



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

February 2018 - Vol. 22, Issue 2

MARTHA'S VINEYARD CENTER FOR LIVING

Is thrilled to announce that we are now located at:

29 Breakdown Lane in Vineyard Haven. Our phone number has NOT changed: 508-939-9440

Our NEW fax number is 508-338- And our mailing address is still, PO Box 1729, Vineyard Haven

As we settle in, we will begin to offer our programs and services in this beautiful new space: Supportive Day; Dementia

Family Support Services; Community Dementia Education; Caregiver Support Groups; and the Memory Café.

We continue to provide the Medical Taxi Program, the Emergency Food Program, and the 55PLUS Times. Volunteers are an important and valuable part of everything we do. Please consider joining us for a most rewarding and fun way to spend your valuable time.

Call today to learn more, 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.



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.

SHINE NEWS

Every day, 10,000 baby boomers turn 65 and become eligible for Medicare. If you are collecting Social Security, you will automatically receive your Medicare card 2-3 months before turning 65. If you are not collecting, you are responsible for signing up for Medicare Part A (hospital insurance) and Part B (medical insurance) either online at www.socialsecurity.gov or at your local Social Security office. It is important to understand that late enrollment can result in higher health care costs, gaps in coverage and a possible lifetime late enrollment penalty.

Federal rules require that you enroll Medicare Part A, Part B, Part C (Medicare Advantage Plans-HMOs, PPOs) and D (prescription coverage) during specific enrollment periods. If you miss these enrollment periods you may have to pay a late

enrollment penalty and could have a gap in health care coverage. If you are covered by a group health plan through the company you or spouse is still actively working (not Cobra) you may delay taking Medicare Part B at 65 without a penalty. However, each situation is unique and more questions need to be asked, options considered and costs compared, so it is very important to sit down with a SHINE (Serving the Health Insurance Needs of Everyone) counselor and go over your particular situation.

SHINE volunteer counselors are trained and certified by the Executive Office of Elder Affairs and are re-certified each year to help individuals navigate the complex health insurance system. If you or someone you know will be turning 65 soon please call your local senior center to make an appointment with a SHINE counselor.

VA NEWS VETERAN'S PROPERTY TAX EXEMPTION

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

- Be legal residents of Massachusetts;
- Be occupying the property as his/her domicile on July 1 in the year of application;
- Have lived in Massachusetts for at least six months prior to entering the service (spouses exempted) or;
- Have lived in Massachusetts for five consecutive years immediately prior to filing for property tax exemption.

In most cases a surviving spouse receives the exemption if s/he was receiving it before the veteran passed away. However, surviving spouses receiving exemption under Clauses 22 and 22D lose the exemption upon remarriage.

Clause 22 allows for a \$400.00 tax exemption for the following persons:

- 10% (or more) service-connected disabled veteran;
- Purple Heart recipient
- Gold Star mothers and fathers
- Spouse of veteran

Clause 22A allows for a tax exemption of \$750.00 if the veteran meets the following:

Loss or loss of use of one hand above the wrist, or one foot above the ankle or one eye;

- Congressional Medal of Honor;
- Distinguished Service Cross;
- Navy Cross or Air Force Cross.

For more information on Clause 22B,C,D, and E call Veterans Services, your local Town Assessor, or Massachusetts Department of Revenue at 617-626-2300 or www.mass.gov/dor.

TRAVEL NEWS

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

2/3/18. \$125 per person. Wait list only.

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 details.

Art Museums in Boston, ECOA

Stay tuned for a trip to the Museum of Fine Arts and the Isabella Stewart Gardner Museum in Boston in late March. Call Wendy to express your interest, 508-627-4368.

Coming in June: Daniel Webster Estate Tour & Winslow House, TCOA

6/10/18. Call 508-696-4205 for info.

