

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
January 2017 - Vol. 21, Issue 1

TRAVEL NEWS

Reminder to Fall A Subscribers: Boston Symphony Orchestra at Symphony Hall
 TCOA, 508-696-4205
 Friday, January 13, 8:15/6:15 SSA
 Call Sandy if you are not attending and want your BSO and bus seat made available to the Substitute List.

"42nd Street" at the Providence Performing Arts Center
 UICOA, 508-693-2896 (Wait List Only)
 Saturday, March 25, 2017
 The quintessential backstage musical comedy classic, 42nd Street includes some of the greatest songs ever written; "We're In The Money," "Lullaby of Broadway," "Shuffle Off To Buffalo," "Dames," "I Only Have Eyes For You," and of course "42nd Street."

Based on a novel by Bradford Ropes and Busby Berkeley's 1933 movie, 42nd Street tells the story of a starry-eyed young

dancer who leaves her Allentown home and comes to New York to audition for the new Broadway musical Pretty Lady. When the leading lady breaks her ankle, Peggy takes over and becomes a star. Named the 2001 Tony Award®-winning Best Musical Revival. Roundtrip motor coach, lunch at Blake's Tavern, orchestra seating, and gratuities, \$130

Visit Woods Hole Oceanographic Institute (WHOI)
 TCOA, 508-696-4205
 June 15, 2017
 Woods Hole is a world center for marine, biomedical and environmental science. Learn about the WHOI ship that helped discover the RMS Titanic and hydrothermal vents. Learn about Knorr's history and accomplishments and much more. Enjoy lunch at the Land Fall Restaurant. Details will be listed in this site as they become available. Register now to be put on the list. Group is limited to 40.

MARTHA'S VINEYARD PARTNERSHIP FOR HEALTH (MVPH)

"My Life My Health" is coming to a town near you: FREE 1-hour introductory sessions

MVPH will offer an informational sessions about our newest educational program: "My Life My Health"

Join us to learn more about "My Life My Health", the free 6-week series on how to become a more effective self-manager, and to partner with your health care provider in managing your chronic condition and/or for supporting another person who has a chronic condition.

Call 508-627-5797 x114 or email kamways@ihimv.org to sign up for the session of your choice, or for more information.

Oak Bluffs Library: Wed. 1/4, 2:30 - 3:30 pm

Vineyard Haven Library: Thurs. 1/5, 11 am - 12 noon

Edgartown Library: Mon. 1/9, 1 - 2 pm

West Tisbury Library: Thurs. 1/12, 11 am - 12 noon

Chilmark Library: TBA | **Aquinnah Library:** TBA

"My Life My Health" is supported, in part, by a grant from Elder Services of Cape Cod and the Islands, through Title IIIB & D of the Older Americans Act



NEW! Martha's Vineyard Center for Living Caregiver Support Services

Martha's Vineyard Center for Living is pleased to announce the launch of new support services for the families and caregivers of individuals with dementia and Alzheimer's. MV Center for Living Caregiver Support Services will focus on providing education, screening, individual counseling, support groups, and access to referrals and information for families and caregivers.



Nancy Langman, a licensed clinician and nurse practitioner, will be available on Fridays from 9:00 am to 1:00 pm at the Tisbury Senior Center, for individually scheduled appointments. A new Alzheimer's Caregiver Support Group is also planned. This service is free of charge and available to all islanders.

**To kick off this exciting new service, we will host a Caregiver Support Services Open House
 January 6, 9 am - 1 pm
 Tisbury Senior Center**

Meet Nancy Langman to learn more, and take the opportunity to let us know what will be most helpful to you.

This program is made possible with a grant from the Permanent Endowment of Martha's Vineyard

REGIONAL LUNCHEON

Martha's Vineyard Regional High School
 Culinary Arts & Music Departments
 Culinary Arts Dining Room

**Thursday, January 12th
 Music at 11:00 · Lunch served promptly at 11:30**

**Menu
 Garden Salad, Chicken Pot Pie & Spiced Fritters
 Always delicious! \$12
 Reservations are a must! Call 508-939-9440**

RADON TESTING

WILL BE CONDUCTED THIS WINTER-2016-2017

FOR ANY HOMEOWNER BY TRAINED MEMBERS OF THE SENIOR ENVIRONMENT CORPS OF ELDER SERVICES OF CAPE COD AND THE ISLANDS

Radon is a natural radioactive gas that can build up to harmful levels in your home.

The EPA recommends that all homes be tested for Radon.

Radon is easily detected and high levels can be reduced.

Approximately 1 out of 5 homes on the Cape & Islands have elevated levels of Radon gas.

Testing is available to homeowners of all ages.

Call 508-394-4630, Ext. 524 to register for testing

For more information or questions call Susan @ x520 or Anita @ x523

All results are confidential.

