

Plus

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

Durida by Dobita Grapp

#### **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 starryeyed 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.



#### 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.

# SHINE News...

Medicare Annual Open Enrollment October 15th through December 7th

Serving the Health

Insurance Needs of Everyone

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 pro-

grams 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



#### **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

Highlights for details.

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

#### **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

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.

Paul Mohair, Administrator Hours: 9 am–4 pm

**Friday Morning Conversation Group** 

#### **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.

11/4 and 11/18, 10 am. Refreshments.

#### **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.

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

### Oak Bluffs Highlights - 508-693-4509

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

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

telephone. Call Diane for an appointment.

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!

Joyce Stiles-Tucker, Director Hours: 8:30 am–4:30 pm

### Tisbury Highlights - 508-696-4205

#### 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 enjovs, 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 blackouts 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**

#### **Health Insurance Counseling**

Counseling assistance with your health insurance questions.

#### Outreach

Meet confidentially with Ellen Revnolds 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, Josev Kirkland, will present how various mammals, reptiles, and birds of Martha's Vineyard prepare for the long winter months. Light refreshments. Preregistration 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.

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

#### Martha's Vineyard Museum Presents: "It's Derby Time."

November 2, 1:30 pm. Martha's Vinevard 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.

&

**Fitness** 

# Island-Wide Activities Calendar

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 **Exercise** 

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, 10-11am, 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

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, instructorBeginners 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

Bruce Kissell, instructor 11/7 & 11/14, 10 am, Free/Limit 10 Call 508-696-4205

**MV Museum visits TCOA** 11/10, 10 amSee TCOA Highlights for info **Woodarving OBCOA** Mon. & Thurs., 9 am

Thurs, 1 pm Mindful Knitting, ECOA, Mon, 4-6

pm. Call 508-627-4368 Not an instructional group Needlework, ECOA, Thurs 2-4 pm

Rug Hooking, ECOA,

**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

**Get Creative with Paint!** 

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



### **Service Programs and Support Group Directory**

#### Health **Promotion**

**Blood Pressure & Wellness Clinics: Aguinnah Town Hall.** 11/22, 2-3 **Chilmark Library,** 11/16, 12:30-1:30 **Edg Stop & Shop Pharmacy,** 11/2, 12-2

**Edg Town Hall,** 11/9, 9-11

**Edg COA,** 11/17, 10:30 **Oak Bluffs COA,** 11/1 & 11/17,

12:30

**Tisbury COA,** 11/1, 10-11; **Up-Island COA,** 11/8, 11:00-1:00 **Hillside Village,** 11/2, 10-11 **Woodside Village,** 11/28, 12-1 **Woodside Village II,** 11/28, 1:15-2:15

#### **Public Health Nurse Clinics:**

**Cronig's,** 11/10, 1-3

Call your Council on Aging for information TCOA, 11/10, 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:** 11/15, 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**, 11/9, 9 am Call 508-693-4509 x3 ECOA, 11/15, 1:30-3:30 pm 508-627-43685 UICOA, 11/28, 9 am

### 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

Vinevard Health Care

**Access Program,** 508-696-0020

Elder Law Project: **South Coastal Counties Legal** Services (Cape & Islands)

Tom Kosman, Elder Law Attorney 11/7, Tisbury COA Call 508-775-7020 OR 1-800-742-4107 for an appointment Free Legal Clinic

11/9, 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

11/21, 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** 

508-693-2896

Falmouth office, 855-881-0212

Veteran's Services, ECOA

11/4, 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, 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

#### **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** 

11/21, TCOA, Call 508-696-4205 for information

**Vineyard Isle Parkinsonians Support Group** 

11/14, 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 Cafë

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 McKinlev 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** 

A monthly

newsletter

from your\_local

Aging and the

Councils on

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

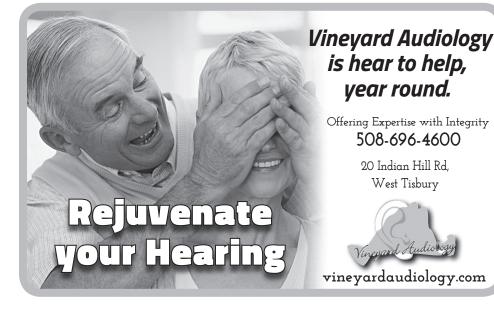




Find helpful information on Veterans Services, Travel News, Activities, Individual Town Councils on Aging and more!

To advertise, call 508-693-6100 (press 2) danielle@mvtimes.com







- Blood Pressure Screening
- Personal Consultations
- Sick Room Supplies
- Prescription Drug **Disposal Program**

MON-FRI 9-6, SAT 9-3

117 BEACH ROAD, VINEYARD HAVEN \* AMPLE FREE PARKING