

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

**April, 2016–Vol. 20, Issue 4**

# TRAVEL News

**BSO Tickets Available:**  
Subscriber tickets are available to the April 8 & 22 Matinee performances, organized by the TCOA/Tisbury Travel Club. Single and double seating. To see the full program, go to bso.org and click April 8 or 22 on the calendar. Call 508-696-4205.

**Falmouth Shopping Trips**  
April 20 and 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 for Registration: April 28! Call TCOA, 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. Plan on 1.5 hours at JFK and at EMK. One hour at the Commonwealth Museum. Arrive 10:45 am greeted by docents from 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 where you will see 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”, tells 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. We are going early this year to beat the summer crazies 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, and to sign up.

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

**Looking Ahead....**  
**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.

## Regional Luncheon

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

**April 14th**

**Music at 11 • Lunch served promptly at 11:30**  
**Menu: Let's go Italian!**

Italian Wedding Bell Soup • Linguine with Meatballs • Tiramisu

Delicious food, great company! • \$12 per person  
Call 508-939-9440 for reservations

## 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

## Announcing the All Island Veterans Discount Card

Martha's Vineyard Community Services is pleased to introduce the All Island Veterans Discount Card program, a combined initiative of the Martha's Vineyard Community Services Veterans Outreach Program, Dukes County Veterans Services and local businesses, to recognize and thank the Island's more than 500 veterans, reservists and individuals serving on active duty.

Under the All Island Veterans Discount Card Program, veterans will be issued an identification card (after verification of veteran status by Jo Ann Murphy, Dukes County's Director of Veterans Services) that identifies them as a veteran.

Participating Island merchants will agree to honor this card by providing these individuals with discounts on purchases or services (a 10% discount is recommended), or some other special offer. Individuals will be able to present their identification cards to participating merchants and will receive these discounts on a year round basis.

Island veterans who are interested in signing up for a card can visit Martha's Vineyard Community Services Administration (Building B) between the hours of 10a.m.– 1p.m. Tuesday through Friday or make an appointment by calling 508-693-2900 x223. Veterans are asked to bring their driver's license and DD-214 form to verify veteran status.

# SHINE News

### Are you or someone you know turning 65 soon?

Every day 10,000 baby boomers turn 65 and become eligible for Medicare. Those new to Medicare can make costly mistakes resulting in higher health care costs, gaps in coverage and possibly a lifetime late enrollment penalty. If you are collecting Social Security, you will automatically receive your Medicare card 2-3 months before turning 65. If you are not collecting, you are responsible for signing up for Medicare Part A (hospital insurance) and Part B (medical insurance) either online at [www.socialsecurity.gov](http://www.socialsecurity.gov) or at your local Social Security office.

There are federal rules as to when you can enroll into Medicare Part A, Part B, Part C (Medicare Advantage Plans-HMOs, PPOs) and D (prescription coverage). If you miss these enrollment periods you may have to pay a late enrollment penalty and could have a gap in health care coverage. Each individual situation is unique; questions need to be asked, options considered and costs compared.

It is very important to sit down with a SHINE counselor and go over your particular situation. SHINE volunteer counselors are trained and certified by the Executive Office of Elder Affairs and are re-certified each year to help those on, or eligible for Medicare, navigate the complex health insurance system.

If you will be turning 65 soon, call your local Senior Center to make an appointment with a SHINE counselor.



## FirstStop MV

A free centralized information resource service with more than 250 Island, state, and federal resources plus a comprehensive community calendar.

Learn more about FirstStop MV in person  
Wednesday, April 6 - 5 pm at the West Tisbury Library  
Saturday, April 9, 8 am - 12 pm at Martha's Vineyard Hospital Health Fair  
For upcoming events and to connect to resources:

Web: [FirstStopMV.org](http://FirstStopMV.org)  
Phone: 774-549-0555  
Email: [info@firststopmv.org](mailto:info@firststopmv.org)  
Facebook: [facebook.com/FirstStopMV](https://facebook.com/FirstStopMV)  
Twitter: [twitter.com/FirstStopMV](https://twitter.com/FirstStopMV)

*FirstStop MV is an initiative supported by private donations and all six Island towns.*



# !NOTEWORTHY

## “Planning For Aging”

Up-Island Senior Center,  
508-693-2896  
April 4, 2 pm  
Abe Seiman will discuss questions to consider. Learn how to achieve your goals: financial stability, maintaining your best physical and mental condition, designing a safe home, and continuing comfortable relationships with family and friends. Light Refreshments.

