

# 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

April 2018 - Vol. 22, Issue 4

## MARTHA'S VINEYARD CENTER FOR LIVING MEMORY SUPPORT SERVICES:

### Dementia Family Support

For families and caregivers of individuals with dementia:

*Memory Screenings • Support & Counseling • Referrals & Information • Education*

### Caregiver Support Groups & Resource Center

2nd & 4th Friday, 9:30-11

### Memory & Music Café

Thursdays, 10 am - noon  
Live music & companionship  
Refreshments

*Memory Support Services are offered free of charge. Donations gratefully accepted. Call 508-939-9440 for more Information.*

**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

CARE | SUPPORT | RESOURCES

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

### Avoid becoming a victim of a new Medicare Card Scam

You may have heard that everyone on Medicare will receive new Medicare cards with new numbers beginning April 2018. Social Security numbers will no longer be used on Medicare cards to prevent identity theft. Instead, each Medicare beneficiary will receive their own unique Medicare number. Medicare beneficiaries in Massachusetts are scheduled to receive their cards starting in June 2018.

These cards are FREE. You do not need to do anything to receive the new Medicare card except to make sure the Social

Security Administration has your correct address. Medicare will NOT call you to ask for information in order to send you the new card. Please do not be tricked into sharing your personal information.

Once you receive your new Medicare card, you can destroy the old one. Don't hesitate to give us a call if you have any questions regarding your Medicare coverage or the new Medicare cards.

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.

## MASSACHUSETTS COUNCILS ON AGING: SNAP Replacement Benefits for Seniors and Other Households that Lost Power

Are you working with a low-income family, older adult or other individual who lost power in the last few days or weeks and had to throw out food that was not safe to eat? If that individual or family received SNAP benefits, they may be eligible to request replacement SNAP benefits from the Department of Transitional Assistance (DTA). Known as "misfortune" replacement benefits, SNAP households can request additional SNAP benefits to replace food that was destroyed (or had to be thrown out) due to a power outage, appliance malfunction, flooding, fire or other misfortune. For example, if you have a client who gets \$100 per month in SNAP and lost all her food, she can request \$100 in replacement SNAP benefits.

Due to the number and severity of the recent winter storms, DTA has permission from the federal U.S. Department of Agriculture (USDA), to accept SNAP replacement requests from the early March storms until **Monday, April 2, 2018.**

### What you can do?

1. You or your client can call the DTA Assistance Line at 1-877-382-2363 (or the DTA Senior Assistance Office at 1-833-712-8027) and verbally report the loss of food due to a power outage or flooding.
2. Your client should fill out the DTA form which makes a formal request to DTA for replacement SNAP. (The maximum amount DTA will replace is the amount of the monthly SNAP benefit.) DTA has English and Spanish forms.
3. Also send DTA a signed consent form that lets you talk with DTA about the SNAP benefits.
4. Follow up with a phone call in few days if the client does not get additional SNAP benefits placed on their EBT card.
5. Contact a local Legal Services advocate if your client runs into problems.

If you have additional questions about SNAP replacement benefits, you can contact the Mass Law Reform Institute (MLRI): Pat Baker at [PBaker@mlri.org](mailto:PBaker@mlri.org), or MLRI's AmeriCorps Wesley Chrabsz at [WChrabsz@mlri.org](mailto:WChrabsz@mlri.org)

## VA NEWS

### NATIONAL VIETNAM WAR VETERAN'S DAY MARCH 29TH 2018

Join the Nation. Thank a Vietnam Veteran for Service to our Nation. U.S. Armed Forces personnel with active duty service between November 1, 1955 to May 15, 1975, regardless of

location of service.

If you are a Vietnam or Vietnam Era Veteran please contact Jo Ann Murphy, Veteran's Agent at 508-693-6887

[Vietnamwar50th.com](http://Vietnamwar50th.com)

## TRAVEL NEWS

### Falmouth Shopping Trip, UICOA

4/18. 8:15 am leaving, 5pm return. 5/16. 8:15 am leaving, 6:15pm return. Please call 508-693-2896 if interested.

