

# 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

**June 2017 - Vol. 21, Issue 5**

## SHINE News

### Medicare's Free Preventive Services

An important goal for Medicare is to help people stay healthy by encouraging prevention. Medicare provides a number of preventive services.

Many of these services are free whether you have original Medicare or a Medicare Advantage plan, like an HMO or PPO.

Some of the free services include:

- Colorectal cancer screening (including colonoscopies)
- Mammograms
- Pap tests and pelvic exams
- Bone mass measurements
- Cardiovascular screening
- Flu and pneumonia shots
- Alcohol misuse screening and counseling
- Obesity screening and counseling

There are rules which state when

and how often Medicare will pay for the above services. Medicare also covers a "Welcome to Medicare" visit and then an Annual Wellness Visit in following years. However, these visits are not the same as an annual physical exam. Annual physicals are not covered by Medicare, but they are covered by Medicare Advantage plans (HMOs, PPOs). For a complete list of free preventive services, go to [www.medicare.gov](http://www.medicare.gov) or see a SHINE counselor.

For further assistance with any Medicare issue, contact the SHINE Program. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. Please call the Senior Center to schedule a SHINE appointment.

## Beginning in July 2017 MEDICAL TAXI PROGRAM to become the CAPE MEDIVAN SERVICE

**CAPE MEDIVAN SERVICE**  
Providing transportation to medical appointments on Cape Cod as follows:  
\*\*Please make your appointments corresponding to the day(s) that service is available\*\*

- Mondays & Fridays:**  
Falmouth, North Falmouth, Mashpee
- Tuesdays & Thursdays:**  
Sandwich
- Wednesdays:**  
Hyannis, Yarmouth, Osterville

**Round Trip Fare schedule:**  
Falmouth \$15.00  
North Falmouth \$25.00  
Mashpee and Sandwich \$25.00/\$35.00  
Hyannis, Yarmouth, Osterville \$40.00  
**Fares are paid to MV Center for Living, POB 1729, Vineyard Haven, MA 02568**

Trip requests will continue to be made by calling MV Center for Living at 508-939-9440.  
Please call at least one week in advance of travel to make your reservation or for additional information.

## Memorial Day 2017

Memorial Day is observed on the last Monday of May to commemorate the men and women who have died while in military service. A national moment of remembrance takes place at 3:00 pm.

On Martha's Vineyard we will start the Memorial Day weekend with a ceremony for veterans at the Oak Bluffs School at 8:15 am on Friday, May 26th. Also on Friday, the Tisbury School's March to the Sea will take place at 12 noon. All veterans are welcome at these ceremonies.

Monday, May 29th at 7:30 am we will put over 400 flags up on the Avenue of Flags in Oak Grove Cemetery in Vineyard Haven. The flags will be taken down at 3 pm, after we observe a Moment of Remembrance. If you can, please join us to help either put up or take down the flags.

Our guest speaker this year is Colonel Virginia I. Doonan, Commander of the 102nd Intelligence Wing, Otis Air National Guard Base, MA. Colonel Doonan has served in Operations NORTHERN WATCH, NOBLE EAGLE, IRAQI FREEDOM and ENDURING FREEDOM.

The annual Memorial Day parade will step off from the American Legion Hall at 10 am and proceed to the Avenue of Flags. All police and fire departments are invited to attend, along with the Girl Scouts and Boy Scouts.

Call Jo Ann Murphy at 508-693-6887. If you have any questions or want to find out how to participate. Information will also be posted on Dukes County website at [www.dukescounty.org](http://www.dukescounty.org).

**PARADISE DENTAL**  
*We give you a lot to smile about!*

1 Visit Root Canals & Crowns  
Same Day Emergency Service  
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508-696-0222 · [paradisedentalgroup.com](http://paradisedentalgroup.com)  
395 State Road, Vineyard Haven

## TRAVEL NEWS

**Woods Hole Oceanographic Tour, TCOA**  
6/15. Full. Wait List only. Call Sandy at 508-696-4205 for info.

**Friends Foxwoods Casino Trip, OBCOA**  
6/29, \$35 per person.  
Leave on the 7:00 am boat from VH, and return on the 6:15 pm boat.  
Provide your own spending \$\$\$ and SSA ticket.

Call Rose at 508-693-4509 to sign up.

