

# 55 Plus

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

March 2018 - Vol. 22, Issue 3

## 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](http://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](http://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

### Are you happy with your 2018 Medicare health Insurance plan?

Now that you are a few months into 2018, let's think about your 2018 Medicare health and prescription plans. Have you had some out of pocket expenses you did not anticipate? Were your co-payments more than you thought they should be? Are you struggling with premium expenses? Do you just need someone to explain what you have for coverage?

SHINE counselors can help explain your

policies so you have a better understanding of what your financial obligations are. We can also look to see if you qualify for any assistance programs to help alleviate some of the out of pocket expenses.

We are here to help. Don't hesitate to give us a call if you have any questions regarding your Medicare coverage.

You can make an appointment with a SHINE counselor at your local senior center or call the Regional SHINE Office, Barnstable County- Dept. of Human Services, at 508-375-6762.



## NOTICE SOMETHING DIFFERENT? WE'VE UPDATED OUR LOGO!

## VA NEWS MORTGAGE SERVICING ASSISTANCE

The Consumer Financial Protection Bureau and VA are issuing their first, 'Warning Order,' to service members and Veterans with VA home loans. If you have a VA home loan, then there is a good chance that you have already come into contact with unsolicited offers to refinance your mortgage that appear official and may sound too good to be true. Some lenders marketing VA mortgage refinances may use aggressive and potentially misleading advertising and sales tactics.

VA Home Loans are provided by private lenders, such as banks and mortgage companies. VA guarantees a portion of the loan, enabling the lender to provide you with more favorable terms. These lenders then sell the loans to servicers, or service the loans within their own companies.

VA provides guidance and policies to servicers so they can provide solutions to borrowers having difficulties in retaining their property or avoid foreclosure. VA also provides guidance with current loans if issues arise with servicers. For

your convenience, we have created [www.benefits.va.gov/HOMELOANS/resources\\_video.asp](http://www.benefits.va.gov/HOMELOANS/resources_video.asp) \l "Anchor1" six short videos which cover different subjects on avoiding foreclosure. Please visit the trouble making payments web page if you have financial trouble or some other circumstance regarding your VA home loan.

The links for the above listed information may be found at:

[www.benefits.va.gov/HOMELOANS/resources\\_video.asp](http://www.benefits.va.gov/HOMELOANS/resources_video.asp)

[www.blogs.va.gov/VAntage/43234/va-and-the-consumer-financial-protection-bureau-warn-against-home-loan-refinancing-offers-that-sound-too-good-to-be-true/](http://www.blogs.va.gov/VAntage/43234/va-and-the-consumer-financial-protection-bureau-warn-against-home-loan-refinancing-offers-that-sound-too-good-to-be-true/)

If you are a borrower and want to contact the [www.benefits.va.gov/HOMELOANS/contact\\_rlc\\_info.asp](http://www.benefits.va.gov/HOMELOANS/contact_rlc_info.asp) \o "Regional Loan Center Contact Page" \t "\_blank" VA Loan Guaranty Office regarding any aspect of your mortgage, please call 1-877-827-3702, with hours of operation from 8am to 6pm, EST.

## TRAVEL NEWS

### Art Museums in Boston, ECOA

3/26. Bus is almost full. Call Wendy for details 508-627-4368. Museum of Fine Arts and the Isabella Stewart Gardner Museum in Boston.

### Falmouth Shopping Trip, UICOA

We are planning trips in mid-April and mid-May. Please call 508-693-2896 if interested.

### Museums of Cambridge, UICOA

5/30, Details and price TBA. Enjoy a fabulous meal and visit to the Harvard Museum of Natural History and the Peabody Museum of Archology and Ethnology. Please call 508-693-2896 if interested.

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

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



# !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.*

## Edgartown Highlights - 508-627-4368

Paul Mohair, Administrator  
Hours: 9 am-4 pm

### MV Partnership for Health

The MV Partnership for Health will run our programs all through the Spring of 2018. Here are our next three series. Pre-registration is required so we are prepared with materials for everyone, so please let us know if you are interested.

- **Powerful Tools for Caregivers:** Mondays, 3/5 – 4/9, 1:30 – 3:30 pm. Edgartown COA.
- **My Life My Health:** Wednesdays, 3/14 – 4/25, 10 – 12:30 pm. Tisbury COA
- **Matter of Balance:** Thursdays, 3/8 – 4/26, 3 – 5:00 pm. MV Hospital Community Room.

