

55Plus



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

September 2016 - Vol. 20, Issue 9

TRAVEL NEWS

Falmouth Shopping Trips, UICOA

Sept. 21, 8:15/6:15 boats
Oct. 26, 8:15/5:00 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 Stotjin, mezzo soprano; Camilla Tilling, soprano; Thomas Hampson, baritone; Mark Stone, baritone; Menahem Pressler, piano; Yo-Yo Ma, cello; Terry 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-full 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 increase 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@ihimv.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 project(s). For job description and application, contact Kathleen Samways.

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 DD214 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 223.
If you have a temporary card, permanent cards are now in and my of-

fice and 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
UP-COMING EVENT
Dukes County Veterans Services is in the process of setting up a Town Hall style meeting between island veterans and the VA. We are hoping to set a date in September. If you are an island veteran or provider and would be interest in this meeting, I can be reached at 508-693-6887 or be email: vetsagent@dukescounty.org.

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

55Plus



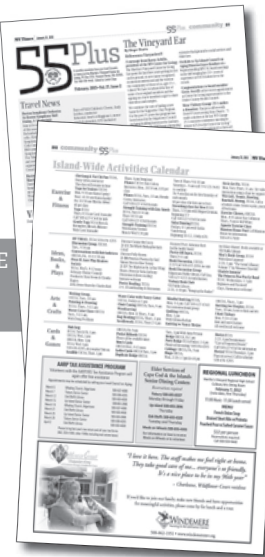
A monthly newsletter from your local Councils on Aging and the Martha's Vineyard Center for Living

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 advertise, call 508-693-6100 (press 2) danielle@mvtimes.com



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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.

!NOTEWORTHY

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 Sheperd. 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.

Teepa 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, 5:30-6:30 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.

!NOTEWORTHY

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
Read our newsletter on www.edgartowncoa.com for more information.

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

MV Museum Tour, Free 8/29, 1 pm.
Exciting and interesting exhibits.

Your Amazing iPad
8/31, 10:30 am
Edgartown Library, with Kathy Lavieri, a technology trainer with over 20 years experience working with diverse groups of adults. Call ECOA 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. Meet 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.

Friday Morning Conversation Group
ECOA, 9/2 and 9/16, 10 am. Refreshments.

SHINE Appointments
With Bill Glazier, call for appointment.

On Display in September
Dianne Holt’s photography.
Meet Dianne, 9/27 at lunch with a Q and A.

Bowlers!
10/3, Join our team to challenge TCOA at the Barn Bowl & Bistro, 11:30-1:30. Fun! Lunch, dessert included, \$10.

Island Tour with Glenn Carpenter
10/6, with Glenn, Island tour guide for 19 years. Be a tourist for a day and learn confessions of a Vineyard tour bus driver. Limited to 12 people.

Oak Bluffs Highlights - 508-693-4509 Rose Cogliano, Director Hours: 8:30 am–4 pm

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/obcoa.
Please take time to participate, as your input COUNTS.

Friends of OBCOA meeting
9/8, 1:30 pm
Become part of the OB team!
FOBCOA sponsored trips:
Foxwoods, Aug. 30. \$30 per person.
Salem Witch Museum, Oct. 20, see Travel News for details.

OBCOA 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 Blake.

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 Rumba, 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.

Coffee and Computers
Will resume with Allison Malik’s return from maternity leave. Congratulations to the Malik’s and their new baby!
Animal Companions
Will resume on October 24th

Line Dancing! With Esther Richmond
Tuesday afternoons, 1-3 pm.

The Senior Center will be closed on Mon, September 5 in observance of Labor Day.

The OBCOA 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 Figueiredo, Outreach Coordinator for an appointment.

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

Tisbury Highlights - 508-696-4205 Joyce Stiles-Tucker, Director Hours: 8:30 am–4:30 pm

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 TCOA. 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
Island Mini Golf. 9/9, 11:30am
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! Instruction/guidance throughout. Materials provided. Free. Class limit: 10

Tai Chi with Toys
Daisy Lifton, instructor. Thurs, 9 -10:45 am

The “Toys” are a Fan, Sword and or Baoding Balls, used to enhance coordination and expression. Tai Chi is beneficial to cardiorespiratory function, immune capacity, mental control, flexibility, and balance; improves muscle strength and reduces the risk of falls (British Journal of Sports Medicine, <http://www.ncbi.nlm.nih.gov/>). All welcome, experienced and beginners.

Bowlers!
10/3, Join our team to challenge ECOA at the Barn Bowl & Bistro, 11:30-1:30. Fun! Lunch, dessert included, \$10.

MV Museum Visits TCOA
10/13, 10 am

Up-Island Highlights - 508-693-2896 Joyce Albertine, Director, Fax: 508-693-1447 Hours: 8:30 am–4 pm

Please call to sign up for all programs
Annual Lobster picnic at the Galley in Menemsha. 9/12. Wait list only.

Chair Massage with Eclipse Massage Therapy
September 2 and 16 & 30, 10 am – 2 pm. Promotional discounted cost is \$1 per minute. 15, 30, 45, and 60 minutes sessions.

