

55 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

April 2017 - Vol. 21, Issue 4

SHINE NEWS Hospital Observation Stays and Original Medicare

When a person is admitted to the hospital they're often placed under "observation" not "inpatient." Under "observation," Medicare Part B (medical insurance) is billed, not Medicare Part A (hospital insurance). This can result in increased costs for the beneficiary.

Before paying for any stay in a skilled nursing facility Medicare requires a minimum three-day inpatient hospital stay. Time under observation doesn't count towards the minimum. If care is received at a skilled nursing facility after an observation hospital stay the beneficiary is responsible for the entire bill, and possibly, the Part B deductible and co-insurance if they do not have a supplement.

As of March 8, 2017, hospitals are required to provide a Medicare Outpatient Observation Notice (MOON) to a Medicare Beneficiary receiving outpatient

observation services for more than 24 hours. Oral and written notice must be provided informing the individual why they're receiving outpatient observation services and how that status impacts Medicare cost sharing and post-hospital skilled nursing facility services. A signature acknowledging receipt must be obtained from the individual or a person acting on the individual's behalf. If signing the MOON is refused, hospital staff providing the notice must sign certifying that notification was presented.

Please call your Senior Center to schedule an appointment with a SHINE counselor or if you would like more information on this or any other Medicare issue. Trained SHINE (Serving Health Insurance Needs of Everyone) volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare.

MV Center for Living, MV Sharks Baseball, & Cronig's Market Partner

Martha's Vineyard Center for Living (MVCL) is excited to partner with Cronig's Market and MV Sharks Baseball for the 2017 Season. At all home games this summer Cronig's Market will be sponsoring a 50/50/50 Raffle. The Sharks will donate the equivalent of the 50/50 cash prize each night in Cronig's Market gift cards to MVCL's Emergency Food Program. Thanks to Cronig's Market and the MV Sharks for their support of this program!

The MV Sharks are a collegiate summer baseball team playing in the Future Collegiate Baseball League of New England (FCBL). The FCBL prepares athletes for the rigors of playing professional baseball and provides exposure of these players to Major League scouts. If you'd like to support or get involved with the Sharks they are looking for game day volunteers and Host Families for their athletes.

Volunteers (parking, ushers, etc.) receive free admission to games they volunteer for and a complimentary meal. Host Families receive: a \$500 stipend for each player hosted, season tickets for each family member, gift cards to Cronig's and Sharky's, an invite to the season kick-off dinner, Sharks T-Shirts, and more! If you'd like to volunteer or become a host family please contact Tad Gold, Assistant General Manager, at 508-627-7195 or tad.gold@mvsharks.com.

TRAVEL NEWS

Falmouth Shopping Trip

UICOA, 508-693-2896

Wednesday, April 19th.

Leaving 8:15 am, 5 pm return.

Wednesday, May 24th.

Leaving 8:15 am, 6:15 pm return.



Visit Woods Hole Oceanographic Institute (WHOI)

TCOA, 508-696-4205

June 15

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. Register now to be put on the list. Group is limited to 40.

VETERANS SERVICES

VA Benefits Extended to those Affected by Contaminated Water at Camp Lejeune

The VA regulations to establish presumptions for the service connection of eight diseases associated with exposure to contaminants in the water supply at Camp Lejeune, North Carolina, are effective as of March 14, 2017. The area included in this presumption is all of Camp Lejeune and Marine Corps Air Station New River, including satellite camps and housing areas.

This applies to active-duty, reserve and National Guard members who served at Camp Lejeune for a mini-

mum of 30 days between Aug. 1, 1953, and Dec. 31, 1987, and are diagnosed with any of the following conditions: adult leukemia, aplastic anemia and other myelodysplastic syndromes, bladder cancer, kidney cancer, liver cancer, multiple myeloma, Non-Hodgkin's lymphoma, and Parkinson's disease. This presumption complements the health care already provided for 15 illnesses or conditions as part of the Honoring America's Veterans and Caring for Camp Lejeune Families Act of 2012.