To register for any series or for more information call Kathleen Samways – 508-627-5797 x.114 or email at ksamways@ihimv.org

### MV MUSEUM PRESENTS Feeding the Family: Hunting, Fishing, and Foraging on Martha's Vineyard

UICOA, 3/12, 1:30 pm  
TCOA, 3/8, 10 am

How have you found good eats on the island? Did you or family scout wildberries for jam? Eat your way through the Bluefish Derby? Carve decoys for duck hunting? *How has the Island provided for you?* Presentation will feature objects & stories on loan from Chilmark's Chris Murphy. MVM docents present.

### Alzheimers Presentation and Lunch with Abe Seiman, UICOA

3/28, 12:30. Free.  
Registration required.

Join licensed social worker, Abraham Seiman, as he discusses "What Everyone Should Know about Alzheimer's Disease". A continuation of the January presentation. This talk is helpful to both new and past participants! Lunch will be provided. Sponsored by the Friends of UPICOA.

### NEW! Greenhouse Gardening Club, OBCOA

Fri. 10 am – 12 noon

Comsog Greenhouse of MV & the OBCOA are working on a great new program! OB Seniors who are interested in greenhouse gardening and enjoying the "fruits" of your labor should call Rose at 508-693-4508, ext 3, or Diane Sylvia of Comsog at 508.627.2791 regarding

*Please call to sign up for all programs. See our newsletter at [www.edgartowncoa.com](http://www.edgartowncoa.com) for more information.*

#### Lunches Noon

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

#### Anchors Survey

Anchors survey at [www.edgartowncoa.com](http://www.edgartowncoa.com), or at Anchors. We want to hear from you!

#### More Coffee with a Cop at Anchors

Tuesday, 3/6 before lunch, 11 am, Officer Will Bishop, talk, Q and A, and trivia. Sign up, 508-627-4368.

#### Interested in Anchors Travel Club in April?

Share adventures, stories, and pictures; plan new jaunts. Call Wendy, 508-627-4368. Monthly, second Wednesday, 2:15-3:15.

#### Powerful Tools for Caregivers Class at the Anchors

Free. Mondays, March 5—April 9, 1-2:30 pm. A self-care program to help family caregivers care for themselves while caring for a relative or friend. Six-session series gives tools to: reduce stress; communicate effectively with family, and your primary care provider; care for yourself; reduce guilt, anger, depression; help you relax; make tough decisions; set goals, problem-solve. Call 508-627-4368.

#### New Art Club

Mondays, 9-11:30. Bring projects, relax, create, socialize, discuss art, and have fun! Projects include water colors, acrylics, sculpture, pencils, etc. Call Wendy, tel:(508)627-4368, 508-627-4368.

#### Edgartown Bowlers!

3/5, Join our team. Challenge TCOA, Barn Bowl & Bistro, 11:30-1:30. Fun! Lunch, \$10. Call 508-627-4368.

#### Tai Chi with Nan Doty

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

#### Chair Yoga

Known as "Accessible Yoga," with Arlene Stark Prisco, Wednesdays, 1 pm, \$10. First class free.

#### Conversation Group: Note different times for March

3/9 and 3/23, 10 am. Refreshments.

#### Adele Dreyer Before Lunch Piano Preludes

3/9 and 3/23, 11:30 am, before lunch.

## Oak Bluffs Highlights - 508-693-4509

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

#### Coffee with the Chief

3/9, 10 am. Come for conversations and coffee with Police Chief Erik Blake.

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

Next meetings in April. Come and join, be a part of Team OB! The Friends of the OBCOA 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, 3/12 & 3/26, 1pm

#### Threshold Choir

3/5 & 3/20, 1pm. No experience needed. Just the desire to sing!

#### NEW! Chair Yoga with Kat

Tues. 10 am & Thurs. 10:30 am, \$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!

#### Men & Ladies' Poker Group

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

#### Men's & Ladies Luncheon, 3/7, 12:00 Noon

Call Rose to make a reservation.

#### Greenhouse Gardening Club

Fri. 10 am – 12 noon  
Comsog Greenhouse of MV & the OBCOA are working on a great new program! OB Seniors who are interested in greenhouse gardening and enjoying the "fruits" of your labor should call Rose at 508-693-4508, ext 3, or Diane Sylvia of Comsog at 508.627.2791 regarding membership. The special OBCOA membership rates are \$35.00 per person, and \$45.00 per couple!

