Falmouth Shopping Trips, UICOA
Sept. 21, 8:15/6:15 boats
Call Ellen for details. 508-693-289

Salem Witch Museum, OBCOA
October 20
Follow the history of witches, witchcraft, and witch hunts through the ages. The main presentation is an overview of the events of the Salem Witch Trials of 1692. Do you believe in witches? Don’t answer until you visit the Salem Witch Museum! Leave on the 7 am boat, return on the 6:15. Enjoy a comfortable trip to Salem via motorcoach, with a stop for luncheon on the way. $45 per person. Travelers are responsible for their own SSA tickets and spending money for lunch and shopping. Space limited, contact Rose, 508-693-4509 x3 to reserve your spot.

Tisbury Travel Club
Boston Symphony Orchestra at Boston Symphony Hall
Try it out: Be a Substitute!
A great way to experience one of the world’s great symphony orchestras and historic Symphony Hall.
No worries about parking, professional drivers provide a comfortable ride on new luxury motor coaches. Upcoming concerts feature Christianne Stojin, mezzo soprano; Camilla Tilling, soprano; Thomas Hampson, baritone; Mark Stone, baritone; Menahem Pressler, piano; Yo-Yo Ma, cello; Kerry Riley. At the Royal Majestic for organ & orchestra, Cameron Carpenter, organ; and much more. Seats become available. Concert dates: Oct. 7 & 21, Nov. 4 & 25, Jan. 13. Call for details and to be placed on the substitute list. 508-696-4205.

THE MARTHA’S VINEYARD PARTNERSHIP FOR HEALTH is looking for people to become New Volunteer Leaders for 2 Healthy Living programs:

About the 2 programs:

POWERFUL TOOLS FOR CAREGIVERS: Powerful Tools for Caregivers is an educational program designed to help family caregivers. Class Leaders help participants learn how to take care of themselves. This 2-day FREE training seminar will be held on Sept. 12 and 13.

A MATTER OF BALANCE: A Matter of Balance is a proven program designed to help people manage concerns about falls and to decrease their physical activity. Coaches help participants become confident about managing falls, identify ways to reduce falls, and lead exercises to increase strength and balance.

This 2 half-day FREE training seminar will be held on Sept. 19 and 21. Training materials and snacks will be provided for both programs.

Pre-registration is required. For more information, contact: Kathleen Samways by Email: ksamways@ihlnv.org or Call 508-627-5797 EXT 114

MA Service Alliance/ Commonwealth Corps and Island Health Care Community Health Center are recruiting service members to engage the community in the MV Partnership for Health’s wellness and healthy living goals. Members must be MA residents, 18 years or older with an interest in community advocacy and development, in keeping with the Commonwealth Corps mission. Half-time positions (semi-monthly stipend) available from 8/29/16 – 6/24/17, including training, development, and assignment to specific projects. For job description and application, contact Kathleen Samways, 508-696-4509 x3 to reserve your spot.

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

ALL ISLAND VETERANS ID CARD

Have you signed up for the All Island Veterans ID card? This program is an initiative between Martha’s Vineyard Community Services Veterans Outreach Program, Dukes County Veterans Services and local Island businesses to recognize and thank our Island’s more than 500 veterans, reservists and individuals serving on active duty.

To verify your veteran’s status you must bring your DD-214 to Dukes County Veterans Services Office. Then you will need to go to MVCS Administration Building Tuesday thru Friday between 10:30 AM and 1 PM or make an appointment by calling 508-693-7900 ext 227.

If you have a temporary card, permanent cards are now in and my office can be picked up during the above hours.

Thank you to the 50+ Island Merchants who have signed up to be a part of the program. If you are an Island business interested in participating, find out more and/or fill out the application found at: www.mvcommunityservices.com/veterans/idcard

FALLS PREVENTION AWARENESS DAY SEPTEMBER 22, 2016

Older Adults Have the Power to Prevent a Fall

This year’s theme: Ready, Steady, Balance: Prevent Falls in 2016

Healthy Aging (MV HA-MV). MV Center for Living and your local Councils on Aging, along with the National Council on Aging (NCOA) is celebrating the 9th annual Falls Prevention Awareness Day

Older adults want to stay active, independent, and safe in their homes, but many worry about their risk of falling. In fact, one in three Americans over the age of 65 falls every year. However, falling is not a normal part of aging. Every older adult has the power to prevent a Fall.

