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 bar, an invite to the season kick-off dinner, Sharks T-Shirts, and much 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, 6:15 pm return.
Thursday, 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.

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

Visit Root Canals & Crowns

Family and Cosmetic Dentistry

508-696-0222 · paradiseidentalgroup.com
395 State Road, Vineyard Haven

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 for the Part B deductible and co-insurance if they're 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.

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 minimum 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
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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.

MV Times | March 30, 2017

MV Times | March 30, 2017
**NOTEWORTHY**

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, 2 pm. 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 and or 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, 1:30 pm
From grasskeepers, to roosters, to whales, and more weathervanes pop up on the rooftops and tell a story from the sky! Explore with the MV Museum Decents. Museum Collection is offered thanks to support of the Martha’s Vineyard Savings Bank Charitable Fund. Please register in advance.

Vincent 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.
Aquinah: 4/7
Oak Bluffs: 4/21
Edgartown: TBA
Chilmark & West Tisbury: 6/16
Tisbury: 6/16

Felix Nex Points: Seaside Life
5/5, 2 pm. Free.
UICOA, 508-693-2896
Educational director, Josef 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

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 - 508-693-4509**

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

For storm closings follow the Oak Bluffs Town website, and WAMV, on television Channel 7 and Channel 3.

Check Megan Allen’s weekly column in the MVTimes 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
4/16 (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.

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.

Up-Island Highlights - 508-693-2896

Call Rose 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- Salad, 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 Connington: 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!
4/1, Join our team to challenge TCOA at the Bam Bowl & Bistro, 11:30-1:30. Fuel Lunch included. $10

MV Hospital Health Fair
4/12. Come say “Hi” at our ECOA table.
Ray Whittaker 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. Refurbishments.

ECOA Women’s Book Group
4/26, 3-4:30 pm, led by Bill Jopen, April’s book The Great Gatsby by F. Scott Fitzgerald. Call Wren to discuss your favorite book and be on the em 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.

Expressive Color Painting with Bruce Kissell
4/10, 10 am.
Get creative with paint! Call for info.

Easter Dinners Delivered
It will be alone and would like an Easter Dinner to call your COA on one for 4/10. We will be delivering on 4/16.
The TCOA needs volunteers for delivering holiday meals, to join Friends of TCOA, and to meet with Pedikson’s disease or their caregivers. Pre-registration with Ellen required.

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 - 1:45 pm. Free.
Topic: Caring 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.

**Up-Island Highlights - 508-693-2896**

Chair Massage with Ellen McManus
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!
4/10, Mon. 10 am.
Instructor: Toni Cohen
Shape up and lengthen your body while building a strong center!

Music and Luncheon
5/16, 12 pm.
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.
Island-Wide Activities Calendar

Yoga for Seniors, OBCOA
Martha Abbot
Mon. 11:15 am
Fri. 10:30 am
Kunta Lipsky
Wed. 10:30
$10 per class

MELT for Parkinson’s Workshop, UICOA

Fitness

Exercise & Games

Books,
testing, hypo/hyper glycemia signs and symptoms and management, exercise, healthy sugar and carbohydrates choices, and setting and achieving goals. Class topics

Crafts

Plays

March 30, 2017
Ladies Cards, OBCOA
OBCOA, Hand & Foot Card Games,
Men’s Cards, OBCOA
Cribbage, OBCOA, Mon. 1 pm.
ECOA, Tues & Fri, 1 pm.
Mah Jong
Cabot, UICOA.
Watercolor Painting with Nancy
Thurs., 9-11 am
Come paint with us!

Rug Hooking, UICOA
Wed., 1:30 pm. ORCA

Painters Group TCOA
Come paint with us!
Thurs., 9-1 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/4/14, UICOA. 1:30 pm
See Noteworthy for info

Woodcarving OBCOA
Mon. & Thurs. 9 am
Mindful Knitting ECOA,
Mon. 3:30-5:30 pm.
Call 508-627-4168
Not an instructional group
Needlework, ECOA, Thurs 2-4 pm

Contract (Party) Bridge, UICOA
Thurs. 1-30 pm.
Call Abe Seiman 508-696-9010
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 508-696-8377 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. Call Mansion House. sugar, blood sugar testing, hypo/hyper glycemia signs and symptoms and management, exercise, healthy sugar and carbohydrates choices, and setting and achieving goals. Goals 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 info@MVPH@shim.org for more information.

