



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

September 2017 - Vol. 21, Issue 8

SHINE NEWS

Medicare Open Enrollment Just Around the Corner

The Open Enrollment Period (Oct 15 – Dec 7, 2017) for Medicare Advantage Plans (Part C) and Prescription Drug Plans (Part D) will be here before you know it and it is very important to re-evaluate your Medicare options for 2018 during this period. Each year Medicare plans can change premiums, deductibles, co-pays and the prescription formulary (list of drugs they cover). In addition, Medicare Advantage Plans (HMOs, PPOs) often add and/or drop primary and specialty physicians, skilled nursing facilities and hospitals.

Your current plan is required to notify you by September 30th of any changes for the coming year. This letter is called the Annual Notice of Coverage (ANOC) - please make sure you review it. If you decide to stay with your current plan there is no further action required. If you switch your Medicare Advantage (Part C) or Medicare Prescription Drug (Part D) Plan during the Open Enrollment Period it will take effect January 1, 2018 (Please note - this enrollment period may not affect you if you have retiree coverage).

SHINE appointments fill up quickly so don't forget to call your senior center in September or October to make your SHINE appointment for this year's open enrollment.

TRAVEL NEWS

Falmouth Shopping Trips,

UICOA
9/13, 8:15 am boat leaving, 6:15 pm returning.
10/25, 8:15 am boat leaving, 5:00 pm returning. Please call 508-693-2896.

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 ½ 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 Symphony Orchestra, TCOA

Symphony Hall, Boston

Friday, 9/29
Leave: 8:15 VH, Return: 6:15 SSA WH
Program: Beethoven Piano Concerto No.4 ; Shostakovich Symphony No. 11/The Year 1905.
Andris Nelsons, conductor.
Paul Lewis, piano
Call TCOA: 508-696-4205, about our BSO trips.

Boston Harbor Cruise, UICOA

New Date 10/5. \$92. Space limited. RSVP by 9/5.
Join us on a two hour cruise aboard the Spirit of Boston for the perfect mix of dining and entertainment. Departing from historic Seaport District, the cruise includes an all-you-can-eat buffet, cash bar, and DJ entertainment. 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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- Move-In Coordinator

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(508) 398-8006

237 North Main Street
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www.ThirwoodPlace.com

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

You support the Veteran in your life.
Now, VA stands ready to support you.

VA benefits are not just for Veterans. Spouses, children and parents of Veterans may be eligible for various VA benefits too. Jennifer, a wife of a disabled Marine Corps Veteran, utilized VA health care and education benefits for her entire family.

"My experience, from my point of view, has been wonderful. Everybody's been supportive and I'm grateful," she says. "It may be a little bit of work, but it's ultimately worth it in the end."

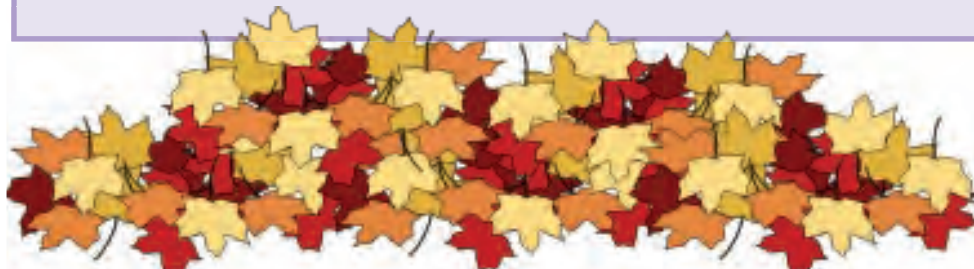
Not only does her husband use VA health care for help with his disabilities, Jennifer and her children have health care coverage under VA's CHAMPVA program. Jennifer also

used the Survivors' and Dependents' Educational Assistance program to earn her master's degree and plans to use this benefit for her children as well.

Spouses, children and parents of Veterans may also be eligible to receive benefits for:

- Disability compensation
- Employment services
- Home loans
- Life insurance
- Pension
- Memorial benefits

Visit Explore.VA.gov for more information or go to www.va.gov/spouses-dependants-survivors-overview



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

Labor Day Closings
All COAs will be Closed on Monday September 4, 2017 in Observance of Labor Day.

