

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

August 2016 - Vol. 20, Issue 8

TRAVEL NEWS

Foxwoods Casino trip
Aug 30. Depart 7 am, return 6:15
boat. Sponsored by the Friends of Oak Bluffs Council on Aging. Cost is \$30 per person, you provide SSA ticket and spending money. Please call Rose, 508-693-4509 x3.

Historic Cape Cod, TCOA
Sept. 10, 8:15/3:45 boats. \$54
Gentle Walking Tour of Historic Sandwich. Visit the Sandwich Glass Museum, (new exhibits, featuring Fritz, Kommeini and Mayer). 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! Registration and payment due by August 10th. Call Tisbury Travel Club, 508-696-4205 to register.

Tisbury Travel Club
BSO Fall A Subscriber Trips
Being on Martha's Vineyard doesn't

stop us from enjoying some of the world's best music at Symphony Hall in Boston. The Travel Club makes all the arrangements so that you don't have to deal with driving, parking, traffic... On the trip home you can relax and savor the beautiful concert you just enjoyed instead of stressing over the congested southeast expressway rush-hour traffic. Our professional drivers provide a comfortable ride on new luxury motorcoaches.

Upcoming Fall A concert series features 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.

Falmouth Shopping Trips, UICOA
Will resume in September
Call Ellen for details, 508-693-2896

VETERANS SERVICES

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

VA ANNOUNCES PARTNERSHIP WITH THE NON-PROFIT, LEANIN.ORG

VA AND LEANIN.ORG PARTNERSHIP SEEKS TO EMPOWER WOMEN VETERANS

The Department of Veterans Affairs' (VA) Center for Women Veterans today announced a partnership with LeanIn.Org, the nonprofit organization founded by Facebook Chief Operating Officer, Sheryl Sandberg, to empower women to achieve their ambitions. Building on the successful launch of LeanIn.Org circles within the Department of Defense, VA is following the same model to increase support to women Veterans.


The VA initiative is called the LeanIn.Org Women Veterans' Chapter. The Women Veterans Chapter is comprised of two distinct pilot programs: the Veteran-to-Veteran program, a virtual program, which allows any woman Veteran to participate, no matter where she is located; meetings will be moderated and attended by women Veterans throughout the United States. The second is a face-to-face pilot circle. The

face-to-face program is created in partnership with the existing LeanIn.Org chapter in Seattle, WA. This circle is an innovative hybrid of women Veterans and non-military members providing an environment for both to learn and share leadership skills.

"For many years, women Veterans have expressed the need to have a mechanism to engage with their fellow women Veterans to make a difference in their community. We believe this is the perfect match." -Kayla M. Williams, Director of VA's Center for Women Veterans.

"Women are the fastest growing population of our nation's Veterans and through this Circles program, these women will have the peer support and community they need to reach their goals," said Ashley Finch, LeanIn.Org, Head of Partnerships. "Leanin.Org is proud to be a part of this groundbreaking and important initiative."


For more information about the LeanIn.org Women Veterans' chapter, visit LeanIn.Org/womenvets or <http://leaninseattle.org/veterans>.



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.



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

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A monthly newsletter from your local Councils on Aging and the Martha's Vineyard Center for Living

PUBLISHED THE LAST THURSDAY OF EVERY MONTH IN THE

MVTimes

Find helpful information on Veterans Services, Travel News, Activities, Individual Town Councils on Aging and more!

To advertise, call 508-693-6100 (press 2) danielle@mvtimes.com



The Martha's Vineyard Partnership for Health

is creating their Fall 2016 calendar of events. Activities will include exciting and important FREE seminars on Health and Self-Care. Stay tuned for upcoming offerings taking place near you!

For more information Email Kathleen Samways, ksamways@ihimv.org or Call us: 508-627-5797 x114.

!NOTEWORTHY

Island Grown Gleaning

Each Senior Center is the weekly recipient of beautiful fresh produce through the IG Gleaning program. Free, beautiful freshly picked produce! Call your Senior Center for availability.