### Museums of Cambridge, UICOA

5/30. \$90. RSVP by 4/20. Join us for a fabulous meal then a visit to the Harvard Museum of Natural History and the Peabody Museum of Archology and Ethnology. Please call 508-693-2896 if interested.

# !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

### Memory Support Groups

Wed, 9:30-11:00 & 11:00 - 12:30.  
Featherstone Center for the Arts

Seeking new members. Enjoy music, art and conversation to maintain and improve memory. Year-round, no attendance requirement and no charge. Donations gratefully accepted.

For information call Nancy Langman  
508-498-1948 or  
Victoria Haeselbarth 508-627-4368

### Martha's Vineyard Museum Presents:

Washington Ledesma -  
The Life and Art of the Island Artist  
4/9, 1:30 pm.  
UICOA, 508-693-2896  
4/12, 10 am.  
TCOA, 508-696-4205

"The inspiration for my work comes from many ancient cultures, from a time where men and animal spirits lived in harmony with nature. We have grown so far away from ourselves, from who we are in nature and on this earth - my drawings want to remind us that there was an Eden and that in art we can restore Paradise for ourselves and for all humankind."

### Intro to The Study of Bird Language, UICOA

5/ 8. 2pm. Free

Join Saskia Vanderhoop of Sassafras Earth Education as she shares about birds and what we can learn from their language. Understanding bird language can help us get closer to animals and help create a better understanding of our ecosystem. Follow up with a guided Bird Sit in the garden. Light refreshments. Sponsored by Sassafras Earth Education and the Friends of UICOA. Donations to Sassafras Earth Education welcomed. Call for info 508-693-2896

### MV Partnership for Health Program Schedule

To register for any series, or for more information, call Kathleen Samways 508-627-5797 X114 or email at ksamways@ihimv.org

### My Life My Health

Weds, 3/14 - 4/25. 10 - 12:30 pm.  
**Location:**  
Tisbury Council on Aging

### Powerful Tools for Caregivers

Mon, 3/ 5 - 4/9. 1:30 - 3:30 pm.  
**Location:**  
Edgartown Council on Aging

### A Matter of Balance

Thurs, 3/ 8 - 4/26. 3-5:00 pm.  
In partnership with ACEMV.  
**Location:**  
MV Hospital Community Room

*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

### Elder Law Attorney Tom Kosman

4/2, appointments starting at 10. Sign up

### Edgartown Bowlers!

4/2, challenge TCOA, Barn Bowl & Bistro, 11:30-1:30. Fun! Lunch, \$10. Sign up.

### Meet High School Leadership Class

4/3, before lunch, 11:30, get to know MVRHS students. Sign up.

### Edgartown Fire Department and EMTs Fall Prevention Program at Anchors

4/13, 11 am. Sign up.  
Firefighters & EMTs present interactive presentation on fall prevention before lunch.

### Lunch with Edgartown Selectmen

4/27, say "hello" to our wonderful selectmen, Michael Donaroma, Margaret Serpa, and Arthur Smadbeck. Sign up/

### Anchors Travel Club

Monthly, second Wednesday, 4/11, 2:30-3:30.  
Share adventures, stories, and pictures; plan new jaunts. Call Wendy to sign up.

### 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.

### New 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

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

### On Display

Margaret Emerson, a Chilmark resident and artist since retiring in 2009 from Professor of Nursing at Northeastern University. Member of the MV Art Association, she shows her work at Old Sculpin Gallery. Her paintings are at various island art shows, and she sells work at the Kennedy Gallery in VH. Her website: [Margaret-emerson.squarespace.com](http://Margaret-emerson.squarespace.com). Meet Margaret at lunch on 4/10.

## Oak Bluffs Highlights - 508-693-4509

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

### Coffee with the Chief 4/13, 10 am

Conversations & coffee with OB Police Chief Erik Blake.