Health Care Planning Workshop, TCOA
 9/28, 3-4 pm
 Speaker: Ellen McCabe, RN
 Director of Professional Education – Hope Hospice Workshop will discuss lifelong healthcare planning, up-to-date health care planning information, how to identify and use five Massachusetts planning documents, and support in your planning. Space is limited. Call 508-696-4205 for information or to reserve space.

Health Fair, TCOA
 9/28, 4-6pm
 Following the Health Care Planning Workshop participate in the TCOA's Health Fair. Hearing, blood pressure, and glaucoma screenings will be available, and different agencies will present to answer questions on services they provide. Free and open to the public. Call 508-696-4205 for information.

Free Computer and Phone Help, UICOA
 9/5 & 9/7, 2-4pm
 Could you use help with tech issues? Are you interested in learning how to navigate your devices? Everett C. Healy will be at the Howes House. Bring the device and all appropriate cords and chargers. Call now for an appointment.

NEW!! Oak Bluffs COA Walking Club
 Tuesdays 10:00 – 11:30 am
 Weather permitting, Sandy Blythe and Lloyd Henke will lead the group, meeting at OBCOA at 10:00am, and walking to various locations here in our beautiful town, ending at the OBCOA by 11:30am. Free of charge, bring a bottle of water and wear comfortable shoes!

Rising Tide Therapeutic Equestrian Center
 Equine Enhancing Elders: Participate in facilitated interactions with our 4 legged friends. Please call 508-693-1185 for information.

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

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
 9/1, No Regular Lunch.

Pizza and Bingo at Noon
 9/5, No Regular Lunch. Call the Anchors to sign up, 508-627-4368.

Nutrition with Sue Cataldo
 9/12, 12:45, learn how to strengthen your immune system with health guru, Sue Cataldo. Call to reserve lunch and program, 508-627-4368.

iPad Refresher Continued Program at Edgartown Library
 9/13, 10:30 am, Edgartown Library, Kathy Lavieri, technology instructor, over 20 years

experience. Call ECOA, 508-627-4368, or Library, 508-627-4221 to reserve. Space limited.

Book Talk with Carolyn O'Daly
 9/19, 12:45 pm, Carolyn presents her book "There's Something about the Vineyard." Call to reserve lunch and program, 508-627-4368.

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 reserve, 508-627-4061.

Friday Morning Conversation Group
 9/1 and 9/15, 10 am. Refreshments.

Health Screenings with Liz Sanderman
 9/26, 12-1:30, Blood Pressure, health questions with Liz, VNA public health nurse.

ECOA Book Group for Women and Men
 9/27, 3 pm, led by Jill Jupen. September's book TBA. Refreshments.

Fish Distribution
 Wednesdays, 9 am, 9/13-10/11. At 9 am, in order of arrival, each person will receive a number. Thereafter fish will be distributed as numbers are called. Coffee and snacks served.

On Display in September
 Dianne Holt's photography. Meet Dianne, 9/15 at lunch with a Q and A.

Pre-Lunch Piano Preludes with Adele
 9/8 & 9/22, 11:30 am, enjoy Adele Dreyer's beautiful music.

Edgartown Bowlers for October!
 10/2, Join to challenge TCOA at the Barn Bowl & Bistro, 11:30-1:30. Fun! Lunch, \$10. Call 508-627-4368 to reserve.

Oak Bluffs Highlights - 508-693-4509

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

Labor Day Closing
 9/4
 The Oak Bluffs Council on Aging will be closed on Monday, September 4, 2017 in observance of Labor Day.

Men's & Ladies Luncheon
 9/6, 12:00 noon
 Call Rose to make a reservation.

Coffee with the Chief
 9/8, 10 am
 Conversations and coffee with Oak Bluffs Police Chief Erik Blake

Threshold Choir
 9/8, 12:00 noon & 9/18, 1:00 pm
 No experience required, just the desire to sing!

Animal Companions
 9/11 & 9/25, 1:00 pm

Friends of the Oak Bluffs Council on Aging
 9/14, 1:30
 Come and join, 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! Please contact Rose for additional information.

