MARTHA’S VINEYARD CENTER FOR LIVING

Is thrilled to announce that we are now located at:
29 Breakdown Lane in Vineyard Haven.
Their phone number has NOT changed:
508-939-9440.
And our mailing address is still, PO Box 1729, Vineyard Haven.
Located at:
3702 South Main Street, South Yarmouth, MA 02664.

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.

MARTHA’S VINEYARD CENTER FOR LIVING

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.

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 are a short walk away.
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.

The links for the above listed information may be found at:
www.benefits.va.gov/HOMELOANS/resources_video.asp

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.

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If you are a borrower and want to contact the www.benefits.va.gov/HOMELOANS/contact_us_info.asp “Reg/Loan Center Contact Page” at “ blank” VA Loan Guaranty Ofﬁce regarding any aspect of your mortgage, please call 1-877-827-3002, with hours of operation from 8am to 6pm, EST.

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**NOTEWORTHY**

**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, 4/3 – 4/9, 12:30 – 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. 508-627-4368. (See Noteworthy for details).

**Oak Bluffs Highlights - 508-693-4509**

**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. Join and come, be a part of Team OB! The Friends of the OBCCA 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**
3/26, 10 am. Kinship Animal Companions.

**Threshold Choir**
3/5, 3/20, 3/23, 12 noon. Experience needed. Just the desire to sing!

**NEW! Chair Yoga with Kat**
Tues, 10 am & Thurs, 10 am. $5. I've had years of experience in exercise and yoga. Come and join the fun!

**NEW! OBCOA Walking Club**
Tuesdays (weather permitting): 3/6 – 11:10 am. Led by Sandy Blythe and Lloyd Henke. The group meets at the OBCOA and walks around town, ending back at OBCOA. Fee of $4 covers 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.

**Tisbury Highlights - 508-696-4205**

**Coffee please for more information about this month’s programs.**

**Feeding the Family: Feeding, Fishing, & Foraging on Martha’s Vineyard**
3/12, 9 am. How have you found good eats on the island? Did you or family scout wild berries 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.

**Alzheimer’s Presentation and Lunch with Abe Seiman**
3/20, 12:30 pm. Fee. 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 UPCO.

**NEW! Greenhouse Gardening Club, OBCOA**
Fri. 10 am – 12 noon Call Rose to make a reservation!

**Greenhouse Gardening Club**
Fri. 10 am – 12 noon Community Officers 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.

**Up-Island COA**

**Up Island COA Newsletter - March 2018**

**Up Island COA**

**Meals on Wheels**
508-627-4068. Call Ellen for details.

**Parks & Rec Calendar**
Hours: 8:30 am – 4:30 pm Hours: 9 am – 4 pm

**MV Museum Presents:**

**Feeding the Family: Hunting, Fishing, & Foraging on Martha’s Vineyard**

**Call Rose to make an appointment.**

**Movement,” 11-12. Tea time in between, $10.**

**Howes House Writing Group**
3/9 and 3/23, 10 am. Refreshments.

**Myra Stark, director**

**Olive Shinny & Bistro, 11:30-1:30.**

**Barn Bowl & Bistro, 11:30-1:30.**

**Edgartown Bowlers!**
3/5, 3/12, 10 am. Call 508-627-4368.

**Tisbury COA**

**Derby? Carve decoys for duck hunting and enjoy 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.**

**.RegularExpressions**

**Men & Ladies Luncheon**
3/12, 10:00 Noon Call Rose to make a reservation. Call Ellen for details.

**Greenhouse Gardening Club**
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**NEW! Rochester 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 round they may lose! No one knows where it will end. Coffee, tea broads to enjoy. Lunch is not optional. Call if you’d like to play.
Island-Wide Activities Calendar

Yoga for Seniors, UICOA
$10 per class. Martha Abbott
Mon & Fri. 10:30 – 11:30 am
Kanty Lipsy. Wed. 10:30-11:30 am
Chair Yoga, OBCOA
Tues. 10 am & Thurs. 10:30, S$4
Yoga, ECOA
Instructor: Carol Aranazhe
Thurs. 9:00 am.
Wisdom Healing Gigong, 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 508-399-1743.
Kundalini Yoga/Breathe Meditation, TCOA
Tues, 1pm – 1:15 pm
Steve Power guide, $4
Kundalini Yoga, TCOA
Wed. 4 pm. $3. 1st class is free
Gentle Yoga, TCOA
Thurs. 4:5:15 pm. With Carol Vega
Tai Chi Fan & Sword/Chi Gung, TCOA
When available. Returns in April
Tai Chi with Van Doty, ECOA
UICOA
Thurs, 3/28, 3pm, with Jill Jupen.
Tuesday, March 15th
Menu
Salad & Homemade Rolls • Seafood Chowder • Bread Pudding
Always delicious! $12
Reservations are a must! • Call 508-939-9440

Island Elderly Housing, Inc.
60 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 80% LIHTC program so that the tenant’s share is always equivalent to 30% of his/her adjusted monthly income. Application forms are available at any HUD 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 origin or ancestry, age, marital or disability status, familial status, source of income or age or other factors prohibited by Title 24, Code of Federal Regulations or any applicable state or federal law. Application forms and documents will be available in a format that assures you, a non-disabled, individual that he or she is able to Apply for rental assistance, including any written application, determination of income-related and/or financial eligibility, and/or rental accommodation.

