

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

June 2018 - Vol. 22, Issue 6

WANT TO HELP MAKE YOUR COMMUNITY DEMENTIA-FRIENDLY? BECOME AN AMBASSADOR

Secretary of Elder Affairs Alice Bonner is committed to making the Commonwealth dementia-friendly. The Massachusetts Association of Councils on Aging (MCOA) recently received a large federal grant to help implement that goal. As part of all this, the Massachusetts/New Hampshire chapter of the Alzheimer's Association is launching a "Dementia Ambassadors" program to train and support local volunteers who will provide training, help develop more support groups for caregivers and organize "meet-ups" of local folks with dementia and their care partners. A "meet-up", which is based on the "memory cafe", will encourage small groups to get together at coffee shops, parks, museums, and other places where people can get out of the house and enjoy themselves.

If you are interested in learning more you can search "Dementia Ambassador" on the Alzheimer's Association website at <https://www.alz.org/manh/> or call Julie McMurray at 508-799-2386 or by email, jmcmurray@alz.org. You can also contact Emily Kearns at MCOA (call 978-604-0830 or email emily@mcoaonline.com). You can contact me at (508) 860-1470 or abergeron@mirickoconnell.com. If you have an elder law question, you can view my 10-minute Q&A Fireside Chats on Frank and Mary's YouTube channel, www.YouTube.com/ElderLawFrankAndMary and find more in depth commentary on our blog at <http://mirickoconnelltrustsandestateslawblog.wordpress.com/>.

TRAVEL NEWS

Foxwoods Casino, OBCOA 6/20, \$35 per person due by 6/13

The Friends of the OBCOA are planning a trip to Foxwoods Casino on June 20th. The cost of the trip is \$35 per person. Call Rose 508-693-4509 ext. 3 to reserve and pay for your space, it's sure to fill up quickly!

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

"Experience the acclaimed new production of the legendary musical Miss Saigon, from the creators of Les Misérables. This is the epic story of a young Vietnamese woman named Kim. In a bar run by a notorious character called The Engineer, Kim meets an American G.I. That encounter will change their lives forever. Featuring stunning spectacle, a sensational cast of 42, and a soaring score including Broadway hits like "Last Night of the World," "The Movie in My Mind," and "The Heat is On in Saigon," this is a theatrical event you will never forget."

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

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

Lucky Hank's
The Black Dog Cafe
Buckley's Gourmet Catering
Catered Creations - Johnny "Smiles" Petrosinelli

SHINE NEWS THE NEW MEDICARE CARD

You may have heard that everyone on Medicare will be receive new Medicare cards with new identification numbers. 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. If you are new to Medicare after April 2018, you may be issued one of these new cards. Current Medicare beneficiaries in Massachusetts are scheduled to receive their cards starting in summer 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

VA NEWS

The Providence VA Medical Center is participating in a Martha's Vineyard Veterans Town Hall meeting with the Dukes County Veterans Service Department at 4:30 p.m. on Thursday, June 14, at the American Legion Hall at 47 Martin Road, Tisbury, MA.

Leadership from the Providence VAMC will provide updates and respond to questions from the audience during the meeting. The town hall provides a forum for Veterans and family members to discuss a variety of issues including the

Veterans Choice program, eligibility for VA health care, enrollment, and other topics. Along with Veterans, local Veterans Service Organizations are expected to participate in the event.

"Veteran town hall meetings are a perfect time to learn about what's new in Veterans health care," said Dr. Susan MacKenzie, director of the Providence VA Medical Center. "Veterans, patients, families and community partners are invited to attend, ask questions and tell us how we're doing."



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.

!NOTEWORTHY

MV Partnership for Health Free My Life, My Health Class at Edgartown COA

Mondays, 7/9-8/13, 12-2:30 pm. Self-management for those with long-term conditions. Learn about exercise, symptom management, coping mechanisms, and communication with providers. Develop a personal action plan. Call to sign up, 508-627-4368.

Fire Preparedness, OBCOA

6/5, 12:30pm Presented by the American Red Cross of the Cape, Islands, and Southeast Massachusetts.

In a typical year, home fires kill more people than all other natural disasters combined in the United States. Are you prepared if a home fire or natural disaster strikes your area? Please join the Red Cross for a fun filled presentation that'll include:

- Disaster Preparedness kit tips
 - Home fire safety tips
 - FREE smoke and carbon monoxide detectors
 - Smoke and carbon monoxide detector install information
- And lots more!
Call Rose 508-693-4509 ext. 3 for more information.

Picnic and Tour at Polly Hill Arboretum, UICOA

6/19, 12pm. Rain date 6/20. Free. Join us for a provided brown-bag picnic and tour of one of West Tisbury's greatest treasures. Free, but participants are strongly encouraged to give the suggested donation upon entrance to the Arboretum. Sponsored by the Friends of UPICOA and Polly Hill Arboretum. RSVP required by Friday June 8th. Space limited. Call 506-693-2896.