Coffee and Computers
 9/20, 10:30 am
 With Allison Malik of the Oak Bluffs Public Library

Board of Directors Meeting
 9/21, 2:00 pm

NEW!! Oak Bluffs COA Walking Club
 Tuesdays 10:00 – 11:30 am
 Weather permitting, Sandy Blythe and Lloyd Henke will lead the group, meeting at OBCOA at 10:00am, and walking to various locations here in our beautiful town, ending at the OBCOA by 11:30am. Free of charge, bring a bottle of water and wear comfortable shoes!

SHINE Representative Jim Butterick
 9/26, 12:30 pm
 Contact Rose to schedule your appointment.

Please remember things may change after we go to print, 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

Memoirs of an Arabian Princess from Zanzibar
 9/21, 2:30 pm

Return to an era when Zanzibar was ruled by sultans, and enter a vanished world of harams, 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 had 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. Enjoy refreshments before the show. Free. Call for seating.

Book Talk & Tea
 9/7, 1:30pm
 Tom Dresser, author.
 "Hidden History of Martha's Vineyard" This is Tom's most recent publication released to the public in April. Learn about little-known intriguing details that await! Refreshments afterward.

Protecting Your Home
 9/19, 5:30-6:30 p.m
 Arthur Bergeron, Atty.

In this seminar, Attorney Bergeron will talk about new case law regarding irrevocable trusts, new regulations regarding MassHealth qualification, and how, in today's world, you can best protect the value of your home in the event you need nursing home care or a lot of care at home.

Healthcare Planning Workshop & Health Fair 9/28, 3-6 pm
 See Noteworthy for details on an exciting day of health at that TCOA!

Please see 55+ Calendar listings for all regularly scheduled classes and events.

Up-Island Highlights - 508-693-2896

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

Annual Lobster Picnic at the Galley in Menemsha
 9/11, 12pm

Call now to reserve. Space limited

"How to Self-Publish Your Book"
 9/25, 2 pm. Free
 Presenter, Henry M. Quinlan has over 40 years of experience in book publishing and has spoken extensively about self-publishing. He offers tips and suggestions on writing and self-publishing – including how to fund your book and market it. Light refreshments. Please register.

Free Computer and Phone Help
 9/5 & 9/7, 2-4pm
 Could you use help with tech issues? Are you interested in learning how to navigate your

devices? Everett C. Healy will be at the Howes House. Bring the device and all appropriate cords and chargers. Call now for an appointment.

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 Coun-

selor – 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. The COA has medical equipment they may loan, notary services, and can assist you with filling out a File of Life card all free of charge.

Vineyard Isle Parkinsonians Support Group
 9/11, 10:30 am
 Call Ellen for details

Parkinson's Caregiver Support Group
 Call Ellen for further information.

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 Break. Resuming date TBA

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, 11-12 am. \$8
Virginia Iverson, instructor
Chair or bring your own mat
Register at 508-696-420511111

Kundalini Breathe Yoga Meditation, TCOA. Tues, 1-1:15pm. New and practiced welcome. Steve Power, guide. \$4

Kundalini Yoga, TCOA
Wed, 4-5:15 pm
Steve Power, guide, \$10
Bring mat or thick towel

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
Saturdays, 9:00 am
Call 508-693-2896

Chair Massage with Ellen McManis 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

Walking Club, OBCOA
Every Tues, 10:00-11:30 am
Free. Meet at OBCOA (weather permitting)

Bowling at Bowl, Barn & Bistro, TCOA & ECOA
10/2, 11:30-1:30. \$10. FUN!
1 hr bowling followed by gourmet lunch
Call to register by 9/28. TCOA 508-696-4205. ECOA 508-627-4368

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. 9/1 & 9/15, 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
September Theme: Richard Nelson Month
Producer: Felicity Russell

9/6 "Hungry" Director: Linda Vadasz
9/13 "What Did You Expect" Director: Cynthia Wolfson
9/20 "Women of A Certain Age" Director: Nora Nevin
9/27 "An American Comedy" Director: Elaine Bart
Discussion follows and Listeners always welcome. Call 508-696-4205 for info.

Poetry Readers, TCOA
9/11, 10 am.