Testing will be available November 14, 2016 through March 30, 2017. Cost of sample collection & testing only \$30.00

Please make check payable to: Elder Services of Cape Cod & the Islands

VETERANS SERVICES

Dukes County Director of Veterans Services, Jo Ann Murphy
 Call 508-693-6887 for information.



Martha's Vineyard Center for Living Supportive Day Program

Leslie Clapp, Director Eileen Murphy, Supervisor
 Program hours: Mon, Tues, Wed, Fri, 9 am - 3 pm.
 Call 508-627-0207 for information and referrals

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

Technology Workshop, UICOA
Call 508-693-2896 to register
1/19, 9:30-11 am.

Web designer Dianne Holt will give a brief introduction to cell phones, tablets, and laptops. Learn trouble shooting techniques and become more familiar with your personal devices. Bring one device only, fully charged and charging cable as a backup.

Spice of Life Memoir Writing, TCOA

A Story Wisdom workshop led by Susan Klein M.Ed
Tisbury Senior Center
Thursdays, 1/12 – 3/2, 1-3:30 pm.
Workshop fee \$169, call 693-4140 to register

Hosted and supported in part by the Tisbury Council on Aging

“Stories for a Brisk Afternoon” with Storyteller Susan Klein

Tisbury Senior Center, 508-696-4205
1/24, 1-2 pm

MV Museum Presents Museum Conversations:

Tisbury Senior Center, 508-696-4205
1/12, 10 am

For the Love of Kids – Old Toys and Games on Martha’s Vineyard

What was your favorite toy when you were little? Historically, what did island kids play with?

We’ll look at archival photos from the early 1900’s to learn how kids had fun, and play with a few toys and games. Refreshments.

“A Dress, A Boat and Exciting Times: Life on the Island During World War II”

Up-Island Senior Center, 508-693-2896
1/23, 1:30 pm

Islanders are known for innovative responses to unusual and difficult circumstances. Learn how this spirit played out during World War II, when resources were scarce and fear of the unknown was ubiquitous. Discover the fascinating role that the Van Riper Ship Model Shop played during the war, and how Flare Parachutes were repurposed. Share stories, photographs, a war ration book, blueprints and more.

Museum Conversations is offered thanks to the support of The Martha’s Vineyard Savings Bank Charitable Fund.

MELT Method Classes with Valerie Sonnenthal, UICOA

Call 508-693-2896 to register.
Tuesdays, 1-2. \$15. Space limited. Pre-registration required.

Reduce inflammation, ease chronic neck and low back strain, improve structural alignment, and learn how to keep your whole body feeling better at any age. Rollers and balls provided. Bring water and wear comfortable clothes.

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.edgartown-coa.com for more information.

Lunches Noon

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

On Display This Month: Anchors Needlepoint Group

Come see the beautiful needlepoint and cross stitch by the Anchors Needlepointers. The group started at Henley’s Needlepoint shop in Edgartown, and when the shop closed, the group moved to the Anchors in 2012. Join us Thursdays from 2-4. We celebrate the group at lunch in January.

Bowlers!

1/9, Join our team to challenge TCOA at

the Barn Bowl & Bistro, 11:30-1:30. Fun! Lunch included, \$10. Call 508-627-4368 to sign up.

Friday Morning Conversation Group

ECO, 1/6 and 1/20, 10 am. Refreshments.
Memory Support Groups Wednesdays, 9:30 am, and 11 am, Featherstone Center for the Arts. Call Victoria Haeselbarth, 508-627-4368 ex. 15.

ECO Men’s Book Group

With Glenn Carpenter
1/18, 3 pm, January’s book “Hillbilly Elegy” by J.D. Vance. 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.

ECO Women’s Book Group

1/25, 3-4:30 pm, led by Jill Jupen. January’s book TBA. Please call Wendy to express interest and be on the email list, 508-627-4368.

Karaoke!

1/27, following lunch. Special guest stars. Not to be missed! Please call to sign up for singing and attending, 508-627-4368.

SHINE Appointments

With Bill Glazier, call for appointment, 508-627-4368.

Oak Bluffs Highlights - 508-693-4509

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

Friends of OBCOA meeting

Taking the winter off.
Next meeting April 13, 2017

OBCOA Board of Directors

No meeting in January

Morning Coffee and Conversation

Daily, 8:30 am

Men’s and Ladies Luncheon

1/4, 12:00 noon.
Happy New Year!

Coffee with the Chief

1/13, 10 am.
Conversation and coffee with Chief Erik Blake.

Threshold Choir

1/30, 1 pm.
With Cheryl Burns. No experience required!