Look for more information in the coming weeks on activities and events to celebrate Falls Prevention Awareness Day on Martha’s Vineyard
Up-coming Legal Clinics: With Arthur Bergeron Trusts 101: Do you need a Trust; what type? And, why? Tisbury Senior Center October 4, 5:30-6:30 pm Understand the difference between Irrevocable vs. Revocable and Living Trust vs. Testamentary and how a trust can help you protect your assets, minimize taxes and avoid probate. Do you need a Trust? If so, what type is right for you? A light meal provided by the Black Dog Health Care Options Tisbury Senior Center October 6, 1 pm With Peta Shephard. Please call 508-696-4205 to register. TCOA Mini Health Fair Tisbury Senior Center October 13, 4-6 pm Local organizations and agencies will have information on the programs and services they provide. Cholesterol, Blood pressure, Diabetes, Glaucoma and Hearing screenings will be available. Teeka Snow, Dementia Educator and Advocate Tisbury Senior Center October 27 This all day workshop is for professionals, caregivers and family members of those with Alzheimer’s disease and memory loss. See p1 of this 55Plus issue for more information. Asset Protection vs. Tax Avoidance vs. Probate Avoidance Tisbury Senior Center November 7, 9:30-11:30 pm Attorney Bergeron will use real life examples to explain how seniors can evaluate the tradeoffs often faced in emergency nursing home placements and in longer term planning situations. A light meal provided by The Black Dog. Call 508-696-4205 to register in advance. Hope Health Presents Advance Care Planning: Essential Conversations for Peace of Mind Before A Crisis Up-Island Senior Center November 15, 2 pm Does your health care proxy know your wishes? Explore the value of several documentation options, including the Five Wishes, MOLST (Massachusetts Medical Orders for Life Sustaining Treatments), and the Health Care Proxy form. Call 508-693-2896 to register. 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 Please call to sign up for all programs Read our newsletter on www.edgartowncoa.com for more information. Lunch at Noon $2 Tuesday: Sandwich, salad, dessert $5 Friday: Enchilada, salad, dessert MV Museum Tours, Free 8/29, 1 pm. Exciting and interesting exhibits. Your Amazing iPad 8/31, 10:30 am Edgartown Library, with Kathy Laverit, a technology trainer with over 20 years experience working with diverse groups of adults. Call COA to sign up. Tell Us About Your Summer? Did you take a special trip? Want to share your vacation stories and pictures with us? Call Wendy Native Earth Teaching Farm Tour 9/12, 2 pm. At farm, 94 North Road. Chilmark. See the friendly animals, wool spinning, and discuss food and farming—past, present, and future. Fish Distribution Wednesdays, 9:30 am, 9/14-10/12. Each person receives a number at 9 am. Fish will be cheerfully distributed to one person at a time, as his or her number is called. Coffee and snacks available. Morning Glory Farm Tour and Hayride 9/26, meet at Morning Glory Farm at 11 am for a tour of this beautiful farm. Oak Bluffs Highlights - 508-693-4509 Please call to sign up for all programs Participate in our Senior Survey! Printed surveys are available at the COA, Public Library, and Town Hall. It can also be filled out on line at: www.surveymonkey.com/r/oobca. Please take time to participate, as your input COUNTS. Friends of ORCOA meeting 9/8, 1:30 pm Become part of the OR team! FOBOCA sponsored trips: Foxwoods, Aug. 30, $30 per person. Salem Witch Museum, Oct. 20, see Travel News for details. ORCOA Board of Directors 9/15, 2 pm Morning Coffee and Conversation Daily, 8:30 am Coffee with the Chief, 9/2, 10 am. Meet and talk with our Police Chief, Erik Parlin. Men’s and Ladies Luncheon 9/7, 12:00 noon. Ballroom Dancing with Dorothy and Tom Newton Thursdays, 9/1-9/29, 1-3 pm. The Barn, Fox Trot, and