

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

July 2016 - Vol. 20, Issue 7

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 Cheesecake Factory Trip with Falmouth Council on Aging
Sept 7, 8:15 am 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
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

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.

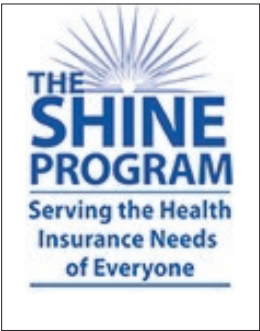
If you are already collecting Social Security, you will automatically receive your Medicare card 2-3 months before turning 65. If you are not collecting, you are responsible for signing up for Medicare Part A (hospital insurance) and Part B (medical insurance) either online at www.socialsecurity.gov or at your local Social Security office.


Each situation is unique depending on

your past and/or current employment and any insurance coverage you may have. 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 to help those on, or eligible for Medicare, navigate the complex health insurance system.

If you or someone you know will be turning 65 soon call your local Senior Center or Vineyard Health Care Access at 508-696-0020 to make an appointment with a SHINE counselor.





VINEYARD GARDENS

EVERY TUESDAY

SENIORS DAY

20% OFF

EVERYTHING

HOURS
M-SAT 8-5 / SUN 9-3

484 STATE ROAD • WEST TISBURY, MA • 508.693.8511 www.vineyardgardens.net

VETERANS SERVICES

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

VETERANS ISLAND ID DISCOUNT CARDS

Martha's Vineyard Community Services Veterans Outreach Program
Dukes County Veterans Services and Local Island businesses...

collaborate to recognize and thank our Island's more than 500 veterans, reservists and individuals serving on active duty.

To apply for a card, visit the MVCS Administration Building

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.

Memory and Music Café

Thursdays, 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 café. 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 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 Café and Memory Support Groups:
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 techniques and training 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 dementing 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

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.

!NOTEWORTHY

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 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.

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 live music 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, 12 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!

Teepa 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. CEU’S 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 p 1 of this issue for more about Teepa Snow and her presentation.

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

Read our newsletter on www.edgartowncoa.com, for more information.

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

No Lunch 7/29
Please note NO LUNCH on Friday, July 29.

Friday Morning Conversation Group
ECOА, 7/1 and 7/15, 10 am.
Refreshments.

Fire Safety at the Edgartown Fire Department
7/18, 10 am, Edgartown Fire Station.
Eric Barnes, Syracuse University Public

Health Major, Firefighter, and EMT hosts a Fire Safety Lesson. Keep your smoke alarms in working order, prevent fires, and what to do in a house fire. Includes space heater placement and efficient escape routes. Eric is available to help change batteries in smoke detectors and check smoke alarms. Call ECOА to sign up for program and visits with Eric.

Fall Prevention at the Edgartown Fire Station
8/15, 10 am, Fall Prevention Lesson with Eric Barnes. Reduce falls within your home and hazards which cause falls such as loose rugs. Call ECOА to sign up.

Women’s Book Group

7/27, 3-4:30 pm, 4th Wednesday of every month, led by Jill Jupen. July’s book TBA. Call to be on email list.

On Display in July
Abstract watercolors by Jeri Larson. We honor Jeri at lunch 7/19. Short Q and A.

Island Bike Ride with Paul Mohair
7/11. Call Paul to sign up, 508-627-4368. Leave at 10 am from Morning Glory’s parking lot, stop at Plane View for lunch. About 16 miles on bike path, return to Morning Glory by about 1:30.

Vineyard Sound Performance
7/22, 12:30 performance. Call to sign up for lunch and performance.

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 Bluff Council on Aging. Diane will be available Monday – Friday 8:30 am – 4:00 pm at 508-693-4509 x4.

Friends of OBCOA meeting
7/14, 1:30 pm
Become part of the OB team!

OBCOA Board of Directors
7/21, 2 pm

Social Security SKYPE Appointments
7/25, 9:00 am-12 pm

S.H.I.N.E. (Serving Health Information Needs of Elders)
7/26. Call for an appointment with Jim Butterick.

