



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

October 2017 - Vol. 21, Issue 9

SHINE NEWS

Medicare Open Enrollment Begins October 15th!

Medicare's Part C (Medicare Advantage Plan) and Part D (Prescription Drug Plan) Annual Open Enrollment begins October 15th and ends December 7th. Please make sure you review your 2018 Medicare options during this period.

During the Annual Open Enrollment (October 15 - December 7), you will have a chance to change your plan. This change will take effect January 1, 2018. SHINE Counselors can help you understand your plan's changes, screen you for assistance programs and discuss other options you may have. If you do not change your plan during this period you may have to stay with your existing plan for another whole year. (Note: the open enrollment may not affect those with retiree coverage).

Appointments fill up fast! Call the senior center and make an appointment with a SHINE counselor for this year's open enrollment. Make sure you bring a list (or bottles) of your current medications to the appointment and if you are a couple, please ask for 2 appointments. If we are unable to fit you in during this short period please call the regional SHINE office in Barnstable Village at 508-375-6762.



SEE THE THIRWOOD DIFFERENCE SPACIOUS LIVING IN A BEAUTIFUL SETTING

ALL INDEPENDENT AND ASSISTED LIVING RENTAL APARTMENTS FEATURE:

- Reasonably Priced Flexible Options
- One & Two Bedroom Apartments up to 900 sq. feet
- Village Apartments up to 1700 sq. feet
- Full Kitchen
- Patio/Balcony
- Washer/Dryer
- Ample Storage
- Golf Privileges
- Supportive Care
- 24-Hour Security
- Multiple Dining Choices
- Fitness Center with Heated Indoor Pool
- Social & Physical Activities
- Weekly Housekeeping
- Linen Service
- Transportation
- Health & Wellness
- Move-In Coordinator

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.



(508) 398-8006

237 North Main Street
South Yarmouth, MA 02664

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.

TRAVEL NEWS

Falmouth Shopping Trip,

UICOA
10/25, 8:15am boat leaving,
5:00pm returning.
12/13, 8:15am boat leaving,
5:00pm returning.
Please call 508-693-2896

Boston Harbor Cruise,

UICOA
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. 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, the cruise includes an all-you-can-eat buffet of freshly made foods, cash bar, and DJ entertainment. Price includes roundtrip motor coach and gratuities, lunch and cruise. Note Date Change Please call UICOA for reservations, 508-693-2896.

Upcoming Theater Trips!

UICOA
2/3. On Your Feet! The story of Emilio and Gloria Estefan
3/18. An American in Paris: A new musical
Planning in the works. Please call for more information or to sign up for one or both trips.

Tour of the North End of Boston,

OBCOA
The Friends of the OBCOA are sponsoring a trip to the historic North End in Boston, MA. Boston is always wonderful to visit, particularly beautiful during the Holiday Season. The cost is \$80.00 per person, which includes bus fare and the cost of your luncheon at the fabulous Lo Conti's Restaurant in the North End! Please contact Rose 508-693-4509, ext. 3 for additional information. Only 30 spots are available, so don't wait!

Tisbury Travel Club

1st BSO Concert is 9/29. See you on the Bus! Subscriber tickets available, call 508-696-4205

REGIONAL LUNCHEON IS BACK!

Martha's Vineyard Regional High School
Culinary Arts & Music Departments · Culinary Arts Dining Room

Thursday, October 19th · Music at 11:00 | Lunch served promptly at 11:30

Menu

Potato Cheddar Bacon Soup · Roast Pork with Apple Chutney,
Mashed Potatoes and Vegetables · Apple Crisp

Always delicious! \$12

Reservations are a must! Call 508-939-9440

VETERANS SERVICES

MV Veteran's Expo 10/14, 10am – 2pm

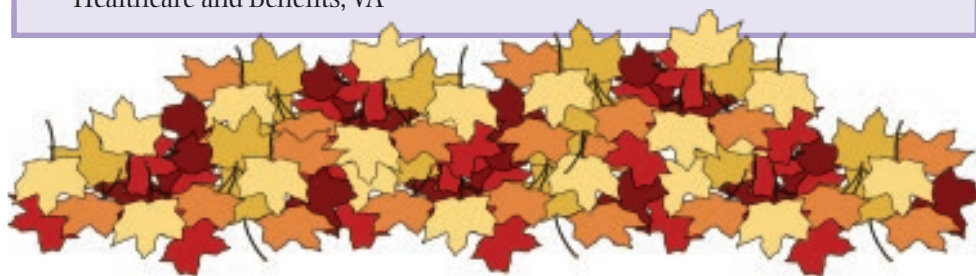
Martha's Vineyard Veterans Expo will be held on Saturday, October 14th from 10 am to 2 pm at American legion Post 257, 47 Martin Road, V.H. Federal, State and Local Veterans Resources will be available.