more! Threshold Choir 9/12, 1 pm. With Cheryl Burns. No experience required! John Barrymore Theatrical Production 9/19, 1 pm Actor Richard Clark will act out scenes from Barrymore’s colorful and fascinating life. There is no charge for this wonderful presentation. Tisbury Highlights - 508-696-4205 Please call to sign up for all programs Bridge Class New class begins in September w/ David Donald. Would you like to learn to play bridge? Or, are you interested in a refresher class? Secure your skills; commit to a 6 week course. Each week builds on the lessons learned the previous week. Call for information. BBQ & Raffle 8/27, 4 pm. Sponsored by the Friends of the COA. A summer supper with BBQ style chicken, baked beans, potato salad, drink and dessert. $10, Gift basket raffle, $1/ticket. Call to register, if after hours, specify Friends Supper and leave your phone number for a confirmation call. Mini Golf & Lunch Tisbury Mini Golf, 9/9, 11:30 am. One game & lunch. Payment due by 9/7. Meet there or carpool. $15. Express with Color Bruce Kissell, instructor 9/12, 10 am Even if you don’t think you are an artist, this class is for you! Learn to load the brush with rich color and apply for a finished picture that is hang-able worthy! Finish your painting in one session guaranteed! Listed materials provided. Fee: Class limit: 10 Tai Chi with Toys Daisy Litton, instructor. Thurs, 9-10:15 am Coffee with Computers Will resume with Allison Malick’s return from maternity leave. Congratulations to the Malick’s and their new baby! Animal Companions Will resume on October 24th Line Dancing! With Esther Richmond Tuesdays, 1-3 pm The Senior Center will be closed on Mon, September 5 in observance of Labor Day. The ORCOA will assist with setting up call blocking and adding your phone number to the National Do Not Call Network. This will stop most telemarketing calls and solicitations and must be done from your telephone. Call Diane Figueredo, Outreach Coordinator for an appointment. Check Megan Alley’s weekly column in the MVTimes Calendar section for updates! Hope Health Presents Advance Care Planning: Essential Conversations for Peace of Mind Before A Crisis Up-Island Senior Center November 15, 2 pm How does your health care proxy know your wishes? Explore the value of several documentation options, including the Five Wishes, MOLST (Massachusetts Medical Orders for Life Sustaining Treatments), and the Health Care Proxy form. Call 508-693-2896 to register. The “Toys” are a Fan, Sword and or Banding Balls, used to enhance coordination and fine motor skills. Congratulations to the Malik’s and their new baby! Native Earth Teaching Farm Tour 9/12, 2 pm. At farm, 94 North Road. Chilmark. See the friendly animals, wool spinning, and discuss food and farming—past, present, and future. Fish Distribution Wednesdays, 9:30 am, 9/14-10/12. Each person receives a number at 9 am. Fish will be cheerfully distributed to one person at a time, as his or her number is called. Coffee and snacks available. Morning Glory Farm Tour and Hayride 9/26, meet at Morning Glory Farm at 11 am for a tour of this beautiful farm. Hope Health Presents Advanced Care Planning: Essential Conversations for Peace of Mind Before A Crisis November 15th, 2pm How does your health care proxy know your wishes? Explore the value of several documentation options, including the Five Wishes, MOLST (Massachusetts Medical Orders for Life Sustaining Treatments), and the Health Care Proxy form. By using these, you can be more confident that your individual definition of quality of life is understood and honored, should it ever be medically needed. Learn how patients and families can obtain these forms, and we’ll address frequently asked questions. health is open to anyone, regardless of residence. 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.
Island-Wide Activities Calendar