**Fall BSO Subscribers Exchange Date, TCOA**

The Tisbury Travel Club bus on December 1, 2017 to Symphony Hall needs to be exchanged for April 20, 2018. You can make your exchanges on July 24, 2017 by calling Symphony Hall. Call Sandy at 508-696-4205 if you have questions or need assistance.



### 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.

Celebrating our 61st Year in Business!

**SOSTEK**  
a caregiver referral company

Helping older adults who choose to stay in their home find that perfectly matched live-in caregiver.



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COMMUNITY

888.476.7835  
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Specializing exclusively in referring 24 hour live-in caregivers.

# !NOTEWORTHY

## Family Letters of Abby Kelley and Stephen Foster, OBCOA

6/27, 1 pm,  
A theatrical program presented by Lynne McKenney Lydick and Thomas R. Lydick.  
Abby Kelley and Stephen Foster were radical abolitionist speakers for the American Anti-slavery Society. Due to their work they often experienced long periods of separation. Originally private letters provide a unique look into the personal lives of this very public Worcester, Massachusetts couple.  
Please contact Rose at 508-693-4509 to reserve your spot for this beautiful program that is free of charge.

## Howes House Annual Art Show, UICOA

6/23, 12 – 4 pm  
6/24, 9am – 2 pm  
Join us to view the works of the members of the Friday painting group. Nancy Cabot, group facilitator promises a varied and exciting show including still life and landscape.

## Heads up for August:

**Annual Cookout, UICOA**  
8/11, 11:30am – 1:30 pm  
Join us for live music, food, and friendship. Make your reservations now. Sponsored by Friends of UICOA. Space limited.

## Write Your Own Obituary with Susan Klein, M.Ed — Memoirist & Storyteller, ECOA

Four Tuesdays in August (TBA), 4:30-6:30, \$125  
Learn how to succinctly write the story of your life well-lived. Sponsored in part by the Friends of the Edgartown Council on Aging. Call to sign up, 508-627-4368.

## Elder Law with Frank and Mary by Arthur P. Bergeron

### What are the benefits of a pooled trust?

Elder Law Attorney Arthur Bergeron will be hosting a series of seminars at the TCOA. Topics of discussion will include pooled trusts and proposed MassHealth rule changes. If you just can't wait, Arthur has a YouTube channel where you can watch his latest Elder Law 101 presentations and videos from educational seminars: [www.YouTube.com/user/ElderLawFrankAndMary](http://www.YouTube.com/user/ElderLawFrankAndMary) and find commentary on Mirick & O'Connell's blog at <http://mirickoconnelltrustsandstateslawblog.wordpress.com/>  
If you have any questions you'd like to personally address regarding these topics or any other elder law matter, Arthur can be contacted at 508-860-1470 or [abergeon@mirickoconnell.com](mailto:abergeon@mirickoconnell.com).

**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

Please call to sign up for all programs.  
See our newsletter at [www.edgartowncoa.com](http://www.edgartowncoa.com) for more information.

**Lunches Noon**  
\$2 Tuesday- Sandwich, salad, dessert  
\$5 Friday- Entree, salad, dessert

**New Party Bridge**  
Thursdays 12-3. Please call for seating

**Bridge Instruction returns with Sari**  
Fridays, 1 pm. Please call to sign up. Welcome back, Sari!

**Friday Morning Conversation Group**  
ECOA, 6/2 and 6/16, 10 am. Refreshments.

**ECOA Women's Book Group**  
6/28, 3 pm, led by Jill Jupen. June's book TBA.

**Tom Dresser's New Book!**  
6/2, following lunch, 1 pm. Learn about Tom's new book, Hidden History of Martha's Vineyard. Call to sign up for lunch and program

**Jim Thomas' Spiritual Choir**  
6/13. Call to sign up for lunch at noon and music to follow

**Vineyard Smiles Dental Clinic at Anchors**  
6/23, free oral health screening, cleaning, oral hygiene instruction. Call for appt.

**Health Screenings with Liz Sanderman**  
6/27, 12-1:30, Blood Pressure, general health questions with Liz, your public health

nurse from the VNA of Cape Cod.

## On Display in June

Acrylic Paintings by Clara Kisko.  
We honor Clara at lunch on June 9th

**Vineyard Sound Performance in July**  
7/21, 12:30 performance. Call to sign up for lunch and performance.

## Heads up for August: Write Your Own Obituary with Susan Klein, M.Ed — memoirist and storyteller

Four Tuesdays in August (TBA), 4:30-6:30, \$125, Sponsored in part by the Friends of the Edgartown Council on Aging. Learn how to succinctly write the story of your life well-lived. Call to sign up, 508-627-4368.