REGIONAL LUNCHEON

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

Thursday, April 13th

Music at 11:00 • Lunch served promptly at 11:30

– Menu –

Garden Salad, Seafood Primavera, Lemon Meringue

Always delicious! \$12

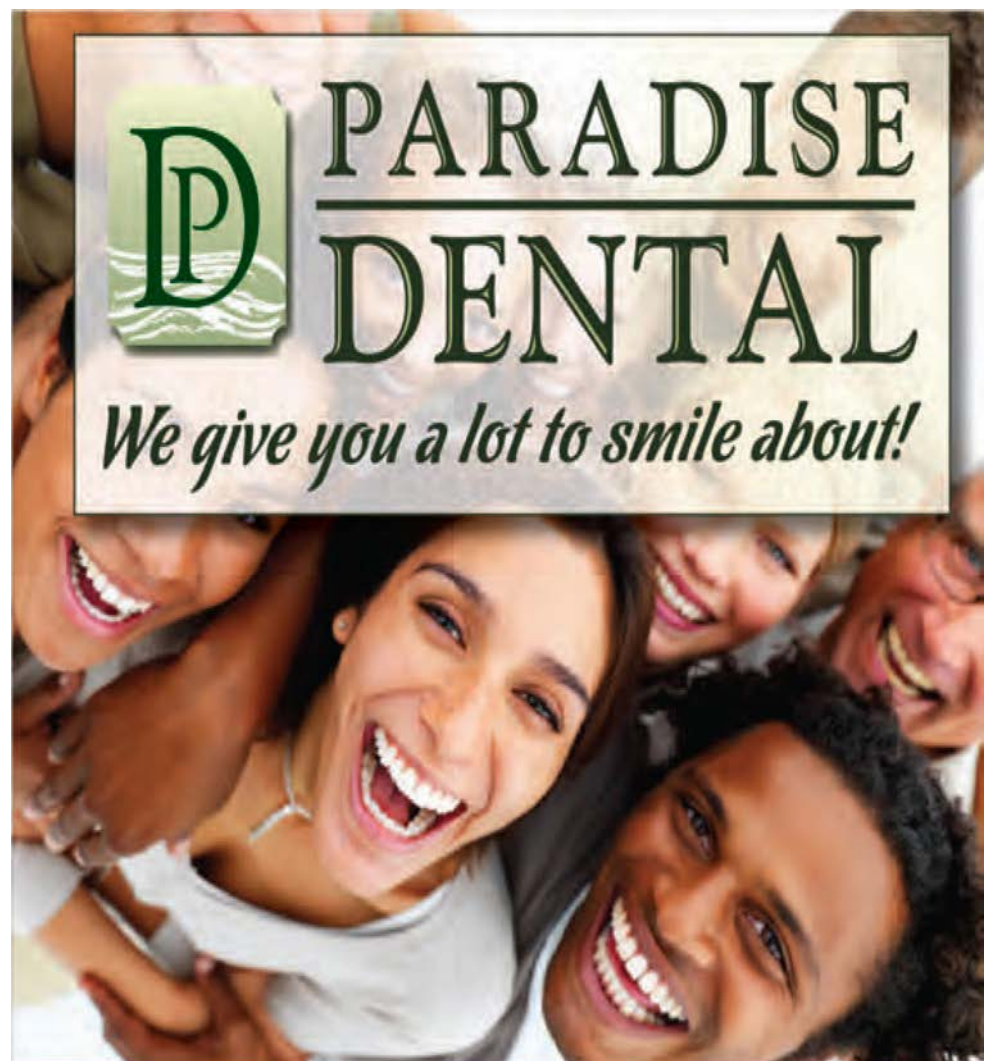
Reservations are a must! Call 508-939-9440



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.



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

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

!NOTEWORTHY

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.

Martha's Vineyard Hospital Health Fair

4/8, 8 am – 12 pm.
Come to the MV Hospital on Saturday Morning to see a variety of presentations, demonstrations, and information about all kinds of local and other health resources.

Massachusetts Senior Medicare Patrol Program Presents: Protect Yourself From Medicare Fraud!

