

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

May 2016 - Vol. 20, Issue 5

TRAVEL News

Falmouth Shopping Trips
May 18 8:15 am boat leaving, 5:00 pm returning.
Call UICOA, 508-693-2896.

Kennedy Museums & Commonwealth Museum
May 12, 8:15, 5:00 boats
Deadline to register is April 29!
Call 508-696-4205

Three museums at Columbia Point: The JFK Library & Museum, the new EMK Institute for the U.S. Senate, and the Commonwealth Museum; 1.5 hours at JFK and at EMK; 1 hour at the Commonwealth Museum. Arrive 10:45 at JFK/EMK. Lunch options: JFK lunchroom available to the public or bring a sack lunch to enjoy outside in the picnic area (weather permitting). The bus leaves at 1 pm to take us to the Commonwealth Museum for interactive exhibits that bring history alive. Included: our nation's most important historical treasures: One of the original 14 copies of the Bill of Rights and one of the original 14 copies of the Declaration of Independence. The CM main theme "The Massachusetts Experiment in Democracy: 1620-Today", and sub-theme "Tracing our Roots", the story of four representative MA families of Native American, English, African-American and Irish heritage. Choose JFK or EMK, add CM= \$35.

Annual ECOA North End Trip
June 3, 8:15 boat. This year and joining friends from the Falmouth Council on Aging! \$40 for round trip bus; purchase your own ferry ticket; eat on your own at your choice of restaurants in the North End. Return on the 6:15 boat. To sign up call 508-627-4368.

ECOA Cape Cod Canal Trip
July 13, 8:15 boat;
Cruise from 10-1 with Hyline Cruises. Call 508-627-4368 for details, pricing.

ECOA Charles River Cruise and Cheesecake Factory Trip with Falmouth Council on Aging
September 7, 8:15 boat;
\$75 includes bus, cruise, luncheon and gratuities. Purchase your own ferry ticket. Call 508-627-4368 to sign up.

TCOA Walking Tour of Historic Sandwich, Sept. 10
Visit the Sandwich Glass Museum (new historical theater exhibit)
Lunch at the Daniel Webster Inn. 8:15/3:45 boats. \$54.
Call 508-696-4205 to register.

Tisbury Travel Club BSO Fall A Subscribers
Call 508-696-4205 if you do not plan to re-subscribe to the Fall A 2016-17 season OR if you would like to become a subscriber and join us to travel to this wonderful series of concerts.

Regional Luncheon

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

May 12th
Music at 11 • Lunch served promptly at 11:30
MENU: Minestrone Soup, Chicken Primavera (Chicken sautéed with Spring Vegetables and tossed with Penne Pasta), Lemon Merengue Tart.
Delicious food, great company! • \$12 per person
Call 508-939-9440 for reservations

Elder Services of Cape Cod & the Islands Nutrition Programs

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

Memory Café

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

Memorial Day Parade and Ceremony

On Monday, May 30th, members of American Legion Post 257 in Vineyard Haven, American Legion Post 186 in Edgartown and Veterans of Foreign Wars Post 9261 in Oak Bluffs will join together to honor those who made the ultimate sacrifice. The parade will step off at 10 am from American Legion Post 257 on Martin Road, Vineyard Haven and proceed to the Avenue of Flags in Oak Grove Cemetery. At the Avenue of Flags, 450 flags are put up at 7:30 am and taken down at 3 pm, weather permitting. Volunteers are always welcome to help to assist.

This year our guest speaker is Senior Chief Robert J. Riemer, Officer in Charge, Coast Guard Station Menemsha. He entered the Coast Guard in 1991 and had many afloat assignments from Woods Hole to Kodiak, Alaska. He served as Officer in Charge of CG Station Elizabeth City from July 2011 to June 2014 and was assigned as Officer in Charge of CG Station Menemsha in June 2014.

The Ladies Auxiliary from Post 257 will be selling poppies at locations in Vineyard Haven during Memorial Day weekend and at the parade. At 3 pm please pause for the National Moment of Remembrance to Honor American's fallen and recognize their sacrifice.

