow with small children.

New! Strong and Steady Exercise
11/6, 10 am • Kat LeBlanc; instructor
Combining Yoga for balance, flexibility and strength; Meditation: Mindfulness for stress and relaxation; Dancing for movement and stamina; Fun and Music! 1 hour. $5.

“I Still Live” A Journey through the Life and Times of Daniel Webster, 1782-1852
11/9, 2:30 pm • Ned Sternick, presenter
Daniel Webster, one of the most influential public figures in the first half of the 19th century also had a personal connection to Martha’s Vineyard. Ned Sternick, member of the TCOA Board of Directors and MV Museum docent, will present illustrated slides sharing his extensive study of the life and lasting historical impacts of Massachusetts Senator and U.S. Secretary of State Webster.

Up-Island Highlights - 508-693-2896

Free Reiki Clinic
11/14, 11 am • 2 pm. 2nd Tuesday of every month.
Call for appointment.
Reiki is an ancient light touch therapy that restores balance for physical, mental, emotional, and spiritual healing. It is known to reduce fatigue, stress and pain while strengthening the immune system. It is safe, natural and non-invasive and is helpful for relaxation, revitalization, injuries and chronic pain.

DANCE FREE!
Tuesdays, 7:45. No money, no teacher, no instructions. All fun to catchy, funky, rhythmic music.

Howes House Writing Group
Every Tuesday, 11:15-1:15. All levels welcome! Bring lunch.

Vineyard Isle Parkinson’s Support Group
11/10, 10:30 am. Ellen Call for details
Parkinson’s Caregiver Support Group
Call Ellen for info.

MELT Method Classes with Valerie Sonnenthal
Tuesdays, 11/14 at 1:30pm; 11/21 at 11:00am; 11/28 at 1:00pm $15. Space limited. Pre-registration required.
Learn simple self-care techniques to reduce inflammation, ease chronic neck and low back strain, improve structural alignment, and learn how to keep your whole body feeling better at any age. Use soft foam rollers and small MELT hand and foot balls to rehydrate connective tissue. Feel free to bring your own mat. Rolls and balls provided. Bring water and wear comfortable clothes.

Outreach Services
Ellen Reynolds is available to meet about community resources Mon. - Fri., 9am - 3pm. The COA has medical equipment they may loan, notary services, and can assist you with filling out a File of Life card all free of charge. Joyce Bowker is the UICOA SHINE Counselor and is available to assist with health insurance questions.

Felix Neck and MA Audubon Present: Animals Preparing for Winter
11/27, 2 pm Scary movie, popcorn, cider, cake. Free for Friends of COA members. $4 non members (become a TCOA Friend for $5 and enjoy all events for a year!)

Legal Choices
11/8, 5:30 pm • Arthur Bergeron, Atty.
You might have a health care proxy, but do you have a health care plan for how you want to be treated if you are sick? Presented by Atty Bergeron and a guest medical practitioner. Free. Please call to reserve a seat.

Halloween Party!
10/31, 3 pm Scary movie, popcorn, cider, cake. Free.

MV Museum Presents: Animals Preparing for Winter
11/27, 2 pm Call Ellen for details
Parkinson’s Caregiver Support Group
Call Ellen for info.

Paul Mohair, Administrator
Hours: 9 am-4 pm

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

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

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.