



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

**August 2017 - Vol. 21, Issue 8**

## 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 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 \$1100 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 250 island families every month. We want to especially recognize Adam Breznick at IFP (Island Food Products) whose truck picks up food twice monthly at the Greater Boston Food Bank, and provides overnight storage until it can be distributed locally through the Councils on Aging and Serving Hands pantry.

**Thank you IFP!**

## 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, 1/19, 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 Land Fall Restaurant. Admission is free, but donations are gladly accepted. Walking tour - Distance from SSA to the Woods Hole Science Aquarium is 1/2 mile. Boat: Depart VH - 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 boat. Call soon to

reserve and receive itinerary, 508-627-4368.

### 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 renovated 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 Lo Conti'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.



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Thirwood Place is owned and operated by a local family business spanning four generations, built on integrity and the value of family and friends.

## VETERANS SERVICES

### Property Tax Exemptions for Eligible Veterans, Spouses, and Parents

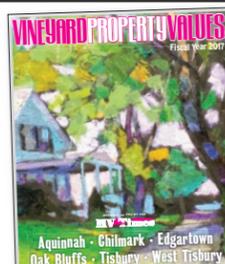
To qualify, all veterans (and spouses\* where applicable) must:

- 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, clauses 22A, 22B, 22C, and 22E, surviv-

ing 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 those in receipt of full exemptions 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.



### VINEYARD PROPERTY VALUES GUIDE

**Now available! Check your post office, or stop by the MV Times office and pick up a copy of our most popular supplement of the year!**



### 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.

# !NOTEWORTHY

## What you need to know about Tick-borne Illnesses, TCOA

8/9, 1pm

Speaker: Elizabeth Sanderman, RN Elizabeth Sanderman, the Public Health Nurse from VNA of Cape Cod will give a talk at the Tisbury COA focusing on how to prevent getting tick borne illness.

Call the Tisbury COA at 508-696-4205 for more information.

## 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 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 Council on Aging and Boston University Collaborate

The Oak Bluffs Council on Aging is working with Boston University's Global App Initiative Project to develop a free app for seniors and they need your input! What information would you like to be able to access quickly? Names? Addresses? Cell phone numbers? Let them know by contacting Lucy Abbot by email at abbotlu@comcast.net or by phone at 508-338-7284.

**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

### iPad Refresher Program at Edgartown Library

8/2, 10:30 am. Space limited. Edgartown Library with Kathy Lavieri, technology trainer over 20 years experience working with diverse groups of adults. Call ECOA, 508-627-4368, or Library, 508-627-4221 to reserve.

### Elder Law Attorney Tom Kosman

8/7, appointments starting at 10. Call to schedule an appointment.

### Non-Sanctioned Duplicate Bridge with Sari

Thursdays 12-3. Call Sari for seating, 508-627-4061.

### Bridge Instruction with Sari

Fridays, 1 pm. Call Sari to let her know you are coming, 508-627-4061.

### Friday Morning Conversation Group

8/4 & 8/18, 10 am. Refreshments.

### ECOA Book Group for Women and Men

8/23, 3 pm, led by Jill Jupen. August's book TBA. Refreshments.

### Health Screenings with Liz Sanderman

8/22, 12-1:30  
Blood Pressure, health questions with Liz, public health nurse from VNA Cape Cod.

### On Display in August

Plein air painter Susan Sellers exhibits Vineyard and Maine landscapes. Meet Susan, 8/25 at lunch, short Q and A.

### Before Lunch Piano Preludes with Adele

8/11 & 8/25, 11:30 am, enjoy Adele Dreyer's beautiful music.

### Write Your Own Obituary with Susan Klein, M.Ed — memoirist and storyteller

Tuesdays, 8/1-8/22, 4:30-6:30, \$125, Sponsored in part by Friends of ECOA. Call to sign up.

### Eat Ice Cream Sundaes & Sing Karaoke with High School Students

The Anchors Thursday, 8/24, 3:30 pm. Call to reserve. Donations.

## Oak Bluffs Highlights - 508-693-4509

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

### 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!

#### Knitting with Nancy Merjos

##### – Back for the season!!

Thursdays, 1:00pm.

#### Senior Dining

Every Tues. & Thurs., 12 noon. Call Rose to make a reservation.

#### UFO'S – Unfinished Forgotten Objects

Fri, 1-2:30pm

Socialize & be productive! Bring in a project you've been meaning to finish.