Bivouac of the Dead

The muffled drum's sad roll has beat
The soldier's last tattoo;
No more on life's parade shall meet
That brave and fallen few.
On fame's eternal camping ground
Their silent tents to spread,
And glory guards, with solemn round
The bivouac of the Dead.

By Theodore O'Hara

Veterans Discount ID Cards:

Veterans ID Discount cards are available through Martha's Vineyard Community Services for discounts at local businesses.

Please call Jo Ann Murphy for information, 508-693-6887

SHINE News

Need help with prescription drug costs? Prescription Advantage may be your answer!

Prescription Advantage is a state-run program which assists many elders with the costs of their medications. Eligibility is based on income only and there is no asset limit!

If you are a Massachusetts resident, eligible for Medicare, and are:

65 years or older with an annual income at or less than \$59,400 for a single person or \$80,100 for a married couple or...

Under 65 years and disabled, with an annual income at or less than \$22,334 for a single person or \$30,118 for a married couple.

You may also join if you are 65 years or older and not eligible for Medicare. There is no income limit.

There is no charge for joining Prescription Advantage if you have an annual income at or less than \$35,640 for a single person and \$48,060 for a married couple. There is a \$200 per person annual enrollment fee for those with higher incomes.

Call Prescription Advantage today to enroll on the phone. You can reach Prescription Advantage at 1-800-AGE-INFO (1-800-243-4636), then press or say 2. You may also apply on line by going to www.prescriptionadvantagemma.org.

Medicare also has a program to help with the cost of your medications. For more information or assistance with any Medicare issue, contact the SHINE Program. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. Please call us to schedule a SHINE appointment.





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!NOTEWORTHY

CaptionCall® Life is calling
May 2, 2 pm. Up-Island Senior Center, 508-693-2896

CaptionCall® is a FREE telephone for anyone who has trouble hearing on the phone. Using voice recognition technology and a fast transcription service, it quickly provides written captions of what callers say on a large, easy-to-read screen. Light refreshments. Pre-registration requested.

Legal Clinic with Arthur Bergeron
May 2, 5:30-6:30 pm

Tisbury Senior Center, 508-696-4205
Topic: Elder Law Update 101: basics of wills, trusts, Mass Health and estate planning, administrative changes and new government programs.

Tisbury Senior Center Silver Anniversary!
May 8, 2-4 pm
25th Anniversary Celebration of the Tisbury Senior Center. Join us!

CORD – Organization for the Rights of the Disabled
May 12, 1 pm

Tisbury Senior Center, 508-696-4205
An overview of services available through CORD. Sign up by May 9

Martha’s Vineyard Museum: “Gale Huntington: the Man, the Music, the Fiddle”
May 16, 1:30 pm.

Up-Island Senior Center, 508-693-2896
E. Gale Huntington (1902–1993) was a man of many achievements—historian, archaeologist, teacher, and musician. He left his mark on the Martha’s Vineyard Museum as the first editor of the Dukes County Intelligencer and donor or collector of archives and artifacts that span the breadth of his interests. Docent Nancy Cabot will share oral histories, music, photographs, objects and more! Museum Conversations is free with support from the Martha’s Vineyard Savings Bank Charitable Fund.

“How to Organize Your Home”
June 2, 1:15 pm

Tisbury Senior Center, 508-696-4205
With Paula Martin, a simple approach to downsize, create space and reorganize your home.

Yarn and Fabric Extravaganza!
June 4, 9 am to 3 pm

Sponsored by the Oak Bluffs Public Library and OBCOA
We are looking for donations of yarn, fabric, craft books, knitting, crochet, sewing, needlework kits, quilting supplies, needles for sewing and knitting, crochet hooks, thread, patterns etc. in good condition for this program. This is a chance to empty out your closets of craft items that you no longer use, and pick up new things that interest you.

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.

