IMPORTANT SHINE NEWS

Are you or someone you know turning 65 soon?

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 are new to Medicare and miss these enrollment periods, this could result in having to pay a late enrollment penalty, higher health care costs, gaps in coverage and possibly a lifetime late enrollment penalty. If you are already collecting Social Security, you will automatically receive Medicare Part A. So remember, this is not something that you can apply for. It will happen automatically.

Do you or someone you know turning 65 soon? You may be eligible for Social Security benefits and this is worth checking out. Visit www.ssa.gov or call 1-800-772-1213 to make an appointment to talk to a Social Security representative. The closest office to Martha’s Vineyard is located in West Tisbury. The phone number is 508-696-0020. In addition, you may be eligible for Medicare, but you may not know it. Visit the Medicare website at www.medicare.gov or call 1-800-695-0000 to determine your eligibility. All of the above can be done online, by phone, or in person.

**SHINE Counselors are Available**

SHINE counselors are available to help both retirees and workers who are getting ready to retire. They can provide information about Medicare, retirement savings, Social Security, and more. Eligible for SHINE counseling are those who are at least 55 years old, who have Medicare or are losing private insurance because of job loss or retirement, and who have lived in Massachusetts for at least 5 years.

If you or someone you know is turning 65 soon, please call 508-498-1948 to register for a SHINE counseling appointment.

**Memory and Music Cafe**

Thursday, 10 am to noon
American Legion Hall, Vineyard Haven

Memory cafés are social clubs for adults experiencing memory loss, those who may be isolated due to a disability or anyone looking for an opportunity for social connections and friendships. There is no charge for the cafe. You are welcome to attend when you can and come as you please. Join us for music, conversation, laughter and companionship. Sing along to old familiar tunes. Music and singing can reduce anxiety and improve mood and outlook. Enjoy games and activities with your peers. Refreshments included!

For information about the Memory & Music Cafe and Memory Support Groups:
Nancy Langman 508-498-1948 Leslie Clapp 508-939-9440

**Martha’s Vineyard Community Services**

**Veterans Outreach Program**

**Dukes County Veterans Services**

**Local Island businesses**

**VETERANS ISLAND ID DISCOUNT CARDS**

**VETERANS SERVICES**

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

Tuesday – Friday between 10:30 am and 1:00 pm
OR make an appointment by calling 508-593-7900 x223.

Bring a copy of your DD-214 form and your Driver’s License.

Island Merchants: If you are an Island business interested in participating in the program, please fill out the form found at: www.mvcommunityservices.com/veterans/idcard

Don’t forget the 4th of July Parade in Edgartown steps off at 5 pm.

**TRAVEL News**

Foxwoods Casino Trip Thursday, July 7, 2016. The Friends of the Oak Bluffs Council on Aging is sponsoring a Foxwoods Casino trip! We depart from Vineyard Haven on the 7:00 am ferry and return on the 6:15 pm. Cost is $30.00 per person, you provide SSA ticket and spending money. Please call Rose 508-693-4509 x 3.

ECOA Charles River Cruise and CheeseScape Factory Trip with Fallmouth Council on Aging Sept 7, 8:15 am boat; $54 includes bus, cruise, lunchen and all gratuities. Purchase your own ferry ticket. Call 508-627-4360 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!

BSEO Fall A Subscriber Trips 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 concert features Christianne Stotijn, mezzo soprano; Camilla Tilney, 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

**THE SHINE PROGRAM**

The SHINE Program is a professionally run social program for anyone 55 and over. It is for anyone 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.

Edgartown steps off at 5 pm.

**Memory and Music Cafe**

Thursday, 10 am to noon
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Join us for music, conversation, laughter and companionship. Sing along to old familiar tunes. Music and singing can reduce anxiety and improve mood and outlook. Enjoy games and activities with your peers. Refreshments included!

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Nancy Langman 508-498-1948 Leslie Clapp 508-939-9440

Teepa Snow, Alzheimer’s Specialist

Tisbury Senior Center

October 27, 2016

As one of America’s leading educators on dementia, Teepa Snow’s philosophy is reflective of her education, work experience, available medical research, and first hand caregiving interactions. Working as a Registered Occupational Therapist for over 30 years her wealth of experience has led her to develop Positive Approach™ to Care training and teaching models that are used by families and professionals working or living with dementia worldwide. Teepa’s care strategies & techniques integrate what is known about brain function and the changes that occur with therapeutic approaches to foster positive outcomes, modified environmental supports, and altered task expectations that match retained or available abilities of people living with some form of dimenting illness.

Teepa is an advocate for those living with dementia and has made it her personal mission to help families and professionals better understand how it feels to be living with the challenges and changes that accompany various forms of the condition so that life can be lived fully and well. Her teaching style is extraordinarily unique in that she is able to accurately demonstrate and model the struggle and challenges dementia creates for all parties involved. She is an enlightening, witty, entertaining, and energetic speaker.

Topics for this all-day workshop will be: Creating a Safe and Friendly Environment and Developing Activities that have Meaning. CEU’s available for nurses, CNA’s and Social Workers.

Call Joyce Stiles-Tucker, 508-696-4205 for more information.

**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

For information about the Supportive Day Program:

Nancy Langman 508-498-1948 Leslie Clapp 508-939-9440

**VETERANS SERVICES**

Martha’s Vineyard

Community Services

Veterans Outreach Program

Dukes County Veterans Services and

Local Island businesses...

