

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

October 2016 - Vol. 20, Issue 10

TRAVEL NEWS

**Falmouth Shopping Trips, UICOA**  
*Oct. 26, 8:15/5:00 boats*  
Call Ellen for details, 508-693-2896

**Salem Witch Museum, OBCOA**  
*October 20*  
Follow the history of witches, witchcraft, and witch hunts through the ages. The main presentation is an overview of the events of the Salem Witch Trials of 1692. Do you believe in witches? Don't answer until you visit the Salem Witch Museum! Leave on the 7 am

boat, return on the 6:15. Enjoy a comfortable trip to Salem via motorcoach, with a stop for luncheon on the way. \$45 per person. Travelers are responsible for their own SSA tickets and spending money for lunch and shopping. Space limited, contact Rose, 508-693-4509 x3 to reserve your spot.

**Tisbury Travel Club, TCOA BSO at Symphony Hall**  
*Oct. 7 & 28, Nov. 4 & 25, Jan. 13*  
Call Sandy: 508-696-4205

SHINE News...

Open Enrollment is just around the corner!

Medicare's Part C (Medicare Advantage Plan) and Part D (Prescription Drug Plan) Annual Open Enrollment (Oct 15 – Dec 7) will be here before you know it and it is very important to review your Medicare options during this period. You will have received a notice from your Prescription Drug or Medicare Advantage (HMO, PPO) Plan in September. Make sure you read this notice- it will explain the changes (premiums, copays, tiers) to your plan for 2017.



During the Annual Open Enrollment, you will have a chance to CHANGE your plan. This change takes effect January 1, 2017. SHINE Counselors can help you

understand your plan's changes, screen you for assistance programs and discuss other options you may have. If you do not change your plan during this period you may have to stay with your existing plan for another whole year. (Note: the open enrollment may not affect those with retiree coverage).

Do Not Wait!- Appointments fill up fast! Call your senior center and make an appointment with a SHINE counselor for this year's open enrollment. Make sure you bring the list or bottles of your current medications to the appointment and if you are a couple, please ask for 2 appointments.

Martha's Vineyard Partnership for Health


Offering **FREE** seminars on **Stress Management, Diabetes** and **Foot Care**. contact ksamways@ihimv.org or call 508-627-5797 x114.

MV Partnership for Health is also offering a series of **6 FREE Powerful Tools for Caregivers** classes. This self care program is designed to help family caregivers handle the unique challenges of caregiving”  
Tues., Oct. 11 through Nov. 15, 1:15 pm - 3:45 pm at “the Anchors” Edgartown Council on Aging.  
Pre-registration is required. Contact Wendy Benedetto, 508-627-4368 or wbenedetto@edgartown-ma.us

Up-coming Legal Clinics


**Tisbury Senior Center: Register at 508-696-4205**  
**October 4, 5:30-6:30 pm**  
**With Attorney Arthur Bergeron**  
**Trusts 101:** Do you need a Trust; what type? And, why? Understand Irrevocable vs. Revocable and Living Trusts vs. Testamentary and how a trust can help you protect your assets, minimize taxes and avoid probate. What type of trust is right for you?  
Asset Protection vs. Tax Avoidance vs. Probate Avoidance  
**November 7, 5:30-6:30 pm**  
Real life examples illustrate how you can evaluate the tradeoffs faced in emergency nursing home placements and in long term planning situations.

**Up-Island Senior Center: Register at 508-693-2896**  
**October 19, 9:30-11 am & 1:30-3 pm**  
**With Attorney Patricia Mello**  
**9:30 “Estate and Medicaid Planning :Estate Planning 101”:** Discuss basic estate planning and how certain documents including Durable Power of Attorney, Health Care Proxy, and Trusts can accomplish your goals for your unique situation. How to protect your assets against long-term care costs in light of the most recent changes in Medicaid law.  
**1:30 “Trust Basics”:** Learn exactly what a Trust is and how it can be customized to meet your estate planning needs.



PARADISE  
DENTAL

We give you a lot to smile about!