New! Ballroom Dancing with Dorothy and Tom Newton

Oak Bluffs Senior Center
Thursdays, 8/4, 11 & 25,
1:00 – 3:00 pm.
The Rumba, Fox Trot, and more!
Join in the fun. Great exercise too!
Call 508-693-4509 for information.

Experience Breath Meditation!

Tisbury Senior Center
Tues, Aug. 9, 16 & 23, 11 am
With Stephan Power (Parmatmas-ingh). Practice breath meditation, achieve a quick lift and a clear mind! Kundalini Yoga as taught by Yogi Bhajan.
Call 508-696-4205 for info.

Intro to MELT Method Class

Up Island Senior Center
August 22, 9:30 am - 11 am
\$25 (Class limited to 8).
Call 508-693-2896 to sign up.
With Peaked Hill Studio owner Valerie Sonnenthal. Learn simple self-treatments you can do at home to remain active, healthy, and pain-free for life. The class will demonstrate the use of specialized soft body rollers and small MELT Hand and Foot Treatment Balls. When used properly, they can eliminate “stuck” stress before it accumulates, causing chronic aches, pains, and unwanted signs of aging. Class Includes: MELT hand and foot treatments which affect the connective tissue body-wide; a MELT “lift”, for your face;an introduction to the MELT roller.
NOTE: Balls and roller provided. Wear comfortable clothes and bring water.

BBQ & Raffle!

Tisbury Senior Center.
8/27, 4 pm.
Sponsored by the Friends of the TCOA. All are welcome to a summer BBQ with chicken, baked beans, potato salad, drink and dessert. \$10. Gift basket raffle, \$1/ticket. Call 508-696-4205 to register. If you call after hours, specify Friends Supper and leave your phone number.

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. See p1 of this 55Plus issue for more information.

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, salad, dessert
\$5 Friday- Entree, salad, dessert

Write Your Own Obituary with Susan Klein, M.Ed — memoirist and storyteller
Four Tuesdays in August: 8/2-8/23, 4:30-6:30, \$125, Sponsored in part by the Friends of the Edgartown Council on Aging. Learn how to succinctly write the story of your life well-lived.

Change Your Thinking, Change Your Life. 8/23 1 pm,
following lunch With Suzanne Lindsay, Certified Life Coach, Louise Hay Teacher.

Friday Morning Conversation Group
ECOA, 8/5 and 8/19, 10 am. Refreshments.

Surfing the Net and Setting up an Email Account
8/10, 10:30 am, with Kathy Lavieri
One-hour session at Edgartown Library. Learn about choosing and using a web browser, understanding the cloud, using hyperlinks, downloading, and setting up an email account. Learn to set up your account at the CLAMS website. Bring your own laptop or use library’s Chromebooks. Kathy Lavieri is a technology trainer with over 20 years experience working with a diverse group of adults.

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
8/11, 1:30 pm
Become part of the OB team!

Foxwoods Casino trip
8/30, Sponsored by FOBCOA. See Travel News for details.

OBCOA Board of Directors
8/18, 2 pm

Social Security SKYPE Appointments
8/22, 9:00 am-12 pm

S.H.I.N.E. (Serving Health Information Needs of Elders) 8/23
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
8/3, 12:00 noon.

New! Tap Dancing with Sarah
Mondays in August, 10 am

New! Ballroom Dancing with Dorothy and Tom Newton
Thursdays, 8/4, 11 & 25, 1:00 – 3:00 pm. The Rumba,Fox Trot, and more! Join in the fun.

Threshold Choir
8/1 & 8/15, 1 pm. With Cheryl Burns. No experience required!

Tisbury Highlights - 508-696-4205

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

Please call to sign up for all programs

Bridge Anyone?
David Donald will teach a new class beginning in September. Whether you are a beginner or interested in a refresher class to fine-tune the details, we are looking for folks who can commit to a 6 week course, each week building upon the lessons learned the previous week. Call Sandy to register.

Experience Breath Meditation!
Tisbury Senior Center
Tues, Aug. 9, 16 & 23, 11 am
See Noteworthy for details.