#### Men's & Ladies Luncheon

8/2, 12 Noon  
Call Rose to make a reservation.

#### Coffee & Conversation w/ OBPD Chief Erik Blake – 8/4, 10 am

#### Threshold Choir

8/7 & 8/21, 1pm. 8/11, Noon. No experience required, just the desire to sing!

#### Friends of the Oak Bluffs Council on Aging

8/10, 1:30 pm. Be a part of Team OB! The Friends of the Oak Bluffs COA are sponsoring a September 2017 Heritage Gardens and Museum Trip to Sandwich, Massachusetts, and a October

2017 North End Trip, including luncheon at the fabulous Lo Conti's Restaurant in the North End! Call Rose for info.

#### Coffee & Computers w/ Allison Malik of OB Library – 8/16, 10:30 am

#### Board of Directors Meeting – 8/17, 2pm

#### SHINE - Representative Jim Butterick

8/22, 12:30  
Call Rose to schedule your appointment.

#### ASALH August Meeting – 8/24, 2pm.

#### Animal Companions – 8/28, 1pm

*Please remember things may change! Be sure to read Megan Alley's Oak Bluffs column in the Calendar section each week for updates and additional information!*

## Tisbury Highlights - 508-696-4205

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

### 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 harems, slave trading and court intrigues. Salamah bint Said, a sultan's daughter who fled her gilded cage and eloped with a German trader to Europe, wrote a fascinating memoir offering a compelling look at 19th century Arabic and African royal life. Rita Parisi from

Waterfall Productions has adapted Salamah's memoirs into a one woman theatrical presentation, where you will "meet" the former princess and learn about her life in Zanzibar and Germany, from childhood to being a young widow with small children. Refreshments prior to production. Call for seating.

#### Kundalini Yoga Meditation, TCOA

Wednesdays, 4:00 pm  
Steve Power, guide. \$4  
It isn't magic, and it isn't a belief or a religion. It is simply a technology - a set of simple techniques that use what you have (your mind,

senses, and body) to create a communication between you and your mind, and between your mind and your body. Meditation is a time to be with yourself. Meditation is a time to connect with your breath, a time to be present to the life force in your body, a time to re-establish your own rhythm, a time to talk to your higher self, a time to be in love with your unique life. Meditation is between you and YOU. ~ *Sadhant Sing*

(Please see "Island-Wide Activities Calendar" for all that's happening at the Tisbury Senior Center!)

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

Joyce Albertine, Director  
Hours: 8:30 am - 4:00 pm

### Annual Cookout

8/11, 11:30am-1:30pm. 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

8/28 & 8/30, 10am-Noon. Free. Instructor: Leslie Richmond Simmons. An open and creative memoir-inspired writing workshop for adults facing the challenges of living with physical disability. Class size limited to 8. Call to register.

### How to Self-Publish Your Book

8/25, 2pm. Free. Presenter: Henry M. Quinlan. Learn tips and get suggestions on writing, self-publishing, funding, and marketing your book. Light refreshments. Call to register.

### MELT Method Classes with Valerie Sonnenthal,

8/14, 8/21, & 8/28, 8:30-9:30 am \$15. Space limited. Pre-registration required. See Noteworthy for details.

### DANCE FREE – Tuesdays, 3-4.

No money, no teacher, no instructions. All fun to catchy, funky, rhythmic music.

### Howes House Writing Group

Every Tuesday, 11:15-1:15. All levels welcome! Bring lunch.

### Chair Massage with Ellen McMannis

Treat yourself! Every Friday 2-3:40. Promotional discounted cost is \$1 per minute for a 20 minute session. Call (508)693-2896 for an appointment.

### Health Insurance Counseling (SHINE Counselor – Joyce Bowker)

Counseling assistance with your health insurance questions.

### Outreach Services

Ellen Reynolds is available Mon.- Fri. 9a.m.-3 p.m. Meet confidentially with Ellen to learn about community resources like medical equipment loans, notary services, File of Life, etc.

### Vineyard Isle Parkinsonians Support Group

8/14, 10:30 am. Call Ellen for details

### Parkinson's Caregiver Support Group

Call Ellen for further information.

### Annual Lobster picnic at the Galley in Menemsha – 9/11, 12pm.

Call now to reserve. Space limited  
Stay Tuned! Free Reiki clinic the 2nd Tuesday of every month starting in October!