Morning Coffee and Conversation

Daily, 8:30 am

Senior Dining Center Luncheon
Tues & Thurs, 12 pm

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

Men’s and Ladies Luncheon
7/6, 12:00 noon.

Threshold Choir
7/18, 1 pm.
With Cheryl Burns. No experience required!

Coffee and Computers
7/13, 10:30 am
With Allison Malik 10:30 am

Get help with your I-Pad, Kindle or computer

Animal Companions
7/11, & 7/25

With Karen Ogden.

Bingo! 7/13, 1-3 pm AND 6-8 pm

Line Dancing will be taking place on Tuesday afternoons upon the arrival of instructor Esther Richmond. Stay tuned!

Back for the Season!!! Knitting with Nancy Merjos, Thursdays @ 1:00pm

Back for the Season!! Exercise with Floyd, Friday mornings @ 8:30am

We regret to announce that our beloved Chair Caning instructor Robert Kinnecom has retired. If you are a chair caner, and would like to teach a class here at OBCOA, please contact Rose.
The Oak Bluffs Council on Aging will be closed on Monday, July 4, 2016 in observance of Independence Day!
Check Megan Alley’s weekly column in the MV Times Calendar section for updates!

Tisbury Highlights - 508-696-4205

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

Express with Color!
Bruce Kissell, instructor
Monday, 7/11, 10 am
Even if you don’t think you’re an artist, this class is for you! Learn to load the brush with rich color and apply it on very light pre-drawn sketch. The finished picture depends on how you. Finish your painting in one session-guaranteed! Instruction/guidance. Materials provided. Free. Class limit: 10

Tai Chi with Toys! Daisy Lifton, instructor. Thursdays, 9 -10:45 am (9-10:15 is the class. 10:15-10:45 for all who know the Form and would like to practice it together)

How do toys play into Tai Chi? The Fan, Sword and/or Baoding Balls are used in the practice to enhance coordination and expression. Tai Chi is beneficial to cardiorespiratory function, immune capacity, flexibility, mental and balance control; improves muscle strength and reduces the risk of falls (British Journal of Sports Medicine).

Sea Shell Collage
Thursdays, 1-3 pm
Using local scallop shells you can create a beautiful collage au natural or with a gentle color wash. There’s no right way, just let your eye or imagination lead you! Enjoy iced tea, cookies and conver-

sation.
There is no charge, but please call to register! Limit: 10

Be a Friend!
Friends of the TCOA need new members to help with ideas for fundraising events. Money raised helps to purchase needed items for the center and subsidize special events. The Friends meet monthly and would like to offer three events per year. Anyone can join. Have you noticed the new garden in front of the senior center? Call the center to be put on a ‘Friends’ call list.

CELEBRATE this 4th!!!

Up-Island Highlights - 508-693-2896

Joyce Bowker, Director, Fax: 508-693-1447
Hours: 8:30 am–4 pm

NEW! Scrabble Thursdays at 1pm following lunch. Are you interested in playing Scrabble with others who enjoy the game? Scrabble boards provided.

Annual Cookout August 12th, 11:30am-1:30pm. 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 12th, 12pm. Call now to reserve. Space limited

Chair Massage with Eclipse Massage Therapy Friday July 8th and 22nd, 10am – 2pm
See Noteworthy for details. Promotional

discounted cost is \$1 per minute. 15, 30, 45, and 60 minutes sessions.

Health Insurance Counseling (SHINE Counselor – Joyce Bowker)
Counseling assistance with your health insurance questions.

Outreach Mon.- Fri. 9a.m. - 3 p.m.
Meet confidentially with Ellen to learn about community resources to meet your needs or those of someone you care about.

Strength Training with Katryn Yerdon (First class is free, \$8 per class after)
Mondays & Wednesdays 5:30 p.m.
Tuesdays – 8:30 & 9:30
Thursdays -8:30 & 9:30
Saturdays - 9:00 a.m.

Vineyard Isle Parkinsonians Support Group July 11th at 10:30. Please call Ellen for details.

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

Medical equipment loans
The COA has medical equipment for loan at no charge.