!NOTEWORTHY

Holiday Closures:

All COAs will be closed on 2/19/18 in observance of President's Day

MV Museum Presents: Quilts

UICOA: 2/12, 1:30 pm.
TCOA: 2/8, 10 am

Quilts - which were originally practical repurposing of scraps - have evolved to become a beloved, expressive art form. Come explore creative quilts from 1884 alongside contemporary creations loaned from local "quilt queen" and blue ribbon winner Wendy Nierenberg. Feel free to bring your own examples and share stories of this rich, Island tradition. Unfortunately, Wendy will not be in attendance; she's too busy quilting!

Presentation:

"Be Antibiotics Aware"

UICOA: 2/5 at 2pm.

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 to the public. Light refreshments. RSVP recommended. 508-693-2896.

MV Partnerships for Health

The MV Partnership for Health at Island Health Care Community Health Center will be holding multiple 1-hour informational sessions about our Health Programs at libraries, Councils on Aging and to other community and civic groups during the month of February. We will also be introducing the new IHC Mental Health/Substance Use Disease Access Coordinator, Michael Blanchard. If you would like to book one of our sessions to benefit the members of your group, please call Kathleen Samways, 508-627-5797 or email at ksamways@ihimv.org. You can also find out more about the programs at www.vineyard-health.org

Music & Memory Cafe

Changing Locations

Thurs. 10 am - 12 pm

MVCL's Music & Memory Cafe will be held at the PA club for one more week 1/25 will be the last day. Beginning February 1st the Cafe will move over to the MVCL's new home on 29 Breakdown Lane, Vineyard Haven! The MVCL wants to thank the many generous hosts of this program including: the PA Club, the American Legion Hall, Hillside Village, Featherstone Center for the Arts, and the YMCA

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

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 here at the Anchors building. We want to hear from you!

Coffee with a Cop is Back!

Tuesday, 2/6 before lunch at 11 am, Officer Will Bishop will be here at the Anchors for talk, Q&A. Call to sign up.

New Art Club

Mondays from 9-11:30. Bring your own

projects, relax, create, socialize, discuss art, drink coffee and tea and have fun! Interested? Projects could include water colors, acrylics, sculpture, pencils, etc. Call Wendy to express interest.

Bowlers!

2/5, Join our team to challenge TCOA at the Barn Bowl & Bistro, 11:30-1:30. Fun! Lunch, \$10. Call to sign up.

Tai Chi with Nan Doty

Two tai chi classes every Wednesday, "Tai Chi Form" from 9:30-10:30 and "Tai Chi Simple Movement" from 11-12. Tea time in between, \$10.

Chair Yoga

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

Movie and Popcorn

2/26, 1 pm. "Victoria and Abdul (2017)." Call to sign up.

On Display in February

Meris Keating in our Outreach Department has been painting for 20 years. Meris studied art at Johnson State University in Vermont. She paints landscapes in oil and has worked professionally as a mural painter for many years. To learn more about Meris' work, visit meriskeating.com. Meet Meris at lunch on 2/16.

Adele Dreyer Before Lunch

Piano Preludes

2/9 and 2/23, 11:30 am, before lunch with our wonderful Adele.

Oak Bluffs Highlights - 508-693-4509

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

Coffee with the Chief

2/9 10 am, 10 am. Conversation and coffee with Chief Erik Blake of OBPD.

Friends of the Oak Bluffs Council on Aging & Board of Directors Meeting

Next meetings 4/2018. Come join, be a part of Team OB! The Friends of the Oak Bluffs COA wants to thank all who participated in our North End Trip in December 2017! We will be running the trip again in December 2018.

Animal Companions, 2/12 & 2/26, 1pm.

Blood Pressure & Wellness Clinic

2/6 & 2/15, 12 noon

Threshold Choir

2/5 & 2/20 1 pm. No experience needed. Just the desire to sing!

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 OB-COA 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

2/7, 12:00 noon. Call Rose to make a reservation.d

Men & Ladies' Poker Group

Call Rose if you would like to play and are interested in creating a group.

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

Please call for more information about this month's programs.

MV Museum Presents: Quilts

2/8, 10 am. Quilts - which were originally practical repurposing of scraps - have evolved to become a beloved, expressive art form. Come explore creative quilts from 1884 alongside contemporary creations loaned from local "quilt queen" and blue ribbon winner Wendy Nierenberg. Feel free to bring your own examples and share stories of this rich, Island tradition. Unfortunately, Wendy will not be in attendance; she's too busy quilting!

