



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

### Tickets available:

#### Boston Symphony Hall BSO Concerts

#### March 25, April 22 Matinees

Join us! The Tisbury Travel Club currently has seats to our BSO concert trips at Symphony Hall, Boston. Call Sandy for concert details: 508-696-4205.

#### Falmouth Shopping Trips

April 20th and May 18th. 8:15 am boat leaving, 5:00 pm returning. Please call UICOA, 508-693-2896.

#### Kennedy Museums & Commonwealth Museum

#### May 12

Visit JFK or EMK and with remaining time you can visit the Commonwealth Museum. JFK Library features two new exhibits "Young Jack", as a boy, a student, a decorated war hero, a young man seeking his life's path, and the "Freedom 7 Space Capsule" the iconic space capsule that US Navy Commander Alan B.

Shepard Jr. piloted on the first American manned flight into space. At the EMK Institute for the Senate, be immersed in the history and sit in a to-scale representation of the US Senate. See the Lion of the Senate exhibit and replicas of his DC office and Reception Room. At the Commonwealth Museum view important documents such as "The Massachusetts Experiment in Democracy: 1620-Today", The Colonial, Revolutionary, Federal and 19th c reform period. A sub-theme "Tracing our Roots, tells the story of four representative MA families of Native American, English, African-American and Irish heritage. Lunch at JFK, or bring a sandwich and enjoy a picnic lunch outside overlooking the Boston Harbor. \$35. Reservations taken until May 22: call 508-696-4205.

#### ECOIA Wants to Hear Your Trip Ideas!

Contact Wendy at wbenedetto@edgartown-ma.us or 508-627-4368 suggesting places you'd like to visit in 2016.

## Regional Luncheon

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

**March 10**

Menu to be Announced

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 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.

## Veterans Services

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

### Veterans Choice and the Island Community

Call Veterans Choice Health Net at 866-606-8198

The Veterans Access, Choice and Accountability Act of 2014 allows a Veteran to seek care from a community provider when that Veteran lives on an island without a VA facility.

**What if I'm not already enrolled in VA, can I qualify for Veterans Choice care?** Yes. If you are eligible for VA care and meet the requirements for the Veterans Choice program, you can qualify. Call the Veterans Choice Program Health Net for more information.

**Can I see any doctor of my choice in my community?** No. Please do not schedule an appointment with a local provider without first getting authorization from Health Net. Once your eligibility is verified, Health Net will work with you to find a provider in the community.

**Does the transition to Veterans Choice mean that I cannot receive care from VA physicians or medical facilities?** No. Veterans Choice is designed to supplement the care you receive through VA medical facilities, not replace or limit that care.

**How do I schedule appointments through Veterans Choice?** Call Health Net and they will work with you to make an appointment.

**How will my medical records get back to the VA Health Care System?** Providers are required to provide VA with the medical documentation. Health Net will reach out to the provider and ensure those records make it securely back to VA.

**What do I do about my prescriptions?** VA will continue to provide Veterans with prescription medication required. Have your Veterans Choice provider send your prescription directly to the VA pharmacy.

**How do I order tests?** Call Health Net and ask for the test that is being requested by your Veterans Choice provider. Your provider should also notify Health Net of the recommended test, so it can be authorized and scheduled with an approved provider.

**If a community provider recommends I see a specialist, will that be covered by Veterans Choice?** Yes. The provider should notify Health Net of that recommendation, so they can ensure the additional care is authorized and an appointment is made with an approved provider.

**What about emergency or urgent care?** Emergency services are covered through VA for eligible veterans and are not provided through Veterans Choice.

## Grandparents Raising Grandchildren (GRG) Support Group

Second Saturday every month, 10 – 11:30 am  
 MV Family Center • 35 Greenwood Ave, Vineyard Haven

Grandparents who find themselves raising their grandchildren don't have to go it alone.

Martha's Vineyard Community Services Family Center, in collaboration with the Island Wide Youth Collaborative is co-hosting this new group.

"The challenges facing grandparents helping to raise their grandchildren can be daunting," said Marney Toole, MV Family Center Coordinator.

Information about trends and issues facing grandparents raising grandchildren are shared over coffee and discussion.

Pre-registration for this group is required for childcare. Please call 508 687-9182.

## FirstStop MV

Martha's Vineyard's new Information Resource tool for locating services and resources available to Island seniors. On FirstStop MV you will find:

- Island-wide, state-wide, and national resources for: Caregiver & Family Support • Consumer Advocacy • Elder Abuse & Neglect • Employment & Volunteering • Financial Resources • Food & Nutrition • Health & Wellness • Home Services • Housing • Legal Assistance • Social & Educational Opportunities • Transportation

**How to connect with FirstStop: Web: FirstStopMV.org**

Phone: 774-549-0555 • Email: info@firststopmv.org

facebook.com/FirstStopMV • twitter.com/FirstStopMV

FirstStop MV is an initiative of Dukes County Healthy Aging MV Supported by all six Island towns.

## 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.