**VETERANS ISLAND ID DISCOUNT CARDS**

**VETERANS SERVICES**

Dukes Co. Director of Veterans Services, JoAnn Murphy 508-693-6887
**Chair Power of Balance Exercise**

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

**Chair Massage with Eclipse Massage Therapy Friday July 8th and 22nd, 10 am – 2 pm**

Up Island Senior Center

A good massage can do wonders for your mind and body, but a one hour table massage is not always convenient. Chair massage is available at the UICOA and is the best 15 minute pit stop you can take. Massage increases circulation and range of motion, decreases tension, and improves flexibility. Promotional discount, $1 per min. 15, 30, 45, and 60 minutes sessions. Call 508-693-2896 for an appointment.

**Annual Cookout August 12th, 11:30 am 1:30 pm**

Up Island Senior Center

Join us for dinner by The Long Point Five, food, and friendship. Sponsored by Friends of UICOA. Call 508-693-2896 to reserve.

**Annual Lobster picnic at the Galley in Menemsha. September 12th, 12 pm.**

Up Island Senior Center

Call 508-693-2896 to reserve.

**Lunch with your Town Administrator, Jay Grande July 13th, 11:30 am – 2 pm**

Tisbury Senior Center

Meet with Mr. Grande and discuss the concerns of Tisbury seniors. Call 508-696-4205 for reservations.

**MV Museum Presents:**

At the Tisbury Senior Center on the 2nd Thurs. monthly, 10 am, beginning in September. Explore our island heritage!

**Trepa Snow, Dementia Educator and Advocate**

Tisbury Senior Center

October 27, 2016

This all day workshop is for professionals, caregivers and family members of those with Alzheimer’s disease and memory loss. CEUS will be available for nurses, CNA’s and Social Workers. Topics: Creating a safe and friendly place for a person with dementia and developing activities that have meaning. Call Joyce at 508-696-4205 for more information. See p1 of this issue for more about Trepa Snow and her presentation.
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.

For details and reservations, call 508-693-8337.

You’re 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.

For details and reservations, call 508-693-8337.
Promotion Services, Health, Food, Times

June 30, 2016

$30 annual senior bus passes available at 9440.
Vineyard Transit Authority - 508-693-
Info at 508-693-4764
Church St. VH
Christ United Methodist Church
Island Food Pantry
Hands”
Monthly distribution, call for date & time.
Emergency Food Pantries:
Emergency Food Services
Wampanoag Tribal Council, 508-645-
TCOA, Call 508-696-4205 for an apt.
OBCOA, Call 508-693-4509, x 3 for apt
Health Insurance Counseling and
Neurosurgery at Harvard Medical School
Dr. Ron Alterman, Professor of
Info at www.mvprostatecancer.org
Prostate Cancer Support Group
Martha’s Vineyard MS Self Help
or Joy Ganapol at Island Counseling
Aging in your town
Call the Outreach Worker at the Council on
Counseling, Outreach and Referral for the
CORE
Counseling, Outreach and Referral for the Elderly
Call the Outreach Worker at the Council on Aging in your town or Joy Garapod 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 Garapod, Fiduciator, 914-318-1477
(mobile)
Diabetes Support Group
On hiatus, will meet again in September.
Vineyard Isle Parkinsons Support Group
7/11, 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 Featherserce Center for the Arts
For info call Victoria HarSelbarth, 508-672-4368 x15
Memory Café
Thurs, 10 am American Legion Hall, VH
Music, conversation, laughter, companionship
Light refreshments, Drop in. Free of charge
Call Nancy Longmum, 508-496-1948 or Leslie Clapp 508-959-9440 for info
Caregiver Support Group
First & third Thursdays, 10 am
MVCS Island Counseling Center
Long term care nursing home facility. Medicaid accepted.
Havenside Apartments, 508-693-
2280
Henrietta Brewer House, 508-693-
4500
Assisted Living, private pay
Longhill, 508-627-7971
Assisted Living, private pay, Long Term Care Insurance accepted.
Vineyard Village at Home (VH)
Referrals, Transportation & Assistance
With independent living
Info & to join call 508-693-3038,
vineyardvillage@gmail.com
MV Family Center, 35 Greenwood Ave, VH
Second Saturday of the month, 10-11:30
MVCS Island Counseling Center, 508-
693-7900
Call Allison McKinley x217
693-7900
Falmouth office, 855-881-0212
Cape & Islands Branch, 774-212-
5764
www.caregiverhomes.com
Information, coffee & discussion.
Call 508-687-9251 to pre-register for childcare.
Cancer Support Group
Wednesdays, 12:00, Hebrew Center, Vineyard Haven

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, 508-693-8377 / 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

Vineyard Audiology is hear to help, year round.
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20 Indian Hill Rd, West Tisbury
vineyardaudiology.com

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• Personal Consultations
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• Prescription Drug Disposal Program

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508-693-7979
vineyardscripts.com
MON– FRI 9– 6, SAT 9– 3
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Pediatric w/Michelle LeBlanc, RN
Call for an appointment: ½ hour appts, $30
OBCOA: 7/13, 7 am
Call 508-693-4509 x 3
EOA, 7/19, 1:30-3:30 pm
508-627-4368
UICOA: 7/25, 9 am
508-627-2896

MV Times June 30, 2016