Express with Color!
Bruce Kissell, instructor
Mon, 9/12*, 10 am
Even if you don’t think you are an artist, this class is for you! Learn to load the brush with rich color and how to apply it. You will finish your painting in one session-guaranteed & hangable worthy! Instruction/guidance throughout. Materials provided. Call to register. Free. Class limit: 10. *This class will meet monthly, 1st Monday of the month, 2nd Monday if the first is a holiday.

Tai Chi with Toys!
Daisy Lifton, instructor
Thurs, 9 -10:45 am
Toys! How do toys play into Tai Chi? The “toys” are a Fan, Sword and Baoding Balls,

Up-Island Highlights - 508-693-2896

Joyce Albertine, 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, 11:30 am-1:30 pm.
Wait list only.

Annual Lobster picnic at the Galley in Menemsha.
September 12th, 12 pm. Wait list only.

Chair Massage with Eclipse Massage Therapy
Friday August 5 and 19, 10 am – 2 pm
Promotional discounted cost is \$1 per minute. 15, 30, 45, and 60 minutes sessions.

Intro to MELT Method Class
\$25-Class limited to 8

8/22, 9:30 am - 11 am
With Peaked Hill Studio owner Valerie Sonnenthal. Learn simple self-treatments you can do at home to remain active, healthy, and pain-free for life. See Noteworthy section for details.

Tuesday Discussion Group 9:30 am: Special Topics
8/2: Robert Solow, 1987 Nobel prizewinner in Economics will discuss “The Public Debt”
8/9: Marc Kantrowitz will discuss scandals which were sensations in their time but are now largely forgotten. His book “Old Whiskey and Young Women” is available at the Vineyard Haven library. Copies will be available for sale after the talk.

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

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

Vineyard Isle Parkinsonians Support Group
August 8, 10:30 am. Please call Ellen for details.

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

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

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
Will return in the fall.
Thank you Carol!
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
Carol Aranzabe, instructor
On hiatus until September
Tai Chi with Toys, TCOA
(Fan, Sword, Baoding Balls)
Daisy Taylor Lifton, instructor
Thursdays, 9-10:15, class

10:15-10:45, the Form
Chair Yoga, TCOA
Real yoga with chair support
Virginia Iverson, instructor
Tuesdays, 10-11 am
Register/info 508-696-4205
**Tai Chi/Chi Kung at
the Field Gallery**
Wed., 9:15 am
With Kanta Lipsky \$10
Held at UICOA in inclement weather
Gentle Pilates, UICOA
Mon., 10 am
Toni Cohen, Instructor. \$10 per class
**Got Strength? Strength Training
Class with Lisa Amols**
Tuesdays & Thursdays,
8:30 am at ECOA
Be strong, flexible, fit, and happy! Call
Lisa, 508-693-1009 before first class.
Punch cards available, \$16 walk-ins.
Join anytime.
Exercise with Floyd, OBCOA
Friday mornings, 8:30 am

Group Exercise, OBCOA
Monday mornings, 8:45 am
Exercise with Bill White, OBCOA
Thursday mornings, 9:00 am
Balletics, UICOA
Wed & Fri, 8:15-9:15 am
With Karen Cullinan, 508-693-7730
\$12 per class. Call instructor for
further information.
Dance FREE!, UICOA
Tuesdays, 3-4. No money, no teacher,
no instructions. Dance to catchy, funky,
rhythmic music.
Call 508-693-2896
Strength Training,
UICOA, \$8 (First class is free)
With Katryn Yerdon
Mon & Wed, 5:30 pm
Tues & Thurs, 8:30 & 9:30 am
Saturdays, 9:00 am
Call 508-693-2896
Chair Power of Balance, TCOA
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.
Balance of Power, TCOA
Ray Whitaker, instructor
3rd Mon monthly, 9-10 am
Strength training, balance \$10/class
Sit & Get Fit, TCOA
1hr award winning video,
easy-brisk. Call 508-696-4205 to
schedule a time.
Lunch & Wii Bowling, TCOA
Call for details and reservations,
508-693-8337
Pin Pals Bowling
Will return in October.
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
8/2: Robert Solow,
1987 Nobel Prize winner/Economics
will discuss “The Public Debt”
8/9: Marc Kantrowitz, author of
“Old Whiskey and Young Women” will
discuss old scandals now forgotten.
See UICOA Highlights for details.
Call 508-693-2896 for discussion topics.
Conversations with Bob Iadicicco,
OBCOA Fri., 10-11:30 am
Friday Morning Conversations,
ECOA, 8/5 & 8/19, 10 am
Refreshments
Peter H. Luce Play Readers Society,
TCOA, Wed, 9-12 noon
**August Theme: 20th & 21st C
Women & One Odd Man Out**
Producer: Felicity Russell