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!

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

Please call to sign up for all programs. See our newsletter at www.edgartowncoa.com for more information.

Lunches Noon

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

Elder Mediation and Conflict Resolution Workshop

6/4, 1-2:30 pm, coaching of elder and family dispute mediation, including role play by the MV Mediation Program. Call to sign up, 508-627-4368.

Tom Dresser's New Book

6/11, 1 pm, Whaling on Martha's Vineyard. Coffee and snacks, call to sign up, 508-627-4368.

Cape Poge Lighthouse and Mytoi Tour

6/13, 10 am meet on Chappy side, tour starts at 10:30, 1.5 hours, \$24 per person. Self-guided Mytoi Tour after Lighthouse Tour. Bring bag lunch. Call to sign up, 508-627-4368.

Movie and Popcorn

6/18, 1 pm, "The Post." Call to sign up, 508-627-4368.

Handwriting Analysis Program

6/20, 2:15-3:45 pm. What does your handwriting say about you? Certified handwriting analyst, Lianne S. Boas, will tell you. Call to sign up, learn how to submit your handwriting sample, 508-627-4368.

Jim Thomas' Spiritual Choir

6/25, 1 pm, coffee, refreshments.

Call to sign up, 508-627-4368.

Get the Most from your iPad

6/28, 10:30-11:30, become better acquainted with your iPad at Edgartown Library with Kathy Lavieri, technology trainer, over 20 years of experience working with adult learners. Register in advance, 508-627-4368. Co-sponsored by ECOA and Edgartown Library.

On Display in June

Anchors Art Club. Meet artists at lunch, Tuesday, 6/19.

Robert Gilkes Slideshow

6/8, 12:45 pm, former Harbor Master, Robert Gilkes, slideshow and discussion of coastal erosion at Wasque point on Chappaquiddick.

Oak Bluffs Highlights - 508-693-4509

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

Coffee with the Chief

Date TBA, 10 am. Coffee and conversation with OB Police Chief Erik Blake.

Threshold Choir

6/4 & 6/18, 1 pm.
No experience needed. Just the desire to sing!

Animal Companions

6/11 & 6/25, 1 pm.

Board of Directors Meeting

6/21, 2 pm.

Friends of the OBCOA Meeting

6/14, 1:30 pm. Come and be a part of Team OB! See Travel News for details on the FOBCOA sponsored trip to Foxwoods Casino!

Men's & Ladies Luncheon

6/6, Noon. Call Rose for reservation.

BACK FOR THE SEASON! Knitting with Nancy Merjos

Thurs., 1 pm.

NEW YOGA PROGRAMS WITH KAT!!

Come and join the fun!
Yoga for Arthritis, \$7 per class
Mon., 5:30 - 6:30 pm., Tues., 1:00 - 2:00 pm.
Chair Yoga Dance, \$5 per class
Tues., 10 am., Thurs., 10:30 am

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.

Tisbury Highlights - 508-696-4205

Joyce Stiles-Tucker, Director
Hours: 8:30 am–4:30 pm

Anniversary Open House

6/3, 2-4pm
The TCOA will be celebrating it's 27th year! Please join us at the Tisbury Senior Center for refreshments, door prizes, and music by Serendipity.

Tom Dresser presents "Whaling on Martha's Vineyard"

6/8, 2 pm. Refreshments.
Martha's Vineyard became an integral part of the whaling industry at the beginning

of the 18th century. From shore whaling to daring voyages into the Atlantic, Pacific and Arctic Oceans, the insular whaling community offered a tempting path for many young Vineyarders to rise from cabin boy to captain. Through memoirs, music and memorabilia, author Thomas Dresser recounts this dramatic history of the bygone era of whaling on Martha's Vineyard.

ANASPOND Concert (Mele'huani)

6/20, 6:30 pm.

Leo and Keiki return with new member Kaneala! Together, they are Anaspond. Nominated for 2018 Na Hoku Hanohono Awards for Alternative Album of the Year. Leo has an innovative approach to the art of Slack Key guitar. Born from Hawaiian roots and rhythm, these Hawaiian Musical Hitmen are taking America by the heart + soul. Like Loggins and Messina...with poi! Join us for a fun, uplifting evening in June! No charge. Call to let us know you're coming. Seating will be limited due to space.

Up-Island Highlights - 508-693-2896

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

Retirement Announcement & Celebration

7/13, 2-4pm
Our beloved Outreach Coordinator, Ellen Reynolds, has announced she will be retiring in July after 23 years of service. But don't worry, you will still find Ellen visiting farm stands, lying on the beach, taking her photographs, and spending time with her family. For those who are unable to visit Ellen before her last day in the office on June 15th, please join us on Friday, July 13th from 2-4 for light refreshments and to wish Ellen well.

Picnic and Tour at Polly Hill Arboretum

6/19, 12 pm. Rain date 6/20. Free.

See Noteworthy for details on this Friends of the UICOA sponsored event.