Island Elderly Housing, Inc. will make reasonable accommodation to a person with a disability, during the application process, or during the occupancy of the apartment. The person will be provided an equal opportunity to participate in the housing program.

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60 Village Road, Vineyard Haven, MA 02568-4052
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.
  - **UCOIA: Vineyard Audiology**
    - Screenings & Repairs
    - Call 508-457-9285 for appointment

- **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, UBCOA. Apointments starting at 9:30am

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- **Call 508-775-7020 OR**
  - 1-800-742-4107 for an appointment

**Free Legal Clinic**

- **3/14, UCOIA,** Elder Law Attorney
  - Patty Mello. Space limited
  - Medicaid pricing, 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 UBCOA

- **Windemere Nursing & Rehab,** 508-696-6465
  - Long term care nursing home facility
  - Medicaid accepted.

- **Havenside Apartments,** 508-695-4350
  - Henrietta Brewer House, 508-695-4350
  - Assisted Living, private pay
  - Longhill, 508-627-7791
  - Assisted Living, Private pay
  - Long Term Care Insurance accepted.

- **Vineyard Village at Home (VVAH)**
  - Referrals, Transportation &

- **MV Center for Living Supportive Day Program**
  - Eileen Murphy, 508-627-2070
  - A social program for those needing supervision and socialization
  - Respite for family caregivers

- **Caregiver Homes of Massachusetts**
  - In-home care and management, income guidelines apply
  - Cape & Islands Branch, 774-212-5764
  - www.caregiverhomes.com

- **MVCS Family Center, 35 Greenwood Ave, West Tisbury**
  - Info & to join call 508-693-3038,
  - Assistance. With independent living
  - Info to & join call 508-693-3038,
  - Vineyardvillage@gmail.com

- **MVCS Island Counseling Center**
  - CORE Counseling, Outreach & Referral for the Elderly
  - Call the Outreach Worker at the Council on Aging
  - Call 508-693-9300
  - Martha’s Vineyard MS
  - Self Help Group.
  - Call 508-693-3193
  - Prostate Cancer Support Group
  - Thru March, 4 pm
  - MVCS Community Services Bldg.
  - Conference Room 1
  - Call 508-627-4368

- **Diabetes Support Group**
  - 3/2, 10:00, TCOA
  - Speaker: Elizabeth Sanderman, RN
  - Call 508-696-4205 for information

- **Vineyard Isle Parkinsonians**
  - 3/12, 1 pm, UCOIA
  - Call Ellen for details 508-693-2896
  - Parkinson’s Caregivers’ Support Group
  - Call Ellen for details 508-693-2896
  - Memory Support Groups
  - Wednesdays, 9:30 am & 11 am

- **Memory Cafe**
  - MVCS Island Counseling Center
  - Call Allison McKinley
  - 508-693-7900 x217

- **MVCS Family Center,** 35 Greenwood Ave, West Tisbury
  - **MVCS Family Center,** 35 Greenwood Ave, West Tisbury
  - Social Security

- **Vineyard Audiology**
  - Offering Expertise with Integrity
  - 508-696-4600

- **Vineyard Audiology**
  - 508-693-7979
  - vineyardaudiology.com

**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.
  - 3/0 round trip

- **American Cancer Society**
  - Road to Recovery
  - 1-800-227-2345, for cancer patients

- **Medical Taxi (Cape Cod medical services, $30 round trip**

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**Support Groups and Counseling**

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  - Speaker: Elizabeth Sanderman, RN
  - Call 508-696-4205 for information

- **Vineyard Isle Parkinsonians**
  - Support Group
  - 3/12, 10:30 am, UCOIA

- **Memory Support Groups**
  - Wednesdays, 9:30 am & 11 am

- **Memory Cafe**
  - Every Thursday, 10 am American Legion Hall, VH
  - Music, conversation, laughter, compassion, light refreshments.
  - Drop-in. Free of charge.
  - Call Leslie Clapp 508-939-9440 or Nancy Langman 508-498-1490 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, 1:30 – 2:30 pm

- **MVCS Family Center,** 35 Greenwood Ave, West Tisbury
  - **MVCS Family Center,** 35 Greenwood Ave, West Tisbury
  - Social Security

- **Grandparents Raising Grandchildren**
  - MVCS Family Center, 35 Greenwood Ave, West Tisbury
  - Social Security

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