

55Plus

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

May 2018 - Vol. 22, Issue5

THANK YOU FROM THE MARTHA'S VINEYARD CENTER FOR LIVING!

The MV Center for Living would like to thank the following restaurants for their generous donations to the Supportive Day Program's Lunch Program

MOCHA MOTT'S • LUCKY HANK'S • THE BLACK DOG CAFE



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

Prescription Advantage - Assistance with drug costs

Prescription Advantage is a state-run program which assists elders with the costs of their medications. Eligibility is based on income only and there is no asset limit!

If you are a Massachusetts resident and eligible for Medicare, the income limits are:

- Age 65 or over- \$60,700 or less for a single person or \$82,300 or less for a married couple.
- Under age 65 and disabled- \$22,823 or less for a single person or \$30,945 or less for a married couple.
- If you are 65 years or older and not eligible for Medicare there is no

income limit to join.

There is no charge for joining Prescription Advantage if you have an annual income at or less than \$36,420 for a single person or \$49,380 for a married couple. However, there is a \$200 per person annual enrollment fee for those with higher incomes.

Medicare's "Extra Help" program can assist with the cost of your Medicare Part D plan's premium, deductible and copays. For more information on these programs or assistance with any Medicare issue call your Senior Center to make an appointment with a trained SHINE counselor. SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs.

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. Recently, some lenders have been marketing unsolicited offers for VA mortgage refinance loans that appear official due to the use of aggressive and misleading, advertising and sales tactics. Here is what you need to know about refinancing your VA home loan:

- 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.

If you have financial trouble or some other circumstance regarding your VA home loan please visit the VA website for videos, information, and assistance. If you are a borrower and want to contact the 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

Falmouth Shopping Trip, UICOA

5/16, 8:15 am leaving, 6:15pm return. Call 508-693-2896 if interested.

Museums of Cambridge, UICOA

5/30, \$90.

Fabulous meal and visits to the Harvard Museum of Natural History and the Peabody Museum of Archaeology and Ethnology.

If interested RSVP AS SOON AS POSSIBLE by calling 508-693-2896.

Upcoming Events:

"Miss Saigon" at Providence Performing Arts Center, UICOA
9/29 Price TBA.

Round trip motor coach, lunch, orchestra seating, & all gratuities included.

VINEYARD GARDENS
GERANIUMS
DAFFODILS
FEDCO SEEDS
EVERY TUESDAY
20% SENIOR DISCOUNT

55Plus
A monthly newsletter from your local Councils on Aging and the Martha's Vineyard Center for Living
PUBLISHED THE LAST THURSDAY OF EVERY MONTH IN THE MVTimes
Find helpful information on Veterans Services, Travel News, Activities, Individual Town Councils on Aging and more!
To advertise, call 508-693-6100 (press 2) danielle@mvtimes.com

!NOTEWORTHY

Memorial Day Observance

All Councils On Aging will be closed Monday May 28th in observance of Memorial Day.

Martha’s Vineyard Center for Living Seeking Volunteers

The MV Center for Living is seeking volunteers for their Supportive Day Program. Come in to socialize, share a passion, teach a class, or enjoy scheduled programs. For more information call 508-939-9440.

Martha’s Vineyard Bonsai Club

5/15, 7pm Seeking new members! Learn, work, and enjoy the art of Bonsai. Meetings are held every third Tuesday of the month at the Martha’s Vineyard Center for Living on 29 Breakdown Lane, Vineyard Haven. For information call Marvin at 617-584-3076.

MV Museum Presents: Saturday Evening Post: Images from a 1950s Vineyard

UICOA, 5/21, 1:30 pm. TCOA, 5/10, 10 am. Exploring the Saturday Evening Post covers depicting the Island, what can we tell about life in the 1950s on Martha’s Vineyard? What does that tell us about our life today? How have gender roles and technology shifted? Come to see vintage gadgets and hear 1950’s music, and feel free to bring your own objects, stories, or pictures!

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!

!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

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

Edgartown Bowlers!
5/7, challenge TCOA, Barn Bowl & Bistro, 11:30-1:30. Fun! Lunch, \$10. Call to register.

Coffee with a Cop
5/8, before lunch, 11 am, Officer Will Bishop will be at Anchors for Q&A and trivia! Call to register.

Anchors Travel Club
Monthly, second Wednesday, 5/9, 2:30-3:30. Share adventures, stories, and pictures; plan new jaunts. Call to register.

Vineyard Smiles Dental Clinic
5/11, free oral health screening, cleaning, oral hygiene instruction. Call 508-696-0020, x14, for appt.