Howes House Annual Art Show

6/22, 12 - 4 pm
6/23, 9 - 2 pm
Join us to view the works of the members of the Friday painting group. Nancy Cabot, group facilitator promises a varied and exciting show including still life and landscape.

Annual Cookout

8/10, 11:30am - 1:30pm
Join us for live music, food, and friendship. Make your reservations now. Sponsored by Friends of UPICOA. Space limited.

Vineyard Isle Parkinsonian's Support Group

6/11, 10:30 am

Call Ellen for details (508)693-2896

Outreach Services

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.

Stay Tuned! Free Computer and Phone Help

Could you use help with tech issues? Are you interested in learning how to navigate your devices? Everett C. Healy will be at the Howes House during his Summer break to assist you with your technology devices. Dates and times TBA. Please call if interested.



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 508-939-9440
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

NEW! Yoga for Arthritis, OBCOA
\$7 per class
Mon., 5:30 - 6:30 pm
Tues., 1:00 - 2:00 pm.
NEW! Chair Yoga Dance, OBCOA
\$5 per class
Tues., 10 am
Thurs., 10:30 am
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, ECOA
Wed, 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 with Nan Doty, ECOA
Two classes every Wed.
"Tai Chi Form" 9:30-10:30
"Tai Chi Simple Movement" 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.
ECOA Got Strength? Strength
Training Class with Lisa Amols
Tuesdays, 8:30 am for June. 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.
Strength Training, UICOA
With Katelyn Gilbert \$8
(First class is free)
Mon & Wed, 5:30 pm
Tues & Thurs, 8:30 & 9:30
Saturdays, 9:00 am
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, TCOA -To begin
soon! Fri. 9:30 AM
Betty Robie (YMCA) instructor.
A new exercise class for men
Call Sandy 508-696-4205 for info and
to be put on call list.
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. 6/8 & 6/22, 10am - 12pm.
Promotional discount rate of \$20
for 20 minute session.
Call 508-693-2896 for appointment.

Ideas, Books, & Plays

Coffee & Conversation
OBCOA, M-F, 8:30 am
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 Barbara

Plessner, OBCOA
Fri., 10-11:30 am
Friday Morning Conversation
Group, ECOA
6/1 & 6/15, 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
Call for dates, 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
6/27, 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

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.
Not an instructional group
Call 508-627-4368
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

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. 6/13, 1-3 pm & 6-8 pm
Yankee Swap Bingo, TCOA
Fridays, 2 pm, See TCOA Highlights
Call for info: 508-696-4205

MUSIC & MEMORY CAFÉ

Join us on Thursdays
from 10:00 am - 12:00 noon

MV Center for Living on 29 Breakdown Lane

Live music, Refreshments, and Companionship!
Free of charge but donations are gratefully accepted.



55 Plus
MV CENTER FOR LIVING
CARE | SUPPORT | RESOURCES
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)

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:

Lila Fischer is the new Public Health Nurse. Call your Council on Aging for info.

Blood Pressure & Wellness Clinic Sites:

Aquinnah Town Hall

Chilmark Library
Edgartown COA
Edgartown Library
Edgartown Stop & Shop Pharmacy
Edgartown Town Hall
Island Food Pantry in Tisbury
Oak Bluffs COA,
6/5 & 6/21, 12:30 - 1:30 pm
Tisbury COA, 6/5, 10:00 - 11:00 am
Up-Island COA – Howe’s House, 6/12,
11:00 am - 1:00 pm
West Tisbury Library
Woodside Village I

Woodside Village II

Hearing Services:

Call in advance for an appointment.

OBCOA: 6/12, 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 make an appointment.

Podiatry & Foot Care:

Pedi-Care w/Michelle LeBlanc, RN

Call 508-693-2896 for an appointment: ½ hour appts, \$30
OBCOA, 6/13, 9 am
Call 508-693-4509 x3
ECOA, 6/14, 1:30-3:30 pm
Call 508-627-4368
UICOA, 6/25, 9 am
Call 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
5/7, UICOA.

Appointments starting at 9:30am
Call 508-775-7020 OR
1-800-742-4107 for an appointment

Free Legal Clinic

6/13, 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

6/25, 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

6/1, 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

Food Services :

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 and 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

Call Ellen for details 508-693-2896

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

6/18, 1 pm

Call 508-696-4205 for information

Vineyard Isle Parkinsonian’s

Support Group, UICOA

6/11, 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,

5 Greenwood Ave, VH

Second Saturday of the month,

10-11:30

Information, coffee & discussion.

Call 508-687-9281 to

pre-register for childcare.

Cancer Support Group

Wednesdays, 12:00, Hebrew Center,

Vineyard Haven

Veterans Group

Weekly support group. Discuss

challenges of reintegrating after

the war experience. MVCS Island

Counseling Center.

Contact Tom Bennett for info and

group times at 508-693-7900 x. 211

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MON-FRI 9-6, SAT 9-3

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