8/3 “*Ruined*” by Lynn Nottage;
Director Risë Terney
8/10 “*Intimate Apparel*”
by Lynn Nottage;
Director Charlena Seymore
8/17 “*Trifles*” by Susan Glaspell;
Director Mike Adell
“*POOF*” by Lynn Nottage;
Director Mike Adell
“*Born Bad*” by Debbie Tucker Green;
Director Felicity Russell
8/24 “*Rough Crossing*”
by Tom Stoppard;
Director: Elaine Myra Stark
8/31 “*By the Way Meet Vera Stark*”
by Lynn Nottage;
Director Elaine Eugster
Discussion follows, listeners always
welcome. Call 508-696-4205.
Poetry Readers, TCOA

On summer hiatus. See you in September
Poetry, Jill Jupen, ECOA
Thurs., 9:30 am
Tues, 10 am. New members welcome!
Tisbury Book Club
8/25, 1:30 pm
“Lila” by Marilynne Robinson
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. 8/17, 3 pm
August book, “*The Bounty*”
by Caroline Alexander. 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
8/24, 3-4:30 pm
4th Wed of every month, led by
Jill Jupen. August book TBA.
Call Wendy 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
**Creative 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, 10 am
2nd Mon. if first is a holiday
No class in August
MV Museum visits TCOA
2nd Thursday monthly, 10 am,
beginning Sept.
Chair Caning, OBCOA, Tues, 9 am

Woodarving, OBCOA
Mon. & Thurs., 9 am
Rug Hooking, ECOA,
Returns in September. 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
Knitting and Conversation
(all handwork) 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, on hiatus until September
OBCOA, Mon. 1 pm
Scrabble
OBCOA, Fri. 9 am
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
Ladies 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
Duplicate Bridge, TCOA
Mondays, 1-4:30 pm
Call for seating 508-627-5476
Duplicate Bridge, UICOA
Fridays, 9:30 am
Contract (Party) Bridge, UICOA
Thurs, 1:30
Call Abe Seiman 508-696-9030

Bridge Instruction, ECOA
Fridays, 1 pm. With Sari
Cribbage OBCOA, Fri., 9 am
Bingo, OBCOA,
Wed., 8/10, 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

Blood Pressure & Wellness Clinics:

Aquinnah Town Hall, 8/23, 2-3
Chilmark Library, 8/17, 12:30-1:30
Edg Stop & Shop Pharmacy, 8/3, 12-2
Edg Town Hall, 8/10, 9-11
Edg COA, 8/18, 10:30
Oak Bluffs COA, 8/2 & 8/25, 12:30
Tisbury COA, 8/2, 10-11;
Up-Island COA, 8/9, 11:30-1:00
Cronig’s, 8/11, 1-3

Hillside Village, 8/3, 10-11
Woodside Village, 8/22, 12-1
Woodside Village II, 8/22, 1:15-2:15

Public Health Nurse Clinics:

Call your Council on Aging for information
TCOA, 8/11, 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: 8/9, 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, 8/10, 9 am
Call 508-693-4509 x3
ECOA, 8/16, 1:30-3:30 pm
508-627-43685
UICOA, 8/22, 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
8/1, ECOA
Call 508-775-7020 OR 1-800-742-4107 for an appointment

Free Legal Clinic

No clinic in August
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
8/22, 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

8/5, 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.co

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.
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

8/8, 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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