Yoga for Seniors, UCOA
Martha Abbot
Mon, 11:15 am, Fri, 10:30 am
Kanta Lipicky Wed, 10:30 am
$10 per class

Yoga ECOA with Carol Aranzabe
Thurs, 8:30 am starting 9/15

Mind & Movement (Qigong, UCOA)
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, Breathe, Balance
Resumes 9/16, 4:15 pm
Bring a mat. $10

Tai Chi with Toys, TCOA
(Fan, Sword, Fencing Balls)
Daisy Taylor Lifton, instructor
Thursdays, 9:10-15, class

9/15-10:45, the Form
Chair Yoga, TCOA
Real yoga with chair support
Virginia Iverson, instructor
Tuesdays, 10-11 am
Register/info 508-693-4205

Gentle Pilates, UCOA
Mon, 10 am
Toni Cohen, Instructor $10 per class

ECOA Got Strength?
Strength Training with Lisa Amoils
Tues, 8:30 am (no class 9/13)
Note: Last Thurs class on 9/1.
Be strong, flexible, fit, and happy!
Call Lisa, 508-693-1009 before first class. Punch cards available,
$16 walk ins. 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

9/22, 1:30 pm
“The Whistling Season” by Ivan Doig
Books available at the VH library.

Book Discussion, UCOA
On hiatus
Call 508-693-2896 for information

Book Discussion Group, TCOA
Tuesdays, 2-4 pm

Painters Group, TCOA
Come paint with us! Thurs., 9-11 am
Watercolor Painting with Nancy Cabot, UCOA, Fridays, 1 pm
Coloring Book Expression, TCOA, Thurs, 9-11 am
Color a Mandala or stained glass print.
Supplies provided. Get Creative with
Paint! Bruce Kissell, instructor
9/12, 10 am, Free

MV Museum visits, TCOA
2nd Thursday monthly, 10 am, beginning Oct.
Chair Caring, OBCOA
Tues, 9-10 am.
Chair Power of Balance,
Tues, 10 am. New members welcome!

Breath Meditation, TCOA
Tues, 11 am
Steve Powers, guide

Thursdays, 9-10 am
Wisdom Healing Qigong,
Tuesdays, 8:30 am-
9:15 am
With Katryn Yerdon
First class is free.
With Karen Callinan, 508-693-7730
$12 per class. Call instructor for
further information.

Dancing and Movement, OBCOA
Fridays, 1-2:30 pm.
A great way to exercise, improve mobility and balance and have fun!
Dance FREE!, UCOA
Tuesdays, 3-4.
No money, no teacher, no instruction to do a Latvia, funky, rhythmic
music. Call 508-693-2896

Strength Training, UCOA
$10 First class is free!
With Karen Yerdon
Mon & Wed, 5:30 pm
Tues & Thurs, 8:30 am-9:30 am
Saturdays, 9:00 am
Call 508-693-2896

Chair Power of Balance, TCOA
Ray Whitaker, instructor
First Monday of the month, 10 am.

Strength Training, OBCOA
Fridays, 1 pm

With Ray Whitaker, 508-693-7730
$10 for class. Call for details,
508-693-8337

Pin Pals Bowling
Monthly, see ECOA & TCOA
For details and reservations.

Book Discussion, OBCOA
Mon, 8:45 am Group Exercise
Thurs., 9 am with Billie White
Aquatic Exercise Class
Mansion House Pool
Call Mansion House for info.
508-693-7400

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Martha Abbot
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Kanta Lipicky Wed, 10:30 am
$10 per class

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Thurs, 8:30 am starting 9/15

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Saturdays, 9:00 am
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Thurs., 9 am with Billie White
Aquatic Exercise Class
Mansion House Pool
Call Mansion House for info.
508-693-7400

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.

“We’re 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

508-862-1951 • www.windemeremv.org
**Health Promotion**

- **Blood Pressure & Wellness Clinics:**
  - Aquinnah Town Hall, 9/27, 2-3 pm
  - Chilmark Library, 9/21, 12:30-1:30 pm
  - Edgartown Stop & Shop Pharmacy, 9/2, 12 pm
  - Edgartown Town Hall, 9/4, 9-11 am
  - Oak Bluffs Library, 9/6 & 9/22, 12:30 pm
  - Tisbury Town Hall, 9/6, 9-11 am
  - Up-Island CDA, 9/12, 11-1:00 pm

- **Counseling & Support Groups:**
  - Columba’s, 9/8, 1-3 pm (his side Village, 9/7, 10-11 am)
  - Westwood Village, 9/26, 12-1 pm
  - Woodside Village II, 9/26, 1:15-2:15 pm

- **Public Health Nurse Clinics:**
  - Call your Council on Aging for information on TCOA, 9/8, 9:30 am-11:30 am
  - Vineyard Scripts, Bech Rd. Vineyard

- **Transport:**
  - Have your blood pressure checked any day, any time.