Ukulele Players, Weds, 1-3 pm

Martha Child, instructor All levels welcome.

Peter H. Luce Play Readers Society

Weds, 9-12 noon, TCOA

Call for info on this month's topic, plays, and directors!

Lunch, M-F, 12:00

Call for reservation/48 hr. in advance 508-693-8337 (TCOA kitchen)

Fitness, Balance & Fall Prevention

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

Board Games

Chess, Scrabble, Checkers? What's your game? Wed/afternoons, Fri/mornings Call to join a group. 508-696-4205

Party Bridge, Fri, 1-4 pm

Call Trudy for seating: 508-627-6719

Duplicate Bridge

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

Diabetes Support Group, 2/12, 1 pm
Speaker: Elizabeth Sanderman, RN

Knitting & Conversation

Mon, 9:30-11:30 am

Creative Painting, 2/5, 10 am - 12 noon.
Bruce Kissell, instructor. Register now for 2018 classes.

Gentle Yoga/Kripalu, Thurs. 4-5:15 pm

Carol Vega, instructor, \$10
Stretch, Strengthen, Breathe, Balance

Tai Chi Fan & Sword/Chi Gung

Thurs. 9-10:15 am. Sharry Grunden, inst. Beginners and Practiced. Tai Chi classes with Sharry are on break until March. Call the COA to receive a call when classes begin again.

Up-Island Highlights - 508-693-2896

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

Call to sign up for all programs unless otherwise noted.

Pop-up Greeting Cards

3/26 & 4/23, 1:30pm. Free. RSVP required
Instructor Susan Block will lead classes in creating fun pop-up greeting cards. Susan will supply templates and materials, you supply imagination! Take home a finished card at the end of each session!

Free Reiki Clinic

2/13, 11 am - 1 pm. Call 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.

DANCE FREE

Tues, 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.

Vineyard Isle Parkinsonians

Support Group
2/12, 10:30am. Call Ellen for details

Parkinson's Caregiver Support Group

Call Ellen for information.

MELT Method Class with Valerie

Sonnenthal 2/1, 2/15. & 2/22 at 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.

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.

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

Yoga ECOA

Instructor: Carol Aranzabe
Thurs. 9:00 am.

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.

Kundalini Yoga/Breathe Meditation, TCOA

Tues, 1pm – 1:15pm
Steve Power, guide. \$4

Kundalini Yoga, TCOA

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

Gentle Yoga/Kripalu, TCOA

Thurs. 4-5:15 pm
Carol Vega, instructor, \$10
Stretch, Strengthen, Breathe, Balance

Tai Chi Fan & Sword/Chi Gung, TCOA

** On Break ** Thurs. 9-10:15 am

Sharry Grunden, inst.
Beginners and Practiced

Tai Chi with Nan Doty, ECOA

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
No class on 2/1 & 2/6. 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. \$12.
Instructor: Karen Cullinan,
Call 508-693-7730 for info.

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.

Walking Club, OBCOA

Tues, 10-11:30 am

Free. Meet at OBCOA (weather permitting)

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

2/1, 2/15 & 2/22, at 4 pm.
Instructor: Valerie Sonenthal
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.

Ideas, Books, & Plays

Coffee & Conversation, OBCOA

M-F, 8:30 am

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

2/2 & 2/16, 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
Call for info 508-696-4205.

Poetry w/ 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

2/28, 3pm, with Jill Jupen.
February's book TBA.
Refreshments. Call 508-627-4368.

Howes House Writing Group, UICOA

Tues, 11:00 am – 1:00 pm.
All levels welcome! Bring lunch.

Ukulele Players, TCOA

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

Arts & Crafts

Watercolor Painting with Nancy Cabot, UICOA

Fri, 1 pm. Beginners welcome!