1 Visit Root Canals & Crowns  
Same Day Emergency Service  
Family and Cosmetic Dentistry

508-696-0222 · paradisedentalgroup.com  
395 State Road, Vineyard Haven



WE WANT TO HEAR FROM YOU!

Join leadership from Providence VA Health Care System and VA Benefits Administration as we host a...


VETERANS TOWN HALL MEETING

**When:** Tuesday, Oct. 18, 2016  
4:30 to 6 p.m.

**Where:** American Legion  
47 Martin Road,  
Vineyard Haven, MA

**Who:** Veterans, Families and Community Partners

**What:** Get an update and ask questions.



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

**Flu Clinic & Health Fair**  
October 1, 11 am – 2 pm.  
MV High School Cafeteria. Registration forms can be found at the Councils on Aging, Libraries and Town Hall, or on-line at mvboh.org

**Fuel Assistance**  
Call your local Council on Aging to schedule an appointment to fill out an application. If you received Fuel Assistance last year, a completed form was sent to you. Check it over and make any corrections necessary, attach required documents, and return to South Shore Community Action Council. Call your local Council on Aging for assistance.

**Health Care Options**  
Tisbury Senior Center, 508-696-4205  
October 6, 1 pm  
With Peta Sheperd.

**TCOA Mini Health Fair**  
Tisbury Senior Center  
October 13, 4-6 pm  
Local organizations and agencies provide information on the programs and services they provide. Cholesterol, Blood pressure, Diabetes, Glaucoma and Hearing screenings will be available.

**Martha’s Vineyard Museum Presents: “Discover, Explore, Connect.”**  
October 13, 10 am, Tisbury Senior Center, 508-696-4205  
October 17, 1:30 pm, Up-Island Senior Center, 508-693-2896  
MV Museum will present beautiful renderings of how the 1895 Marine Hospital, will be transformed into the new Martha’s Vineyard Museum. Featuring a hands-on exploration of the 1854 Fresnel Lens. Museum Conversations is free with the support of MV Savings Bank Charitable Fund. Please register in advance.

**Teepa Snow, Dementia Educator and Advocate:**  
**Creating a Safe & Friendly Space for a Person w/Dementia**  
Tisbury Senior Center, 508-696-4205  
October 27, 9 am-4:30 pm

**MA Audubon Society and Felix Neck Present: Animals Preparing For Winter**  
Up-Island Senior Center, 508-693-2896  
November 7, 2 pm.  
Felix Neck Educational Director, Josey Kirkland will talk about how various mammals, reptiles, and birds of Martha’s Vineyard prepare for the long winter months ahead. Light refreshments. Sponsored by the Friends of the Up-Island COA.

**Advance Care Planning: Essential Conversations for Peace of Mind Before A Crisis**  
Up-Island Senior Center, 508-693-2896  
November 15, 2 pm  
More info in November 55Plus

*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

See our newsletter at [www.edgartowncoa.com](http://www.edgartowncoa.com) for more information.

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

**Bowlers!**  
10/3, Join our team to challenge TCOA at the Barn Bowl & Bistro, 11:30-1:30. Fun! Lunch, dessert included, \$10. Call to sign up.

**Powerful Tools for Caregivers**  
A free series of six “self-care education” sessions designed to help family caregivers handle the unique challenges of care-giving. Tuesdays, October 11th-November 15th, 1:15-3:45. Pre-registration is required. Please call Wendy to sign up.

**Fish Distribution**  
Wednesdays, 9:30 am through 10/12. Each person receives a number at 9 am. Fish will then be cheerfully distributed to one person at a time, as his or her number is called. Coffee and snacks served.

**Friday Morning Conversation Group**  
ECO, 10/7 and 10/21, 10 am. Refreshments.

**SHINE Appointments**  
With Bill Glazier, call for appointment.

**On Display in October**  
Maureen D. Hall, a writer and poet, has been taking photos most of her life. Maureen lives in West Tisbury and works at the West Tisbury Library. Her photos can be viewed on

Instagram @mdhmv. Meet Maureen, 10/14 at lunch with a Q and A

**Island Tour with Glenn Carpenter**  
10/6, with Glenn, Island tour guide for 19 years. Be a tourist for a day and learn confessions of a Vineyard tour bus driver. Limited to 12 people.

