



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

January 2018 - Vol. 22, Issue 1

TRAVEL NEWS

On Your Feet! The Story of Emilio and Gloria Estefan, UICOA

2/3/2018, \$125 per person Providence Performing Art Center, lunch at Blake's Tavern. Price includes round trip motor coach transportation, lunch, ticket, and all gratuities. Participants are responsible for their own boat ticket. "On Your Feet!" takes you behind the music and inside the real story of this record-making and groundbreaking couple who, in the face of adversity, found a way to end up on their feet." Call 508-693-2896 for more details.

Daniel Webster Estate Tour & Winslow House, TCOA
6/10/18

The Winslow House is on the National Registry of Historic Places. Owned by Daniel Webster, it survives as an example of how the well-to-do lived prior to the American Revolutionary War. The trip includes a visit to the Daniel Webster Heritage Center. Enjoy an Afternoon Tea (appetizers, finger sandwiches, dessert, tea). The DWH has beautiful gardens of peonies and iris. Call: 508-696-4205.

Museum of Fine Arts, Boston, ECOA

Stay tuned for a trip to the Museum of Fine Arts in Boston this Spring. Call Wendy to express your interest, 508-627-4368.



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THE SANDS OF CHRISTMAS

I had no Christmas spirit when I
breathed a weary sigh,
And looked across the table where
the bills were piled to high.
The laundry wasn't finished and the
car I had to fix,
My stocks were down another point,
the Dolphins lost by six.

They didn't have a garland or a
stocking I could see,
They didn't need an ornament-they
lacked a Christmas Tree.
They didn't have a present even
though it was tradition,
The only boxes I could see were la-
beled "ammunition".

And so with only minutes till my
son got home from School,
I gave up on the drudgery and
grabbed a wooden stool.
The burdens that I carried were
about all I could take,
And so I flipped the TV on to catch a
little break.

I felt a little tug and found my son
now by my side,
He asked me what it was I feared,
and why it was I cried.
I swept him up into my arms and
held him oh so near
And kissed him on the forehead as I
whispered in his ear.

I came upon a desert scene in shades
of tan and rust,
No snowflakes hung upon the wind,
just clouds of swirling dust.
And where the reindeer should have
stood before a laden sleigh,
Eight hummers ran a column right
behind an M1A.

There's nothing wrong, my little
son, for safe we sleep tonight,
Our heroes stand on foreign land to
give us all the right,
To worry about the things in life that
really mean nothing at all,
Instead of wondering each day if we
will be the next to fall.

A group of boys walked past the
tank, not one was past his teens,
Their eyes were hard as polished
flint, their faces drawn and lean.

He looked at me as children do and
said it's always right,
To thank the ones who help us and
perhaps that we should write.
And so we pushed aside the bills and
sat to draft a note,
To thank the many far from home,
and this is what we wrote,

They walked the street in armor
with their rifles shouldered tight,
Their dearest wish for Christmas,
just to have a silent night.

Other soldiers gathered, hunkered
down against the wind,
To share a scrap of mail and dreams
of going home again.
There wasn't much at all to put their
lonely hearts at ease,
They had no Christmas turkey, just a
pack of MRE's.

God bless you all and keep you safe,
and speed your way back home.
Remember that we love you so, and
that you're not alone.
The gift you give, you share with all,
a present every day,
You give the gift of liberty and that
we can't repay.

MVRHS Luncheon!

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

Thursday, January 11th · Music at 11:00
Lunch served promptly at 11:30



Menu
Salad · Chicken Pot Pie · Apple Crisp

Always delicious! \$12

Reservations are a must!
Call 508-939-9440



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

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.

Holiday Observances

All COAs will be closed on 1/1/18 and 1/15/18 in observance of New Years Day and Martin Luther King Day.

Community Suppers – Save the Dates

January – 1/4, 1/11, 1/18, 1/25
February – 2/1, 2/8, 2/15, 2/22
March – 3/1, 3/8, 3/15, 3/22
Good Shepherd Parish and the Hebrew Center are holding community suppers on Thursdays from 5:00 to 6:30 pm at St. Augustine's Hall, 56 Franklin St, Vineyard Haven. A new lift is a great alternative to the stairs.

MV Partnerships for Health

Start 2018 with a Healthy Lifestyle! Diabetes? Heart disease? Depression? Weight control challenges? The MV Partnership for Health is taking registrations for a January 2018 My Life My Health group, the chronic disease self-management series. Target start date is 1/4. We need 12 registrants to run a group. Series meets 6 times, once weekly through 2/2. Call Kathleen at 508-627-5797 X114 or email ksamways@ihimv.org to register.

Presentation: "Be Antibiotics Aware"

1/5, 10 am, OBCOA, 508-693-4509
2/5, 2 pm, UICOA, 508-693-2896.

MV Hospital Director of Pharmacy, Dave Caron, will discuss the right way to use antibiotics. Topics will include the difference between viral and bacterial infections, side effects of antibiotics, and antibiotic resistance. Free. Light refreshments. RSVP recommended.