4/11, 2pm. UICOA
A discussion on how to prevent, detect, and report healthcare errors, fraud and abuse. Take an active role in protecting Medicare for ourselves and future generations. Light refreshments. Pre-registration requested.

Home Delivered Easter Meal

If you will be alone or are unable to go out on Easter Sunday, please call your local COA no later than April 12th, 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 Museum Presents: "From Simple Tools to Celebrated Art: Weathervanes on Martha's Vineyard"

TCOA: 4/13, 10 am
UICOA: 4/24, 1:30pm
From grasshoppers, to roosters, to whales, and more weathervanes pop up on the rooftops and tell a story from the sky! Explore with the MV Museum Docents. Museum Conversation is offered thanks to support of the Martha's Vineyard Savings Bank Charitable Fund. Please register in advance.

Vineyard Smiles

Free dental cleaning clinics available to lower-income adults. Sponsored by the Town Boards of Health and coordinated by Vineyard Smiles. Contact Vineyard Smiles at (508) 696-0020 x14 or go to vhealthcareaccess.org/dental, or talk to your Council on Aging for more information.

Appointments scheduled from 8:30 am – 3:00 pm.

Aquinnah: 4/7
Oak Bluffs: 4/21
Edgartown: TBA
Up Island
(Chilmark & West Tisbury): 6/16
Tisbury: 6/16

Felix Neck Presents: Sea Life

5/8, 2pm, free.
UICOA, 508-693-2896
Educational director, Josey Kirkland, will lead a discussion about sea life of Martha's Vineyard. Sponsored by the Friends of the Up-Island COA.

Edgartown Highlights - 508-627-4368

Paul Mohair, Administrator
Hours: 9 am–4 pm

Please call to sign up for all programs.
See our newsletter at www.edgartowncoa.com for more information.

Lunches Noon

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

No Regular Lunch at Anchors

Tuesday, 4/18, and Fridays, 4/7 and 4/21.

iPad and iPhone with Darren

4/11. Review the settings and features of your device. Bring questions, \$10.

On Display This Month: Susan Campbell

Come see Susan's oil paintings and pen and ink artwork. Susan, an employee of the MV Center for Living, has been painting since age 13. Meet Susan at lunch on Tuesday, 4/11.

Bowlers!

4/3, Join our team to challenge TCOA at the Barn Bowl & Bistro, 11:30-1:30. Fun! Lunch included, \$10.

MV Hospital Health Fair

4/8, 8-12, Come say "Hi" at our ECOA table!

Ray Whitaker and the YMCA Programs

4/14, 12:45, Ray tells us about exercise programs for seniors at the YMCA.

Friday Morning Conversation Group

ECOA, 4/7 and 4/21, 10 am. Refreshments.

ECOA Women's Book Group

4/26, 3-4:30 pm, led by Jill Jupen. April's book The Great Gatsby by F. Scott Fitzgerald. Call Wendy to express interest and be on the email list.

Bridge at the Anchors?

Call Wendy to express interest in Party or Duplicate. Thursdays, from 12-3, to begin soon.

ECOA Men's Book Group

With Glenn Carpenter
No April date. Next meeting date: 5/3, 3 pm, to discuss Last Call: The Rise and Fall of Prohibition by Daniel Okrent. 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.

Pizza and Movie

4/21, Noon, Oscar winning "Manchester By the Sea" starring Casey Affleck.

Oak Bluffs Highlights - 508-693-4509

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

Threshold Choir

4/3, 1 pm.
No experience required, just the desire to sing!

Men's & Ladies Luncheon

4/5, 12pm.
Please call Rose to make a reservation.
Coffee with the Chief
4/7, 10 am.

Conversations and coffee with Oak Bluffs Police Chief Erik Blake.
Animal Companions
4/10 & 4/24, 1 pm.

Hearing Clinic

4/11, 11 am.
Please call Rose to schedule an appointment.

Friends of the Oak Bluffs Council on Aging

4/13, Come and join, be a part of Team OB!

UFO'S – Unfinished Forgotten Objects

Fridays, 1 – 2:30 pm.
Have a project that you've forgotten about or want to work on your project in a group setting? Come in on Friday afternoons!

