

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
June 2016 - Vol. 20, Issue 6

TRAVEL News

Annual ECOA North End Trip

June 3, 8:15 boat. \$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 6:15 boat. 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 and to sign up.

ECOA Charles River Cruise and Cheesecake Factory Trip with Falmouth Council on Aging

Sept. 7, 8:15 boat; \$75 includes bus, cruise, luncheon, and all gratuities. Purchase your own ferry ticket. Call 508-627-4368 to sign up.

Historic Cape Cod, TCOA

Sept. 10, 8:15/3:45 boats. \$54 Gentle Walking Tour of Historic Sandwich. Visit the Sandwich Glass Museum. Luncheon at the Daniel Webster Inn. Discover the historic treasures of this charming village with dedicated docents

who will bring Sandwich and its history to life. Sandwich is the oldest town on Cape Cod, with many treasures and secrets to explore! Call Tisbury Travel Club, 508-696-4205, to register.

Falmouth Shopping Trips

Will resume in September!

BSO Fall A Subscriber Trips

Current Subscribers: *Renew* by June 10! Enjoy the world's finest music at beautiful Symphony Hall. The travel club makes all the arrangements. No driving or parking headaches; our professional drivers provide a comfortable ride in a new luxury motor coach to and from Boston. This year's 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 on organ; and much more. Call Sandy: 508-696-4205/TCOA.

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.

Senior Dining Centers

Reservations Required 48 hours in advance
 Tisbury, 508-693-8337/ Monday - Friday
 Up-Island 508-693-2896/ Thursdays
 Oak Bluffs 508-693-4509/ Tuesday and Thursday

Meals on Wheels

508-693-4393

Call for information on how to receive Meals on Wheels, or to volunteer



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.



VINEYARD GARDENS
 484 STATE ROAD • WEST TISBURY • 508.693.8511
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 every **TUESDAY** seniors day (62 plus)
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 visit **VINEYARD GARDENS** for all your gardening needs

VETERANS SERVICES

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

FLAG ETIQUETTE: Standards of Respect

The Flag Code, which formalizes and unifies the traditional ways in which we give respect to the flag, also contains specific instructions on how the flag is not to be used.

The flag should never be dipped to any person or thing. It is flown upside down only as a distress signal.

The flag should not be used as a drapery, or for covering a speaker's desk, draping a platform, or for any decoration in general. Bunting of blue, white, and red stripes is available for these purposes. The blue stripe of the bunting should be on the top.

The flag should never be used for any advertising purpose. It should not be embroidered, printed, or otherwise impressed on such articles as cushions, handkerchiefs, napkins, boxes, or anything intended to be discarded after temporary use. Advertising signs should not be attached to the staff or halyard.

The flag should not be used as part of a costume or athletic uniform, except that a flag patch may be used on the uniform of military personnel, fireman, policeman,

and members of patriotic organizations.

The flag should never have placed on it, or attached to it, any mark, insignia, letter, word, number, figure, or drawing of any kind.

The flag should never be used as a receptacle for receiving, holding, carrying, or delivering anything.

When the flag is lowered, no part of it should touch the ground or any other object; it should be received by waiting hands and arms. The flag should be folded neatly and ceremoniously for storage.

The flag should be cleaned and mended when necessary.

When a flag is so worn it is no longer fit to serve as a symbol of our country, it should be destroyed by burning in a dignified manner.

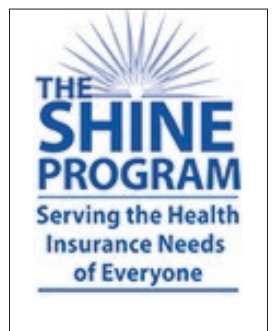
We put new flags on veteran's graves every Memorial Day. Over the harsh winter, some flags have been lost. If you do not have a flag on a veteran's grave, please call the veterans office and let me know.

SHINE News

Medicare's Free Preventive Services

An important goal for Medicare is to help people stay healthy by encouraging prevention. Medicare provides a number of preventive services. Many of these services are free whether you have traditional Medicare or a Medicare Advantage plan, like an HMO. Some of the free services include:

- Colorectal cancer screening (including colonoscopies)
- Mammograms
- Pap tests and pelvic exams
- Bone-mass measurements
- Cardiovascular screening
- Flu and pneumonia shots
- Alcohol-misuse screening and counseling
- Depression screening
- Obesity screening and counseling



There are rules which state when and how often Medicare will pay for the above services. Medicare also covers a "Welcome to Medicare" visit and then Annual Wellness Visits in following years. However, these visits are not the same as an annual physical exam. Annual physicals are not covered by Medicare, but they are covered by Medicare Advantage plans (HMOs, PPOs). For a complete list of free preventive services, go to www.medicare.gov or see a SHINE counselor.