MV Museum Presents: How does color evoke place?

1/11, 10 am, TCOA, 508-693-4205
1/22, 1:30 pm, UICOA, 508-693-2896

Celebrate painter Lois Maillou Jones! Compare landscapes of Provence, Paris and Haiti, against Chilmark, Menemsha, and Oak Bluffs. Determine how color palette evokes place. Oral histories will shed light on the achievement of this remarkable artist.

Free Reiki Clinic, UICOA

1/9, 11am-1pm. Call 508-693-2896 for appointment
Reiki is an ancient light-touch therapy that restores balance for physical, mental, emotional, and spiritual healing. Known to strengthen the immune system, release fatigue, stress, and pain. Safe, natural, and non-invasive. Helpful for relaxation, revitalization, injuries, and chronic pain.

Edgartown Highlights - 508-627-4368

Paul Mohair, Administrator
Hours: 9 am–4 pm

Call to sign up for all programs. See our newsletter at www.edgartowncoa.com for more information.

Lunches Noon

\$2 Tuesday- Sandwich, soup, dessert
\$5 Friday- Entree, soup, dessert

Anchors Survey

Find our Anchors survey on our website, www.edgartowncoa.com, or at the Anchors building. We want to hear from you!

Bowlers!

1/8, Join our team to challenge TCOA at the Barn Bowl & Bistro, 11:30-1:30. Lunch, \$10. Call to sign up.

Tour the Vineyard Gazette with Anchors

1/10, 1 pm, free. See the Gazette's link for background and fun facts: <https://vineyard>

gazette.com/about-us. Call to sign up.

Tai Chi with Nan Doty

Beginning 1/17, two classes every Wednesday, "Tai Chi Form" 9:30-10:30 and "Tai Chi Simple Exercises" 11-12. Tea time in between, \$10.

Chair Yoga

Also referred to as "Accessible Yoga," with Arlene Stark Prisco, Wednesdays, 1 pm, beginning 1/17, \$10.

Vineyard Smiles Dental Clinic at Anchors

1/19, free oral health screening, cleaning, hygiene instruction. Call 508-696-0020, x14, for appt.

Bingo and Pizza

1/22, 12 pm, \$3. Call to sign up.

Make Your Own Pizza with Diane Wall

1/29, 9 am – 11 am. Call to sign up. Limit 10 people.

Movie and Popcorn

1/29, 1 pm. "Lion," received six Oscar nominations. Call to sign up.

On Display in January

Pictures displayed this month are representative of linoleum block and dry-point etching artwork by Herb Foster's graphic arts students in the 1950's and 1960's in New York City. Herb taught public school classes for students with emotional and social disorders and disabilities. Meet Herb 1/16 at lunch.

Adele Dreyer Before Lunch Piano Pre-ludes

1/12 and 1/26, 11:30 am, before lunch with our wonderful Adele.

Oak Bluffs Highlights - 508-693-4509

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

Animal Companions

1/8 & 1/22, 1pm

Coffee w/ the Chief

1/19, 10 am.
Coffee & conversation with OBPD Chief Erik Blake

Threshold Choir

1/2, 1/16, & 1/29, 1 pm
No experience needed. Just the desire to sing!

Bridges Together

Beginning 1/19 the OB Public School Grade 2 classes and the OBCOA will offer the "Bridges Together" reading program. Contact Rose @ 58-693-4509, ext.3 or by email @rcogliano@oakbluffsma.gov.

Board of Directors & Friends of the OBCOA

Next meeting April 2018. Come and join, be a part of Team OB! The Friends of the OBCOA want to thank all who participated in our North End Trip in December 2017! We will be running the trip again in December 2018.

NEW! Chair Yoga with Kat

Tues. at 10am & Thurs. at 10:30am. \$5. Kat has years of experience in exercise and yoga. Come and join the fun!

NEW! OBCOA Walking Club

Tuesdays (weather permitting) 10 – 11:30 am
Led by Sandy Blythe and Lloyd Henke. The group meets at the OBCOA and walks around town, ending back at OBCOA. Free of charge, bring a bottle of water and wear

comfortable shoes!

UFO'S – Unfinished Forgotten Objects

Fri. 1-2:30pm.
Have a project that you've forgotten about or want to work on your project in a group setting? Well, come in on Friday afternoons!

Men's & Ladies Luncheon

1/3, 12 noon
Call Rose @508.693.4509, ext. 3 to make a reservation.

Men's Poker Group

Call Rose to express interest.

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

MV Museum Presents

1/11, 10 am
Join us to welcome museum docents who will discuss the art, life, and travels of beloved Vineyard artist Lois Mailou Jones. From France, to Haiti, to our own backyard, we will study Jones' art and discuss how her artistic style and identity changed throughout her life.