Lunches Noon
\$2 Tuesday- Sandwich, soup, dessert
\$5 Friday- Entree, soup, dessert
Bowlers!
5/2, Join our team to challenge TCOA at the Barn Bowl & Bistro, 11:30-1:30. Fun! Lunch, dessert included, \$10. Call 508-627-4368 to sign up.
Friday Morning Conversation Group
ECOA, 5/6 and 5/20, 10 am.
The 6th led by Glenn Carpenter, topic, “Touring the Island.” Refreshments.

Movie Day
5/13, 1:15 pm, “The Lady in the Van” with Maggie Smith and Alex Jennings. The true story of the relationship between Alan Bennett and the singular Miss Shepherd, a woman of uncertain origins who “temporarily” parked her van in Bennett’s London driveway and proceeded to live there for 15 years. Please call 508-627-4368 to sign up.
New Stretch Class with Ray Whitaker
Fridays, 9-9:45 am, \$10. Join us for introductory basic stretching. Call 508-627-4368 to sign up.
How to Organize Your Home
5/17, 12:45 pm, following lunch. Free

presentation on how to organize your home with professional organizer, Paula Martin. Paula provides you with a simple plan and process to downsize, create space, reorganize, stay organized, and bring balance and harmony into your home, your mind, and your life. Call to sign up, 508-627-4368.
NEW Women’s Book Group
5/25, 3-4 pm, 4th Wednesday of every month, led by Jill Jupen. May’s book TBA. Please call Wendy to express interest and be on the email list, 508-627-4368.
On Display in May
Vineyard Colors Moira Fitzgerald and Yann Meersseman share their photos. Visit www.vineyardcolors.com

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 5/12, 1:30 pm
Become part of the OB team!
OBCOA Board of Directors
5/19, 2 pm
Social Security SKYPE Appointments
5/23, 9:00 am-12 pm
Call for an appointment.
S.H.I.N.E.
(Serving Health Information Needs of Elders)
5/24, call for an appointment 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
5/4, 12:00 noon.
Welcome Karen Kukulich from Healthy Aging MV to tell us about the “First Stop” website
Conversations
5/6, 10 am
Melissa Vincent of TRI will be here for a presentation and discussion of this wonderful home repair and child care program.
Coffee and Computers
5/11, 10:30 am
with Allison Malik, call Rose for info and to sign up!
Threshold Choir
5/2 & 5/15, 1 pm.
With Cheryl Burns. No experience required, just the desire to sing and learn!
Bingo!
5/18, 1-3 pm AND 6-8 pm

Animal Companions
5/9, & 5/23, With Karen Ogden.
UFO’S – Unfinished Forgotten Objects
Fridays, 1-2:30 pm
Have a project that you’ve forgotten about? Join us!
We will be closed Monday, May 30th in observance of Memorial Day.
We regret to announce that our beloved Chair Caneing instructor Robert Kinnecom has retired. Call Rose if you are a chair caner, and would like to teach a class here at OBCOA.
CORE In-home Counseling Services & Emergency List:
Contact Rose for information and to add your name to the Emergency Management list.
Check Megan Alley’s weekly column in the MV Times Calendar section for update

Tisbury Highlights - 508-696-4205

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

Please call to sign up for all programs.
Mark Your Calendar!
Tisbury Senior Center’s 25th Anniversary
Sunday, May 8, 2-4 pm
Join us to celebrate 25 years of service and building relationships and community here at the Tisbury Senior Center. We’re having a party! Whether you have stopped by for special events; participate in weekly classes; enjoy the daily luncheon; travel with the Tisbury Travel Club; are a neighbor; drive by and wonder what’s going on?; have never been in but like the idea of our town’s community center; we hope you will join us! Dedication of a commemorative garden,

Refreshments, Displays, Michael Haydn, piano. Welcome!
Be a Friend!
Friends of the TCOA are planning for the 25th Anniversary Celebration! Give them a call if you would like to help. It will be fun! The TCOA Friends need more friends! 508-693-5349.
New Painting Class!
Bruce Kissell, instructor
5/2, 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 how to apply it on a pre-drawn sketch. The finished picture will depend on how you decide to apply the paint.