## Urbanity Dance’s “Dance with Parkinson’s” program

Up-Island Senior Center,  
508-693-2896  
April 11, 10:30 am.  
See Up-Island Highlights for details

## Martha’s Vineyard Museum Presents: “Fowl Friends From the Island”

Up-Island Senior Center,  
508-693-2896  
April 25, 1:30 pm.  
Docents Nancy Cabot and Bonnie George will bring a discussion and artifacts about heath hens, duck decoys and Nancy Luce’s chickens. Don’t miss this multi-sensory presentation. Quacks welcome! Museum Conversations is free with support from the MV Savings Bank Charitable Fund. Please register in advance.

## CaptionCall® Life is calling

Up-Island Senior Center,  
508-693-2896  
May 2, 2 pm  
Are you or someone you know hard of hearing? CaptionCall® is a new, 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.

## Chair Power with Ray Whitaker

Tisbury Senior Center,  
508-696-4205  
Starting May 2, 9 am.  
40 minute low impact exercise class with emphasis on flexibility, strength building, balance Sign up by April 25

## Legal Clinic with Arthur Bergeron

Tisbury Senior Center,  
508-696-4205  
May 2, 5:30-6:30 pm  
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

Tisbury Senior Center,  
508-696-4205  
May 12, 1 pm  
An overview of services available through CORD. Sign up by May 9

*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](http://www.edgartowncoa.com), for more information.*

**Lunches Noon**  
\$2 Tuesday- Sandwich, soup, dessert  
\$5 Friday- Entree, soup, dessert

**No Regular Lunch at Anchors**  
4/18-4/22.

**Thank you to MV Boys & Girls Club!**  
We walked, we talked, we stayed in shape! Thanks for the use of your way-cool club. See you in the Fall!

**Selectmen Visiting Anchors for Lunch**  
4/5, Noon. Come say Hello to our wonderful Selectmen!

**Vintage Voices and the Princess Poo-Poo-Ly Band,** 4/5, 1 pm, following lunch,

“An Afternoon of Dreadful Music, Silly songs and Maladies!” Call for lunch and program, 508-627-4368

**Friday Morning Conversation Group**  
ECOA, 4/1 and 4/15. Jay Sigler leads 4/1 group, topic “The Pursuit of Happiness.” Refreshments.

**Bowlers!**  
4/4, Join Edgartown team to challenge TCOA at the Barn Bowl & Bistro, 11:30-1:30. Fun! Lunch, dessert included, \$10.

**Write Your Own Obituary**  
Susan Klein, M.Ed, Tuesdays in April, 4:30-6:30 pm, \$99.

**MV Hospital Health Fair**  
4/9, 8-12, come say “Hi” at our ECOA table!

**Re-examining and Improving Your**

## 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 4/14, 1:30 pm*  
Become part of the OB team!

**OBCOA Board of Directors**  
*4/21, 2 pm*

**Social Security SKYPE Appointments**  
*4/25, 9:00 am-12 pm*  
Call for an appointment.

**S.H.I.N.E.** (Serving Health Information Needs of Elders)  
*4/26*, 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**  
*4/6, 12:00 noon.*

**Threshold Choir**  
*4/4 & 3/21, 1 pm.*  
With Cheryl Burns. No experience required, just the desire to sing and learn!

**Bingo!**  
*4/20, 1-3 pm AND 6-8 pm*

**Animal Companions**  
*4/11, & 4/25*, with Karen Ogden.

**One Woman Theatrical Production!**  
*4/28, 1 pm*  
Lynne McKenney Lydick presents “Abby Kelley Foster: Massachusetts Abolitionist and Woman’s Rights Advocate of 1800’s.” Please join us and enjoy this one woman play about a fascinating Massachusetts citizen of the past. There is no charge for this show.

## Tisbury Highlights - 508-696-4205

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

*Please call to sign up for all programs*

**An April Surprise!, April 14, 10 am**  
Martha’s Vineyard Museum presents “Museum Conversations” including oral histories, artifacts and beautiful reproductions, with MVM docent Myra Stark. This surprise presentation will focus on a mysterious invention, unique to the island, prized for its entrepreneurial spirit and New England resourcefulness. We are so excited to host this exciting presentation! Join us as explore our island past.

**Brushing Up on Bridge**  
*David Donald, instructor*  
*Beginning 4/19, 1 pm.*  
Improve your basic skills. 5 class series:

April 19, 24, May 3, 10, 31. \$30 (\$5 per class).