## Oak Bluffs Highlights - 508-693-4509

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

**Yarn and Fabric Extravaganza**  
June 2, 10 am – 3:00 pm  
Sponsored by OBCOA and the Oak Bluffs Public Library  
See Noteworthy for details.

**Men's & Ladies Luncheon**  
June 7, 12:00 noon  
Call Rose to make a reservation.

**Coffee with the Chief**  
June 9, 10 am  
Join Chief Eric Blake for conversation and coffee.

**Friends of the Oak Bluffs Council on Aging**  
Meeting June 8, 1:30 pm  
Be a part of Team OB!

**Friends Ham and Bean Supper**  
June 23, 5:30 – 7:00 pm  
\$15.00 per adult, \$7.00 per child under 12.

There will be a 50/50 raffle, a Chinese Auction, and a bake table!

**Friends Foxwoods Casino Trip**  
June 29, \$35 per person. Provide your own spending \$\$\$ and SSA ticket.  
Leave on the 7:00 am boat from VH, and return on the 6:15 pm boat.  
Call Rose to sign up.

**OBCOA Board of Directors Meeting**  
June 15, 2 pm

**Animal Companions**  
June 12 & June 26, 1 pm

**Threshold Choir**  
Mondays, June 5 & June 19, 1 pm  
Friday, June 9, 12:00 noon  
No experience required, just the desire to sing!

## Family Letters of Abby Kelley and Stephen Foster

June 27, 1 pm.  
Presented by Lynne McKenney Lydick and Thomas R. Lydick. A theatrical program built around the private letters of Abby Kelley and Stephen Foster, two radical abolitionist speakers for the American Anti-slavery Society. See Noteworthy for details

**NEW! OBCOA Walking Club**  
Tuesdays (weather permitting)  
10 am – 11:30 am with Sandy Blythe and Lloyd Henke.  
Meet at the Senior Center and walk to various locations in beautiful OB

Bring a bottle of water and wear comfortable shoes!

## Tisbury Highlights - 508-696-4205

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

**Tisbury Bowling Team**  
6/1, 11:30-1:30  
Tisbury Gals and Guys 55+: Join our team at the Barn Bowl & Bistro. Fun! Delicious lunch & dessert included: All \$10.  
Call to pre-register by May 26 Noon.

**Express with Color!**  
Bruce Kissell, instructor  
6/5 & 6/19, 10 am-12 noon  
This class is for everyone! Learn to load the brush with rich color and how to apply it. Finish your painting in one session-Guaranteed! Your final creation will be Hangable worthy! Instruction/guidance throughout class time. Materials provided. Call to register. Free. Class limit: 10

**Peter H Luce Play Readers Society**  
THEME: Summer's Coming! Producers vJohanna Kobran and Ellie Beth  
6/7: "Picnic" by William Inge directed by Rise Terney  
6/14: "Cat on a Hot Tin Roof" by Tennessee Williams directed by Charlena Seymour  
6/21: "First Breeze of Summer" by Leslie Lee directed by Mike Adell  
6/28: "August Osage County" by Tracey Letts directed by Jill Jupen

**Kripalu Gentle Yoga**  
Carol Aranzabe, instructor  
4-5:15, \$10, bring your mat.

**Kundalini Yoga Breath Meditation**  
Tuesdays, 11 am. \$4. Bring a mat or blanket.

Steve Power, instructor/guide. Beginners and experienced.

**Gentle Yoga w/ chair or mat.**  
Tuesdays, 10 am. \$5. Bring mat. Virginia Iversen, instructor.

**Yang Style Tai Chi w Daisy Lifton**  
Begins Thursday, 6/22

Designed for beginners and all experience levels, seated or standing. Tai Chi Double Fan Form as well as some new Chi Gung and continuing to practice balance walking.

Schedule:  
Chi Gung & Tai Chi Foundation for balance: 9am-9:45am  
Tai Chi Fan Form: 9:45- 10:15 am  
Added Practice time for Students: 10:15-11 am

## Up-Island Highlights - 508-693-2896

**Howes House Annual Art Show**  
6/23, 12 pm – 4 pm  
6/24, 9 am – 2 pm  
Join us to view the works of the members of the Friday painting group. Nancy Cabot, group facilitator promises a varied and exciting show including still life and landscape.

