

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
November 2016 - Vol. 20, Issue 11

TRAVEL NEWS

Tisbury Travel Club, TCOA

Upcoming trips:
BSO at Symphony Hall
Nov. 4 & 25, Jan. 13
Call Sandy: 508-696-4205

“42nd Street” at the Providence Performing Arts Center

Saturday, March 26th
The quintessential backstage musical comedy classic, **42nd Street** includes some of the greatest songs ever written, such as “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 named Peggy Sawyer 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 Aspire, orchestra seating, and gratuities. Call the Up-Island Council on Aging for details, 508-693-2896. Cost to be determined.

CELEBRATING VETERANS

Nov 4th at 8:25 am
We will have a Veterans Day ceremony at the Oak Bluffs School.
Nov. 10th at 12 pm
We will dedicate at monument in West Tisbury. Retransmit of Korea, Vietnam and the Persian Gulf.

VETERANS DAY

We will raise the flags on the Avenue of Flags in the Vineyard Haven Cemetery on Pine Tree Rd. at 7:30 am and take them down at 3 pm. The annual Veterans Day parade steps off from Nancy’s Restaurant in Oak Bluffs at 10:45 am exactly. A Veterans Day ceremony will also be held at Windemere at 1:30 pm. Volunteers are welcome to assist at the Avenue of Flags. Everyone is invited to attend these events.

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

REGIONAL LUNCHEON MARTHA’S VINEYARD REGIONAL HIGH SCHOOL CULINARY ARTS & MUSIC DEPARTMENTS CULINARY ARTS DINING ROOM

Thursday, November 10th
Music at 11:00
Lunch served promptly at 11:30

MENU

Harvest Squash Soup
Meatloaf Roulade
Peas & Carmelized Onions
Brownie Sundae
\$12

Reservations are a must! Call 508-939-9440

HOME DELIVERED THANKSGIVING MEAL

If you will be alone or are unable to go out on the Thanksgiving holiday, please call your local Council on Aging to have a holiday meal delivered to your door. The meal is prepared at Martha’s Vineyard Hospital and delivered by volunteers in an oven and microwave safe container for you to heat at your convenience.

SHINE News...

Medicare Annual Open Enrollment October 15th through December 7th

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 Open Enrollment, you will have a chance to CHANGE your plan. Any changes will take effect January 1, 2017. SHINE Counselors

can help you understand your plan’s changes, screen for assistance programs and discuss other options you may have. (Note: the open enrollment may not affect those with retiree coverage).

Call your senior center for an appointment with a SHINE counselor for this year’s open enrollment. Bring a list or bottles of your current medications to the appointment. If you are a couple, each individual will need an appointment.




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



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

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

Martha’s Vineyard Museum Presents: “It’s Derby Time.”
November 2, 1:30 pm,
Up-Island Senior Center,
508-693-2896
November 10, 10 am,
Tisbury Senior Center,
508-696-4205
Presenting the history of the Striped Bass and Bluefish Derby dating from 1946, including derby paraphernalia, large photos, oral histories, and fish! Museum Conversations is free thanks to the support of The Martha’s Vineyard Savings Bank Charitable Fund.

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.

Martha’s Vineyard in WW II
Tisbury Senior Center,
508-696-4205
November 7, 10 am
Tom Dresser, Herb Foster and Jay Schofield discuss their book, *Martha’s Vineyard in World War II*, an overview of the Vineyard’s role in the Second World War. The authors will select a few key topics from the book for discussion. Join us, talk to the authors, and share personal stories involving the Vineyard during the Second World War. See Tisbury Highlights for more details.

Hope Health Presents Advance Care Planning: Essential Conversations for Peace of Mind Before A Crisis
Up-Island Senior Center,
508-693-2896
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. See Up-Island Highlights for details.

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.

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

Fire Chief Shemeth Visits at Lunch
11/4. Come to lunch at the Anchors, say hello to our Edgartown Fire Chief, Peter Shemeth. As we approach Day Light Savings, Chief Shemeth will explain the importance of your smoke detectors working properly. Please call to sign up for lunch.

Greeting Card Collages
11/4, 2:30 pm. Join Ellie Bates to create an original collage card with a personal greeting. Materials provided. Call Wendy to sign up.

Bowlers!
11/7, 11:30 – 1:30
Join our team to challenge TCOA –at the Barn Bowl & Bistro. Fun! Lunch & dessert included, \$10. Call to sign up.

ECOA Men’s Book Group with Glenn Carpenter
11/16, 3 pm.
November’s book, “A Prayer for Owen Meany” by John Irving. 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.

Women’s Book Group
11/30, 3-4:30 pm, led by Jill Jupen. Call Wendy to be on the email list.