**BSO ‘Fall A’ Annual Meeting**  
*April 11, 10-10:30 am*  
To confirm who is returning to our subscription series & info regarding substitutes. Quick discussion of the schedule and program. If interested in joining group trips to Symphony Hall, you are welcome to attend and learn about our program.

**“Pin Pals”**  
**BOWLING and LUNCH-\$10**  
**4/4. 11:30-1:30**  
TCOA and ECOA face off for another FUN round of bwling and lunch at the Barn, Bowl & Bistro.

## 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*

**MELT Method Intro Class with Valerie Sonnenthal**  
*4/7 & 4/21, 4-5:15 pm \$20. Limit 8 students*  
Learn simple self-care techniques you can do at home to remain active, healthy and pain free. Reduce inflammation, ease neck and low back strain, improve alignment.

**Vineyard Isle Parkinsonians Support Group, 4/11, 10:30 am**  
**Special Presentation: Urbanity Dance’s “Dance with Parkinson’s” program**  
Classes designed to keep individuals living with Parkinson’s disease moving in a fun, welcoming, safe environment. Professionally trained instructors use music, storytelling, and a variety of movement styles, along with

exercises designed to enhance and maintain mobility, flexibility, balance, coordination, and strength. All exercises can be modified for a variety of mobility levels. All welcome; no previous dance experience required! Urbanity dance instructor Alissa Clarke.

**Martha’s Vineyard Museum Presents: “Fowl Friends From the Island”**  
*4/25, 1:30 pm.* With Docents Nancy Cabot and Bonnie George. See Noteworthy for details.

**“Using Word Collages to Inspire Your Writing”, 4/26, 10 am-noon.**  
Join Ellie Bates and Howes House writers for an introductory session.

**Songkran: Celebration of the Thai New Year 4/26, 1 pm.**

**Relationship with Your Significant Other**4/13, 3-4 with Abe Seiman, MSW, Gerontology, MBA, MS (Statistics), Healthcare Administrator, College Lecturer, with therapy practice on MV.  
**New Stretch Class with Ray Whitaker**  
Fridays starting 4/15, 9-9:45 am, \$10. Join us for basic stretching.

**Vineyard Smiles Dental Clinic**  
4/22, free oral health screening, cleaning, oral hygiene instruction. Call 508-696-0020 x14 for appointments

**How Body Language Shapes Interactions**  
4/29, 12:45 pm, Ted Talk “How Body Language Shapes our Interactions,” discussion to follow with Tom Sullivan.

**UFO’S – Unfinished Forgotten Objects**  
*Fridays, 1-2:30 pm*

Have a project that you’ve forgotten about? Join us!

**CORE In-home Counseling Services & Emergency List:**  
Contact Rose for information and to add your name to the Emergency Management list.

Additional listings in the Calendar and Service & Support sections of 55Plus Times.

Oak Bluffs residents age 60 and over who are in need of Fuel Assistance please contact Rose, 508-693-4509 x3 to schedule an appointment.

Please note the Center will be closed on Monday April 18 in observance of Patriots Day.

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

Join the Pin Pals bowling for an hour of bowling followed by lunch and dessert. NO bowling experience required! To join call 508-696-4205, by 4/1.

**New! Crazy for Coloring Books! Thursdays, 9-11 am**  
Have you seen the adult coloring books that are all the rage? They are beautiful, intricate and complex. Create stunning pictures using rich, jewel tone color pencils. The rewards are relaxation, enhanced concentration, a chance to unwind, reduce stress and anxiety. It can even help train your brain to focus better and increase your fine motor control!

Stop by and see what’s new posted on our activities board!

Thai native, Mai Silark, and company share the Thai tradition of the New Year celebration, Songkran. Join us for a dance performance, light refreshments, and to celebrate the Thai New Year!

**Writers Group, Tues, 10 am**  
The Howes House Writers Group is back. New members are most welcome!

**Health Insurance Counseling with SHINE Counselor Joyce Albertine**  
Assistance with health insurance questions.

**Outreach**  
Meet confidentially with Ellen Reynolds to learn about community resources available to meet your needs.

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



# 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. \$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  
This class will resume in the spring.  
**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.  
**New Stretch Class with Ray Whitaker, ECOA**  
Fridays starting 4/15, 9-9:45 am, \$10, bring mat. Basic stretching.