Movie and Popcorn
5/14. 1 pm. “The Darkest Hour,” with Academy Award nominee Gary Oldman. Call to register.

Jill Jupen, Author Talk
5/15, 11:15 am, before lunch, Jill tells us about her new book The Space Between. Call to register.

Art Club with High School Kids
5/21, 9-11:30, “Kids Give Back Day,” join High School “Global Politics and Civil

Engineering” Class with our regularly scheduled Art Club. Get to know MVRHS students and create! Call to register.

“Antibiotics Aware” Program
5/29, 11-11:45 am, with David Caron, MV Hospital Director of Pharmacy, before lunch. Call to register.

On Display in May
Laureen Van de Workeen, watercolors. Laureen, a member of our Anchors Art Club, was influenced by her mother’s art. Meet Laureen at lunch 5/18.

Tom Dresser Book Talk
6/11, 1 pm, Whaling on Martha’s Vineyard. Coffee and snacks, call to register.

Oak Bluffs Highlights - 508-693-4509 Rose Cogliano, Director Hours: 8:30 am–4 pm

Coffee with the Chief 5/11, 10 am. Conversations & coffee with OB Police Chief Erik Blake.

Friends of the OBCOA
5/10, 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 5/17, 2 pm.

Animal Companions 5/14, 1:00 pm.

Threshold Choir 5/7 & 5/21, 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
5/2, 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.

Martha’s Vineyard Museum Presents: Saturday Evening Post: Images from a 1950s Vineyard
5/10, 10 AM.See Noteworthy for details.

Functional Fitness & Fall Prevention for Men & Women
Tues: 9:30 am/Thurs: 10:30 am
Instructor: Catie Blake
Falls, with or without injury, can impact quality of life by creating fear of another fall. Learn to prevent falls, continue a healthy lifestyle, and be strong! Just bring yourself; all materials provided.

Play Readers. Weds, 9-12N
Producer: Anthony

5/2 Love, Valour, Compassion
by Terrance McNally; Nora Nevin, director.

5/9 Fences
by August Wilson; Mike Adell, director

5/16 Playboy of the Western World
by John Millington Synge; Gaston Vadasc, director.

5/23 Old Times
by Harold Pinter; John Brannen, director.

5/30 Becky Shaw
by Gina Gionfriddo; Charlena Seymour, director.

AARP Drivers Safety Course
will be offered on May 24, 12-4:30 p.m. For information. Call the Tisbury Council on Aging if you wish to sign up as registration is required

Presentation by Hope Hospice & Atria Assisted Living. 5/10, 1pm
Hope Hospice will do a presentation on the services they provide and Atria Assisted Living will speak about their services and facility in Falmouth. Call the TCOA to sign up.

Anniversary Open House
6/3, 2 - 4 pm.
Refreshments. Music by Serendipity. Watch upcoming newsletters for info.

NEW! Fridays: Yankee Swap Bingo
Fridays 2pm.
Bingo with a bit of a twist! Bring a small item you no longer need/want for the Yankee Trade. Winners get to choose, but next go’round they may lose! Coffee, tea, breads to enjoy. Call if you’d like to play.

Up-Island Highlights - 508-693-2896 Joyce Albertine, Director Hours: 8:30 am - 4:00 pm

Free Reiki Clinic
5/22, 12-2pm. Call for appointment. Reiki is an ancient light-touch therapy that restores balance for physical, mental, emotional, and spiritual healing. Known to release fatigue, stress, and pain, while strengthening the immune system. Safe, natural, and non-invasive. Helpful for relaxation, revitalization, injuries, and chronic pain.

Intro to The Study of Bird Language
5/ 8, 2 pm.
Join Saskia Vanderhoop of Sassafras Earth Education as she shares about birds and their language. Follow up with a guided Bird Sit in the garden. Free. Light refreshments.

Sponsored by Sassafras Earth Education and the Friends of UPICOA. Donations to Sassafras Earth Education will be welcomed.

Picnic and Tour at Polly Hill Arboretum
6/19, 12 pm. RSVP required by 6/8. Space limited. Join us for a provided brown-bag picnic and tour of one of West Tisbury’s greatest treasures. Sponsored by the Friends of UPICOA and Polly Hill Arboretum. Program is free, but participants are strongly encouraged to give the suggested donation upon entrance to the Arboretum. Rain date: 6/20.


Howes House Writing Group
Every Tuesday, 11:15-1:15.

All levels welcome! Bring lunch.

Vineyard Isle Parkinsonians’ Support Group
5/14, 10:30 am. Call Ellen for details.

Parkinson’s Caregiver Support Group
Call Ellen for information.