Notary Services
Notary services available free of charges. Call ahead.

File of Life
File of Life is a magnetic card which contains personal medical information and is kept on your refrigerator, accessible to EMT’s should they arrive on an emergency call.

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</p> <p>Yoga ECOA with Carol Aranzabe Will return in the fall. Thank you Carol!</p> <p>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.</p> <p>Gentle Yoga/Kripalu TCOA Carol Aranzabe, instructor On hiatus until September</p> <p>Tai Chi with Toys, TCOA (Fan, Sword, Baoding Balls) Daisy Taylor Lifton, instructor Thursdays, 9-10:15, class 10:15-10:45, the Form</p> <p>Chair Yoga, TCOA</p>	<p>Real yoga with chair support Virginia Iverson, instructor Tuesdays, 10-11 am Register/info 508-696-4205</p> <p>Qui Gong, UICOA Mon. 4 pm, Free With Allison Parry</p> <p>Gentle Pilates UICOA Mon., 10 am Toni Cohen, Instructor. \$10 per class</p> <p>Got Strength? Strength Training Class with Lisa Amols Tuesdays & Thursdays, 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.</p> <p>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</p> <p>Exercise with Floyd OBCOA Friday mornings, 8:30 am Group Exercise OBCOA</p>	<p>Monday mornings, 8:45 am</p> <p>Exercise with Bill White OBCOA Thursday mornings, 9:00 am</p> <p>Balletics UICOA Wed & Fri, 8:15-9:15 am With Karen Cullinan, 508-693-7730 \$12 per class. Call instructor for further information.</p> <p>Dancing and Movement, OBCOA Fridays, 1:00pm – 2:30pm. A great way to exercise, improve mobility and balance and have fun!</p> <p>Dance FREE! UICOA Tuesdays, 3-4. No money, no teacher, no instructions. Dance to catchy, funky, rhythmic music. Call 508-693-2896</p> <p>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</p> <p>Chair Power of Balance TCOA</p>	<p>Ray Whitaker, instructor First Monday of the month, 10 am. 40 minute low impact class with emphasis on flexibility, strength building, balance and body mechanics.</p> <p>Balance of Power, TCOA Ray Whitaker, instructor 3rd Mon monthly, 9-10 am Strength training, balance \$10/class</p> <p>Sit & Get Fit, TCOA 1hr award winning video, easy-brisk Call 508-696-4205 to schedule a time.</p> <p>Lunch & Wii Bowling, TCOA Call for details and reservations, 508-693-8337 Pin Pals Bowling Will return in October.</p> <p>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.</p> <p>Conversations with Bob Iadicicco OBCOA, Fri., 10-11:30 am</p> <p>Friday Morning Conversations, ECOA 7/1 & 7/15, 10 am. Refreshments</p> <p>Peter H. Luce Play Readers Society TCOA, Wed, 9-12 noon</p> <p>July Theme: Chekhov Plays, Playing with Chekhov Producer: Elaine Eugster 7/6 “Uncle Vanya” by Anton Chekhov; Director: John Brannen</p>	<p>7/13 “Meet Vanya & Sonia & Masha & Spike” by Christopher Durang; Director: Sofia Antony</p> <p>7/20 “The Three Sisters” by Anton Chekhov; Director: Linda Vadasz</p> <p>7/27 “Anton in Show Business” by Jane Martin; Director: Elaine Eugster Discussion follows, listeners always welcome. Call 508-696-4205.</p> <p>Poetry Readers, TCOA On summer hiatus. See you in September</p> <p>Poetry, Jill Jupen, ECOA Thurs., 9:30 am Tues, 10 am. New members welcome!</p> <p>Tisbury Book Club 7/21, 1:30 pm “When Breath Becomes Air” by Paul</p>	<p>Kalanithi Books available at the VH library.</p> <p>Book Discussion, UICOA On hiatus Call 508-693-2896 for information</p> <p>Book Discussion Group Edgartown Public Library, Call Lisa, 508-627-4221 for information.</p> <p>ECOA Men’s Book Group With Glenn Carpenter 7/20, 3 pm July book, “The Secret Life of Lobsters” by Trevor Corson. 