March 30, 2017
Ladies Bridge, OBCOA
With Sue Collison, Tues.,
9:30-11:30
Board Games 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 sending. 508-627-6739

Duplicate Bridge, TCOA
Mon., 4-1:30 pm.
Call for sending 508-627-5476

Duplicate Bridge Lessons, UICOA
Fri. 1-3 pm. Space limited. Registration required. Please email Cathy Minikiewicz at minikiewicz@vmintheren.net
Learn to Play Bridge, TCOA
David Donald, instructor
New class begins in spring.
Call 508-696-4205 to register.

Rummy, OBCOA, Tues. & Thurs. 1 pm
Ladies Bridge, OBCOA
With Sue Collison, Tues.,
9:30-11:30

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Service Programs and Support Group Directory

**Health Promotion**

Blood Pressure & Wellness Clinics:
- Aquinnah Town Hall, 4/25, 23
- Chilmark Library, 4/13, 12:30-1:30
- Edg Stop & Shop Pharmacy, 4/5, 122
- 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

Hearing Services: Call in advance for an appointment.
- OB/COA: 4/11, 11 am, Call Rose, 508-693-4509 for apt
- UICOA: Vineyard Audiology
  - Screenings & Repairs: Call 508-453-9285 for appointment
  - TOCA: Miracle Ear
    - 5/24, Call 508-457-9285 to speak to Audiologist Michelle Harris or to make an appointment.

**Insurance, Legal, Social Security**

Health Insurance Counseling and Medicaid & MassHealth Info
- S.I.N.E. ECOA, Call 508-627-4368 for an apt.
- OB/COA, Call 508-693-4509, x 3 for apt
- TOCA, Call 508-696-4308 for an apt.
- UICOA, Call 508-693-2896 for an apt.
- Wampanoag Tribal Council, 508-645-9265
- Vineyard Health Care Access Program, 508-695-0020

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

**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 508-693-5379
- Food Pantry
  - Christ United Methodist Church
  - Church Parish House “Serving Hands”
- Transportation:
  - Vineyard Transit Authority
    - Church St. VH
    - Christ United Methodist Church
    - Williams St. VH, Info at 508-693-5339

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 508-933-9440

Medicare Counseling & Assistance
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Free Legal Clinic
- 4/12, UICOA
- Elder Law Attorney Patty Mello

Elder Law Project:
- Martha’s Vineyard M S Self Help Program
  - Call 508-696-4600
- MVCS Island Counseling Center
  - Call 508-693-3038, vineyardvillage@gmail.com

MV Center for Living Supportive Day Program
- Eileen Murphy, 508-627-0207

Grandchildren Group
- MVCS Family Center, 35 Greenwood Ave, VH. Second Saturday of the month, 10-11:30. Information, coffee & discussion. Call 508-687-9201 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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  - Christ United Methodist Church
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CORE Counseling, Outreach and Referral for the Elderly. Call the Outreach Worker at the Council on Aging in your town or Lindsay Pamatis at MVCS Island Counseling Center. 508-693-7900

Martha’s Vineyard M S Self Help Group.
- Call 508-693-5319

Prostate Cancer Support Group
- 3rd Wednesday, 4 pm
- M.V. Community Services Bldg.
- Conference Rm 1. Info at www.mvpastorecancer.org, Alan Ganapeli, Facilitator, 508-318-2957 (mobile)

Diabetes Support Group
- 4/18, TOCA, Speaker: Diabetes Educator, Debbie Alletta, RN. Certified Nurse Educator for VNA. Blood glucose screening will be available.
  - Call 508-696-4205 for information

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