# Island-Wide Activities Calendar

## Exercise & Fitness

### Yoga for Seniors UICOA

\$10 per class,  
Martha Abbot,  
Mon & Fri, 10:30 – 11:30 am  
Kanta Lipsky  
Wed. 10:30-11:30 am

### Gentle Yoga/Kripalu

with Carol Aranzabe, ECOA & TCOA  
On hiatus. Will resume in Sept.

### Wisdom Healing Qigong, UICOA

Mon, 5 pm. Allison Parry, Instructor  
Cultivate source energy, awaken consciousness, activate healing, and restore mind/body balance. For info call or text 508-397-1743. Free.

### Gentle Morning Yoga, TCOA

Tues, 11 am. \$8  
Virginia Iverson, instructor  
Chair or bring your own mat  
Register at 508-696-4205

### Kundalini Yoga Meditation, TCOA

Mon, 1 pm. \$4  
Steve Power, guide. All levels.  
Tai Chi w/ Sifu Daisy, TCOA  
Thurs. 9-11am. All levels.

### Tai Chi with Nan Doty ECOA

Thurs, 10-11am, with tea following.  
Call Wendy for details, 508-627-4368.

### Got Strength? Strength Training with Lisa Amols, ECOA

Tues & Thurs, 8:30 am  
Be strong, flexible, fit, and happy! Call Lisa, 508-693-1009 before first class. Punch cards available. Join anytime.

### 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

Fri, 1:00pm – 2:30pm.  
A great way to exercise, improve

mobility and balance and have fun!

### Dance FREE! UICOA

Tues, 3-4. No money,  
no teacher, no instructions.  
Dance to catchy, funky, rhythmic music.  
Call 508-693-2896

### Strength Training UICOA, \$8

With Katryn Gilbert (First class is free)  
Mon & Wed, 5:30 pm  
Tues & Thurs, 8:30 & 9:30 & 10:30 am  
Saturdays, 9:00 am. Call 508-693-2896

### Chair Massage with Ellen McMannis UICOA, \$20 for 20 minutes

Every Fri., 2- 3:40 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.

### OB Exercise Classes, OBCOA

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

Fri., 8:30 am w/ Floyd

### Bowling at Bowl, Barn & Bistro, TCOA

Resumes: 10/2, 11:30-1:30. \$10  
1 hr bowling & lunch (shoes included)  
Tisbury Residents: Call 508-696-4205 to register by 9/7.

### 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](http://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, 8/4 & 8/18, 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  
Producer: Eric Turner, Theme: "Funny"  
8/2 "Laughter on the 23rd Floor"  
by Neil Simon.

8/9 "On the Razzle"  
by Tom Stoppard.

8/16 "Fuddy Meers"  
by David Lindsay-Abaire.

8/23 "Arsenic and Old Lace"  
by Joseph Kesselring.

8/30 "Moon Over Buffalo"  
by Ken Ludwig.

Discussion follows, listeners welcome.

Call 508-696-4205 for info.

### Poetry Readers, TCOA

Reconvene: 9/11, 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

Books available at the VH library.  
Call 508-696-4205 for information.

### Book Discussion Group

Edgartown Public Library, Call Lisa,  
508-627-4221 for information.

### ECOA Book Group for Women & Men

8/23, 3pm. Led by Jill Jupen,  
August's book TBA. Refreshments.  
Call Wendy for info 508-627-4368.

### Howes House Writing Group,

UICOA, Every Tuesday,  
11:15 am – 1:15 pm.  
All levels welcome! Bring lunch.

### Ukulele Players, TCOA

Weds, 1-3 pm. Martha Child, instructor  
All levels welcome.

### MV Museum Conversations

On break until September.

## Arts & Crafts

### Rug Hooking, UICOA, On hiatus.

### Painters Group, TCOA

Thurs., 9-11 am  
Come paint with us!

### Watercolor Painting with Nancy Cabot, UICOA

Fridays, 1 pm. Beginners welcome!

### Creative Coloring Book

TCOA, Thurs, 9-11 am

Supplies provided

### Express with Color Painting!

Original Class resumes 9/11  
New Beginners Class begins 9/25

Bruce Kissell, instructor.  
Materials provided.