Call 508-627-4368.  
**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  
**Balance of Power, TCOA**  
Ray Whitaker, instructor

3rd Mon monthly, 9-10 am  
Strength training, balance \$10/class  
**Sit & Get Fit, TCOA**  
Mon, Wed, Fri, 10:30 am  
1hr award winning video using a chair for support.  
**Lunch & Wii Bowling, TCOA**  
Call for details and reservations, 508-693-8337  
**Pin Pals Bowling,**  
4/4, 11-1 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

## 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**  
4/1 & 4/15, 10 am  
4/1 topic “The Pursuit of Happiness” with Jay Sigler, Refreshments  
**Peter H. Luce Play Readers Society, TCOA,**  
Wed, 9-12 noon

Play information and details unavailable at time of print.  
Call 508-696-4205.  
**Poetry Readers, TCOA**  
4/4, 10 am  
Featured poet Donald Justice  
Jay Sigler, Facillitator  
**Poetry, Jill Jupen, ECOA**  
Thurs., 9:30 am  
Tues, 10 am. New members welcome!  
Tisbury Book Club. 4/21, 1:30 pm  
“The Little Paris Bookshop” by Nina George  
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.  
4/20, 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. April book: Deep South: Four Seasons on Back Roads” by Paul Theroux.

**ECOA Women’s Book Group**  
4th Wednesday of every month, beginning 4/27, 3-4 pm,  
led by Jill Jupen. April’s book “Paris Trout” by Pete Dexter.  
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!

## 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  
**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  
**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