Benefits Information, MA State Benefits Information and Local Veteran Organizations on Hand, Dr. VanBeber will also be available to give flu shots to Veterans.

- 11 am VA briefing on Pension, Survivors Benefits and Aid and Attendance.
- 1 pm VA Town Hall - Enroll in VA Healthcare and Benefits, VA

• Free Refreshments!

For more information contact:
Cheryl Belisle, Dept. of Veterans Affairs, 401-223-3700 or
Jo Ann Murphy, Dukes County Veterans Services, 508-693-6887



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

MV Museum Presents: The Art & Poetry of Dan Waters - A Living Legend

10/12, 10 am, TCOA
10/23, 1:30 pm, UICOA
Most Islanders know that Dan Waters is an accomplished print maker and poet, but few understand precisely how Dan obtains inspiration and begins the creative process. Museum docents will share his prints and his tools, and read his poetry. The conversation will focus on participants' own observations and inspirations of the beautiful Island we all share. Unfortunately, Dan is traveling and can't join us, but he will be "present" in a short video reading his own work. Come join us for this rare close-up look at West Tisbury's poet laureate Dan Waters.

NEW PROGRAM – Chair Yoga with Kat, OBCOA

Thurs, 10:30-11:30am.
New to our roster of programming is Chair Yoga with Kat. The cost is \$5.00 per class. Kat has years of experience in exercise and yoga in particular. We are so delighted to have her aboard. Please come and join in the fun! Call Rose for more information 508-693-4205

Free Reiki Clinic, UICOA

Starting 10/10, 11am – 1 pm
2nd Tuesday of every month. Call to make an appointment 508-693-2896.
Reiki is an ancient light-touch therapy that restores balance for physical, mental, emotional, and spiritual healing. It is known to release fatigue, stress and pain while strengthening the immune system. It is a safe, natural and non-invasive and is helpful for relaxation, revitalization, injuries and chronic pain.

Legal Clinic with Arthur Bergeron, TCOA

11/28, 5:30 – 9:30pm
Attorney Arthur Bergeron and a guest medical practitioner will give a presentation on "Honoring Choices." They will discuss the kinds of medical emergencies elders face and the decisions that can be made ahead to help make sure people receive the kind of care and treatment they want. Sign up by calling 508-696-4205

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

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.

Long Point Five

10/11, 4:30-6:30 pm, music and pizza. Call to reserve, 508-627-4368. Donations.

SHINE Appointments with Bill Glazier

Call for appointments, 508-627-4368.

Nutrition with Sue Cataldo

10/30, 1:30, learn to strengthen your immune system with health guru, Sue

Cataldo. Call to reserve for program, 508-627-4368.

Book Talk with Carolyn O'Daly

10/31, 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

Thursdays 12-3. Contact Carol by email for seating at fligors@comcast.net, or call 508-627-4722.

Friday Morning Conversation Group

ECO, 10/6 and 10/20, 10 am. Refreshments.

Health Screenings with Liz Sanderman

10/24, 12-1:30, Blood Pressure, health questions with Liz, VNA public health nurse.

ECO Book Group for Women and Men

10/25, 3 pm, led by Jill Jupen. October's book TBA. Refreshments.

Fish Distribution

Wednesdays, 9 am, through 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.

Pre-Lunch Piano Preludes with Adele

10/13 and 10/27, 11:30 am, enjoy Adele Dreyer's beautiful music.

Card-Making Workshop with Brigitte Lent

10/27, 10-12. Call to sign up, 508-627-4368. We collect plants and create cards with the plant images.

Oak Bluffs Highlights - 508-693-4509

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

The OBCOA is closed on Monday, October 9, 2017 in observance of Columbus Day.