Creative Painting, TCOA

2/5, 10 am – 12 noon.
Bruce Kissell, instructor.
Register now for 2018 classes.
Call 508-696-4205

Woodarving, OBCOA

Mon. & Thurs., 9 am – 11 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

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

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, 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

Duplicate Bridge, TCOA

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

Duplicate Bridge for Beginners, with Dan Cabot, UICOA

Fri, 1:30-3:30 pm
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., 2/14, 1-3 pm & 6-8 pm

MVRHS LUNCHEON!

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

Thursday, February 8th
Music at 11:00
Lunch served promptly at 11:30



Menu • TBA •
Always delicious! \$12
Reservations are a must!
Call 508-939-9440

AARP TAX AIDE PROGRAM

Volunteers, certified and trained under the AARP Tax Aide Program, will again offer free income tax preparation assistance for taxpayers, with a special emphasis on taxpayers sixty and older. Appointments may be scheduled by calling the local Councils on Aging.

Dates	2018	Location	Call for Appointment
Monday	5-Mar	Edgartown Library	Edg. Senior Center 508-627-4368
Thursday	8-Mar	Oak Bluffs Library	Rose Cogliano 508-693-4509-3
Thursday	15-Mar	Tisbury Senior Center	Joyce Sbles-Tucker 508-696-4205
Monday	19-Mar	West Tisbury Howes House	West Tisbury COA 508-693-2896
Thursday	22-Mar	Tisbury Senior Center	Joyce Sbles-Tucker 508-696-4205
Monday	26-Mar	West Tisbury Howes House	West Tisbury COA 508-693-2896
Thursday	29-Mar	Oak Bluffs Library	Rose Cogliano 508-693-4509-3
Thursday	5-Apr	Edgartown Library	Edg. Senior Center 508-627-4368

Please bring last year's tax return and all your tax forms (W-2, SSA-1099, and other 1099 forms, including real estate taxes.) Taxpayers are requested to complete the Information Questionnaire that is available at each Senior Center.

Service Programs and Support Group Directory

Health Promotion

Blood Pressure & Wellness Clinics:
Island Food Pantry in Tisbury,
 2/5 & 2/14, 2:00 – 3:00
Tisbury COA,
 2/6, 10:00 – 11:30
Edgartown Library,
 2/7, 10:00 – 11:00
Edgartown Stop & Shop Pharmacy,
 2/7, 11:30 – 1:30
Up-Island COA – Howe’s House,
 2/13, 11:00 – 1:00
Aquinnah Town Hall,
 2/20, 10:15 – 11:15

West Tisbury Library,
 2/20, 12:00 – 1:30
Chilmark Library,
 2/21, 11:00 – 1:00
Woodside Village I,
 2/26, 11:00 – 12:30
Woodside Village II,
 2/26, 12:45 – 1:45
Edgartown Town Hall,
 2/27, 10:00 – 11:30
Edgartown COA,
 2/27, 12:00 – 1:30
Public Health Nurse Clinics:
 With Liz Sanderman, Public Health RN

from VNA of Cape Cod. Call your Council on Aging for info
Vineyard Scripts, Beach Rd. VH. Have your blood pressure checked any day, any time.
Hearing Services:
call in advance for an appointment:
OBCOA:
 Date TBA, 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.
Podiatry & Foot Care
Pedi-Care w/Michelle LeBlanc, RN
 Call for an appointment:
 ½ hour appts, \$30
 OBCOA, 2/14, 9 am
 Call 508-693-4509 x3
 ECOA, 2/20, 1:30-3:30 pm
 508-627-4368
 UICOA, 2/26, 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
 2/5, OBCOA. Appointments starting at 9:30am. Call 508-775-7020 OR 1-800-742-4107 for an appointment
Free Legal Clinic
 2/14, 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
 Date TBA, 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
 2/2, 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 and 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 and 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
 2/12, 1 pm, TCOA
 Speaker: Elizabeth Sanderman, RN
 Call 508-696-4205 for information
Vineyard Isle Parkinsonians
Support Group
 2/12, 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, in Feb., 29 Breakdown Lane, VH. 10 am. 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, 3 5 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

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