

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 de-

#### 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,

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



### SEE THE THIRWOOD DIFFERENCE SPACIOUS LIVING IN A BEAUTIFUL SETTING

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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

My stocks were down another point, the Dolphins lost by six.

car I had to fix,

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 came upon a desert scene in shades There's nothing wrong, my little 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.

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.

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, pack of MRE's.

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 labeled "ammunition".

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.

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.

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,

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, They had no Christmas turkey, just a 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

#### **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.

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

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.

# Hours: 9 am-4 pm Make Your Own Pizza with Diane Wall

Paul Mohair, Administrator

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 Preludes

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

Rose Cogliano, Director

Hours: 8:30 am-4 pm

# Oak Bluffs Highlights - 508-693-4509

#### **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. 12:30pm.

Have a project that you've forgotten about or want to work ion 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

#### **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.

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

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

Balance & Fall Prevention Exercise

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

# 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.

# Free Computer and Phone Help 1/2 & 1/4, 1-3 pm

Sponsored by the Friends of UPICOA.

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.

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

# MELT Method Class with Valerie Sonnenthal

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.

Exercise

&

**Fitness** 

# Island-Wide Activities Calendar

#### Yoga for Seniors, UICOA

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

#### Yoga w/ Carol Aranzabe, ECOA

Thurs. 8:30 am. Beginning 1/18 time will change to 9 am

#### Wisdom Healing Qigong, UICOA

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

#### Kundalini Yoga/Breathe Meditation, TCOA

Mon, 5 pm. Free.

Tues, 1pm – 1:15pm. Steve Power, guide.

#### Kundalini Yoga, TCOA

Wed, 4-5:15 pm, \$8. Steve Power, guide.

#### Gentle Yoga/Kripalu TCOA

\*\* On Break Thurs. 4-5:15 pm Carol Aranzabe, instructor, \$10 Stretch, Strengthen, Breathe, Balance

#### Tai Chi Fan & Sword/Chi Gung, **TCOA**

Thurs. 9-10:15 am Sharry Grunden, inst. Beginners and Practiced

#### Tai Chi with Nan Doty, ECOA

Thurs, 10-11 am until 1/11 tea following Starting 1/17 two classes every Wed. "Tai Chi Form" 9:30-10:30 "Tai Chi Simple Exercises" 11-12. Tea time in between. Call Wendy for details, 508-627-4368.

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

Tues 8:30 am & 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, 1-2:30 pm. 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

#### Sit & Get Fit, TCOA

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

#### Men's Exercise-To begin soon!

Fri. 9:30 AM Betty Robie (YMCA) instructor. A new exercise class for men Check next month's Calendar listings. Call 508-696-4205 for info and to be put on call list. Ask for Sandy

#### Fitness, Balance & Fall Prevention, **TCOA**

With Catie Blake Tues: 9:30 am Thurs: 10:30 am Free. Equipment provided.

# Strong & Steady Exercise, TCOA

with Kat, Mon, 10 am

#### Walking Club, OBCOA

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

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

1/8, 11:30-1:30. \$10. 1 hr bowling & gourmet lunch Call to register by noon 1/5. TCOA 508-696-4205

#### **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** Participate in facilitated interactions with our 4 legged friends. Call 508-693-1185 for info.

#### **MELT Method Classes, UICOA**

Wed. 1/10 at 3:30, Thurs. 1/25, 2/1, 2/15, & 2/22, at 4pm. \$15 Instructor: Valerie Sonnenthal See UICOA Highlights for details. Space limited. Registration required. Call 508-693-2896

#### Chair Massage with Ellen McMannis of MV Body Works, UICOA

Every Fri. 10am – 12pm. Promotional discount rate of \$20 for 20 minute session. Call 508-693-2896 for appointment.

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

**ECOA Book Group for Women** 

January's book TBA. Refreshments.

**Howes House Writing Group,** 

All levels welcome! Bring lunch.

Tues, 11:00 am - 1:00 pm.

Ukulele Players, TCOA

Martha Child, instructor

1/24, 3pm, with Jill Jupen

Call 508-627-4368.

& Men

**UICOA** 

Weds, 1-3 pm

# Ideas, Books. &

**Plays** 

### **Coffee & Conversation**

M-F, 8:30 am, OBCOA

#### **Discussion Group, UICOA**

Tues., 9:30 am Open discussion, all welcome. Call 508-693-2896 for information.