Threshold Choir

10/2 & 10/16, 1:00 pm
No experience needed.
Just the desire to sing!

Elder Legal Clinic

10/3, 10 am

Men's & Ladies Luncheon

10/4, 12:00 noon.
Call Rose to make a reservation.

Coffee with the Chief

10/13, 10 am
Come for conversations and coffee with Oak Bluffs Police Chief Erik Blake.

Board of Directors Meeting

10/19, 2:00 pm

Animal Companions 10/23, 1:00 pm

Friends of the Oak Bluffs Council on Aging

10/12, 1:30 pm
Come and join, be a part of Team OB! See Travel News for details on the Friends of the OBCOA's trip to Boston! Contact Rose for information. Only 30 spots are available, so don't wait!

NEW PROGRAM – Chair Yoga with Kat

Thurs, 10:30 - 11:30 am. \$5 per class
New to our roster Chair Yoga with Kat! Kat has years of experience in exercise and yoga. We are so delighted to have her aboard. come and join in the fun!

NEW PROGRAM – OBCOA Walking Club

Tues (weather permitting) 10:00 – 11:30 am
Led by Sandy Blythe & Lloyd Henke. Meet at OBCOA and walk to various locations around town, end at the OBCOA by 11:30 am. Free of charge, bring a bottle of water and wear comfortable shoes!

SHINE- Representative Jim Butterick

10/24, 12:30 pm.
Call Rose to schedule your appointment.

Social Security Video Display Program

10/23, 9:00 am-12 noon.
Please remember things may change after we go to print, so 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

Tisbury Bowling Team

10/2, 11:30-1:30
Are you a Tisbury resident? Gals and Guys 55+: Join our team at the Barn Bowl & Bistro. Fun! Delicious Lunch & Dessert included: All for \$10. Call M-F Must pre-register by September 29, Noon.

Yang Style Tai Chi w Daisy Lifton

10/5 & 10/12, 9:30 – 10:30 am
This class is 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. Free.

Functional Fitness for Seniors

10/12, 10:30 am
Create positive changes for a lifetime of wellness through functional exercise program that incorporates strength, balance, flexibility and agility. A variety of types of exercise will be the goal. Call sign up and for info.

Martha's Vineyard Museum Talk - The Art & Poetry of Dan Waters - A Living Legend.

10/12, 10 am.
See Noteworthy for Details

Elder Law w/ Arthur P. Bergeron

10/24, 5:30 pm
Arthur Bergeron is an elder law attorney

who will go over the three most important legal documents everyone should have: a Power of Attorney, a Health Care Proxy, and a MOLST form. The MOLST (Medical Orders for Life Sustaining Treatment) form provides people with a series of choices that they can make for advance care planning. Technically, the form is a medical order from your doctor to other medical professionals regarding how you are to be treated, if you are not capable of making decisions at the time.

Delicious Lunch Daily

A full luncheon is served at 12 Noon, M-F. Call at least 2 days in advance 508-693-8337.

Up-Island Highlights - 508-693-2896

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

Free Reiki Clinic

Starting 10/10, 11am – 1 pm
2nd Tuesday of every month. Please call to make an appointment.
Reiki is an ancient light-touch therapy that restores balance for physical, mental, emotional, and spiritual healing. It is known to release fatigue, stress and pain while strengthening the immune system. It is a safe, natural and non-invasive and is helpful for relaxation, revitalization, injuries and chronic pain.

DANCE FREE

Tues, 3-4 pm.
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.

Health Insurance Counseling (SHINE Counselor – Joyce Bowker)

Counseling assistance with your health insurance questions.

Vineyard Isle Parkinsonian's Support Group

10/16, 10:30 am.
Call Ellen for details.

Parkinson's Caregiver Support Group

Call Ellen for further information.
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.

MELT Method Classes with Valerie Sonenthal

Tues, 10/3, 10/24, & 10/31, 1pm. \$15. Space limited. Pre-registration required.
Learn simple self-care techniques you can use every day to make your body feel better by reducing inflammation, ease chronic neck and low back strain, improve structural alignment, and learn how to keep your whole body feeling better at any age. We'll 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.

