Foxwoods Casino trip

Historic Cape Cod, TCAO
Sept. 10, 8:15/3:45 pm. 354 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. For more information call Sandy, 508-696-4205.

Tisbury Travel Club
Falmouth Shopping Trips, UICOA
Sierra Club, Tisbury Senior Center,
October 27, 2016
Teepa Snow, Alzheimer’s Specialist
Martha’s Vineyard Center for Living Supportive Day Program
Leslie Clapp, Director, 508-939-9440
Eileen Murphy, Supervisor, 508-627-0207
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.

The Martha’s Vineyard Center for Living Supportive Day Program
Leslie Clapp, Director, 508-939-9440
Eileen Murphy, Supervisor, 508-627-0207
Po Box 1729, Vineyard Haven, MA 02568, Tel: 508-939-9440.
Edited by Leslie Clapp
August 2016 - Vol. 20, Issue 5

TRAVEL NEWS

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.

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. 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, CERUS available for nurses, CNAs and Social Workers.

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

VETERANS SERVICES

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

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Call Joyce Stiles-Tucker, 508-696-4205 for more information.
Island Grown Gleaning
Each Senior Center is the weekly recipient of beautiful fresh produce through the IG Gleaning program. Free, beautifully fresh produce picked! 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 Stephon Peace (Parmatma- 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 508-693-2389 to sign up. With Peaked Hill Studio owner Valerie Sonnenthal. Learn simple self-treatments which affect stress before it accumulates, causing chronic aches, pain, and unwanted signs of aging. Class includes: MELT hand and foot treatments which affect the connective tissue body-wide; a MELT “lift,” for your faradic 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.

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

Edgartown Highlights - 508-627-4368
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, MEd — memoirist and storyteller Four Tuesdays in August: 8/2-26, 2:30-4:30, $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 Lavinet. One-hour session at Edgartown Library. Learn about choosing and using a web browser or understanding the cloud, using hyperlinks, downloading, and setting up an email account. Let us set up your account at the CLAMS website. Bring your own laptop or use library’s Chromebooks. Kathy Lavinet is a technology trainer with over 20 years experience working with a diverse group of adults.

Coffee with the Chief 8/5, 10 am. Meet and talk with our Police Chief, Erik Blake during the Conversations program.

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

Animal Companions 8/8, 8/22, With Karen Ogden. Bingo! 8/17, 1-3 pm AND 8-6 pm Line Dancing! Esther Richmond has arrived! Line Dancing will take place on Tuesday afternoons from 1 – 3:00 pm. We want to thank everyone who participated in the Open House that took place on Wednesday, July 20, 2016! Check Megan Alley’s weekly column in the MV Times Calendar section for updates!

Morning Coffee and Conversation Daily, 8:30 am Senior Dining Center Luncheon Tues & Thurs, 12 pm
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.

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Teepa Snow, Dementia Educator
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.

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Yoga for Seniors, UICOA
Martha Abbot
Mon, 11:15 am
Thu, 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 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
(Day, Swivel, Boating Balls)
Daisy Taylor Lifton, instructor
Thursdays, 9-10:15, class
10-15/10-45, the Firm
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
Pon Cohen, Instructor $10 per class
Get Strength? Strength Training with Class Amis Losol
Tuesdays & Thursdays, 8:30 am at ECOA.
Be strong, flexible, fit, and happy! Call Lisa, 508-693-1009 before first class.
Pose cards available, $16 walk-ins.
Join anytime.
Exercise with Floyd, TCOA
Friday mornings, 8:30 am
Group Exercise, OBCOA
Thursdays, 6 & 8 am
Exercise with Bill White, OBCOA
Thursday mornings, 9:00 am
Balletics, UICOA
Wed & Fri, 10:15 am
With Karen Callinan, 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 & Fri, 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
Thr award winning video, easy-brick.
Call 508-696-4205 to schedule a time.
Lunch & Wii Bowling, TCOA
Call for details and reservations, 508-693-8377
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

