

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

December 2016 - Vol. 20, Issue 12

TRAVEL NEWS

Falmouth Shopping Trip, UICOA

December 14th. 8:15am boat leaving, 5:00pm returning. Please call 508-693-2896.

Tisbury Travel Club, TCOA

BSO at Symphony Hall
January 13th, 1:30 Matinee

English conductor Bramwell Tovey is joined by virtuoso American organist Cameron Carpenter, who makes his BSO series debut in a work written for him, At the Royal Majestic, by the innovative American composer Terry Riley. Riley created this eclectic large-scale concerto “shifting from sounds reminiscent of the Mighty Wurlitzer, to fragments of Calliope, Baroque Chorales, occasional craggy dissonance of clashing pipes, and boogie.” To open the concert, Carpenter is soloist in Samuel Barber’s 1960 organ-and-orchestra work Toccata Festiva. The English composer Edward Elgar’s tour-de-force, the Enigma Variations, is a series of widely varied portraits of his friends

achieved via transformations of a common musical theme. Tisbury Travel Club-call 508-696-4205. Subscriber tickets available

“42nd Street” at the Providence Performing Arts Center, UICOA

March 26th
The quintessential backstage musical comedy, 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 a Broadway musical. 2001 Tony Award®-winning Best Musical Revival. Roundtrip motor coach, lunch at Aspire, orchestra seating, and gratuities. Call the Up-Island Council on Aging for details, 508-693-2896. Cost to be determined.

REGIONAL LUNCHEON

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

Thursday, December 8th • Music at 11:00 • Lunch served promptly at 11:30

Menu

Baked Stuffed Shrimp

Chef Jack will surprise us with the rest! Always delicious! \$12

Reservations are a must! Call 508-939-9440

THE MV PARTNERSHIP FOR HEALTH

“MY LIFE MY HEALTH”

“My Life My Health” is a proven program designed to help people manage their chronic conditions and to learn and engage in strategies and approaches to stay healthy. MV Partnership is seeking Class Leaders from each town who will learn to help participants adopt healthy behaviors that include exercise, cognitive symptom management, coping mechanisms and communications with physicians. This FREE 4-day training will be held on Dec. 5 & 6, 12 & 13 from 8:30AM - 4:30PM. Pre-registration is required. Training materials, lunch and snacks will be provided. For more information, email: ksamways@ihimv.org or call 508-939-9358.



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.

VETERANS SERVICES

WREATHS ACROSS AMERICA

On December 16th, members of the island community will gather to honor veterans during the holiday season as part of the annual Wreaths Across America Program. American Legion Post 257 in Vineyard Haven has volunteered to conduct the ceremony at Oak Grove Cemetery Avenue of Flags directory starting at 11 am.

Seven ceremonial wreaths will be placed to remember all soldiers, sailors, airmen, and marines who served, honor their sacrifices, and teach our younger generations about the high cost of our freedoms. Specially designated wreaths for the Army, Marines, Navy, Air Force, Coast Guard, Merchant Marine, and POW/ MIA will be placed on memorials during a ceremony that will be conducted at over 600 participating locations all across the Country.

December 17th will mark the 24th anniversary of Maine wreaths being donated and placed on headstones at Arlington National Cemetery in Arlington, Virginia. 2016 is also the twelfth year of the national wreath sponsorship campaign under the guidance of the non-profit WreathsAcrossAmerica.org that will bring the same remembrance wreaths to National and State Veterans cemeteries in all 50 states, veteran monuments, schools, and community centers all across the Nation. You may donate a wreath by going to their website.

All these specially made wreaths are donated by Worcester Wreath Company in Harrington, Maine. Call 508-693-6887 if you have any questions or go to www.wreathsassamerica.org for more information.

The Wreaths Across America mission can be recounted in this simple statement:

Remember –Honor-and Teach

Remember the fallen

Honor those who served and

Teach our children the value of freedom.

‘The nation which forgets its defenders will soon be forgotten.’ Calvin Coolidge

SHINE News...