**Annual Cookout**  
8/11, 11:30am – 1:30 pm  
Join us for live music, food, and friendship. Make your reservations now. Sponsored by Friends of UICOA. Space limited.

**Howes House Writing Group**  
Every Tuesday, 11 am – 1pm . All levels welcome! Bring lunch.

**Chair Massage with Ellen McMannis**  
Treat yourself! Every Friday 2-4. Promotional

discounted cost is \$1 per minute. 15 and 30 minute sessions. Call for an appointment.

**GENTLE Pilates- Spring Shape-up Series!**  
Mondays, 10 am. \$10  
Instructor: Toni Cohen  
Strengthen and lengthen your body while building a strong center, postural alignment, and all while having fun!

**SHINE Counselor – Joyce Bowker**  
Counseling assistance with your health insurance questions.

**Outreach Services**  
Ellen Reynolds is available Mon - Fri 9am - 3 pm. Meet confidentially with Ellen to learn about community resources to meet your needs or those of someone you care about.

## Vineyard Isle Parkinsonians Support Group

6/12, 10:30 am  
Call Ellen for details

## Parkinson's Caregiver Support Group

Call Ellen for information.

The COA has medical equipment for loan at no charge.

Notary services available free of charges. Call ahead.

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.

# 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 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  
Thursdays, 4 – 5:15 pm  
Carol Aranzabe, instructor, \$10  
Stretch, Strengthen, Breath, Balance  
**Tai Chi with Toys**, TCOA  
(Fan, Sword, Baoding Balls)  
Daisy returns June 22, 9 am!  
(See Highlights for details)  
**Tai Chi with Nan Doty** ECOA

Thurs, 10-11 am, 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.  
**Exercise Classes**, OBCOA  
Mon., 8:45 am Group Exercise  
Thurs., 9 am w/Bill White  
**Bowl, Barn & Bistro, Bowling**, TCOA  
6/5, 11:30-1:30. \$10  
1 hr bowling & lunch  
Register: 508-696-4205-by Noon 5/26  
**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.ycamv.org](http://www.ycamv.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  
6/2 & 6/16, 10 am  
Refreshments.  
**Lunch & Conversation**

TCOA, M-F, 12:00  
Call for reservation/48 hr. in advance  
508-693-8337 (TCOA kitchen)  
**Peter H. Luce Play Readers Society**  
TCOA, Wed, 9-12 noon  
Theme: Summer is Coming!  
Producers: Johannah Kobran & Ellie Beth  
Call 508-696-4205 for information.  
**Poetry Readers**, TCOA  
6/5, 10 am.  
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**  
6/16, Books available at the VH library.  
Call 508-696-4205 for information.  
**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 Women's Book Group**  
6/28, 3pm  
Led by Jill Jupen, June's book TBA. Call

Wendy for more info 508-627-4368.  
**Howes House Writing Group**, UICOA  
Every Tuesday, 11 am – 1 pm.  
All levels welcome! Bring lunch.  
**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!  
**MV Museum Conversations**  
On break until September.

## 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 Coloring Book**  
TCOA, Thurs, 9-11 am

Supplies provided  
**Express Yourself w/ Color!** TCOA  
6/5 & 6/19, 10am – 12pm.  
Bruce Kissell, instructor. Materials provided  
Call 508-696-4205 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  
**New! Watercolor Painters Group**, TCOA  
Thurs, 9-11 am.  
Bob Schaeffer, instructor.  
Call 508-696-4205

## Cards & Games

**Mah Jong**  
ECO, Tues & Fri, 1 pm  
UICOA, Wed & Thurs, 1 pm  
OBCOA, Mon. 1 pm  
**Scrabble**  
OBCOA, Fri. 9 am  
**Cribbage** OBCOA  
Fri, 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, Fri/mornings  
Call to join a group. 508-696-4205  
**Party Bridge**, ECOA - Thurs 12-3pm.  
Call for seating, 508-627-4368.