Discussion Group, UICOA
Tues., 9:30 am
8/2 Robert Solow
1987 Nobel Prize winner/Economics
will discuss “The Public Debt”
8/9: Marc Knitrowitz, 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 Ladicsco, OBCOA Fri., 10-11:30 am
Friday Morning Conversations, ECOA, 8/5 & 8/19, 10 am
Refresments.
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 “Rained” by Lynn Nottage;
Director: Kristy Terney
8/10 “Intimate Apparel” by Lynn Nottage;
Director: Charlena Seymour
8/17 “Tefly” by Susan Glaspeel;
Director: Mike Addel
“POOF” by Lynn Nottage;
Director: Mike Addel
“Born Bad” by Debbie Tucker Green;
Director: Felicity Russell
8/24 “Beggars Cropping” 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 Iupen, ECOA
Thurs., 9:30 am
Tues. 10 am. New members welcome!
Tisbury Book Club
8/25, 1:30 pm
”Lil” 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, 508-672-4221 for information.
ECOA Men’s Book Group
With Glenn Carpenter. 8/17, 3 pm
August book, “The Beauty”
by Caroline Alexander. Discuss books on history, travel, nonfiction, real life.
Enjoy thoughts, ideas, opinions and insights with other knowledgeable readers.
Exercise your mind, socialize with friendly people. Registrations. All welcome.
ECOA Women’s Book Group
8/4, 3-4 pm
4th Wed of every month, led by Jill Iupen. August book TBA.
Call Wendy 508-627-4168 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
Color Watercolor Painting with Nancy Cabor, 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 Kickel, 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 Canning, OBCOA, Tues, 9 am
Woodarving, OBCOA
Mon. & Thurs., 9 am
Ring Hooking, ECOA,
Returns in September, Thurs, 1 pm
Mindful Knitting, ECOA, Mon., 4-6 pm.
Call 508-627-4168
Not an instructional group
Needlework, ECOA, Thurs 2-4 pm
Knitting for Hospice, ECOA
Thurs., 9 am
Call 508-693-9030
UICOA
Card & Games
Mah Jong, ECOA, Tues & Fri, 1 pm
UICOA, on hiatus until September
OBCOA, Mon. 1 pm
Scrabble
OBCOA, Fri, 9 am
UCOA, 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, OBCA
With Sue Collison. Tues., 9-30/11:30
Board Games Day!, TCOA
Chess, Scrabble, Checkers?
What’s your game?
Wed. afternoons, Fri/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, OBCOA
Thursdays, 1-4:30 pm
Call for seating 508-627-5476
Duplicate Bridge, UICOA
Fridays, 9-30 pm
Contract (Party) Bridge, UICOA
Thurs, 1:30
Call Abe Seiman 508-693-4509

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:
- Aquniahna Town Hall, 8/23, 2–3
- Chilmark Library, 8/17, 12:30–1:30
- Edg Stop & Shop Pharmacy, 8/5, 12–2
- Edg Town Hall, 8/10, 9–11
- EdgCOA, 8/18, 10:30
- Oak Bluffs COA, 8/2 & 8/25, 12:30
- Tisbury COA, 7/20, 10–11
- Up Island COA, 8/9, 11:30–1:00

Counseling, Insurance, Transport Groups & Service Programs and Support Group Directory

Public Health Nurse Clinics:
- Call your Council on Aging for information
- TCAO, 8/11, 9:30–11:30
- Vineyard Scripts, Beach Rd. VH

Hearing Services:
- Call in advance for an appointment.
- OBCO, 8/9, Call Rose, 508-693-4509 x3 for apt
- UCIOA: Vineyard Audiology

Social Security Video Display Program
- Call 508-775-7020 or 1-800-742-4107 for an appointment

Food Services, Transport & Housing

Emergency Food Services:
- Monthly distribution, call for date & time.
- First Baptist Church Parish House

Health Insurance Counseling and Medicaid & MassHealth Info
- S.H.I.N.E., Call 508-627-4368
- ECOA, Call 508-637-4368 for an apt.
- OBCO, Call 508-693-4305 for an apt.
- UCIOA, Call 508-693-2896 for an apt.

Free Legal Clinic
- No clinic in August
- Elder Law Attorney Patty Mello

Insurance, Legal, Social Security

Legal Services:
- Space limited
- UICOA: Vineyard Audiology

Podiatry & Foot Care:
- Care for people with diabetes

Support Groups & Counseling

Supportive Day Program
- MV Center for Living

Elder Services of Cape Cod & the Islands Nutrition Programs
- For information on the local Senior Dining Centers and Meals on Wheels

Veteran’s Services, ECOA
- Call 508-627-4368 for an appointment

Funeral Consumers Alliance
- Call 508-627-4368 for an appointment

Cancer Support Group
- Call 508-693-4309 in advance for an appointment

Social Security
- Call 508-693-4309 for an appointment

Caregiver Support Group
- Call Nancy Langman, 508-498-1948

Grandparents Raising Grandchildren Group
- Call 508-687-9281 to pre-register for childcare.

Medivan, local Senior Centers.

Medicare
- Call 508-477-0267 for an appointment.

Medicaid
- Social Security

MassHealth
- Personal Care

Social Security
- Call 508-693-4509 in advance for an appointment
- Social Security

Information, coffee & discussion.
- Call 508-687-9281 to pre-register for childcare.
- Call for an appointment:

Blood Pressure Monitoring & Wellness Clinics
- Vineyard Village at Home (VV AH)

Counseling, Outreach and Referral for the Elderly
- Call the Outreach Worker

Elder Law Attorney Patty Mello
- Call 508-693-4309 for an appointment

Elder Law
- Estate planning, asset protection, wills

Caregiver Homes of Massachusetts
- Home care and care management.

Elder Law Attorney
- Social Security

Elder Law Attorney Patty Mello
- Medicaid planning, estate planning, asset protection, wills

Funeral Consumers Alliance
- Call 508-627-4368 for an appointment