### Friends of the OBCOA 4/12, 1:30 pm

Join Team OB! The Friends of the OBCOA thank all who participated in the North End Trip in December 2017! We'll be running the trip again in December 2018.

### Board of Directors Meeting 4/19

### Animal Companions

4/9 & 4/23, 1:00 pm

### Threshold Choir 4/2 & 4/30, 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

Tues. (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!

### 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!

### Men & Ladies' Poker Group

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

### Men's & Ladies Luncheon

4/4, 12:00 Noon  
Call Rose to make a reservation.

## 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.*

### MVM Presents...

### Washington Ledesma- The Life and Art of the Island Artist

4/12, 10 am. See Noteworthy for details

### Kundalini Yoga with Steve Power, guide.

Wednesdays, 3-4pm. \$8. Including some breathe meditation that helps to calm and clear the mind and develop inner peace. It can help to reduce distractions.

### NEW! Fridays: Yankee Swap Bingo

10 AM. Bingo with a bit of 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 at 11. Coffee, tea breads to enjoy. Laughter is not optional. Call/Register if you'd like to play.

**The Friends of the Tisbury Council on Aging** need new members, especially to help with the planting of colorful annuals in the senior center gardens. If you can help for any amount of time, please call Sandy.

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

Catie Blake

Tues: 9:30 am /Thurs: 10:30 am/ Equipment provided. Try this class, it is excellent! 1 in 4 people in our country '65+' fall each year. Be strong! All materials provided.

### Walking Group

4/26, 10 AM  
Join us for a visit to an early cemetery where some of our nascent residents from Britain are buried. Ponder the inscriptions which tell interesting perspectives on how those inhabitants adapted to their new home...or, did they really consider it home? See what the stones tell us. Call to register. Limited to 10 visitors.

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

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

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

### MV Museum Presents: Washington

Ledesma - Life and Art of the Island Artist  
4/9, 1:30 pm. See Noteworthy for details.

### Free Reiki Clinic 4/23, 12-2pm.

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.

### Intro to The Study of Bird Language

5/ 8. 2pm. See Noteworthy for details

### Howes House Writing Group

Every Tuesday, 11:15-1:15.  
All levels welcome! Bring lunch.

### Vineyard Isle Parkinsonians

**Support Group** 4/9, 10:30 am.  
Call Ellen for details.

### Parkinson's Caregiver Support Group

Call Ellen for further information.

### MELT Method Class with Valerie

**Sonnenthal** Tues, 4/5 & 4/19. 4pm \$18. 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.

# !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

**Chair Yoga**, ECOA  
Weds, 1 pm, \$10. First class free.  
Instructor: Arlene Stark Prisco.  
Call Wendy for info/register  
508-627-4368

**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  
Wed, 3-4pm. \$8. First class free  
Steve Power, guide. \$4

**Kundalini Yoga**, TCOA  
Wed, 4 pm, \$8. 1st class is free

**Gentle Yoga**, TCOA  
Thurs. 4-5:15 pm. \$10  
Instructor: 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  
Sat, 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.ycmamv.org](http://www.ycmamv.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  
Tues 4/ 5 & 4/19, 4 pm. \$18.  
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  
Barn Bowl & Bistro**, TCOA & ECOA  
(Register with town you reside)  
4/2, 11:30-1:30. \$10,  
1 hr bowling followed by lunch  
Tisbury: 508-696-4205  
Edgartown: 508-627-4368

## 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  
Iadicco**, OBCOA. Fri., 10-11:30 am.

**Friday Morning Conversation  
Group**, ECOA. 4/6 & 4/20, 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  
4/4 & 4/11 Lynn Nottage’s 2017  
Pulitzer Prize play “Sweat”.  
Director: Johanna Kobran  
4/18 & 4/11 J.T. Rogers 2017  
Tony Award play “OSLO”.  
Director: Charlena Seymour  
Call for info 508-696-4205.