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</p>	<p>welcome.</p> <p>ECOA Women’s Book Group 7/27, 3-4:30 pm 4th Wed of every month, led by Jill Jupen. July book TBA. Call Wendy 508-627-4368 to express interest and be on the email list.</p> <p>Writers Group, UICOA Tues, 10 am - noon The Howes House Writers Group is back. New members of all skill levels are most welcome!</p> <p>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</p> <p>Watercolor Painting with Nancy Cabot UICOA, Fridays, 1 pm</p> <p>New Crazy with Color/Coloring Books TCOA, Thurs, 9-11 am</p>	<p>Color a Mandala or stained glass print Supplies provided</p> <p>Get Creative with Paint! Bruce Kissell, instructor 1st Monday, 7/11, 10 am See TCOA Highlights MV Museum visits TCOA 10 am Thursdays, beginning Sept.</p> <p>Chair Caning OBCOA, Tues, 9 am</p>	<p>Woodarving OBCOA Mon. & Thurs., 9 am</p> <p>Rug Hooking ECOA, Thurs, 1 pm</p> <p>Mindful Knitting ECOA, Mon, 4-6 pm. Call 508-627-4368 Not an instructional group</p> <p>Needlework, ECOA, Thurs 2-4 pm</p> <p>Knitting for Hospice, ECOA Tues., 10 am, Learn to knit and felt</p>	<p>Purl Jam TCOA Mon, 9-11 am</p> <p>Knitting and Conversation (all handwork, join us)</p> <p>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</p> <p>Scrabble OBCOA, Fri. 9 am UICOA, Thurs. 1 pm</p> <p>Men’s Cards OBCOA Wed., 9 am</p> <p>Hand & Foot Card Games OBCOA Mon - Fri, 9 am</p>	<p>Ladies Cards OBCOA Tues., 1 pm</p> <p>Rummy, OBCOA Tues & Thurs, 1 pm</p> <p>Ladies Bridge OBCOA With Sue Collison Tues., 9:30 -11:30</p> <p>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</p> <p>Party Bridge TCOA Fridays, 1-4 pm</p> <p>Please call for seating, 508-693-3686</p> <p>Duplicate Bridge TCOA Mondays, 1-4:30 pm Call for seating 508-627-5476 Contract (Party) Bridge UICOA Thurs, 1:30</p>	<p>Call Abe Seiman 508-696-9030</p> <p>Cribbage OBCOA, Fri., 9 am Bingo OBCOA, Wed., 7/13, 1-3 pm & 6-8 pm</p> <p>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	Health Promotion Blood Pressure & Wellness Clinics: Aquinnah Town Hall , 7/26, 2-3 Chilmark Library , 7/20, 12:30-1:30 Edg Stop & Shop Pharmacy, 7/6, 12-2 Edg Town Hall , 7/13, 9-11 Edg COA , 7/21, 10:30 Oak Bluffs COA , 7/5 & 7/28, 12:30 Tisbury COA , 7/5, 10-11; Up-Island COA , 7/12, 11:30-1:00 Cronig's , 7/14, 1-3	Hillside Village , 7/6, 10-11 Woodside Village , 7/25, 12-1 Woodside Village II , 7/25, 1:15-2:15 Public Health Nurse Clinics: Call your Council on Aging for information TCOA, 7/14, 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: 7/12, Call Rose, 508-693-4509 x3 for apt 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, 7/13, 9 am Call 508-693-4509 x3 ECOA, 7/19, 1:30-3:30 pm 508-627-4368 UICOA, 7/25, 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 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 6/6, OBCOA Call 508-775-7020 OR 1-800-742-4107 for an appointment Free Legal Clinic	7/13, 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 7/25, 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. Social Security Falmouth office, 855-881-0212 Veteran's Services, ECOA 7/1, 10:30 am. Call 508-627-4368 for an appointment Funeral Consumers Alliance 1-802-865-8300, Information on end of life alternatives
	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 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 On hiatus, will meet again in September. Vineyard Isle Parkinsonians 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 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

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



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