Hangable-worthy! Instruction/guidance. Free. Materials provided.
“Pin Pals”- Let’s Bowl!
5/2, 11:30-1:30
TCOA and ECOA town residents face off for another FUN round of bowling. Join the Pin Pals bowling teams for an hour of bowling at the Barn, Bowl & Bistro followed by lunch and dessert.
Bowling experience is not required!
Bowling & Lunch-\$10.00
Stop by and see what’s posted on our activities board! Ongoing groups, classes and activities are also listed in the Calendar and Service & Support sections

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.
Vineyard Isle Parkinsonians Support Group
5/9, 10:30 am
“Using Word Collages to Inspire Your Writing”
Tuesday Writers Group, 10 am-noon. With Ellie Bates.
Chair Massage with Eclipse Massage Therapy
5/13 & 5/27, 10 am-2 pm
A good massage can do wonders for your mind and body and chair massage is readily available and convenient. Massage has been proven to increase circulation, decrease tension, increase range of motion, improve flexi-

bility, and much more. Promotional discount \$1 per minute. 15, 30, 45, and 60 minutes sessions. Call for an appointment.
Martha’s Vineyard Museum: “Gale Huntington: the Man, the Music, the Fiddle” 5/16, 1:30 pm.
See Noteworthy for details and call to register
Sound Healing with Valerie Sonnenthal
5/16 & and 6/29, \$15.
Call to register. Peaked Hill Studio owner Valerie Sonnenthal will offer a 1-hour Restorative Sound Bath using Tibetan Singing Bowls, a Monochord, and chimes. The resonant vibrational healing qualities of the instruments can help to alleviate pain and discomfort, inviting deep relaxation and relief. You may lie down or choose to sit in a

comfortable chair, bring a yoga mat, pillows, and eye pillow or scarf to cover your eyes to help you feel calm and heighten your other senses. Simply listen and be bathed in soothing sound.
Howes House Annual Art Show
Friday 6/24, 12-4 pm &
Saturday 6/25, 9-2 pm
View the works of the members of the Friday painting group including still life and landscape. Nancy Cabot, group facilitator.
Health Insurance Counseling:
SHINE Counselor Joyce Albertine
Outreach: Meet confidentially with Ellen Reynolds to learn about community resources available to meet your needs.