## 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.*

#### Feeding the Family: Hunting, Fishing, & Foraging on Martha's Vineyard,

Thurs, 3/8, 10 AM  
How have you found good eats on the island? Did you or family scout wildberries for jam? Eat your way through the Bluefish Derby? Carve decoys for duck hunting? *How has the Island provided for you?* Presentation will feature objects & stories on loan from Chilmark's Chris Murphy. MVM docents present.

#### Functional Fitness & Fall Prevention for Men & Women

Catie Blake

Tues: 9:30 am /Thurs: 10:30 am  
Equipment provided. Try this excellent class! Do you know 1 in 4 people in the US, 65+ fall each year? Falls are leading cause of fatal injury and most common cause of nonfatal trauma-related hospital admission among older adults (National Council on Aging data). Falls, with or without injury, carry a heavy quality of life impact by creating a fear of another fall. Try this fitness session. Be strong! Just bring yourself; all materials provided.

#### Play Readers, Weds, 9-12N

Theme: Pride & Prejudice  
Producer: Charlena Seymour

#### 3/7 Crossing Delancey

Myra Stark, director  
3/14 **Becky Shaw**  
Charlena Seymour, director  
3/21 **A Streetcar Named Desire**  
Johanna Kobran/Ellie Beth, co-directors  
3/28 **Disgraced**  
Kathy Hochberg, director

**NEW! Fridays: Yankee Swap Bingo**  
10-11 am. Bingo with a twist! The game is the same & winner may not take all, but it will be fun! Bring a small item you no longer need/want for the Yankee Trade. Winners get to choose, but next go'round they may lose! No one knows where it will end. Coffee, tea breads to enjoy. Laughter is not optional. Call if you'd like to play.

## Up-Island Highlights - 508-693-2896

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

#### Up Island COA Newsletter- March 2018

Please call 693-2896 for all programs unless otherwise noted.

#### Alzheimers Presentation and Lunch with Abe Seiman

3/28, 12:30. Free. Registration required. Join licensed social worker, Abraham Seiman, as he discusses "What Everyone Should Know about Alzheimer's Disease". A continuation of the January presentation. This talk is helpful to both new and past participants! Lunch will be provided. Sponsored by the Friends of UPICOA.

#### MV Museum Presents:

Feeding the Family: Hunting, Fishing, and Foraging on Martha's Vineyard

3/12, 1:30pm . See Noteworthy for Details

#### Free Reiki Clinic

3/13, 11am – 1pm.  
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. No money, no teacher, no instructions. All fun to catchy, funky, rhythmic music.

#### Howes House Writing Group

Tues, 11:15 am – 1:15 pm.  
All levels welcome! Bring lunch.

#### Vineyard Isle Parkinsonians Support Group, 3/12, 10:30 am.

Call Ellen for details

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

# !NOTEWORTHY



# 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

**Chair Yoga, OBCOA**  
Tues. 10 am & Thurs. 10:30 , \$5

**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 pm, \$8. 1st class is free

**Gentle Yoga, TCOA**  
Thurs. 4-5:15 pm. With Carol Vega

**Tai Chi Fan & Sword/Chi Gung,  
TCOA**  
With Sharry. Returns in April

**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  
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 mobil-  
ity 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**  
With Katryn Gilbert \$8  
(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

**Walking Club, OBCOA**  
Tues. 10 – 11:30 am, Free

**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](http://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, 508-693-1185  
for info.

**MELT Method Classes, UICOA**  
Every Tues. 4:30 pm  
Instructor: Valerie Sonnenthal  
See UICOA Highlights for details.  
Space limited. Pre-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.

**Bowling/Lunch  
Bowl, Barn & Bistro, TCOA**  
Tisbury Residents  
(Register w/town you live in)  
3/5, 11:30-1:30. \$10,  
1 hr bowling followed by lunch  
Tisbury Register: 508-696-4205

## 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 Conversation  
Group, ECOA**

3/9 & 3/23, 10 am. Refreshments.