The Oak Bluffs Council on Aging is closed on 4/17 in observance of Patriot's Day.

Coffee and Computers

4/19, 10:30 am.
With Allison Malik of Oak Bluffs Public Library.

Board of Directors Meeting

4/20, 2 pm.

Social Security Video Display Program

4/24, 9-12 Noon

SHINE- Representative Jim Butterick

4/25, 1 pm.

Call Rose to schedule an appointment.

Come in and enjoy our two professional quality treadmills and Nustep Machine! A doctor's note is required but there is no charge to use them. Call Rose for information.

Outreach Coordinator, Diane Figueiredo is on staff daily Monday – Friday 8:30am-4:00pm. Contact her for assistance connecting to services or resources (CORE, Elder Services, etc.) or to be added to the Emergency Management and Hurricane List.

For storm closings follow the Oak Bluffs Town website, and WMVY radio, on television Channel 7 and Channel 5.

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

Poetry Reading

4/3, 10 am.
Myra Stark will present readings of Victorian Poets.

MV Museum Presents: "From Simple Tools to Celebrated Art: Weathervanes on Martha's Vineyard"

4/13, 10 am.
See Noteworthy for more information.

SHINE Counseling with Jo Ann Murphy

4/13 & 4/27, 12 - 4 pm.
Please call to make an appointment.

Diabetes Support Group

4/18 (Meeting held on Tuesday due to Patriot's Day closure)
Speaker: Diabetes Educator, Debbie Allietta, RN Certified Nurse Educator for VNA.

Topic: Assessing your Diabetes knowledge. Blood glucose screening will be available.

Peter H. Luce Play Readers Society

Wed. 9am – Noon
Director/Producer: Linda Vadaz
4/5 – By the Way, Meet Vera Stark by Lynn Nottage
4/12 – The Clean House by Sarah Ruhl
4/19 – TopDog/Underdog by Suzan-Lori Parks
4/26 - Top Girls by Caryl Churchill
Discussion follows, listeners always welcome.

Breath Meditation

Tues, 11 am. \$4 per class
Steve Powers, guide. Call for info.

Chair Yoga

Tuesdays, 10-11 am., Yoga with chair support.
Instructor: Virginia Iverson, \$5.

Expressive Color Painting with Bruce Kissell

4/10, 10 am.
Get creative with paint! Call for info.

Easter Dinners Delivered

If will be alone and would like an Easter Dinner call to reserve one by 4/10. We will be delivering on 4/16.

The TCOA needs volunteers for delivering holiday meals, to join Friends of TCOA, and to work at the front desk. If you're interested in getting involved please call Joyce.

Call Joyce for information and referrals to services and programs such as CORE, SNAP, medical equipment loans, Project Life Saver, and more.

Up-Island Highlights - 508-693-2896

Please call 693-2896 for all programs unless otherwise noted.

Health Insurance Counseling (SHINE Counselor – Joyce Bowker)

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 (medical equipment loans, notary services, File of Life, etc.) to meet your needs or those of someone you care about.

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

Mon. & Wed. 5:30 p.m.
Tues. – 8:30 & 9:30
Thurs. -8:30 & 9:30
Sat. - 9:00 a.m.

Vineyard Isle Parkinsonians Support Group

4/10, 10:30am. Call Ellen for details.

Massage and Balance Workshop with Kanta Lipsky

4/12, 11:45 am.- 12:45pm. Free.
Topic: Giving and receiving shoulder massage. Space limited to 20. RSVP for a light lunch. This series is made possible by MA Board of Library Commissioners LSTA Grant, the West Tisbury Library Foundation, and the Friends of the West Tisbury Library.

MELT for Parkinson's Workshop

4/13, 9:30-10:15. \$30. Space limited to 8. This workshop is designed specifically for people with Parkinson's disease or their caregivers. Pre-registration with Ellen required.

Parkinson's Caregiver Support Group

Call Ellen for further information.

Chair Massage with Ellen McMannis

Every Friday 2-4.
Treat yourself! Promotional discount: \$1 per minute. 15, 30, 45, and 60 minutes sessions. Call for an appointment.