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. 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 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 Thurs, 9-10:30 am beginning in June</p>	<p>Call to register, 508-696-4205 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 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. Stretch Class with Ray Whitaker ECOA Fridays, 9-9:45 am, \$10, bring mat. Introductory basic stretching. Call 508-627-4368. Chair Power with Ray Whitaker TCOATues, Starting May 2, 10 am. 40 minute low impact</p>	<p>exercise class with emphasis on flexibility, strength building, balance and body mechanics. Call 508-696-4205 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 with Ray Whitaker, TCOA Starting May 2, 10 am. 40 minute low impact class with emphasis on flexibility, strength building, balance</p>	<p>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 Mon, Thurs, 10-11 am. 1hr award winning video, easy-brisk. Lunch & Wii Bowling, TCOA. Call for details and reservations, 508-693-8337 Pin Pals Bowling 5/2, 1:30-1:30 pm Tisbury and Edgartown bowling teams face off at the Barn Bowl & Bistro. All for fun! Bowl, lunch and dessert included. \$10. Call TCOA 508-696-4205 or ECOA 508-627-4368 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</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 5/6 & 5/20, 10 am 5/6 topic “Touring the Island” with Glen Carpenter. Refreshments Peter H. Luce Play Readers Society, TCOA Wed, 9-12 noon. Producer: Judith Miller Playwrights’ Early Years:</p>	<p>Predicting Potential 5/7 <i>The Man Who Had All the Luck</i> by Arthur Miller; Director: Mike Adell 5/11 <i>The Nether</i> by Jennifer Haley; Director: Sofia Anthony 5/18 <i>All the Good in the World</i> by Cory Hinkle; Director: Linda Vadasz 5/25 <i>Milk Like Sugar</i> by Kirsten Greenidge; Director: Nora Nevin Discussion follows, listeners always welcome. Call 508-696-4205. Poetry Readers, TCOA 5/2, 10 am Poetry, Jill Jupen, ECOA Thurs., 9:30 am Tues, 10 am. New members welcome! Tisbury Book Club 5/19, 1:30 pm “A Man Called Ove”</p>	<p>by Frederik Backman 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 5/18, 3 pm. 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. May book: “Longitude:</p>	<p>The True Story of a Lone Genius Who Solved the Greatest Scientific Problem of His Time” by Dava Sobel ECOA Women’s Book Group 4th Wednesday of every month, 3-4 pm, led by Jill Jupen. May book TBA. Call 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 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!</p>
	<p>Painters Group TCOA Come paint with us! Thurs., 9-11 am Watercolor Painting with Nancy Cabot, UICOA Fridays, 1 pm New Crazy with Color/Coloring Books, TCOA</p>	<p>Thurs, 9-11 am Color a Mandala or stained glass print Supplies provided Chair Caning, OBCOA Tues, 9 am Woodarving, OBCOA Mon. & Thurs., 9 am Rug Hooking, ECOA</p>	<p>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,</p>	<p>Learn to knit and felt, Purl Jam Knitting and Conversation, TCOA Mon, 9-11 am 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 & Thurs. 1:30 pm OBCOA, Mon. 1 pm Scrabble, OBCOA, Fri. 9 am Scrabble, ECOA, Fri. 1 pm New Scrabble, UICOA, Thurs. 1 pm Men’s Cards, OBCOA, Wed., 9 am Hand & Foot Card Games, OBCOA Mon - Fri, 9 am</p>	<p>Ladies Cards OBCOA Tues., 1 pm Rummy, OBCOA Tues & Thurs, 1 pm 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</p>	<p>Call to join a group. 508-696-4205 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 Contract (Party) Bridge UICOA</p>	<p>Thurs, 1:30 Call Abe Seiman 508-696-9030 Cribbage OBCOA, Fri., 9 am Bingo OBCOA, Wed., 5/18, 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>

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	Adult Health Promotion & Blood Pressure Clinics: Aquinnah Town Hall 5/24, 2-3 Chilmark Library 5/18, 12:30-1:30 Edg Stop & Shop Pharmacy 5/4, 12-2 Edg Town Hall 5/11, 9-11 Edg COA , 5/19, 10:30 Oak Bluffs COA , 5/3 & 5/26, 12:30 Tisbury COA 5/3, 10-11;	Up-Island COA 5/10, 11:30-1:00 Cronig's 5/12, 1-3 Hillside Village 5/4, 10-11 Woodside Village , 5/23, 12-1 Woodside Village II 5/23, 1:15-2:15 Public Health Nurse Clinics: Call your Council on Aging for information TCOA , 5/12, 9:30-11:30 UICOA , 5/25, 1-3 pm Vineyard Scripts , Beach Rd. VH	Have your blood pressure checked any day, any time. Hearing Services: <i>Call in advance for an appointment.</i> OBCOA: 5/10, Call Rose, 508-693-4509 x3 for apt UICOA: Vineyard 9rd 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 5/11, 9 am Call 508-693-4509 x3 ECOA 5/17, 1:30-3:30 pm 508-627-4368 UICOA, 5/23, 9 am 508-693-2896
	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 5/2, UICOA. Call 508-775-7020 OR 1-800-742-4107 for an appointment.	Free Legal Clinic , 5/11, 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 5/23, 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 5/6, 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 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, E-mail: 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
	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 5/16, 1 pm. Topic: Stress & Relaxation Vineyard Isle Parkinsonians Support Group 5/9, 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 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

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