NEW! Scrabble
Are you interested in playing Scrabble with others who enjoy the game? Thursdays at 1pm following lunch. Scrabble boards provided. If interested please call (508)693-2896

Health Insurance Counseling (SHINE Counselor – Joyce Albertine)

Counseling assistance with your health insurance questions.

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

Vineyard Isle Parkinson’s Support Group
August 8, 10:30 am.
Please call Ellen for details.

Parkinson’s Caregiver Support Group
Call Ellen for further information.

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.
Hope Health Presents: Advance 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.

Island-Wide Activities Calendar

Exercise & Fitness

Yoga for Seniors, UICOA
Martha Abbot
Mon, 11:15 am, Fri, 10:30 am
Kanta Lipsky, Wed. 10:30 am
\$10 per class
Yoga ECOA with Carol Aranzabe
Thurs, 8:30 am starting 9/15
Wisdom Healing Qigong, UICOA
Allison Parry, Instructor
Mondays, 5 pm.
Cultivate source energy, awaken
consciousness, activate healing,
restore mind/body balance. For info
call or text 508-397-1743. Free.
Gentle Yoga/Kripalu TCOA
Carol Aranzabe, instructor
Stretch, Strengthen, Breath, Balance
Resumes 9/16, 4-5:15 pm
Bring a mat. \$10
Tai Chi with Toys, TCOA
(Fan, Sword, Baoding Balls)
Daisy Taylor Lifton, instructor
Thursdays, 9-10:15, class
10:15-10:45, the Form
Chair Yoga, TCOA
Real yoga with chair support
Virginia Iverson, instructor
Tuesdays, 10-11 am
Register/info 508-696-4205
Gentle Pilates, UICOA
Mon., 10 am
Toni Cohen, Instructor. \$10 per class
ECOA Got Strength?
Strength Training with Lisa Amols
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

Balletics, UICOA
Wed & Fri, 8:15-9:15 am
With Karen Cullinan, 508-693-7730
\$12 per class. Call instructor for
further information.
Dancing and Movement, OBCOA
Fridays, 1:00pm – 2:30pm.
A great way to exercise, improve
mobility and balance and have fun!
Dance FREE!, UICOA
Tuesdays, 3-4. No money, no teacher,
no instructions. Dance to catchy, funky,
rhythmic music. Call 508-693-2896
Strength Training, UICOA,
\$8(First class is free)
With Katryn Yerdon
Mon & Wed, 5:30 pm
Tues & Thurs, 8:30 & 9:30 am
Saturdays, 9:00 am
Call 508-693-2896
Chair Power of Balance, TCOA
Ray Whitaker, instructor
First Monday of the month, 10 am.

40 minute low impact class with
emphasis on flexibility, strength
building, balance and body mechanics.
Balance of Power, TCOA
Ray Whitaker, instructor
3rd Mon monthly, 9-10 am
Strength training, balance \$10/class
Sit & Get Fit, TCOA
1hr award winning video, easy-brisk
Call 508-696-4205 to schedule a time.
Lunch & Wii Bowling, TCOA
Call for details and reservations,
508-693-8337
Pin Pals Bowling
Monthly, see ECOA & TCOA
Highlights for details
Exercise Classes, OBCOA
Mon., 8:45 am Group Exercise
Thurs., 9 am w/Bill White
Aquatic Exercise Class
Mansion House Pool
Call Mansion House for info.
508-693-7400

Ideas, Books, & Plays

Discussion Group, UICOA
Tues., 9:30 am
Call 508-693-2896
for discussion topics.
**Conversations with Bob
Iadicicco**, OBCOA, Fri., 10-11:30 am
Friday Morning Conversations,
ECOA, 9/2 & 9/16, 10 am
Refreshments
Peter H. Luce Play Readers Society
TCOA, Wed, 9-12 noon
**September Theme:
Producer, Arnie Reisman**
9/7 “Look Back in Anger”
by John Osborne; Director Nora Nevin
9/14 “The Kitchen” by Arnold
Wesker; Director Claudia Rogers

9/22, 1:30 pm
“The Whistling Season” by Ivan Doig
Books available at the VH library.
Book Discussion, UICOA
On hiatus
Call 508-693-2896 for information
Book Discussion Group
Edgartown Public Library, Call Lisa,
508-627-4221 for information.
ECOA Men’s Book Group
With Glenn Carpenter
9/7, 3 pm., Sept. book, “The Bounty”
by Caroline Alexander. Discuss books
on history, travel, nonfiction, real life.
Exchange thoughts, ideas, opinions
and insights with other knowledgeable
readers. Exercise your mind, socialize

with friendly people. Refreshments.
All welcome.
ECOA Women’s Book Group
9/28, 3-4:30 pm
Led by Jill Jupen. Sept. book TBA.
Call Wendy 508-627-4368 to express
interest and be on the email list.
Writers Group, UICOA
Tues, 10 am - noon
The Howes House Writers Group
is back. New members of all skill
levels are most welcome!
Ukulele Jammin’, TCOA
The Princess Poo-Poo-Ly Band
Wednesdays, 1-3 pm; Martha Child,
instructor. Beginners and Practiced.
Fun! We play a wide variety of music!