Medicare Part D and Pharmacies

For many Medicare drug plans, the pharmacy you use could make a big difference in the cost of your medications!

All Medicare drug plans and Medicare Advantage plans (HMOs, PPOs) have network pharmacies. Most pharmacies accept most plans. However, if you go to a pharmacy that is not in your plan’s network, your medications will not be covered, and you will pay full retail price. For 2017, 85% of the Medicare drug plans have preferred pharmacies. By using a preferred pharmacy, you can save money! Some plans have changed their preferred pharma-

cies for 2017 so please check to make sure the pharmacy you currently use will still be the best come January 1st.

Most plans have a mail-order program that allows you to get a 90-day supply of your covered prescription drugs sent directly to your home. Mail order sometimes costs less, but using preferred pharmacies could end up costing you less than mail order.

Medicare Open Enrollment ends December 7th

If you want to change your Medicare plan, don’t wait!

Call 1-800-MEDICARE (1-800-633-4227) now...



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

!NOTEWORTHY

Home Delivered Holiday Meal

A meal delivered to your door on Christmas Day
If you will be alone or unable to go out, call your local Council on Aging to have a delicious meal delivered to your door on Christmas Day. The meal is prepared at MV Hospital and delivered in a microwave/toaster oven safe container for you to heat at your convenience. Call your COA by Monday, December 19th if you would like a meal.

Join us for Lunch and the MVRHS Minnesingers!

Up Island Senior Center, 508-693-2896
December 6. A light lunch will be served at 12 pm with the performance to follow at 12:45. Free. Registration required. Call 508-693-2896.
Sponsored by the Friends of Up Island COA.

Legal Clinic with Arthur Bergeron

Tisbury Senior Center, 508-693-2896
December 6, 5:30 – 6:30 pm.
Asset Protection vs. Tax Avoidance vs. Probate Avoidance. Real life examples will illustrate how seniors can evaluate the tradeoffs often faced in emergency nursing home situations and in longer term planning.

Martha’s Vineyard Museum Presents: “The Holiday Season is Upon Us!”

Tisbury Senior Center, 508-696-4205
December 8, 10 am
Up Island Senior Center, 508-693-2896
December 19, 1:30 pm
Museum docents will present the history of the festive holiday season on Martha’s Vineyard including: Portuguese carols, Christmas during World War II, and the perennial favorite... The Flying Santa, a Santa who flew over Martha’s Vineyard dropping gifts for island children. Bring your stories (and maybe holiday treasure of your own) to compare with the treasures from the collections! Museum Conversations is free with the generous support of the MV Savings Bank Charitable Fund.

Rising Tide Therapeutic Equestrian Center

Introducing “Equine Enhancing Elders Program.” 55+ welcomed to participate in facilitated interactions with our 4 legged friends. Please call 508-693-1185.

Fuel Assistance

Call your local Council on Aging to schedule an appointment to fill out an application.

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 for more information.

Lunches Noon
\$2 Tuesday- Sandwich, soup, dessert
\$5 Friday- Entree, soup, dessert
MVRHS Minnesingers Performance
12/2, 1 pm. Call, 508-627-4368, to sign up for lunch and performance.

Elder Law with Tom Kosman
12/5, by appointment, starting at 10. Call 508-627-4368.

Bowlers!
12/5, 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.

Poetry Reading
12/6 following lunch, 12:45, our MV Poets Collective members read their compositions. Every Thursday 9:30-11:30, poet Jill Jupen introduces the work of a new poet. All ages, welcome.

Anchors Holiday Open House
12/9, 11:30-1:30, Chili Bar, music, fun.
Friday Morning Conversation Group
ECOA, 12/2 and 12/16, 10 am. Refreshments.

Senior Feast by the Edgartown Patrolmen’s Association
12/16, 2 pm, at the Edgartown Firehouse. Edgartown residents call the Anchors to reserve, 508-627-4368.

Oak Bluffs Highlights - 508-693-4509

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

Christmas and Holiday Music Program
Tuesday, December 20, 1:00 pm
Join the students from the Oak Bluffs School as they sing old and new favorites!