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

**Poetry Reading Group**, TCOA  
4/2, 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. 4/25, 3pm, with Jill Jupen.  
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

**New Art Club**, ECOA  
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.

**Watercolor Painting with Nancy  
Cabot**, UICOA

Fri, 1 pm. Beginners welcome!

**Creative Painting**, TCOA  
4/9, 10 am – 12 noon.  
Bruce Kissell, instructor.  
Seating limited. Call to register  
508-696-4205

**Woodcarving**, 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., 4/11, 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, April 12th  
Music at 11:00  
Lunch served promptly at 11:30

Menu  
T.B.A.

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

Enjoy the brand new  
Spring issue of

THE LOCAL  
in today’s MV Times!



To advertise in 2018 call 508-693-6100 and press 2 to speak to an ad rep.

MVTimes

**Service Programs and Support Group Directory**

**Health Promotion**

**Blood Pressure & Wellness Clinics:**  
**West Tisbury Library,** 4/17, 12:00 – 1:30  
**Chilmark Library,** 4/18, 11:00 – 1:00  
**Woodside Village I,** 4/23, 11:00 – 12:30  
**Woodside Village II,** 4/23, 12:45 – 1:45  
**Edgartown Town Hall,** 4/24, 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.

**Miracle Ear**  
 Call 508-457-9285 to speak to Audiologist Michelle Harris or to make an appointment.

**Hearing Services:**  
*call in advance for an appointment.*

**Podiatry & Foot Care:**  
**Pedi-Care w/Michelle LeBlanc, RN**  
 Call 508-693-2896 for an appointment:  
 ½ hour appts, \$30  
 OBCOA, 4/11, 9 am  
 Call 508-693-4509 x3  
 ECOA, 4/17, 1:30-3:30 pm  
 508-627-4368  
 UICOA, 4/23, 9 am  
 508-693-2896

**OBCOA:**  
 Date TBA, 11 am, Call Rose,  
 508-693-4509 x3 for apt

**UICOA: Vineyard Audiology**  
 Screenings & Repairs  
 Call 508-457-9285 for appointment

**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  
 4/2, OBCOA. Appointments starting at 9:30am  
 Call 508-775-7020 OR  
 1-800-742-4107 for an appointment

**Free Legal Clinic**

4/11, 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**  
 4/23, 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**  
 4/6, 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

**MV Center for Living Medical Taxi**  
 Cape Cod medical appointments only. Suggested donation.  
 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**  
 A social program for those needing supervision and socialization  
 Respite for family caregivers.  
 Call 508-939-9440  
**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**  
 4/9, 1 pm, TCOA  
 Call 508-696-4205 for information

**Vineyard Isle Parkinsonians Support Group.** 4/9, 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

**Music & Memory Café**

Every Thurs, 10 am,  
 Music, conversation, laughter, companionship. Light refreshments. Drop in. Free of charge. MV Center for Living: 29 Breakdown Lane, VH. Call 508-939-9440.

**Dementia Caregiver Support Group**  
 Second & Fourth Fridays, 9:15 am – 10:45 am.  
 Tisbury Senior Center  
 Call Leslie Clapp 508-939-9440


**Caregiver Support Group**  
 First & third Thursdays, 10:30 am.  
 MVCS Island Counseling Center  
 Call Allison McKinley  
 508-693-7900 x217

**Grandparents Raising**

**Grandchildren Group**  
 MVCS Family Center, 35 Greenwood Ave, VH. Second Saturday of the month, 10-11:30.  
 Information, coffee & discussion.  
 Call 508-687-9281  
 to pre-register for childcare.

**Cancer Support Group**  
 Wednesdays, 12:00, Hebrew Center, Vineyard Haven

**Veterans Group**  
 Weekly support group. Discuss challenges of reintegrating after the war experience. MVCS Island Counseling Center. Contact Tom Bennett for info and group times at 508-693-7900 x. 211




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MON-FRI 9-6, SAT 9-3  
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