#### Conversations with Bob Iadicicco, OBCOA

Fri., 10-11:30 am

#### Friday Morning Conversations, **ECOA**

1/5 & 1/19, 10 am Refreshments.

Lunch, TCOA

#### M-F, 12:00

Call for reservation/48 hr. in advance

508-693-8337 (TCOA kitchen)

#### Peter H. Luce Play Readers Society, TCOA

Weds, 9-12 noon, TCOA

#### Theme: Plays in Verse

1/3: Christopher Fry's The Lady's Not for Burning; Jay Sigler, Director 1/10: Denis Johnson's The Soul of a Whore; Jill Jupen, Director 1/17: Charles Aidman's adaptation of Edgar Lee Masters Spoon River Anthology; Judy Miller, Director

#### 1/24: T.S. Eliot's, Murder in the Cathedral; Director, TBA

1/31: William Shakespeare's, King John; Director, TBA

#### **Poetry Group, TCOA**

1/8, 10 AM,

Featured poet: Marge Pierey; Elaine Eugster facilitator.

#### Poetry, Jill Jupen, ECOA

Thurs., 9:30 am

#### **Tisbury Book Club**

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

Mon, 3:30-5:30 pm. Call 508-627-

Knitting w/ Nancy Merjos, OB-

#### **Book Discussion Group**

Not an instructional group

**COA** 

Thurs, 1:00 pm

Call 508-693-4509

All levels welcome. **Knitting & Conversation, TCOA** 

### Mon, 9:30-11:30 am

#### **Unfinished Forgotten Objects, OBCOA**

Fri, 1-2:30 pm

Bring projects you've been putting off to finish on your own or with the group!

Call 508-693-4509

# Arts Crafts

#### Watercolor Painting with Nancy Cabot, UICOA

Fri, 1 pm. Beginners welcome!

Creative Coloring Book, TCOA

Thurs, 9-11 am Supplies provided

#### Creative Painting 101, TCOA

Bruce Kissell, instructor. Register now for 2018 class. Call 508-696-4205

#### Creative Painting 102, TCOA Bruce Kissell, instructor

Mon, 1/8, 10 am (Original Class)

### Woodarving, OBCOA

Mon. & Thurs., 9 am - 11 amNeedlework

ECOA, Thurs 2-4 pm Mindful Knitting, ECOA

Tues., 10 am, Learn to knit and felt

**Knitting for Hospice, ECOA** 

#### Call to join a group. 508-696-4205

Party Bridge, TCOA Fri, 1-4 pm

Call Trudy for seating: 508-627-6719

#### **Duplicate Bridge, TCOA**

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

#### **Duplicate Bridge for Beginners**, with Dan Cabot, UICOA

#### No fee. Attendees purchase course notes (\$10) to cover printing. Class limited to 8. Pre-registration required For info email Cathy Minkiewicz,

#### cminkiewicz@verison.net **Non-Sanctioned Duplicate Bridge**

Thurs. 12-3. Contact Carol at fligors@ comcast.net for seating or call 508-627-4722.

#### Bingo OBCOA,

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

# 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

Wed., 9 am

# Men's Cards, OBCOA

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, TCOA** Chess, Scrabble, Checkers? What's your game?

Wed/afternoons, Fri/mornings

Fri, 1:30-3:30 pm

### To place your ad, call 508-693-6100 (press 2) danielle@mvtimes.com



# 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 Marines



## **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,

**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

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 Pro-

1/22, 9:00 am-12 pm Meet with a Social Security Rep via SKY-PE 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

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)

Subsidized housing for seniors & disabled. 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

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)

venate

#### **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 Cafë** 

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

### Support Groups & **Counseling**

# Vineyard Audiology is hear to help, year round.

Offering Expertise with Integrity 508-696-4600

> 20 Indian Hill Rd, West Tisbury





- Blood Pressure Screening
- Administering most adult vaccinations, including pneumonia & shingles
- Sick Room Supplies
- Personal Consultations
- Prescription Drug Disposal **Program**

MON-FRI 9-6, SAT 9-3

117 BEACH ROAD, VINEYARD HAVEN \* AMPLE FREE PARKING