Outreach Services
Ellen Reynolds is available to meet Mon.-Fri. 9a.m. -3 p.m. The COA has medical equipment for loan, notary services, and assistance with filling out a File of Life card all free of charge. Joyce Bowker is UICOA’s SHINE Counselor, available to assist with health insurance questions.



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.

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 Vega 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 , TCOA Wed, 4 pm, \$8 Instructor: Steve Power 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 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 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 Functional Fitness, Balance, & Fall Prevention , TCOA Tues: 9:30 am Thurs: 10:30 am Instructor: Catie Blake Free. Equipment provided. Call 508-696-4205 for info 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. Chair Massage with Ellen McMannis of MV Body Works, UICOA Fri. 5/11 & 5/25, 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 in) 5/7, 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 TCOA, M-F, 8:30 - 9 am. Discussion Group , UICOA Tues., 9:30 am Open discussion, all welcome. Call 508-693-2896 for information. The Week in Review, TCOA Fridays, 10 am Current events and discussion Conversations with Bob	Iadicicco , OBCOA Fri., 10-11:30 am Friday Morning Conversation Group , ECOA 5/4 & 5/18, 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 See Tisbury Highlights for details	Call for info 508-696-4205. Poetry w/ Jill Jupen, ECOA Thurs., 9:30 am Poetry Reading Group TCOA 5/5, 10 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.	Book Group for Women & Men , ECOA 5/23, 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 Instructor: Martha Child All levels welcome.
	Arts & Crafts	New Art Club , ECOA Every Mon., 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 Every Mon., 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!
	Cards & Games	Mah Jong ECOA, Tues & Fri, 1 pm UICOA, Wed 1 pm & Thurs 1:30 pm OBCOA, Mon. 1 pm Scrabble , OBCOA Fri. 9 am Cribbage , OBCOA Fri, 9 am 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	Every Mon. 1pm 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 , ECOA Thurs.12-3. Contact Carol at fligors@comcast.net for seating or call 508-627-4722. Bingo OBCOA, Wed. 5/9, 1-3 pm & 6-8 pm Yankee Swap Bingo , TCOA Fridays, 2 pm, See TCOA Highlights Call for info: 508-696-4205

MVRHS LUNCHEON!

Martha’s Vineyard Regional High SchoolCulinary Arts & Music DepartmentsCulinary Arts Dining Room

Last of the Year! Thursday, May 17th

Music at 11:00
Lunch served promptly at 11:30

Menu
T.B.A.

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

vineyardvisitor.com

VINEYARDVISITOR

MVTimes

GET YOUR AD ON THE FERRIES FOR THE MONTH OF MAY!

Find it on ferries, in stores, & hotels year-round
To advertise, 508-693-6100, press 2 for Ad Sales

Service Programs and Support Group Directory

Health Promotion

Blood Pressure and Wellness Clinics:
Vineyard Scripts, Beach Rd. VH
Have your blood pressure checked any day, any time.

Public Health Nurse Clinics:
On hiatus. Call your Council on Aging for info.

Blood Pressure & Wellness Clinic Sites:
Island Food Pantry in Tisbury
Tisbury COA
Oak Bluffs COA

Up-Island COA – Howe’s House
Edgartown COA
Edgartown Library
Edgartown Stop & Shop Pharmacy
Edgartown Town Hall
Aquinnah Town Hall
West Tisbury Library
Chilmark Library
Woodside Village I
Woodside Village II

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
TCOA: 5/30
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 508-693-2896 for an

appointment: ½ hour appts, \$30
OBCOA, 5/9, 9 am
Call 508-693-4509 x3
ECOA, 5/15, 1:30-3:30 pm
Call 508-627-4368
UICOA, 5/21, 9 am

Vineyard Smiles Dental Clinic at Anchors
5/11, free oral health screening, cleaning, oral hygiene instruction. Call 508-696-0020, x14, for appt.

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
5/7, UICOA. Appointments starting at 9:30am
Call 508-775-7020 OR
1-800-742-4107 for an appointment
Free Legal Clinic

5/9, 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
5/21, 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
5/4, 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, 5
08-693-5880
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, TCOA

5/21, 1 pm
Call 508-696-4205 for information
Vineyard Isle Parkinsonians Support Group, UICOA
5/14, 10:30 am
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




Vineyard Audiology
*is hear to help,
year round.*

Offering Expertise with Integrity
508-696-4600

20 Indian Hill Rd,
West Tisbury

**Rejuvenate
your Hearing**


vineyardaudiology.com



Family-owned & Operated
508-693-7979
vineyardscripts.com

 MON-FRI 9-6, SAT 9-3
117 BEACH ROAD, VINEYARD HAVEN * AMPLE FREE PARKING

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