For further 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 your Senior Center to schedule a SHINE appointment.

Announcing New Funding for the Memory and Music Café

MV Center for Living is pleased to announce we have received new funding from the Department of Developmental Services (DDS) to expand the Memory Café.

Memory cafes are social clubs, started by people experiencing memory loss who do not want to lose the opportunity for social connections and friendships. With this new funding, we welcome anyone from the community who struggles with memory issues or has a disability to join us for socialization, music, snacks, and information about resources in the community. There is no charge for the café, and you are welcome to attend when you can and come and go as you please.

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. Enjoy games and activities with your peers. Refreshments included! Free of charge.

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

!NOTEWORTHY

“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.

Chair Power of Balance Exercise

Monthly, first Monday beginning June 6, 9 am
Tisbury Senior Center \$10.
A 40-minute low-impact class ideal for those who have not been active and want to integrate into a more rigorous workout program. Focus on flexibility, strength building, balance, and body mechanics. Call 508-696-4205.

Yarn and Fabric Extravaganza

June 3, 10 am to 3 pm
Oak Bluffs Public Library (in collaboration with the Oak Bluffs Senior Center)
We are seeking donations of yarn, fabric, craft books, knitting, crochet, sewing, needlework, needlepoint and crewel kits, quilting supplies, needles for sewing and knitting, crochet hooks, thread, patterns etc. in good condition. Empty your closets of craft items that you no longer use, and come by to pick up things you may need! It's free! No charge for any items! Contact Rose, 508-693-4509, ext. 3, for information.

Martha's Vineyard Museum: “Photography, Lighthouses and Lenses”

June 20, 1:30 pm
Up Island Senior Center
Martha's Vineyard boasts five lighthouses, and people come from all over the world to visit them. Each has a very different history, as remembered by Vineyarders and told through oral histories. Docent Nancy Cabot will also share a variety of prisms and lenses used in lighthouses. Museum Conversation is free thanks to the support of the Martha's Vineyard Savings Bank Charitable Fund. Please register in advance at 508-693-2896.

MV Museum Presents: Will visit the Tisbury Senior Center on the 2nd Thurs. monthly, 10 am, beginning in September. A wonderful way to explore our island heritage.

“Update on Health Care Options to Medicare”

June 23, 1 pm
Tisbury Senior Center
With Peta Shepard.
Call 508-696-4205 to register.

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

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 at Noon
\$2 Tuesday: Sandwich, soup, dessert
\$5 Friday: Entree, soup, dessert
Please note: No lunch Tuesday, 6/21 and Friday, 6/24

Bowlers!
6/6, Join our team to challenge TCOA at the Barn, Bowl and Bistro, 11:30-1:30. Fun! Lunch, dessert included, \$10. Call 508-627-4368 to sign up.

Friday Morning Conversation Group
ECO, 6/3 and 6/17, 10 am. Refreshments.

NEW Women's Book Group
6/22, 3-4:30 pm, 4th Wednesday of every month, led by Jill Jupen. June's book TBA. Please call Wendy to express interest and be on the email list, 508-627-4368.

On Display in June
Watercolors by Helen Blasi and Acrylic Paintings by Clara Kisko.
We honor Clara at lunch on 6/10, and Helen at lunch, 6/29. Short Q and A.

Bridge Instruction returns with Sari,
Fridays, 1 pm. Please call to sign up. Welcome back, Sari!

Jim Thomas' Spiritual Choir Performance 6/14, 12:45 following lunch.

Please call to sign up for lunch and performance, 508-627-4368.

Island Bike Ride with Paul Mohair 7/11. Call Paul for more details and to sign up, 508-627-4368. Leave at 10 am from Morning Glory's parking lot in Edgartown, stop at the Plane View for lunch. The ride is about 16 miles, we should return to Morning Glory by 1:30. Please join us!

Vineyard Sound Performance 7/22, 12:30 performance. Please call to sign up for lunch and performance, 508-627-4368.

Oak Bluffs Highlights - 508-693-4509

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

Please call to sign up for all programs.

We are delighted to welcome our new outreach coordinator, Diane Figurido, to the staff here at the Oak Bluffs Council on Aging. Diane will be available Monday - Friday 8:30 am - 4:00 pm at 508-693-4509, ext. 4.

Friends of OBCOA meeting
6/9, 1:30 pm
Become part of the OB team!

OBCOA Board of Directors
6/16, 2 pm

Elder Law Clinic
6/6, 10 am. Call Rose for an appointment.

Social Security Skype appointments
6/27, 9 am-12 pm

S.H.I.N.E.
(Serving Health Information Needs of Elders) 6/28
Call for an appointment with Jim Butterick.