Coffee and Computers

1/18, 10:30 am
With Allison Malik of the Oak Bluffs Library

Animal Companions

1/9 & 1/23, 1 pm

New Bridges Together Program

We are excited to be working with the three Second Grade classes at the Oak Bluffs School and are looking for 15 Senior Volunteers who will participate for 6 consecutive Friday afternoons from 12:30-1:30 in the classroom setting. Please consider being part of this incredible experience. Contact Rose, 508-693-4509 x3, or Leo Gagnon, COA Ambassador for the program, 508-693-5507.

Outreach Coordinator Diane Figuerido, is

available to help OB residents connect with programs and services available in the community to help meet your needs. Call Diane for an appointment.

The Senior Center will be closed on January 2nd after the New Year holiday, and on Monday, January 16th in observance of Martin Luther King Day.

Storm closings: When the Oak Bluffs School is closed, or has a delayed opening due to stormy weather, the Senior Center will also be closed or delayed in opening. Check the Oak Bluffs Town website, and WMVY radio, MV Times online, MV Gazette online for storm information.

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

Bowling at Bowl and Barn Bistro

1/9, 11:30 – 1:30 pm
Call before Fri. 1/6 to be put on the Tisbury list. 1 hour of bowling and lunch, \$10.

MV Museum Presents

1/12, 10 AM
For the Love of Kids – Old Toys and Games on Martha’s Vineyard
See Noteworthy for details.

Susan Klein Memoir Writing

8 classes, 1/12-3/2, 1-3:30 pm
To Register: 508-693-4140
Create your own personal memoir, a wonderful gift and treasure for your family and an amazing experience for you!! See Noteworthy for more info.

Susan Klein Storytelling

1/24, 1 pm

Stories for a Brisk Afternoon.

Susan Klein is known for her wit and wisdom and has made her mark as a performer, storytelling coach, recording artist, emcee, workshop leader, education and corporate consultant, humorist and author. In short, she is a major force to be reckoned with in the arena of contemporary American storytelling.” Milbre Burch

MV Partnership for Health/My Life My Health

1/25, 1-2 pm

Martha’s Vineyard Partnership for Health (MVPH)

is a free program of Island Health Care (IHC), offering nationally-recognized evidence-based programs including My Life My Health, Matter of

Balance and Powerful Tools for Caregivers. All attendees will receive a free fall-risk reduction ‘kit’ for wintry weather.

My Life My Health: through education, interactive experience and Action Planning, past attendees have taken control of their chronic conditions such as diabetes and hypertension, made lasting changes in healthy eating and physical activity that includes reduced fear of falling, and improved feelings of well-being about their health in general.

Valentine Party!

Saturday, 2/11, 1 pm
Movie “Chocolat” with popcorn and... chocolate cake!
Sponsored by the Friends of the TCOA.

Up-Island Highlights - 508-693-2896

Health Insurance Counseling (SHINE Counselor – Joyce Albertine)

Counseling assistance with your health insurance questions.

Outreach Services

Ellen Reynolds is available Mon.- Fri. 9 am -3 pm. Meet with Ellen to learn about community resources to meet your needs or those of someone you care about.

Strength Training (\$8) with Katryn Yerdon (First class is free)

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

1/9, 10:30 am. 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.

Chair Massage with Ellen of MV Bodyworks

Fridays, 2-4 pm.
Treat yourself! Massage has been

proven to increase circulation, decrease tension, increase range of motion, improve flexibility, and much more. \$1 per minute. 15, 30, 45, and 60 minutes sessions. Call for an appointment.

Technology Workshop

1/19, 9:30-11 am.
A brief introduction and overview of cell phones, tablets, and laptops. Learn trouble shooting techniques and become more familiar with your personal devices. Pre-registration required. Bring one device only, fully charged. Bring your charging cable as backup. *If you would like to stay for lunch at 12:30, please make a reservation.

MV Museum Presents: “Life on the Island during World War II!”

1/23, 1:30 pm
See Noteworthy section for more details.

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 pm. Bring a mat. \$10
Tai Chi with Toys, TCOA
(Fan, Sword, Baoding Balls)
Daisy will return in the Spring.
Tai Chi with Nan Doty ECOA
Thurs, 10-11am, 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 at 508-696-4205
Gentle Pilates UICOA
On hiatus until January 30th
Toni Cohen, Instructor. \$10 per class
ECOA Got Strength? Strength Training with Lisa Amols
Tues, 8:30 am; Thurs, 3:30 pm
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 Massage with Ellen McMannis
UICOA, \$1 per minute
1/6 & 1/20, 2-4 pm
Call 508-693-2896 for an appointment
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
Bowling at Bowl & Barn Bistro, TCOA & ECOA
1/9, 11:30-1:30. \$10
1 hr bowling & lunch
Call to register by 1/6
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
YMCA Senior Fitness Classes
Free with Y membership or daily use fee. Go to www.ymcamv.org for info and program guide.
Rising Tide Therapeutic Equestrian Center
Equine Enhancing Elders: Participate in facilitated interactions with our 4 legged friends. Please call 508-693-1185 for information.