Arts & Crafts

Painters Group, TCOA
Come paint with us! Thurs., 9-11 am
**Watercolor Painting with Nancy
Cabot**, UICOA, 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 Caning OBCOA,
Tues, 9 am. 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
Needlework, ECOA, Thurs 2-4 pm
Knitting for Hospice, ECOA
Tues., 10 am, Learn to knit and felt

Cards & Games

Mah Jong
ECOA, Tues & Fri, 1 pm
UICOA, Wed, 1 pm; Thurs, 1:30 pm
OBCOA, Mon. 1 pm
Scrabble
OBCOA, Fri. 9 am
UICOA, Thurs. 1 pm
Men’s Cards OBCOA Wed., 9 am
Hand & Foot Card Games, OBCOA
Mon - Fri, 9 am

Ladies Cards, OBCOA Tues., 1 pm
Rummy, OBCOA
Tues & Thurs, 1 pm
Ladies Bridge, OBCOA
With Sue Collison
Tues., 9:30 -11:30
Board Games Day, TCOA
Chess, Scrabble, Checkers?
What’s your game?
Wed/afternoons, Friday/mornings

Call to join a group. 508-696-4205
Party Bridge, TCOA
Fridays, 1-4 pm
Please call for seating, 508-693-3686
Duplicate Bridge, TCOA
Mondays, 1-4:30 pm
Call for seating 508-627-5476
Contract (Party) Bridge, UICOA
Thurs, 1:30
Call Abe Seiman 508-696-9030

Bridge Instruction, ECOA
Fridays, 1 pm. With Sari
Cribbage OBCOA, Fri., 9 am
Bingo, OBCOA
Wed., 9/21, 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

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.



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

Blood Pressure & Wellness Clinics:

Aquinnah Town Hall, 9/27, 2-3
Chilmark Library, 9/21, 12:30-1:30
Edgartown Stop & Shop Pharmacy, 9/7, 12-2
Edgartown Town Hall, 9/14, 9-11
Edgartown COA, 9/15, 10:30
Oak Bluffs COA, 9/6 & 9/22, 12:30
Tisbury COA, 9/6, 10-11;
Up-Island COA, 9/12, 11:00-1:00

Cronig’s, 9/8, 1-3
Hillside Village, 9/7, 10-11
Woodside Village, 9/26, 12-1
Woodside Village II, 9/26, 1:15-2:15

Public Health Nurse Clinics:
Call your Council on Aging for information
TCOA, 9/8, 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: 9/13,
Call Rose, 508-693-4509 x3 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, 9/14, 9 am
Call 508-693-4509 x3
ECOA, 9/20, 1:30-3:30 pm
508-627-43685
UICOA, 9/26, 9 am
508-693-2896

Insurance, Legal, Social Security

Health Insurance Counseling and Medicaid & MassHealth Info

S.H.I.N.E.
ECOA, Call 508-627-4368 for an apt.
OBCOA, Call 508-693-4509, x 3 for apt
TCOA, Call 508-696-4205 for an apt.
UICOA, Call 508-693-2896 for an apt.
Wampanoag Tribal Council,
508-645-9265

Vineyard Health Care
Access Program, 508-696-0020

Elder Law Project:
South Coastal Counties
Legal Services (Cape & Islands)
Tom Kosman, Elder Law Attorney
9/6, UICOA
Call 508-775-7020 OR
1-800-742-4107 for an appointment

Free Legal Clinic
9/14, 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
9/22, 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
9/2, 10:30 am.
Call 508-627-4368 for an appointment
Funeral Consumers Alliance
1-802-865-8300, Information on end of life alternative

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

Transportation:

Vineyard Transit Authority-
508-693-9440.

\$30 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
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.co

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
9/19, TCOA,
Call 508-696-4205 for information
Vineyard Isle Parkinsonians Support Group
9/12, 10:30 am UICOA
Call Ellen for details 508-693-2896
Parkinson’s Caregivers’ Support Group UICOA,

Call Ellenfor details 508-693-2896
Memory Support Groups
Wed, 9:30 am & 11 am
at Featherstone Center for the Arts
For info call Victoria Haeselbarath, 508-627-4368 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 Leslie 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, 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

ELDER SERVICES OF CAPE COD & THE ISLANDS

Mature Workers Program

Immediate openings for unemployed, low-income adults age 55 or older who want to return to work. Use your skills and learn new ones in a paid internship position with a local nonprofit organization or government agency through the Mature Workers Program. Enrollment interviews with eligible candidates will take place in Edgartown on September 20 and 27.

If you are interested, call Fran at 508-394-4630 x543 for more information or to schedule an appointment.

Nutrition Programs

For information on the local Senior Dining Centers and Meals on Wheels call 508-693-4393.

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- **Sick Room Supplies**
- **Prescription Drug Disposal Program**