SHINE NEWS

Cronig’s Market and the MV Sharks donate to the Emergency Food Pantry Program

This summer, Cronig’s Market, in celebration of their 100th anniversary and the MV Sharks, our Vineyard collegiate baseball team, are raising support for the MV Center for Living Emergency Food Program.

At all home games Cronig’s sponsors a 50/50/50 raffle where the cash value of the 50/50/50 raffle is donated in the form of Cronig’s gift cards to MV Center for Living to distribute to needy Vineyard families through the Emergency Food Program.

Thank you Sharks and Cronig’s Market for your generous donation of $1,100 in gift cards so far this baseball season!

Because of the generosity of many volunteers, local businesses and organizations, the Emergency Food Program is able to distribute food staples and fresh produce to over 2,500 island families every month.

We want to especially recognize Adam Breznick at Island Food Products (IFP).

Thank you Sharks and Cronig’s Market for your generous donation of $1,100 in gift cards so far this baseball season!

SEE THE THIRWOOD DIFFERENCE

SPACIOUS LIVING IN A BEAUTIFUL SETTING

ALL INDEPENDENT AND ASSISTED LIVING RENTAL APARTMENTS FEATURE:

• Reasonably Priced Flexible Options
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• Washer/Dryer
• Ample Storage
• Golf Privileges

To learn more about our flexible rental options at Thirwood Place, visit us online at ThirwoodPlace.com or stop by and join us for a casual tour to experience the Thirwood difference.

Contact Us:

(508) 398-8006
237 North Main Street
South Yarmouth, MA 02664
www.ThirwoodPlace.com

TRAVEL NEWS

Boston Symphony Orchestra, TCOA

Become a Fall A Subscriber and enjoy 5 exceptional Friday afternoon performances at Boston Symphony Hall: 9/29, 10/13, 11/17 & 11/19, 4/20 (all 1:30 pm). Travel with the Tisbury Travel Club on new luxury motor coach. For info/to register, call Sandy at 508-696-4205.

Walking Tour of Woods Hole Science Museum, Aquarium, & Luncheon, TCOA

9/14, 9:30 am – 2:00pm. Visit the Woods Hole Science Museum & Aquarium and enjoy lunch at the Landfall Restaurant. Admission is free, but donations are gladly accepted. Walking tour – Distance from SSA to the Woods Hole Science Aquarium is ½ mile. Boat: Depart WH: 9:30 am, depart WH: 1:15pm, arrive in VH: 2:00pm. For info/to register, call Sandy at 508-696-4205.

Annual Anchors North End Trip, ECOA

9/22, 8:15: boat, $40 for round trip bus; purchase your own ferry ticket; eat on your own at your choice of restaurants in the North End. Return on the 6:15 bus. Call soon to reserve and receive itinerary.

Boston Harbor Cruise and South Boston Farmers Market, UICOA

10/4. $92. Space limited. RSVP by 9/5. Join us for the perfect mix of dining and entertainment! Designed for fun, comfort, and incredible harbor views, the Spirit of Boston is ready to show you the city. Departing from historic Seaport District, this two-hour cruise includes an all-you-can-eat buffet and DJ entertainment. Following the cruise, experience more Boston culture at the South Boston Farmers Market. Price includes roundtrip motor coach and gratuities, lunch and cruise. Call UICOA for reservations, 508-693-2896.

September: Heritage Gardens and Museum Trip to Sandwich, Massachusetts, OBCOA

October: Trip to the North End in Boston & Dining at La Conto’s Restaurant, OBCOA

The Friends of the Oak Bluffs COA are sponsoring two trips to Sandwich and Boston. Call Rose at 508-693-4509, ext. 3 for additional information.

VETERANS SERVICES

Property Tax Exemptions for Eligible Veterans, Spouses, and Parents

To qualify all veterans (and spouses where applicable) must:
• Be at least 10% disabled by the U.S. Department of Veterans Affairs.
• Be legal residents of Massachusetts.
• Be occupying the property as his/her domicile on July 1 in the year of application.
• Have lived in Massachusetts for at least six months prior to entering the service (spouses exempted) or have lived in Massachusetts for five consecutive years immediately prior to filing for a property tax exemption.

Under M.G.L. c. 59 s. 5, classes 22A, 22B, 22C, and 22E, surviving spouses of disabled veterans who qualified for exemptions ranging from $750 to $1500 may now continue to receive the higher amount regardless of marital status. Under M.G.L. c. 58 s. 8A, surviving spouses of disabled veterans who continue to receive them regardless of marital status.

To apply contact the assessor’s office in your community. Application must be made annually. For property tax exemptions for disabled veterans, contact your local assessor’s office or your Veterans Service Officer at 508-693-6887.

MVTimes

Martha’s Vineyard Center for Living Supportive Day Program

Brought to you by the MV Times Corporation

508.693.0222 | info@viewpointsrealestate.com
**MELT Method Classes with Valerie Sonnenthal, UICOA**
8/14, 8/21, & 8/28, 8:30-9:30 am $15. Space limited.
Pre-registration required.
Learn simple self-care techniques you can use every day to make your whole body feel better at any age.
Use soft foam rollers and small MELT hand and foot balls to rehydrate connective tissue. Feel free to bring your own mat. Rollers and balls provided. Bring water and wear comfortable clothes.
Call the Up Island COA at 508-693-2896 to register.