GENTLE Pilates- Spring Shape-up Series! (\$10)

Mon. 10 am.
Instructor: Toni Cohen
Strengthen and lengthen your body while building a strong center!

Music and Luncheon

5/16, 12 pm. Free.
Join us for a light lunch at 12:30 pm with music by John Harris on the piano. Space limited. Pre-registration required. Sponsored by the Friends of the Up-Island COA.

VINEYARD VISITOR
Get in!
508-693-6100
danielle@mvtimes.com
MVTimes

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

MELT for Parkinson's Workshop, UICOA

4/13, 9:30-10:15. \$30.
Space limited to 8.
Pre-registration required. Call Ellen 508-693-2896.

Yoga with Carol Aranzabe, ECOA

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

Thursdays, 4 – 5:15 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 Wendy for details, 508-627-4368.

Chair Yoga, TCOA

Tuesdays, 10-11 am,
Yoga with chair support
Virginia Iverson, instructor \$5
Register at 508-696-4205

GENTLE Pilates Spring Shape up Series - UICOA

Mon. 10 am; \$10 per class. Toni Cohen, Instructor.
Build a strong center, lengthen and strengthen!

Got Strength? Strength Training with Lisa Amols, ECOA

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. Join anytime.

Exercise with Floyd, OBCOA

Friday mornings, 8:30 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

Every Fri., 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.

Bowling at Bowl & Barn Bistro, TCOA & ECOA

4/3, 11:30-1:30. \$10
1 hr bowling & lunch. Call to register.

Exercise Classes, OBCOA

Mon., 8:45 am Group Exercise
Thurs., 9 am w/Bill White

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

Coffee & Conversation

M-F, 8:30 am, OBCOA

Discussion Group, UICOA

Tues., 9:30 am
Open discussion, free and open to the public.
Call 508-693-2896 for information.

Conversations with Bob Iadicicco, OBCOA, Fri., 10-11:30 am.

Friday Morning Conversations, ECOA

4/7 & 4/21, 10 am. Refreshments

Lunch & Conversation, TCOA

M-F, 12:00
Call for reservation/48 hr. in advance
508-693-8337 (TCOA kitchen)

Peter H. Luce

Play Readers Society, TCOA,

Wed, 9-12 noon

Director/Producer: Linda Vadaz

4/5 – By the Way,

Meet Vera Stark by Lynn Nottage

4/12 – The Clean House by Sarah Ruhl

4/19 – TopDog/Underdog

by Suzan-Lori Parks

4/26- Top Girls by Caryl Churchill

Discussion follows, listeners always welcome. Call 508-696-4205.

Poetry Readers, TCOA

4/3, 10 am

Victorian Poets

Facilitator: Myra Stark

Poetry, Jill Jupen, ECOA

Thurs., 9:30 am

Breath Meditation TCOA

Tues, 11 am. \$4 per class

Steve Powers, guide. Call for info.

Tisbury Book Club

Call for information.

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

No April date. Next meeting date: 5/3, 3 pm, to discuss Last Call: The Rise and Fall of Prohibition by Daniel Okrent. 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

4/26, 3-4:30 pm

Led by Jill Jupen, April's book

The Great Gatsby by F. Scott Fitzgerald.

Call 508-627-4368 to express interest and be on the email list.

Writers Group, UICOA

On hiatus until May.

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

Rug Hooking UICOA,

Wed., 10-12

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

Thurs, 9-11 am Supplies provided

Get Creative with Paint! TCOA

4/10, 10 am

Bruce Kissell, instructor. Call for info.

MV Museum Conversations

4/13, TCOA, 10 am 4/24, 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 am.

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

Duplicate Bridge Lessons, UICOA

Fri., 1-3 pm. Space limited. Registration required. Please email Cathy Minkiewicz at cminkiewicz@verison.net

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., 4/12, 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.

The Martha's Vineyard Partnership for Health (MVPH)

My Life, My Health – Managing Chronic Conditions

4/5, 3 – 4 pm. “Diabetes and Sugars” • MV Regional High School, Rm 215

My Life My Health is a FREE series for people 60 and older or their caregivers. Workshops give participants the knowledge and skills needed to take a more active role in their own health or that of the people they're caring for.