Friends of OBCOA meeting
Taking the winter off.
Next meeting April 13, 2017

OBCOA Board of Directors
12/15, 2 pm

Morning Coffee and Conversation
Daily, 8:30 am

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

Coffee with the Chief
12/2, 10 am.
Conversation and coffee with Chief Erik Blake.

Threshold Choir
12/5 & 12/19, 1 pm.
With Cheryl Burns. No experience required!

Coffee and Computers
12/21, 10:30 am
With Allison Malik of the Oak Bluffs Library

Animal Companions
12/12, 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.

CORE (Counseling Outreach and Referral for Elders)

CORE is offered through MV Community Services Counseling Center and supported by all six towns through the Councils on Aging. Call the Senior Center for information.
Diane Figuerido, Outreach Coordinator 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 Monday, Dec. 26th after the Christmas holiday, and on January 2nd after the New Year holiday.

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

MV Museum Presents: “The Holiday Season is Upon Us”
12/8, 10 AM
Holiday traditions on the island including oral history. MV Museum presents a timely discussion on holidays past. Do you recall special memories of your family’s island traditions during the holidays? Those wonderful stories your ‘grandparents shared’...? Bring your own stories and photos to share (if you still have them!) for discussion after the presentation. Refreshments. Free. All welcome.

Holiday Open House
12/11, 2-4 pm
The Minnesingers will perform holiday favorites. Food, fun, entertainment. Door prizes, Holiday refreshments, Tis the Season to be Merry...All welcome.

Peter H. Luce Play Readers Society
Wed’s, 9-12 noon. December Theme: The Arts. Discussion follows readings. Listeners always welcome. See Calendar section for details

Pin Pals Bowling at BB&B
Tisbury vs. Edgartown!
12/5, 11:30-1:30. \$10-FUN!
1 hr bowling & gourmet lunch (price includes above & shoes)
Call to resister by 12/1

Lunch and Conversation
M-F, 12 pm
Call for reservation/48 hr. in advance 508-693-8337 (kitchen #)
Check out our TCOA Monthly Newsletter available at the center. It includes Tisbury features and samples of our daily lunch

menu. Have a story to tell or news to share? Send it to us!

Chair Yoga
Real yoga with chair support
Virginia Iverson, instructor
Tuesdays, 10-11 am
Register: 508-696-4205 \$5.

Gentle Yoga/Kripalu TCOA
Carol Aranzabe, instructor, Thursdays, 4-5:15 pm. Stretch, Strengthen, Breathe, Balance \$10

Purl Jam
Knitting & Conversation, Mondays, 9-11 am

See the Calendar and Service & Support sections for more Activities, Events & Supports offered at our center.

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

Strength Training (\$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
December 12th at 10:30. Please call Ellen for details
Parkinson’s Caregiver Support Group
Call Ellen for further information.

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

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

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

Chair Massage with Eclipse Massage Therapy
A good massage can do wonders for your mind and body, but a one hour table massage is not always convenient. Chair massage is readily available at the COA and is the best 15 minute pit stop you can take. Massage has been proven to increase circulation, decrease tension, increase range of motion, improve flexibility, and much more. 10am – 2pm, Friday December 2 and 16. Promotional discounted cost is \$1 per minute. 15, 30, 45, and 60 minutes sessions. Call for an appointment.

MV Museum Presents: “The Holiday Season is Upon Us!”
12/19, 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
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
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
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 Eclipse Therapy
UICOA, \$1 per minute
12/2 & 12/16, 10 am – 2 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

Pin Pals Bowling, TCOA & ECOA
12/5, 11:30-1:30. \$10
1 hr bowling & gourmet lunch (price includes above & shoes)
Call to register by 12/1

Exercise Classes, OBCOA
Mon., 8:45 am Group Exercise
Thurs., 9 am w/Bill White
Fri, 8:30 w/Floyd

Aquatic Exercise Class
Collecting sea glass on the beaches of MV are gifts to myself and others

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.