**Who’s Your Agent? Health Care Planning Workshop, TCOA**
9/28, 3-4 pm. Free. Space limited. Register in advance.
Presented by: Ellen McCabe, RN, CHPN. Director of Professional Education, Hope Hospice.
This workshop will guide adults and their families through lifelong health care planning discussions. Learn up-to-date health care planning information and how to identify and use the five MA planning documents. Discuss the importance of having a health care proxy and personal directive. You will receive materials to help you create your health plan.
Hope Hospice Martha’s Vineyard, Honoring Choices Massachusetts.
RSVP to Joyce at the Tisbury COA 508-696-4025

**Oak Bluffs Highlights - 508-693-4509**

**New Program! – Oak Bluffs COA Walking Club**
Tues, 10 am – 11:30
Led by Sandy Blythe & Lloyd Henke. Meet at OBCOA, and walk to various locations around town. End at OBCOA. Free, bring a bottle of water & comfortable shoes!

**SPECIAL EVENT! Memoirs of an Arabian Princess from Zanzibar.**
Presented by Waterfall Productions, Rita Parisi
September 21, 2:30
Return to an era when Zanzibar was ruled by sultans and enter a vanished world of heat, spice, and the exotic East. Join presenter Rita Parisi as she takes us on a colorful journey to this historical city through her fascinating true story of her family's rich history.

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

**Annual Cookout**
8/11, 11:30am-1:00pm.
Join us for live music by the Long Point Five, food, and friendship. Make your reservations now! Sponsored by Friends of UPICOA, Space limited.

**Tisbury Highlights - 508-696-4205**

**Who’s Your Agent? Health Care Planning Workshop, TCOA**
9/28, 3-4 pm. Free. Space limited. Register in advance.
Presented by: Ellen McCabe, RN, CHPN. Director of Professional Education, Hope Hospice.
This workshop will guide adults and their families through lifelong health care planning discussions. Learn up-to-date health care planning information and how to identify and use the five MA planning documents. Discuss the importance of having a health care proxy and personal directive. You will receive materials to help you create your health plan.
Hope Hospice Martha’s Vineyard, Honoring Choices Massachusetts.
RSVP to Joyce at the Tisbury COA 508-696-4025

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

**Annual Cookout**
8/11, 11:30am-1:00pm.
Join us for live music by the Long Point Five, food, and friendship. Make your reservations now! Sponsored by Friends of UPICOA, Space limited.

**Healing Through Writing**

**How to Self-Publish Your Book**

**MELT Method Classes with Valerie Sonnenthal, UICOA**
8/14, 8/21, & 8/28, 8:30-9:30 am $15. Space limited. Pre-registration required. Learn simple self-care techniques you can use every day to make your whole body feel better at any age. Use soft foam rollers and small MELT hand and foot balls to rehydrate connective tissue. Feel free to bring your own mat. Rollers and balls provided. Bring water and wear comfortable clothes.
Call the Up Island COA at 508-693-2896 to register.
**Island-Wide Activities Calendar**

**Exercise & Fitness**
- Yoga for Seniors UICOA, Fri, 9-11 am
- Tai Chi w/ Sifa Daisy, TCOA, Tues, 9-11 am
- Tai Chi & Qigong UICOA, Tues, 9-11 am
- Tai Chi with Dan Doty TCOA, Thurs, 10-11 am
- Gentle Yoga with Carol Aranzabe, ECOA & TCOA, Thurs, 9-11 am

**Ideas, Books, & Plays**
- Poetry Readers, TCOA, Mon, 9-11 am
- Poetry, Hill Jupen, ECOA, Thurs, 9-11 am
- Breath Meditation ECOA, Tues, 9-11 am
- Tai Chi with Nan Doty TCOA, Thurs, 10-11 am
- Tai Chi & Qigong with Carol Aranzabe, ECOA & TCOA, Thurs, 9-11 am
- Tai Chi w/ Sifa Daisy, TCOA, Thurs, 9-11 am
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**Service Programs and Group Support Directory**

### Blood Pressure & Wellness Clinics:
- Aquinnah Town Hall, 8/22, 2-3
- Chilmark Library, 8/16, 12:30-1:30
- Edg Stop & Shop Pharmacy, 8/2, 12:2
- Edg Town Hall, 8/9, 9-11
- Edg COA, 8/22, 12:1-30
- Oak Bluffs COA, 8/1 & 8/17, 12.00
- Tisbury COA, 8/1, 9:30-1:30
- Up Island COA, 8/8, 11:00-1:00
- Crong's, 8/10, 1-3
- Hillsdale Village, 8/2, 10-11

### Health Promotion
- Vineyard Village at Home (VVAH)
  - 107 Indian Hill Rd, West Tisbury
  - 508-693-7900
  - Call 508-457-9285 for appointment

### 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
- UICOA, Call 508-693-2896 for an apt.
- MVCS Family Center, 508-693-3038

### Insurance, Legal, Social Security
- Vineyard Village at Home (VVAH)
  - Info & to join call 508-693-3038,
  - vineyardvillage@gmail.com

### Food Services, Transport & Housing
- Ample Free Parking
  - 117 BEACH ROAD, VINEYARD HAVEN
  - MON– FRI 9– 6, SAT 9–3
  - Call 508-509-9265

### Support Groups & Counseling
- Grandparents Raising
  - Call 508-693-7900 x 217
  - vineyardvillage@gmail.com

### Other Services
- Vineyard Audiology is here to help, year round.
  - Offering Expertise with Integrity
  - 508-693-7979
  - vineyardscripts.com
  - vineyardaudiology.com

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**Vineyard Audiology**

**Family-owned & Operated**

**• Blood Pressure Screening**

**• Administering most adult vaccinations, including pneumonia & shingles**

**• Sick Room Supplies**

**• Personal Consultations**

**• Prescription Drug Disposal Program**

**MON–FRI 9– 6, SAT 9–3**

**117 BEACH ROAD, VINEYARD HAVEN * AMPLE FREE PARKING**