Info & Register: 508-696-4205

### 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

ECOA, Tues & Fri, 1 pm  
UICOA, Wed 1 pm & Thurs, 1:30 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,

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 Trudy for seating: 508-627-6719

UICOA - Thurs, 1:30

Call Abe Seiman for seating:  
508-696-9030

### Duplicate Bridge, TCOA

Mondays, 1:15-5:00 pm  
Call Gayle for info: 508-627-5476

### Duplicate Bridge Lessons, UICOA

On hiatus.  
For info email Cathy Minkiewicz at [cminkiewicz@verison.net](mailto:cminkiewicz@verison.net)

### Non-Sanctioned Duplicate Bridge,

ECOA, Thurs 12-3.

Call Sari Lipkin for seating,  
508-627-4061.

### Brush up on Bridge, TCOA

David Donald, instructor  
Four lessons in Sept.  
Call Sandy for info 508-696-4205

### Bridge Instruction with Sari, ECOA

Fri, 1 pm. Call Sari to let her know  
you're coming, 508-627-4061.

### Bingo OBCOA,

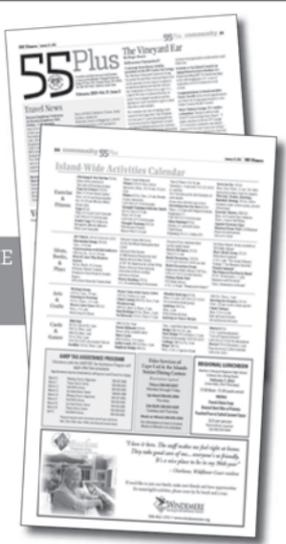
Wed., 8/9, 1-3 pm & 6-8 pm

**55Plus**  
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  
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Find helpful information on  
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To advertise, call 508-693-6100 (press 2)  
[danielle@mvtimes.com](mailto:danielle@mvtimes.com)



## Martha's Vineyard Partnership for Health (MVPH) My Life, My Health – Become a Health Self-Manager.

If you have a chronic health condition, or are a caregiver for someone who has a chronic health condition such as arthritis, heart disease, cancer, high blood pressure, asthma, depression, or pain you will become empowered by participating in this series. My Life, My Health is proven program designed to 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.

The MV Partnership for Health has funding from MA Executive Office of Elder Affairs and the Federal Administration for Community Living to offer this FREE 6-session series. Call or email to find out the dates and location of our next series that will start in the first week of September. Preregistration is required. Call 508-627-5797 x114 or [infoMVPH@ihimv.org](mailto:infoMVPH@ihimv.org) to register or for more information.

**Service Programs and Support Group Directory**

**Health Promotion**

**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, 9:30-11:30  
**Up-Island COA**, 8/8, 11:00-1:00  
**Cronig's**, 8/10, 1-3  
**Hillside Village**, 8/2, 10-11

**Woodside Village**, 8/28, 12-1  
**Woodside Village II**, 8/24, 1:15-2:15  
**Public Health Nurse Clinics:**  
 With Liz Sanderman,  
 Public Health RN from VNA of Cape Cod  
 Call your Council on Aging for info  
 TCOA, 8/10, 9:30-11:30  
 ECOA, 8/22, 12-1:30  
**Vineyard Scripts**, Beach Rd. VH  
 Have your blood pressure checked any day, any time.

**Hearing Services, call in advance for an appointment.**  
**OBCOA:**  
 8/15, 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, 8/9, 9 am  
 Call 508-693-4509 x3  
 ECOA, 8/15, 1:30-3:30 pm  
 508-627-4368  
 UICOA, 8/28, 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  
 8/7, ECOA. Appointments starting at 9:30am  
 Call 508-775-7020 OR  
 1-800-742-4107 for an appointment

**Free Legal Clinic**  
 8/9, 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**  
 8/28, 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**  
 8/4, 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 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

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**

\*Summer break\*  
 Resume 9/18, 1 pm, TCOA  
 Speaker: Elizabeth Sanderman, RN  
 Call 508-696-4205 for information  
**Vineyard Isle Parkinsonians Support Group**  
 8/14, 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**  
 Wednesdays, 9:30 am & 11 am  
 Featherstone Center for the Arts. Call Victoria Haeselbarth,  
 508-627-4368 x15  
**Memory Caffè**

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, 10:30 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

**Vineyard Audiology is hear to help, year round.**  
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 vineyardaudiology.com

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- Personal Consultations
- Prescription Drug Disposal Program