TCOA - Fri, 1-4 pm  
Call for seating, 508-627-6719  
UICOA - Thurs, 1:30  
Call Abe Seiman for seating, 508-696-9030  
**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](mailto:cminkiewicz@verison.net)

Learn to Play Bridge TCOA  
David Donald, instructor  
New class begins in spring.  
Call 508-696-4205 to register.  
**Bingo**  
OBCOA,  
Wed., 6/14, 1-3 pm & 6-8 pm  
**Enjoy Lunch and Wii Bowling!**  
TCOA  
Sign up for lunch and bowl afterward!  
Call 508-696-8337 for details/reservations

## MV Partnership for Health (MVPH)

Call 508-627-5797 ext. 114 or email: [infoMVPH@ihimv.org](mailto:infoMVPH@ihimv.org) for new series beginning 5/25

### Chronic Disease Self-Management

5/25, 3:00 – 5:30 pm  
Pre-registration is required.  
This proven program is designed to give participants managing a chronic conditions such as arthritis, heart disease, diabetes, asthma, or high blood pressure the knowledge and

skills needed to take a more active role in their own health care or that of the people for whom they're caring.

Subjects covered include:  
1. Finding better ways of dealing with pain and fatigue,  
2. Learning appropriate use of medications,  
3. Communicating effectively with family, friends and health professionals,

4. Improving nutrition,  
5. Understanding new treatment choices,  
6. Feeling better about life.

In addition, participants will create a personal action planner and learn new strategies from fellow participants.

The current program is funded in part by Elder Services of Cape Cod and the Islands, Title 111 D Funds.

## 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

**Service Programs and Support Group Directory**

**Health Promotion**

**Blood Pressure & Wellness Clinics:**

**Aquinnah Town Hall**, 6/27, 2-3  
**Chilmark Library**, 6/21, 12:30-1:30  
**Edg Stop & Shop Pharmacy**, 6/7, 12-2  
**Edg Town Hall**, 6/14, 9-11  
 Edg COA, 6/27, 10:30  
**Oak Bluffs COA**, 6/6 & 6/22, 12:30  
**Tisbury COA**, 6/6, 10-11;

**Up-Island COA**, 6/13, 11:00-1:00  
**Cronig's**, 6/8, 1-3  
**Hillside Village**, 6/7, 10-11  
**Woodside Village**, 6/26, 12-1  
**Woodside Village II**, 6/26, 1:15-2:15

**Public Health Nurse Clinics:**

Call your Council on Aging for information  
**TCOA**, 6/8, 9:30-11:30  
**Vineyard Scripts**, Beach Rd. VH  
 Have your blood pressure checked

any day, any time.

**Hearing Services:**

call in advance for an appointment.  
**OBCOA**: 6/13, 11 am, Call Rose, 508-693-4509 x3 for apt  
**UICOA**: Vineyard Audiology Screenings & Repairs  
 Call 508-457-9285 for appointment  
**TCOA**: Miracle Ear 9/27, 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**, 6/14, 9 am  
 Call 508-693-4509 x3  
**ECOA**, 6/20, 1:30-3:30 pm  
 508-627-4368  
**UICOA**, 6/26, 9 am  
 508-693-2896

**Insurance, Legal, Social Security**

**Health Insurance Counseling and Medicaid & Mass Health Info**

**S.H.I.N.E.**  
 ECOA, Call 508-627-4368 for an apt.  
 OBCOA, Call 508-693-4509, x3 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 6/5, OBCOA. Appointments starting at 10am  
 Call 508-775-7020 OR

1-800-742-4107 for an appointment  
**Free Legal Clinic**  
 6/14, UICOA  
 Elder Law Attorney Patty Mello  
 Space limited (Medicaid planning, estate planning, asset protection, wills)  
 Call 508-477-0267 for an appointment.  
**Social Security Video Display Program** 6/26, 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**  
 6/2, 10:30 am.  
 Call 508-627-4368 for an appointment  
**Funeral Consumers Alliance**  
 1-802-865-8300, Information on end of life alternatives

**Food Services, Transport & Housing**

**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**

6/19, 1 pm, TCOA  
 Speaker: Elizabeth Sanderman, RN  
 Call 508-696-4205 for information  
**Vineyard Isle Parkinsonians Support Group**  
 6/12, 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 at Featherstone Center for the Arts. For info and space availability call Victoria Haeselbarth, 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 Leslie Clapp 508-939-9440 or Nancy Langman 508-498-1948 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 am. 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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- Personal Consultations
- Sick Room Supplies
- Prescription Drug Disposal Program

MON-FRI 9-6, SAT 9-3  
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