Morning Coffee and Conversation
Daily, 8:30 am

Senior Dining Center Luncheon
Tues. & Thurs., 12 pm

UFOs - Unfinished Forgotten Objects
Fridays, 1-2:30 pm

Men's and Ladies' Luncheon
6/1, 12 noon.

Yarn & Fabric Extravaganza
6/3, 10:30 - 3 pm.
Oak Bluffs Library
See Noteworthy for details.

Threshold Choir
6/6 & 6/20, 1 pm.
With Cheryl Burns.
No experience required!

Coffee and Computers
6/8, 10:30 am
With Allison Malik 10:30 am
Get help with your I-Pad, Kindle or computer

Animal Companions
6/13 & 6/27. With Karen Ogden.

Bingo! 6/15, 1-3 pm AND 6-8 pm

Blue Cross Blue Shield “Planning for Medicare” Presentation
6/16, 12:30 pm. With Peta Sheppard

Clara Barton Theatrical Program
6/28, 1:00 pm
Actress Lynne McKenney Lydick will present her one-woman show based on scenes from the life of Red Cross founder Clara Barton. No charge. Refreshments will be provided. We will be closed Monday, May 30th in observance of Memorial Day.

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 Community 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.

FRIENDS of TCOA meeting Wed., 6/1, 11 am. Join us!

Be a Friend!
We need new members to help with ideas for fundraising events. Money raised by these events helps to purchase needed items for the center and subsidize special events and programs. The Friends meet monthly and would like to offer three events per year, and invite anyone of any age to join them. Have you noticed the new garden in front of the senior center? Thank you to our Friends! Call the center for information.

New: Express with Color!
Bruce Kissell, instructor. 6/6, 10 am
Even if you don't think you are an artist, this class is for you! Learn ways 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! You will finish your painting in one session, guaranteed! Instruction/guidance. Free. Materials provided.

This month's Feature: YOGA!
Why practice yoga? For Stress Relief, Pain Relief, Better Breathing, Flexibility, Increased Strength, Weight Management, Im-

proved Circulation, Cardiovascular Conditioning, Focus on the Present, Inner Peace. Our center offers two classes. Virginia Iverson, Tuesdays, 10-11 am, a very gentle workout that allows you to use a chair for support. Carol Aranzabe teaches Kripalu Yoga, focusing on Strength, Stretch, Balance, and Breath, Thursdays, 4-5:15 pm.

“Pin Pals”- Let's Bowl!
6/6, 11:30-1:30
TCOA and ECOA town residents face off for another FUN round of bowling. Join for an hour of bowling at the Barn, Bowl and Bistro, followed by lunch and dessert; \$10. To join the Tisbury team, call 508-696-4205 by 6/3.

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
6/13, 10:30 am.
Speaker Dr. Ron Alterman, Professor of Neurosurgery, Harvard Medical School, and Chief of Neurosurgery, Beth Israel Deaconess Medical Center, will discuss deep brain stimulation.

Chair Massage with Eclipse Massage Therapy
6/10 & 6/24, 10 am-2 pm
Massage has been proven to increase circulation, decrease tension, increase range of motion, improve flexibility, and much more. Promotional discount \$1 per minute. 15, 30, 45, and 60 minute sessions. Call for an appointment.

Martha's Vineyard Museum: “Photography, Lighthouses and Lenses”
6/20, 1:30 pm. See Noteworthy for details and call to register

Sound Healing with Valerie Sonenthal
6/29, \$15. Call to register.
Peaked Hill Studio owner Valerie Sonenthal 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.

Annual Cookout
August 12, 11:30 am-1:30 pm. Join us for live music by the Long Point Five, food, and friendship. Make your reservations now. Sponsored by Friends of UPICOA. Space limited.

Annual Lobster picnic at the Galley in Menemsha
September 12, 12 pm. Call now to reserve. Space limited.

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

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, through June.
\$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-year-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

Tai Chi with Toys, TCOA
Thursdays beginning June 16

Sifu Daisy Taylor Lifton, instructor
9-10:15 am, Tai Chi
10:15-10:45, Tai Chi Sword
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
Be strong, flexible, fit, and happy! Call Lisa, 508-693-1009, before first class. Punch cards available, \$16 walk-ins. Join anytime.

Chair Power of Balance TCOA

6/6, 10 am. 40-minute low-impact exercise class with emphasis on flexibility, strength building, balance,

and body mechanics. \$10.
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 pm – 2:30 pm.
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 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, 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
1-hour awardwinning video, easy-brisk

Lunch & Wii Bowling, TCOA

Call for details and reservations,
508-693-8337

Pin Pals Bowling

6/6, 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.