**Vineyard Smiles Dental Clinic**  
10/21, free oral health screening, cleaning, oral hygiene instruction. Call for an appointment.

**Fuel Assistance**  
Call The Anchors for information and to schedule an appointment to fill out an application.

Oak Bluffs Highlights - 508-693-4509

Rose Cogliano, Director  
Hours: 8:30 am–4 pm

**Flu Clinic & Health Fair**  
October 1, 11 am – 2 pm.  
Martha’s Vineyard High School Cafeteria. No Staging areas: come straight to the High School! Children over six months of age are welcome! Registration forms can be found at the Oak Bluffs Town Hall, Oak Bluffs Public Library, or online at mvboh.org.

**Friends of OBCOA meeting**  
10/13, 1:30 pm  
Become part of the OB team!  
FOBCOA sponsored trips:  
Salem Witch Museum, Oct. 20, see Travel News for details.

**OBCOA Board of Directors**  
10/20, 2 pm

**Morning Coffee and Conversation**  
Daily, 8:30 am

**Elder Law Clinic**  
10/3, 10 am. Please call Rose for an appointment.

**Men’s and Ladies Luncheon**  
10/5, 12:00 noon.

**Ballroom Dancing with Dorothy and Tom Newton**  
10/6, 1-3 pm. The Rumba, Fox Trot, and more!

**Threshold Choir**  
10/3 & 10/17, 1 pm.  
With Cheryl Burns. No experience required!

**Coffee and Computers**  
Will resume with Allison Malik’s return from maternity leave. Congratulations to the Malik’s and their new baby!

**Animal Companions**  
10/24, 1 pm

**Line Dancing! With Esther Richmond**  
Thanks to Esther for a great summer of Line Dancing. We will see her in 2017!

The Senior Center will be closed on Mon, October 10 in observance of Columbus Day.

The OBCOA will assist with setting up call blocking and adding your phone number to the National Do Not Call Network. This will stop most telemarketing calls and solicitations and must be done from your telephone. Call Diane Figueiredo, Outreach Coordinator for an appointment.

*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

**Get Creative w/ Paint! Bruce Kissell, inst.**  
10/3  
Learn how to load a brush with paint and apply to a light template. All materials are provided. Hangable Worthy!! Free, limited to 10.

**Advanced Care Planning / 5 Wishes Melissa Weidman, presenter**  
10/3, 10-11 am  
Essential Conversations for peace of mind before there is a crisis. Does your Health Care Proxy know your wishes? Explore the value of the 5 Wishes document.

**‘Pin Pals’ Bowling w/ECO**  
10/3, 11:30-1:30. \$10  
Call to register by 9/30

**MV Museum Conversations**  
10/13, 10 am  
Discover, Explore, Connect. See beautiful renderings of how the 1895 Marine Hospital will be transformed into the new Martha’s Vineyard Museum, ensuring that the Museum’s objects, knowledge, stories and experiences can be forever shared. Features a hands-on exploration of the 1854 Fresnel Lens, the gem of the museum.

**Making the Most of Shorter Days:**  
Staying Resilient & Enjoying Life Through the Winter  
Jane Dreeban, presenter  
10/19, 10:30 am  
Enjoy Yourself this Winter, Maintain & Enhance your Health, Engage Creativity, Avoid the Blues. Jane is an Island psychologist and author of The Urge to

Create: Vineyard Portraits.

**Purl Jam Knitting/Conversations**  
Mon, 9-11  
Bring your knitting or other handwork

**Get in Shape with Yoga!**  
Thurs, 4-5:15 pm, \$10  
Kripalu Yoga w/ Carol Aranzabe  
Stretch, Strengthen, Balance, Breath. Release the tension and stress of the day, find peace and serenity to move with relaxation into the evening. Bring a mat.

**Chair Yoga**  
Tues, 10 am, \$5  
Virginia Iverson, inst.  
This is real yoga but you can use a chair for support. It is a gentle way to keep muscles and joints supported.