## 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, 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

**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

**Contract (Party) Bridge, UICOA**  
Thurs, 1:30  
Call Abe Seiman 508-696-9030  
**Cribbage, OBCOA,** Fri., 9 am  
**Bingo, OBCOA,**  
Wed., 4/20, 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 | <b>Health Promotion</b><br><b>Adult Health Promotion &amp; Blood Pressure Clinics</b><br><b>Aquinnah Town Hall</b> , 4/26, 2-3<br><b>Chilmark Library</b> , 4/20, 12:30-1:30<br><b>Edg Stop &amp; Shop Pharmacy</b> , 4/6, 12-2<br><b>Edg Town Hall</b> , 4/13, 9-11<br><b>Edg COA</b> , 4/21, 10:30<br><b>Oak Bluffs COA</b> , 4/5 & 4/28, 12:30<br><b>Tisbury COA</b> , 4/5, 10-11;  | <b>Up-Island COA</b> , 4/12, 11:30-1:00<br><b>Cronig’s</b> , 4/14, 1-3<br><b>Hillside Village</b> , 4/6, 10-11<br><b>Woodside Village</b> , 4/25, 12-1<br><b>Woodside Village II</b> , 4/25, 1:15-2:15<br><b>Public Health Nurse Clinics:</b> Call your Council on Aging for information<br><b>TCOA</b> , 4/14, 9:30-11:30<br><b>UICOA</b> , 4/27, 1-3 pm<br><b>Vineyard Scripts</b> , Beach Rd. VH  | Have your blood pressure checked any day, any time.<br><b>Hearing Services, call in advance for an appointment.</b><br><b>OBCOA:</b> 4/12, Call Rose, 508-693-4509 ext. 3 for apt<br><b>UICOA: Vineyard Audiology</b> Screenings & Repairs, Call 508-457-9285 for appointment<br><b>TCOA: Miracle Ear</b> Call 508-457-9285 to speak to   | Audiologist Michelle Harris or to make an appointment.<br><b>Podiatry &amp; Foot Care</b><br><b>Pedi-Care w/Michelle LeBlanc, RN</b> Call for an appointment: ½ hour appts, \$30<br>OBCOA 4/13, 9 am<br>Call 508-693-4509 x3<br>ECOA 4/19, 9 am<br>508-627-4368<br>UICOA, 4/25, 9 am<br>508-693-2896   |
|                  | <b>Health Insurance Counseling and Medicaid &amp; MassHealth Info S.H.I.N.E.</b><br>ECOA, Call 508-627-4368 for an apt.<br>OBCOA, Call 508-693-4509, x 3 for apt.<br>TCOA, Call 508-696-4205 for an apt.<br>UICOA, Call 508-693-2896 for an apt.   | Wampanoag Tribal Council, 508-645-9265<br><b>Vineyard Health Care Access Program</b> , 508-696-0020<br><b>Elder Law Project:</b><br><b>South Coastal Counties Legal Services (Cape &amp; Islands)</b> Tom Kosman, Elder Law Attorney 4/4, ECOA. Call 508-775-7020 OR 1-800-742-4107 for an appointment.  | <b>Free Legal Clinic</b> 4/13, Elder Law Attorney Patty Mello Space limited (Medicaid planning, estate planning, asset protection, wills) Call 508-477-0267 for an appointment.<br><b>Social Security Video Display Program</b> 4/25, 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.<br><b>Social Security</b> Falmouth office, 855-881-0212<br><b>Veteran’s Services, ECOA</b> 4/1, 10:30 am.Call 508-627-4368 for an appointment.<br><b>Funeral Consumers Alliance</b> 1-802-865-8300, Information on end of life alternatives.  |
|                  | <b>Emergency Food Services</b><br><b>Emergency Food Pantries:</b> All Senior Centers Monthly distribution, call for date & time.<br>First Baptist Church Parish House “Serving Hands” Williams St. VH, Info at 508-693-5339<br><b>Island Food Pantry</b> Christ United Methodist Church Church St. VH<br>Info at 508-693-4764<br><b>Transportation</b> Vineyard Transit Authority 508-693-9440.  | \$30 annual senior bus passes available at local Senior Centers.<br><b>Medivan, 508-693-9440 (VTA)</b> Tuesdays to Boston area medical services, \$30 round trip.<br><b>American Cancer Society Road to Recovery</b> 1-800-227-2345, for cancer patients<br><b>Medical Taxi (Cape Cod medical appointments)</b> Call 508-939-9440<br><b>Housing and Living Options</b><br><b>Island Elderly Housing,</b> 508-693-5880 Subsidized housing for seniors & disabled.   | <b>Windemere Nursing &amp; Rehab,</b> 508-696-6465. Long term care nursing home facility, Medicaid accepted.<br><b>Havenside Apartments,</b> 508-693-2280<br><b>Henrietta Brewer House,</b> 508-693-4500 Assisted Living, private pay.<br><b>Longhill,</b> 508-627-7791 Assisted Living, Private pay, Long Term Care Insurance accepted.<br><b>Vineyard Village at Home (VVAH)</b> Referrals, Transportation & Assistance | With independent living. Info & to join call 508-693-3038, E-mail: vineyardvillage@gmail.com<br><b>MV Center for Living Supportive Day Program,</b> Leslie Clapp, 508-939-9440<br>A social program for those needing supervision and socialization Respite for family caregivers.<br><b>Caregiver Homes of Massachusetts</b> In-home care and care management, income guidelines apply. Cape & Islands Branch, 774-212-5764 www.caregiverhomes.com |
|                  | <b>Support Groups &amp; Counseling</b><br><b>CORE</b> 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<br><b>Martha’s Vineyard MS Self Help Group,</b> Call 508-693-3193<br><b>Prostate Cancer Support Group</b> 3rd Wednesday, 4 pm<br>M.V. Community Services Bldg. C/Conference Rm 1. Info at www.mvprostatecancer.org<br>Alan Ganapol, Facilitator, 914-318-1477 (mobile)<br><b>Diabetes Support Group</b> 4/18, 1 pm. Dealing with the Winter Blues: Topic to be announced.<br><b>Vineyard Isle Parkinsonians Support Group,</b> 4/11, 10:30 am UICOA for Parkinsonians and | Caregivers. Call Ellen for details 508-693-2896<br><b>Parkinson’s Caregivers’ Support Group</b> UICOA, Call Ellen for details 508-693-2896<br><b>Memory Support Groups</b> Wed, 9:30 & 11 at Featherstone Center for the Arts. For info call Victoria Haeselbarath, 508-627-4368 x15<br><b>Memory Café,</b> 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.<br><b>Caregiver &amp; Educational Support Group</b><br><b>Caregiver Support Group</b> First & third Thursdays, 10 am | MVCS Island Counseling Center, 508-693-7900<br>Call Allison McKinley x217   | <b>Cancer Support Group</b> Wednesdays, 12:00, Hebrew Center, Vineyard Haven   |

Elder Services of Cape Cod & the Islands Nutrition Program

Senior Dining Centers

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

Call for information on how to receive Meals on Wheels or to volunteer to deliver meals.

Seeking per diem volunteer for Tisbury Dining Site, stipend available.  
Call Elder Services at 508-693-4393 x192



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MON-FRI 9-6, SAT 9-3  
117 BEACH ROAD, VINEYARD HAVEN \* AMPLE FREE PARKING

- **Blood Pressure Screening**
- **Personal Consultations**
- **Sick Room Supplies**
- **Prescription Drug Disposal Program**