In partnership with ACEMV, MVPH is offering “Diabetes and Sugars.” Participants will gain knowledge in a number of topics which will help them become more confident about managing their daily sugar intake and in turn feel better about themselves. Topics will include: the effects of foods on blood sugar, blood sugar testing, hypo/hyper glycemia signs and symptoms and management, exercise, healthy sugar and carbohydrates choices, and setting and achieving goals. Class topics will vary depending on participants' knowledge and area of needs. Pre-registration is required. Register at ACEMV.org.

Call 508-627-5797 x114 or infoMVPH@ihimv.org for more information

Service Programs and Support Group Directory

Health Promotion

Blood Pressure & Wellness Clinics:
Aquinnah Town Hall, 4/25, 2-3
Chilmark Library, 4/19, 12:30-1:30
Edg Stop & Shop Pharmacy, 4/5, 12-2
Edg Town Hall, 4/12, 9-11
Edg COA, 4/21, 10:30
Oak Bluffs COA, 4/4 & 4/27, 12:30
Tisbury COA, 4/4, 10-11;
Up-Island COA, 4/11, 11:00-1:00
Cronig's, 4/13, 1-3

Hillside Village, 4/5, 10-11
Woodside Village, 4/24, 12-1
Woodside Village II, 4/24, 1:15-2:15
Public Health Nurse Clinics:
 Call your Council on Aging for information.
TCOA, 4/13, 9:30-11:30
Vineyard Scripts, Beach Rd. VH
 Have your blood pressure checked any day, any time.

Hearing Services: Call in advance for an appointment.
OBCOA: 4/11, 11 am, Call Rose, 508-693-4509 x3 for apt
UICOA: Vineyard Audiology Screenings & Repairs
 Call 508-457-9285 for appointment
TCOA: Miracle Ear
 5/24, 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, 4/12, 9 am
 Call 508-693-4509 x3
ECOA, 4/18, 1:30-3:30 pm
 508-627-4368
UICOA, 4/24, 9 am
 508-693-2896

Insurance, Legal, Social Security

Health Insurance Counseling and Medicaid & MassHealth Info S.H.I.N.E.
 ECOA, Call 508-627-4368 for an apt.
 OBCOA, Call 508-693-4509, x 3 for apt
 TCOA, Call 508-696-4205 for an apt.
 UICOA, Call 508-693-2896 for an apt.
 Wampanoag Tribal Council, 508-645-9265
Vineyard Health Care Access Program, 508-696-0020

Elder Law Project: South Coastal Counties Legal Services (Cape & Islands)
 Tom Kosman, Elder Law Attorney
 4/3, ECOA.
 Appointments starting at 10am
 Call 508-775-7020 OR 1-800-742-4107 for an appointment
Free Legal Clinic
 4/12, UICOA
 Elder Law Attorney Patty Mello

Space limited (Medicaid planning, estate planning, asset protection, wills)
 Call 508-477-0267 for an appointment.
Social Security Video Display Program
 4/24, 9:00 am-12 pm
 Meet with a Social Security Rep via SKYPE in a private office at OBCOA
 Call 508-693-4509 in advance for an appointment.

Social Security
 Falmouth office, 855-881-0212
Veteran's Services, ECOA
 4/7, 10:30 am.
 Call 508-627-4368 for an appointment
Funeral Consumers Alliance
 1-802-865-8300, Information on end of life alternatives

Food Services, Transport & Housing

Emergency Food 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. \$35 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 Lindsay Famariss at MVCS Island Counseling Center, 508-693-7900
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
 4/18, 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
 4/10, 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
 Every Wed, 9:30am & 11 am at Featherstone Center for the Arts
 For info call Victoria Haeselbarath, 508-627-4368 x15

Memory Café
 Every 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
Dementia Caregiver Support Group
 Second & Fourth Fridays, 10:30 am – 12 pm. Tisbury Senior Center.
 Call Leslie Clapp 508-939-9440
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

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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 **MVTimes**

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

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