Up-Island Highlights - 508-693-2896

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

**Chair Massage with Eclipse Massage Therapy**  
**October 14 and 28, 10 am – 2 pm**  
Promotional discounted cost is \$1 per minute. 15, 30, 45, and 60 minutes sessions.

**NEW! Scrabble**  
**Thursdays, 1 pm, following lunch**  
Enjoy playing with other Scrabble enthusiasts. Scrabble boards provided.

**Health Insurance Counseling**  
Counseling assistance with your health insurance questions.

**Outreach**  
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**  
October 17, 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.

**MA Audubon Society and Felix Neck Present: Animals Preparing For Winter**  
**Up-Island Senior Center**  
**November 7, 2 pm.**  
Felix Neck Educational Director, Josey

Kirkland, will present how various mammals, reptiles, and birds of Martha’s Vineyard prepare for the long winter months. Light refreshments. Pre-registration requested. Sponsored by the Friends of the Up-Island COA.

**Hope Health Presents Advance Care Planning: Essential Conversations for Peace of Mind Before A Crisis**  
**Up-Island Senior Center**  
**November 15, 2 pm**  
Does your health care proxy know your wishes? Explore the value of several documentation options, including the Five Wishes, MOLST (Massachusetts Medical Orders for Life Sustaining Treatments), and the Health Care Proxy form. Learn how patients and families can obtain these forms, and we’ll address frequently asked questions.



# 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  
**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  
Stretch, Strengthen, Breath, Balance  
Fridays, 4-5:15 pm  
Bring a mat. \$10  
**Tai Chi with Toys**, TCOA  
(Fan, Sword, Baoding Balls)  
Daisy Taylor Lifton, instructor  
Thursdays, 9-10:15, class

10:15-10:45, the Form  
**Tai Chi with Nan Doty**, ECOA  
Thurs, 10-11 am, with tea following.  
Call for details, 508-627-4368.  
**Chair Yoga**, TCOA  
Real yoga with chair support  
Virginia Iverson, instructor  
Tuesdays, 10-11 am, \$5  
Register/info 508-696-4205  
**Gentle Pilates**, UICOA  
Mon., 10 am  
Toni Cohen, Instructor. \$10 per class  
**ECOA Got Strength? Strength  
Training with Lisa Amols**  
Tues, 8:30 am; Thurs, 3:30 pm  
(beginning 10/20)  
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.  
**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  
**Chair Balance of Power**, TCOA  
**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**, TCOA & ECOA  
10/3, 11:30-1:30. \$10  
1 hr bowling & gourmet lunch  
(price includes above & shoes)  
Call to register by 9/30  
**Exercise Classes**, OBCOA  
Mon., 8:45 am Group Exercise  
Thurs., 9 am w/Bill White  
Fri, 8:30 w/Floyd  
**Aquatic Exercise Class**  
**Mansion House Pool**  
Call Mansion House for info.  
508-693-7400

## Ideas, Books, & Plays

**Discussion Group**, UICOA  
Tues., 9:30 am. Call 508-693-2896  
Call for discussion topics.  
**Conversations with Bob  
Iadicicco**, Fri., 10-11:30 am  
**Friday Morning Conversations**,  
ECOA 10/7 & 10/21, 10 am  
Refreshments  
**Lunch & Conversation**, TCOA  
M-F, 12:00. Call for reservation/48 hr.  
in advance. 508-693-8337  
(TCOA kitchen)  
**Peter H. Luce Play Readers Society**  
TCOA, Wed, 9-12 noon  
**September Theme:**  
Producer: Arnie Reisman  
Producer: Charlena Seymour  
**October Theme:** “I’ve Got a Secret”

10/5 *Glorious* by Peter Quilter;  
Director: Linda Vadasz  
10/12 *Hiding* by Wayne K. Greenwell;  
Director: Wayne Greenwell  
10/19 *The Children’s Hour*  
by Lillian Hellman; Director:  
Johanna Kobran  
10/26 *The Mousetrap* by Agatha  
Christie; Director: Gaston Vadasz  
Discussion follows, listeners always  
welcome. Call 508-696-4205.  
**Poetry Readers**, TCOA  
No October meeting. Poet: Wallace  
Stevens Facilitator: Fan Ogilvie  
**Poetry, Jill Jupen**, ECOA  
Thurs., 9:30 am  
Tues, 10 am. New members welcome!  
**Breath Meditation** TCOA