Core Strength

Mon, 10 am
Men - would you like more strength, greater balance, and increased stamina? You can have all of the above without going to the gym! "Core Strength" – is the class for you. Stand straighter, boost balance, reduce lower back pain, and prevent back injury. This core strength program will help hips, pelvis,

lower back and abdomen work in harmony, providing a strong foundation improving your muscle condition. This class will make daily chores easier while helping to avoid injury. Come join us for this free weekly class. Ladies, you're welcome to join us too.

Strong and Steady Exercise

Mon, 10 am
Kat LeBlanc, instructor-New!
This new exercise combines Yoga for balance, flexibility and strength; Meditation/Mindfulness for stress and relaxation; Dancing for movement, balance and stamina; Good old fashion play for community connection and fun; Music that students can connect with. 1 hour, \$5.

Balance & Fall Prevention Exercise

Tues, 9:30 AM Thurs, 10:30 AM
Sit and/or Stand and get fit! Free. Catie Blake, guide and instructor
Kundalini Yoga
With Steve Power

Tai Chi Fan & Sword/Chi Gung

Sharry Grunden, inst.
Thursdays, 9-10
Materials provided.
Strength, coordination, focus \$8

Gentle Yoga

Thursdays, with Carol Vega

Stretch, Strengthen, Breathe, Balance

4:00-5:15, Bring mat, \$10.
Begin a new year!

Up-Island Highlights - 508-693-2896

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

Alzheimers Presentation and Lunch with Abe Seiman

1/23, 12:30 pm. Free. Registration required. Join licensed social worker, Abraham Seiman, as he discusses "What Everyone Should Know about Alzheimer's Disease". Topics will include
1) What is Alzheimer's disease?
2) What research has shown until now
3) A short test to determine the extent of impairment (interactive audience participation)
4) Practical ways to limit the progression of Alzheimer's Disease. Lunch will be provided. Sponsored by the Friends of UPICOA.

Free Computer and Phone Help

1/2 & 1/4, 1 – 3 pm

Everett C. Healy will be at the Howes House to help with tech issues and learning to navigate devices. Bring the device and all appropriate cords and chargers. Call for appointment.

Vineyard Isle Parkinsonians Support Group

1/11, 10:30 am. Call Ellen for details.

Parkinson's Caregiver Support Group

Call Ellen for information.

Outreach Services

Ellen Reynolds is available to meet Mon.- Fri. 9a.m. - 3 p.m. The COA has medical equipment for loan, notary services, and assistance with filling out a File of Life card all free of charge. Joyce

Bowker is UICOA's SHINE Counselor, available to assist with health insurance questions.

MELT Method Class with Valerie Sennenthal

Wed. 1/10 at 3:30pm, Thurs 1/25, 2/1, 2/15, & 2/22, 4pm. \$15. Space limited. Pre-registration required.
Learn self-care techniques to reduce inflammation, ease chronic neck and low back strain, improve structural alignment, and learn how to keep your whole body feeling better. 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.

Service Programs and Support Group Directory

Health Promotion

Blood Pressure & Wellness Clinics:
Aquinnah Town Hall, 1/23, 2-3
Chilmark Library, 1/17, 12:30-1:30
Edg Stop & Shop Pharmacy, 1/3, 12-2
Edg Town Hall, 1/10, 9-11
Edg COA, 1/23, 12-1:30
Oak Bluffs COA, 1/2 & 1/18, 12:00
Tisbury COA, 1/2, 10:00-11:00
Up-Island COA, 1/9, 11:00-1:00
Cronig's, 1/11, 1-3
Hillside Village,

1/3, 9:45-10:45
Woodside Village, 1/24, 11:30-12:30
Woodside Village II, 1/24, 12:45-1:45
Public Health Nurse Clinics:
 With Liz Sanderman, Public Health RN from VNA of Cape Cod
 Call your Council on Aging for info
 TCOA, 1/11, 9:30-11:30
Vineyard Scripts, Beach Rd. VH
 Have your blood pressure checked any day, any time.

Hearing Services, call in advance for an appointment.
OBCOA:
 1/9, 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 Audiologist Michelle Harris or to make an appointment.

TCOA, 1/31
Podiatry & Foot Care
Pedi-Care w/Michelle LeBlanc, RN
 Call for an appointment: ½ hour appts, \$30
 OBCOA, 1/10, 9 am
 Call 508-693-4509 x3
 ECOA, 2/20, 1:30-3:30 pm
 508-627-4368
 UICOA, 1/30, 9 am

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 Pro-

gram, 508-696-0020
Elder Law Project:
South Coastal Counties Legal Services (Cape & Islands)
 Tom Kosman, Elder Law Attorney
 1/2, UICOA. Appointments starting at 9:30am
 Call 508-775-7020 OR 1-800-742-4107 for an appointment
Free Legal Clinic

1/10, 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
 1/22, 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
 1/5, 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
 1/15, 1 pm, TCOA
 Speaker: Elizabeth Sanderman, RN
 Call 508-696-4205 for information
Vineyard Isle Parkinsonians Support Group
 1/8, 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