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. 12/2 & 12/16, 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
December Theme: The Arts
Producer: Nancy Cramer

12/7 *The Master Builder* by Henrik Ibsen; Director, Johanna Kobran

12/14 *Seven Guitars* by August Wilson; Director, Esther Hopkins

12/21 *Picasso* by Jeffrey Hatcher; *After Magritte* by Tom Stoppard; Director, Myra Stark

12/28 *The Pitmen Painters* by Lee Hall; Director, Jay Sigler (in memory of Ann Good)
Discussion follows, listeners always welcome. Call 508-696-4205.

Poetry Readers, TCOA
12/5, 10 am
Poet: Langston Hughes
Facilitator: Jennifer Smith Turner

Poetry, Jill Jupen, ECOA
Thurs., 9:30 am

Breath Meditation TCOA
Tues, 11 am
Steve Powers, guide

Tisbury Book Club
12/15, 1:30 pm
“Our Souls at Night” by Ken Haruf.
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
12/14, 3 pm
November book, “David and Goliath” by Malcom Gladwell. 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
12/28, 3-4:30 pm
Led by Jill Jupen. Nov. 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

Creative Color - Coloring Book
TCOA
TCOA, Thurs, 9-11 am

Supplies provided

Get Creative with Paint!
On hiatus until April

MV Museum visits TCOA
12/8, TCOA, 10 am
12/15/ UICOA, 1:30 pm
See Noteworthy for details

Woodarving OBCOA
Mon. & Thurs., 9 am

Rug Hooking ECOA,
Thurs, 1 pm

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, 1 pm; Thurs, 1:30 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, 508-693-3686

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

Cribbage OBCOA, Fri., 9 am

Bingo OBCOA,
Wed., 12/14, 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



Health Promotion

Cronig's, 12/8, 1-3
Hillside Village, 12/7, 10-11
Woodside Village, 12/26, 12-1
Woodside Village II, 12/26, 1:15-2:15
Public Health Nurse Clinics:
 Call your Council on Aging for information
 TCOA, 12/8, 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:
 12/13, 11 am, 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, 12/14, 9 am
 Call 508-693-4509 x3
ECOA, 12/20, 1:30-3:30 pm
 508-627-43685
UICOA, 12/19, 9 am
 508-693-2896

**Insurance,
Legal,
Social
Security**

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
 12/5, Edgartown COA
 Call 508-775-7020 OR 1-800-742-
 4107 for an appointment
Free Legal Clinic
 12/14, 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**
12/19, 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
12/2, 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**

appointments)
Call 508-939-9440

Housing and Living Options:
Island Elderly Housing,
508-693-5880
Subsidized housing for seniors &
disabled.

Windemere Nursing & Rehab,
508-696-6465.
Long term care nursing home facility,
Medicaid accepted.

Havenside Apartments,
508-693-2280
Henrietta Brewer House,
508-693-4500
Assisted Living, private pay
Longhill, 508-627-7791
Assisted Living, Private pay, Long Term
Care Insurance accepted.
Vineyard Village at Home (VVAH)
Referrals, Transportation & Assistance
With independent living
Info & to join call 508-693-3038,

vineyardvillage@gmail.com
**MV Center for Living Supportive
 Day Program**
 Leslie Clapp, 508-939-9440
 A social program for those needing
 supervision and socialization
 Respite for family caregivers
Caregiver Homes of Massachusetts
 In-home care and care management,
 income guidelines apply
 Cape & Islands Branch, 774-212-5764
 www.caregiverhomes.com

Support Groups & Counseling

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

55 Plus

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

MYTimes

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





**Rejuvenate
your Hearing**

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

Offering Expertise with Integrity
508-696-4600

20 Indian Hill Rd,
West Tisbury


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**
- **Administering the Fluzone HD shots and most adult vaccinations, including pneumonia & shingles**
- **Personal Consultations**
- **Sick Room Supplies**
- **Prescription Drug Disposal Program**