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
Thurs. 8:30 am. Beginning 10/19

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

Gentle Morning Yoga, TCOA
Tues, 11-12 am. \$8
Virginia Iverson, instructor
Chair or bring your own mat
Register at 508-696-4205

Kundalini Yoga Breathe Meditation, TCOA
Tues, 11 am.
Steve Power, guide. \$4 New and practiced welcome, bring a mat or blanket.

Kundalini Yoga, TCOA

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

Tai Chi w/ Sifu Daisy, TCOA
10/5 & 10/12, 9:30-10:30am.
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 8:30 am & starting 10/5 Thurs 3:30-4:30 pm

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
On hiatus until further notice.

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.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.

MELT Method Classes, UICOA
Tues. 10/3, 10/24, 10/31, 1pm. \$15
Instructor: Valerie Sonnenthal
See UICOA Highlights for details.
Space limited. Pre-registration required.
508-693-2896

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
10/6 & 10/20, 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
Joe Corbo, Producer
October Theme is "Plays centering on Sports"
10/4 "That Champion Season" directed by Michael Adell
10/11 "Lombardi" directed by Arnie Reisman
10/18 "Take Me Out" directed by Rise Tierney
10/25 "Tall Girls" by Myra Stark
Discussion follows and Listeners always

welcome. Call 508-696-4205 for info.

Poetry Group
10/2, 10 am. Facilitator: John Brannen
Featured poets: WWI war poets - Wilfred Owen, Siegfried Sassoon, Rupert Brooke, Edward Thomas, Thomas Hardy.

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
10/25, 3pm
Led by Jill Jupen, October's book TBA.
Refreshments. Call Wendy for info 508-627-4368.

Howes House Writing Group, UICOA
Every Tuesday, 11:00 am – 1:00 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

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
Bruce Kissell, instructor. Materials provided. Free. Class size limited to 8 Registration required. 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. Bring in projects you've been putting off and finish them up on your own or with the group!
Call 508-693-4509

Cards & Games

Mah Jong
ECO, 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
Fri, 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
Thurs. 12-3. Contact Carol by email for seating at fligors@comcast.net, or call 508-627-4722.

Brush up on Bridge, TCOA
David Donald, instructor
Four lessons in Sept.
Call Sandy for info 508-696-4205

Bingo OBCOA,
Wed., 10/11, 1-3 pm & 6-8 pm

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 soon! Preregistration is required. Call 508-627-5797 x114 or infoMVPH@

ihimv.org to register or for more information.

If you are reading this on-line, please visit: MV Partnership for Health: Becoming a Health Self-Manager, MVTV on-demand, May 12, 2017.

Service Programs and Support Group Directory

Health Promotion

Blood Pressure & Wellness Clinics:
Aquinnah Town Hall, 10/24, 2-3
Chilmark Library, 10/18, 12:30-1:30
Edg Stop & Shop Pharmacy, 10/4, 12-2
Edg Town Hall, 10/11, 9-11
Edg COA, 10/24, 12-1:30
Oak Bluffs COA, 10/3 & 10/19, 12:00
Tisbury COA, 10/3, 10:00-11:00
Up-Island COA, 10/10, 11:00-1:00

Cronig's, 10/12, 1-3
Hillside Village, 10/4, 10-11
Woodside Village, 10/23, 12-1
Woodside Village II, 10/26, 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, 10/12, 9:30-11:30
ECOA, 10/24, 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:
 10/10, 11 am, Call Rose, 508-693-4509 x3 for apt
UICOA: Vineyard Audiology
 Screenings & Repairs
 Call 508-457-9285 for appointment
Miracle Ear
 Call 508-457-9285 to speak to Audi-

ologist 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, 10/11, 9 am
 Call 508-693-4509 x3
 ECOA, 10/17, 1:30-3:30 pm
 508-627-4368
 UICOA, 10/23, 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
 10/2, OBCOA. Appointments starting at 9:30am
 Call 508-775-7020 OR 1-800-742-4107 for an appointment

Free Legal Clinic
 10/11, 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
 10/23, 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
 10/6, 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

10/16, 1 pm, TCOA
 Speaker: Elizabeth Sanderman, RN
 Call 508-696-4205 for information
Vineyard Isle Parkinsonians Support Group
 10/16, 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
 117 BEACH ROAD, VINEYARD HAVEN * AMPLE FREE PARKING