Poetry, Jill Jupen, ECOA
Thurs., 9:30 am

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 9/27, 3pm. Led by Jill Jupen, September's book "The Twin" by Gerbrand Bakker. 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
Resuming at the TCOA on 10/12
Memoirs of an Arabian Princess from Zanzibar, TCOA
Thurs, 9/21, 2:30 pm

Tick Talk, TCOA
Wed, 9/9, 1 pm

Arts & Crafts

Rug Hooking, UICOA
On hiatus.

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!, TCOA
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

Needlework, ECOA, Thurs 2-4 pm

Mindful Knitting, ECOA
Mon, 3:30-5:30 pm. Call 508-627-4368

Not an instructional group
Knitting w/ Nancy Merjos, OBCOA
Thurs, 1:00 pm
Call 508-693-4509

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 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 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 for Beginners with Dan Cabot, UICOA
Starting 9/29, 1:30-3:30pm
No fee, but attendees need to purchase course notes, \$10 to cover printing cost.
Class size limited to 8
Pre-registration required
For info email Cathy Minkiewicz at cminkiewicz@verison.net

Non-Sanctioned Duplicate Bridge, ECOA. Thurs 12-3. Call Sari Lipkin for seating, 508-627-4061.

Bridge Instruction with Sari, ECOA
Fri, 1 pm. Call Sari to let her know you're coming, 508-627-4061.
Brush up on Bridge, TCOA
David Donald, instructor
Four lessons in Sept.
Call Sandy for info 508-696-4205

Bingo OBCOA, Wed., 9/13,
1-3 pm & 6-8 pm

Martha's Vineyard Partnership for Health Promoting Healthy Living and Health Self-Management My Life My Health

Are you 60+ or caring for someone 60+? Island Health Care and Vineyard Health Care Access invite you to participate in a community program to help people learn how to manage and prevent chronic disease. This is a free program to provide you with information, tools, support and knowledge on how to better manage your diseases and conditions – putting you in control of improving your own health. The program is designed to help people with are at risk or diagnosed with a chronic disease or condition such as diabetes, arthritis, heart disease or obesity. Other chronic conditions may be anxiety, depression, or behavioral health concerns, chronic Lyme or some other neurological processes.

The Program can offer you:

- Chronic Disease Self-Management Classes – a series of 6 classes
- Diabetes Education Classes
- Diabetic Foot Care Classes
- Healthy Cooking Sessions
- Walking Group
- Individual and Group Health and Wellness Coaching
- Stress Management
- Wellness Workshop

Service Programs and Support Group Directory

Health Promotion

Blood Pressure & Wellness Clinics:
Aquinnah Town Hall, 9/26, 2-3
Chilmark Library, 9/20, 12:30-1:30
Edg Stop & Shop Pharmacy, 9/6, 12-2
Edg Town Hall, 9/13, 9-11
Edg COA, 9/26, 12-1:30
Oak Bluffs COA, 9/5 & 9/21, 12:00
Tisbury COA, 9/5, 10:00-11:00
Up-Island COA, 9/12, 11:00-1:00
Cronig's, 9/14, 1-3
Hillside Village, 9/6, 10-11

Woodside Village, 9/25, 12-1
Woodside Village II, 9/28, 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, 9/14, 9:30-11:30
ECOA, 9/26, 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:
 9/19, 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, 9/13, 9 am
 Call 508-693-4509 x3
 ECOA, 9/19, 1:30-3:30 pm
 508-627-4368
 UICOA, 9/25, 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
 9/5, ECOA. Appointments starting at 9:30am
 Call 508-775-7020 OR 1-800-742-4107 for an appointment
Free Legal Clinic
 9/13, 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
 9/25, 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
 9/1, 10:30 am.
 Call 508-627-4368 for an appointment
Funeral Consumers Alliance
 1-802-865-8300, Information on end of life alternatives
Arthur Bergeron, atty/Info
 Presentation, TCOA
 Tues. 9/19, 5:30pm
 'More Clarity on Irrevocable Trusts'

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

\$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

Transportation
 Vineyard Transit Authority- 508-693-9440.

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

Housing and Living Options:
Island Elderly Housing, 508-693-5880

9/18, 1 pm, TCOA
 Speaker: Elizabeth Sanderman, RN
 Call 508-696-4205 for information
Vineyard Isle Parkinsonians Support Group
 9/11, 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 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, 9:15 am – 10:45 am
 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



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 MON-FRI 9-6, SAT 9-3
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