Tues, 11 am. Steve Powers, guide  
**Tisbury Book Club**  
10/20, 1:30 pm .  
“Doc” by Mary Doria Russell.  
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. 10/19, 3 pm.  
October book, “His Excellency: George  
Washington” by Joseph Ellis. 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**  
10/26, 3-4:30 pm  
Led by Jill Jupen. Oct. book TBA. 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 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  
**Coloring Book**, TCOA  
TCOA, Thurs, 9-11 am  
Color a Mandala or stained glass print  
Supplies provided

**Get Creative with Paint!**  
Bruce Kissell, instructor  
10/3, 10 am,  
Free/Limit 10  
Call 508-696-4205  
**MV Museum visits TCOA**  
10/13, 10 am  
See TCOA Highlights for info

**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’**, TCOA  
**Knitting and Conversation**  
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  
UICOA, Thurs. 1 pm  
**Cribbage**, OBCOA, Fridays, 9 M  
**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  
**Contract (Party) Bridge**, UICOA  
Thurs, 1:30

Call Abe Seiman 508-696-9030  
**Bridge Instruction**, ECOA  
Will return in June 2017. Thanks Sari!  
**Cribbage**, OBCOA, Fri., 9 am  
**Bingo**, OBCOA,  
Wed., 10/19, 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**, 10/25, 2-3  
**Chilmark Library**, 10/19, 12:30-1:30  
**Edg Stop & Shop Pharmacy**, 10/5, 12-2  
**Edg Town Hall**, 10/12, 9-11  
**Edg COA**, 10/20, 10:30  
**Oak Bluffs COA**, 10/4 & 10/27, 12:30  
**Tisbury COA**, 10/4, 10-11;  
**Up-Island COA**, 10/11, 11:00-1:00

**Cronig’s**, 10/13, 1-3  
**Hillside Village**, 10/5, 10-11  
**Woodside Village**, 10/24, 12-1  
**Woodside Village II**, 10/24, 1:15-2:15  
**Public Health Nurse Clinics:**  
Call your Council on Aging for information  
**TCOA**, 10/13, 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**: 10/11, 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**, 10/12, 9 am  
Call 508-693-4509 x3  
**ECOA**, 10/18, 1:30-3:30 pm  
508-627-43685  
**UICOA**, 10/24, 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  
10/3, Oak Bluffs COA  
Call 508-775-7020 OR 1-800-742-4107 for an appointment

**Free Legal Clinic**  
10/12, UICOA  
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**  
10/27, 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**  
10/7, 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, mailto: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 & 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 MVCS 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**  
10/17, TCOA, Call 508-696-4205 for information  
**Vineyard Isle Parkinsonians Support Group**  
10/17, 10:30 am UICOA  
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 am & 11 am 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  
Call Allison McKinley 508-693-7900 x217  
**Grandparents Raising Grandchildren Group**  
MVCS 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


**Veterans Group**  
Weekly support group. Discuss challenges of reintegrating after the war experience. MVCS Island Counseling Center. Contact Tom Bennett for info and group times at 508-693-7900 x. 211

ELDER SERVICES OF CAPE COD & THE ISLANDS

**Nutrition Program**  
**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

REGIONAL LUNCHEON

Martha’s Vineyard Regional High School  
Culinary Arts & Music Departments  
Culinary Arts Dining Room  
Thursday, October 13  
Music at 11:00  
Lunch served promptly at 11:30  
**Menu**  
Panzanella Salad  
Lasagna  
Almond Cupcakes  
Reservations are a must!  
Call 508-939-9440



**Vineyard Audiology**  
*is hear to help,  
year round.*

Offering Expertise with Integrity  
508-696-4600

20 Indian Hill Rd,  
West Tisbury

**Rejuvenate  
your Hearing**

  
vineyardaudiology.com



Family-owned & Operated  
**VINEYARD  
SCRIPTS**  
508-693-7979  
vineyardscripts.com

 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**