Friday Morning Conversation Group
11/4 and 11/18, 10 am. Refreshments.

SHINE Appointments
With Bill Glazier, call ECOA for an appointment.

On Display in November
Art work by Rebecca Comito. Meet Rebecca at a lunch TBA in November.

Elder Law with Tom Kosman
12/5, by appointment, starting at 10 am.

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

Oak Bluffs Highlights - 508-693-4509

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

Friends of OBCOA meeting
11/9, 1:30 pm.
Become part of the OB team!

OBCOA Board of Directors
11/20, 2 pm.

Morning Coffee and Conversation
Daily, 8:30 am.

Men’s and Ladies Luncheon
11/9, 12:00 noon.

Coffee with the Chief
11/4, 10 am.
Conversation and coffee with Oak Bluffs Police Chief Erik Blake.

Threshold Choir
11/7 & 11/21, 1 pm. With Cheryl Burns. No experience required!

Coffee and Computers
11/16, 10:30 am.
With Allison Malik of the Oak Bluffs Library

Animal Companions
11/14 & 11/28, 1 pm.

Chair Caning
Our beloved instructor Robert Kinnecom has retired. If you are a chair caner, and would like to teach a class here at OBCOA, contact Rose.

CORE Counseling
As we age, physical and emotional challenges can be overwhelming and stressful. Talking to a professional can help. The CORE program 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. 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 for an appointment.

The Senior Center will be closed on Friday, November 11th in observance of Veterans Day.

We will also be closed on November 24th & 25th for the Thanksgiving 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

Two Very Special Events!!

Gene Baer Art
11/3, 1:30-3:30 pm.
Meals on Wheels Art?! Gene Baer (local artist, teacher and self-described “barroom piano player”) will present an interesting twist on art when he introduces his creations of comic faces and figures from recycled Elder Services Meals on Wheels trays. Gene is known for anything from Nancy Luce (aka the Chicken Lady), The Art of the Cartoon and Death of a Clipboard, to name just a few. Now his art transcends to Meals on Wheels Trays, of which he eats and enjoys, the meals that is.

Martha’s Vineyard in WW II
11/7, 10 am.
Tom Dresser, Herb Foster and Jay Schofield speak about their book, *Martha’s Vineyard in World War II*, an overview of the Vineyard’s role in the Second World War. The authors will select a few key topics from the book for discussion. Tom Dresser on the black-outs and bunkers designed to protect the Vineyard, patrolling the south shore, submarine sightings and the role ferry boats played in the war. Jay Schofield on the visit by President Roosevelt, the Van Ryper model shop, and functions of the

airport and plane spotters. Herb Foster on Peaked Hill, the practice invasion of the Vineyard by Army Rangers prior to the invasion of Normandy, and his own involvement in the War. The public is invited to join the discussion, question the authors, and share personal stories involving the Vineyard during the Second World War.

MV Museum Presents
11/10, 10 am. – A history of the Striped Bass & Bluefish Derby, dating from 1946. Including Derby paraphernalia, large photos, oral histories...and Fish!

Up-Island Highlights - 508-693-2896

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

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
November 14, 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
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
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.

Martha’s Vineyard Museum Presents: “It’s Derby Time.”
November 2, 1:30 pm.
Martha’s Vineyard Museum presents the history of the Striped Bass and Bluefish Derby dating from 1946. Presentation includes derby paraphernalia, large photos, oral histories, and fish! Museum Conversation is a free program thanks to the support of The Martha’s Vineyard Savings Bank Charitable Fund. Please register in advance.

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 Taylor Lifton, instructor

Daisy will return in the Spring.
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 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

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
11/7, 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 0., 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.

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, 11/4 & 11/18, 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
11/2 *November* by David Mamet
11/9 *Best Man* by Gore Vidal

11/16 *It Can't Happen Here*
by Lewis Moffitt
11/23 *King Charles III* by Mike Barret
11/20 *Sorry* by Richard Nelson
Discussion follows, listeners always welcome. Call 508-696-4205.
Poetry Readers, TCOA,
11/7, 10 am. Poet: Mark Doty
Facilitator: Risë Terney
Poetry, Jill Jupen, ECOA
Thurs., 9:30 am
Breath Meditation, TCOA
Tues, 11 am
Steve Powers, guide
Tisbury Book Club
11/17, 1:30 pm
“The Marriage of Opposites”

by Alice Hoffman
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
11/16, 3 pm
November book, *“A Prayer for Owen Meany”* by John Irving. 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
11/30, 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!

Bruce Kissell, instructor
11/7 & 11/14, 10 am, Free/Limit 10
Call 508-696-4205
MV Museum visits TCOA
11/10, 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
Cribbage, OBCOA, Fri., 9 am
Bingo, OBCOA,
Wed., 11/16, 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