- **Emergency Food Services:**
  - Emergency Food Pantries for All Seniors: Monthly distribution.
    - First Baptist Church Parish House “Sharing Hands”
    - Williams St. Vineyard Haven: Info at 508-693-5339

- **Groups & Services, Housing & Living Options:**
  - Island Elderly Housing: Info at 508-693-5880
  - Vineyard Village at Home (VV AH): Info at 508-693-5880

- **Support Groups & Counseling:**
  - Call Ellen for details 508-693-2896
  - Call Allison McKinley x217
  - Call Tom Bennett for info and group times at MVCS: 508-627-7790 x242

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

- **UICOA:**
  - ECOA, Call 508-627-4368 for an apt
  - ORCDA, Call 508-693-4509 for an apt
  - TCOA, Call 508-693-2896 for an apt
  - Wampanoag Tribal Council, 508-645-9265

**Healthcare Services**

- **Vineyard Healthcare Access Program:**
  - 508-696-0020

**Palliative Care**

- **Wendemere Nursing & Rehab:**
  - 508-696-6465
  - Long term care nursing home facility
  - Medicaid accepted

**Podiatry & Foot Care**

- **Pediatric Care w/ Michelle LeBlanc, RN:**
  - Call for an appointment: 1/2 hour appts, $30
  - ORCDA, 9/14, 9 am
  - Call 508-693-4509 x9
  - ECOA, 9/20, 1:30-3:30 pm
  - 508-627-43685

**Hearing Services**

- **Hearing Services, call in advance for an appointment.**
  - ORCDA, 9/13
  - Call Rose, 508-693-509 x3 for apt
  - UICOA: Vineyard Audiology
  - Hearing Screenings & Repair
  - Call 508-457-9285 for appointment
  - TCOA: Miracle Ear
  - Call 508-457-9285 to speak to Audiologist Michelle Harris or to make an appointment.

**Housing & Living Options**

- **Island Elderly Housing:**
  - 508-693-5880
  - Subsidized housing for seniors & disabled

**Public Health Nurse Clinics**

- **TCOA:**
  - 9/7, 9-11 am
  - Call 508-693-9940 for an appointment

- **B10**
  - 508-693-7900 x242
  - Call Joy for the Elderly: Call the Outreach Worker

- **MVCS: Island Counseling Center**
  - Call Ellen for details: 508-693-2896
  - Call Allison McKinley x217
  - Call Tom Bennett for info and group times: 508-627-7790 x242

**Support Groups & Counseling**

- **MVCS: Island Counseling Center**
  - Call Ellen for details: 508-693-2896
  - Memory Support Groups
    - Wed, 9:30 am & 11 am at Featherstone Center for the Arts
    - For info call Victoria Hershbruth, 508-693-4368 x15
  - Memory Café
    - 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 Leslee Clapp, 508-939-9440 for info
  - Caregiver Support Group
    - First & third Thursdays, 10 am
    - MVCS Island Counseling Center, 508-693-7900
    - Call Allison McKinley x217
    - Grandparents Raising Grandchildren Group
  - MV Family Center, 35 Greenwood Ave, Vineyard Haven
  - Second Saturday of the month, 10-11:30

**Family-owned & Operated**

- **Vineyard Audiology**
  - Vineyard Audiology is hear to help, year round.
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    - Call 508-693-4509 x9
    - ECOA, 9/20, 1:30-3:30 pm
    - 508-627-43685
    - UICOA, 9/26, 9 am
    - Call 508-693-2896