**Lunch, TCOA**  
M-F, 12:00.  
Call for reservation/48 hr. in advance.  
508-693-8337 (TCOA kitchen)

**Play Readers, TCOA**  
Weds, 9-12 noon  
Call for info 508-696-4205.

**Poetry w/ Jill Jupen, ECOA**  
Thurs., 9:30 am

**Poetry Reading Group, TCOA**  
3/5, 10 AM  
Jennifer Smith Turner, Facilitator

**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.

**Book Group for Women & Men,  
ECOA**

3/28, 3pm, with Jill Jupen  
March’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 Group, 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

**UFO’s - 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**  
Summer/early Autumn  
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](mailto:cminkiewicz@verison.net)  
Non-Sanctioned Duplicate  
Bridge Thurs. 12-3. Contact Carol  
at [fligors@comcast.net](mailto:fligors@comcast.net) for seating or  
call 508-627-4722.

**Bingo OBCOA,**  
Wed., 3/14, 1-3 pm & 6-8 pm

**Yankee Swap Bingo, TCOA**  
Fridays, 10-11, See TCOA Highlights


# MVRHS LUNCHEON!

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

Thursday, March 15th  
Music at 11:00  
Lunch served promptly at 11:30

Menu  
Salad & Homemade Rolls • Seafood Chowder • Bread Pudding  
Always delicious! \$12

Reservations are a must! • Call 508-939-9440



## Island Elderly Housing, Inc.


60B Village Road, Vineyard Haven, MA 02568-4052

Island Elderly Housing, Inc is seeking mobility-impaired applicants for our wait list for a wheelchair accessible apartment. To be eligible, the applicant must be at least 62 years of age and meet the following income guidelines:

- For one person, the maximum allowable income is \$30,450
- For two persons, the maximum allowable income is \$34,800

The apartment is a one-bedroom unit. The rent is subsidized through HUD’s rental assistance program so that the tenant’s share is always equivalent to 30% of his/her adjusted monthly income. Application forms are available at any IEH office or by calling 508-693-7557 or for the hearing impaired through MA Relay: 711

In compliance with Section 504 of the Rehabilitation Act of 1973, The Fair Housing Amendments of 1988 and Title VI of the Civil Rights Act of 1964, Island Elderly Housing, Inc. (IEH) will not discriminate against applicants or residents on the basis of race, color, creed, religion, sex, national or ethnic origin, citizenship, ancestry, class, sexual orientation, familial status, disability, military/vet-eran status, source of income and age or other basis prohibited by local, state or federal law in any aspect of resident application, selection or matters related to continued occupancy. All procedures and criteria will be applied in a manner that ensures fair, consistent, non-discriminatory and equal treatment.

Island Elderly Housing, Inc. [www.iehmv.org](http://www.iehmv.org) 



**Service Programs and Support Group Directory**

**Health Promotion**

**Blood Pressure & Wellness Clinics:**  
**Island Food Pantry in Tisbury,**  
 3/5 & 3/14, 2:00 – 3:00  
**Tisbury COA,**  
 3/6, 10:00 – 11:30  
**Oak Bluffs COA,** 3/6 & 3/15, 12:00  
**Edgartown Library,**  
 3/7, 10:00 – 11:00  
**Edgartown Stop & Shop Pharmacy,**  
 3/7, 11:30 – 1:30  
**Up-Island COA – Howe’s House,**  
 3/12, 11:00 – 1:00  
**Aquinnah Town Hall,**  
 3/20, 10:15 – 11:15

**West Tisbury Library,**  
 3/20, 12:00 – 1:30  
**Chilmark Library,**  
 3/21, 11:00 – 1:00  
**Woodside Village I,**  
 3/26, 11:00 – 12:30  
**Woodside Village II,**  
 3/26, 12:45 – 1:45  
**Edgartown Town Hall,**  
 3/27, 10:00 – 11:30  
 Edgartown COA, 3/27, 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:**  
 3/20, 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, 3/21, 9 am  
 Call 508-693-4509 x3  
 ECOA, 3/20, 1:30-3:30 pm  
 508-627-4368  
 UICOA, 3/26, 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  
 3/5, OBCOA. Appointments  
 starting at 9:30am  
 Call 508-775-7020 OR  
 1-800-742-4107 for an appointment

**Free Legal Clinic**  
 3/14, 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**  
 3/26, 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**  
 3/2, 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 MS 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**  
 3/12, 1 pm, TCOA  
 Speaker: Elizabeth Sanderman, RN  
 Call 508-696-4205 for information  
**Vineyard Isle Parkinsonians Support Group**  
 3/12, 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, 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 tel:508-693-7900,  
 508-693-7900

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 vineyardscripts.com

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- 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