Ideas, Books, & Plays

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

6/3 & 6/17, 10 am

Refreshments

Peter H. Luce Play Readers Society, TCOA,

Wed., 9-12 noon

Producer: John Brannen

Theme: Celebrating the Bard, William Shakespeare (400 years)

6/1 *Macbeth (or the Scottish Play)*

Director: Mike Joe Corbo

6/8 *The Tragedy of Antony and Cleopatra*

Director: Jay Sigler

6/15 *The Tragedy, cont....*

6/22 *The Tempest*

Director: Charlena Seymour

6/29 *Rosencrantz and Guildenstern are Dead*

Director: Nora Nevin

Discussion follows, listeners always welcome. Call 508-696-4205.

Poetry Readers, TCOA

6/6, 10 am

Featured Poet Amy Newman

Poetry, Jill Jupen, ECOA

Thurs., 9:30 am

Tues, 10 am. New members welcome!

Tisbury Book Club

6/16, 1:30 pm

"The Secret Chord" by Geraldine Brooks

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, 6/15, 3 pm

June's book, "All the Light We Cannot See" by Anthony Doerr. 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

6/22, 3-4:30 pm, led by Jill Jupen.

June 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 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

New Crazy with Color/Coloring Books TCOA,

Thurs, 9-11 am

Color a Mandala or stained glass print
Supplies provided.

Get Creative with Paint!

Bruce Kissell, instructor 1st Monday.

6/5, 10 am. See TCOA Highlights

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

Purl Jam, TCOA Mon, 9-11 am

Knitting and Conversation

(all handwork, join us)

UFO's: Unfinished Forgotten Objects, OBCOA

Fri, 1-2:30 pm Karen Burke

will help you start them again!

Call 508-693-4509

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

Scrabble, 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

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

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

Call for seating 508-627-5476

Contract (Party)

Bridge UICOA Thurs, 1:30

Call Abe Seiman 508-696-9030

Cribbage OBCOA, Fri., 9 am

Bingo OBCOA,

Wed., 6/15, 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

Adult Blood Pressure & Wellness Clinics:

Aquinnah Town Hall, 6/28, 2-3
Chilmark Library, 6/15, 12:30-1:30
Edg. Stop and Shop Pharmacy, 6/1, 12-2
Edg. Town Hall, 6/8, 9-11
Edg. COA, 6/16, 10:30
Oak Bluffs COA, 6/7 & 6/23, 12:30
Tisbury COA, 6/7, 10-11;

Up-Island COA, 6/14, 11:30-1:00
Cronig's, 6/9, 1-3
Hillside Village, 6/1, 10-11
Woodside Village, 6/27, 12-1
Woodside Village II, 6/27, 1:15-2:15
Public Health Nurse Clinics:
 Call your Council on Aging for information
TCOA, 6/9, 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:
 6/14, Call Rose, 508-693-4509, ext. 3 for appt.
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, 6/8, 9 am
 Call 508-693-4509, ext. 3
ECOA, 6/14, 1:30-3:30 pm
 508-627-4368
UICOA, 6/27, 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 appt.
 OBCOA, Call 508-693-4509, ext. 3, for appt.
 TCOA, Call 508-696-4205 for an appt.
 UICOA, Call 508-693-2896 for an appt.

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
 6/6, OBCOA, Call 508-775-7020 OR 1-800-742-4107 for an appointment

Free Legal Clinic
 6/8, 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, 6/27, 9:00 am-12 pm
 Meet with a Social Security rep. via Skype in a private office at O.B. Senior Center.

Call 508-693-4509 in advance for an appointment.
Social Security
 Falmouth office, 855-881-0212
Veteran's Services, ECOA
 6/3, 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, 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

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
 6/20, 1 pm. Topic: Skin Care, with Marion Santos RN
Vineyard Isle Parkinsonians Support Group
 6/13, 10:30 am UICOA
 Dr. Ron Alterman, Professor of

Neurosurgery at Harvard Medical School and Chief of Neurosurgery at Beth Israel Deaconess Medical Center in Boston will discuss deep brain stimulation. 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 Haeselbarth, 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

**Massachusetts Executive Office of Elder Affairs
 Community Care Ombudsman Program
 - Issue Resolution through Mediation -**

The Community Care Ombudsman Program (CCO) assists older adults and individuals with disabilities who seek help for concerns they may have with health or social services received at home or in the community, including home health care, homemaker services, and adult day care. The Community Care Ombudsman acts as a mediator to bring both parties together so that they can communicate their concerns and work toward a resolution.


Consumers, Family Members, Caregivers, & Professionals:
 If you know someone who is receiving care at home or within their community and is seeking help for a problem with his or her services, call: **1-800-AGE-INFO (1-800-243-4636: prompt #5)** or MassRelay: 711 (1-800-439-0183; option for people with hearing impairments).



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