Ideas, Books, & Plays

Discussion Group, UICOA
Tues., 9:30 am
Call 508-693-2896 for discussion topics.
Conversations with Bob Iadicicco OBCOA, Fri., 10-11:30 am
Friday Morning Conversations, ECOA
1/6 & 1/20, 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
January Theme: Reader's Choice

Discussion follows, listeners always welcome. Call 508-696-4205.
Poetry Readers, TCOA
1/9, 10 am
Poet: Kay Ryan
Facilitator: Jay Sigler
Poetry, Jill Jupen, ECOA
Thurs., 9:30 am
Breath Meditation TCOA
Tues, 11 am
Steve Powers, guide
Tisbury Book Club
1/19, 1:30 pm
"Circling the Sun" by Paula McLain
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
1/18, 3 pm
January book, "Hillbilly Ellegy" by J.D. Vance. 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
1/25, 3-4:30 pm
Led by Jill Jupen. January book TBA.

Call 508-627-4368 to express interest and be on the email list.
Writers Group, UICOA
Tues, 11 am – 1 pm
The Howes House Writers Group meets weekly at Howes House across from Alley's Store. New members of all skill levels are most welcome! Bring lunch!
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 Color - Coloring Book
TCOA

TCOA, Thurs, 9-11 am
Supplies provided
Get Creative with Paint!
Bruce Kissell, instructor
On hiatus until April
MV Museum Conversations
1/12, TCOA, 10 am
1/16, UICOA, 1:30 pm

See Noteworthy for info
Woodarving OBCOA
Mon. & Thurs., 9 am
Mindful Knitting ECOA, Mon, 3:30-5:30 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
Call 508-693-4509

Cards & Games

Mah Jong
ECOA, Tues & Fri, 1 pm
UICOA, Wed & Thurs, 1 pm
OBCOA, Mon. 1 pm
Scrabble
OBCOA, Fri. 9 am
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, 508-627-6719
Duplicate Bridge TCOA
Mondays, 1-4:30 pm
Call for seating 508-627-5476
Learn to Play Bridge TCOA
David Donald, instructor
New class begins in spring.
Call 508-696-4205 to register.
Contract (Party) Bridge UICOA
Thurs, 1:30

Call Abe Seiman 508-696-9030
Cribbage OBCOA, Fri., 9 am
Bingo OBCOA,
Wed., 1/18, 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, 1/24, 2-3
Chilmark Library,
 1/18, 12:30-1:30
Edg Stop & Shop Pharmacy,
 1/4, 12-2
Edg Town Hall, 1/11, 9-11
Edg COA, 1/19, 10:30
Oak Bluffs COA,
 1/3 & 1/26, 12:30
Tisbury COA, 1/3, 10-11;
Up-Island COA, 1/10, 11:00-1:00

Cronig's, 1/12, 1-3
Hillside Village, 1/4, 10-11
Woodside Village, 1/30, 12-1
Woodside Village II,
 1/30, 1:15-2:15
Public Health Nurse Clinics:
 Call your Council on Aging for
 information
TCOA, 1/12, 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:
 1/10, 11 am, Call Rose,
 508-693-4509 x3 for apt
UICOA: Vineyard Audiology
 Screenings & Repairs
 Call 508-457-9285 for appointment
TCOA: Miracle Ear
 1/25, 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, 1/11, 9 am
 Call 508-693-4509 x3
 ECOA, 1/31, 1:30-3:30 pm
 508-627-43685
 UICOA, 1/30, 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
 1/2, Edgartown COA
 Call 508-775-7020 OR
 1-800-742-4107 for an
 appointment
Free Legal Clinic

1/11, 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
 1/23, 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
 1/6, 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

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
 Eileen Murphy, 508-627-0207
 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
 1/17, (change in date due to MLK holiday)
 TCOA, Speaker: Diabetes Educator, Debbie
 Allietta, RN Certified Nurse Educator for
 VNA. Blood glucose screening will be
 available.
 Call 508-696-4205 for information
Vineyard Isle Parkinsonians

Support Group
 1/9, 10:30 am UICOA
 Call Ellen for details 508-693-2896
Parkinson's Caregivers'
Support Group
 UICOA, Call Ellen for details 5
 08-693-2896
Memory Support Groups
 Wed, 9:30 & 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



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- Sick Room Supplies
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MON-FRI 9-6, SAT 9-3
 117 BEACH ROAD, VINEYARD HAVEN * AMPLE FREE PARKING