

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

July 2018 - Vol. 22, Issue 7

ELDER LAW: ASSET PROTECTION FOR SINGLE SENIORS

If you are single and want to avoid the time and expense of probate, you need to make sure that no asset is in your name individually at the moment of your death. There are four basic ways to do this:

- Name a joint owner. If you own an asset, stock, a bank account, or real estate jointly with someone, upon your death the joint tenant becomes the sole owner.
- Name a death beneficiary. Life insurance and tax deferred accounts (IRA, 401(k)) require you to name a death beneficiary. Also, many investment accounts give the option to name death beneficiaries.
- Tell your agent to give things away before you die. As long as you trust your agent, this may be the easiest way to avoid probate while keeping control of assets until you are close to death.
- Create a revocable and amendable trust. You can create a trust, name yourself as the trustee, and transfer your house and other large assets to yourself as trustee.

For more information on this or other legal issues that single seniors often worry about, you can contact Arthur Bergeron at (508) 860-1470 or abergeron@mirickoconnell.com. You can also view 10-minute Q&A Fireside Chats on the YouTube channel, www.YouTube.com/ElderLawFrankAndMary and find more in-depth commentary on our blog at <http://mirickoconnell-trustsandstateslawblog.wordpress.com/>.

TRAVEL NEWS

Foxwoods Casino, OBCOA

7/25, \$35.00 per person. Payment is due 7/18.

Friends of the Oak Bluffs COA are sponsoring a trip to Foxwoods Casino. This trip is sure to fill up quickly, so please give Rose a call to reserve and pay for your space!

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. Call 508-693-2896 for info.

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
Linda Jean's
Offshore Ale
Truly Scrumptious Catering

SHINE NEWS

When Can You Enroll in a Medigap (Supplement) Plan?

Medigap (supplement) plans provide extra protection beyond Medicare by filling in some of the "gaps" in Medicare coverage. In Massachusetts, the insurance companies allow continuous open enrollment. You must have Medicare A and B to enroll, and cannot be enrolled in a Medicare Advantage plan (HMO, PPO). Anyone who is eligible may enroll or change plans or coverage levels at any time, with changes effective the first of the following month.

In Massachusetts, there are two

Medigap plans, Core and Supplement 1. The Core plan pays some of the co-pays and co-insurance for Medicare covered services, while the Supplement 1 covers all the deductibles, co-insurance and co-pays for these services. With a Medigap policy, you are free to choose any doctor or hospital that accepts Medicare and you do not need referrals to see a specialist.

Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. Please call the senior center to schedule an appointment with a SHINE counselor.

VA NEWS

Veteran's News: CapTel Offers Captioned Telephone Service.

Ideal for people with hearing loss, the CapTel Captioned Telephone works like any other phone with one important addition: It shows captions of everything the caller says. You can listen to the caller and also read captions of what they say in the CapTel display screen.

CapTel is the only captioned telephone made in the USA from worldwide components, and the only captioned telephone company that gives you several models to choose from. All CapTel phones include a large screen display, adjustable font sizes and colors, and a built-in answering machine that shows captions of your messages. Additional options include

bluetooth connectivity and speaker phone.

The phone is available free with a signed certification from a professional qualified to evaluate hearing loss, such as your audiologist or doctor. CapTel service is provided at no cost through a fund set up by the FCC to help people with hearing loss.

CapTel's outreach team helps install your CapTel phone and makes sure you are comfortable using it. In-home, online, or over the phone. Customer Support is available around the clock - just a single button push away! For information contact Tina Marie Davern, by phone: 857-218-8707, email: Tina.Davern@oeius.org, or online at <https://www.oeius.org/profile/tinamariedavern>.



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.

Thirwood PLACE 

(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

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.

Retirement Announcement & Party, UICOA

7/13, 1-3 pm

The Up Island COA's 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 13th, please join us on Friday, July 13th from 1-3 for light refreshments and to wish Ellen well.

New Name for "Knitting for Hospice", ECOA

Tues., 10 am

"Needlework for Charity" Join this group to make projects benefitting charitable organizations, and also work on your personal projects. The more the merrier! Bring knitting, crewel, needlepoint, crochet, etc.!

Free Computer and Phone Help, UICOA

Thursdays, 2-4pm. 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. Please call to schedule your individual appointment (508)693-2896

Free My Life, My Health Class with MV Partnership for Health, ECOA

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.

New England Bonsai Presentation

7/24, 7pm

Jun of New England Bonsai, will put on a demonstration of the trimming and beautification of a Bonsai Tree. Jun is a renowned expert on Bonsai and this meeting is open to the public at the MV Center for Living, 29 Breakdown Lane, Vineyard Haven. Call 617-584-3076 for info.

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

Trip to Europe

7/17, 12:45, Adele and Peter Dreyer tell us about their trip to Europe. Please call to sign up, 508-627-4368.

Non-Sanctioned Duplicate Bridge ECOA

Mondays and Wednesdays, 12-3. Contact Carol by email for seating at fligors@comcast.net, or call 508-627-4722.

Vineyard Sound

7/20, 12:30 pm. Call to sign up for lunch and

program, 508-627-4368.

New Name for "Knitting for Hospice"

"Needlework for Charity" Tuesdays at 10 am. Join this group to make projects benefitting charitable organizations, and also work on your personal projects. The more the merrier! Bring knitting, crewel, needlepoint, crochet, etc.!

ECOA Book Group for Women and Men

7/25, 3 pm, led by Jill Jupen. July's book TBA. Refreshments.

Get the Most from your iPad

7/26, 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 July

Dick Biros Photography. Meet Dick at lunch, 7/31.

Free My Life, My Health Class with MV Partnership for Health

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.

Elder Law Attorney Katie Wibby

8/7, appointments starting at 9:30. Call 508-627-4368 for appointment.

Oak Bluffs Highlights - 508-693-4509

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

Coffee with the Chief

Date TBA, 10 am. Coffee & Conversation with OBPD Chief Erik Blake

Animal Companions

7/9 & 7/23, 1pm

Threshold Choir

7/3 & 7/16, 1pm. No experience needed. Just the desire to sing!

Friends of the Oak Bluffs Council on Aging

7/12, 1:30 pm. Come and join, be a part of Team OB! FOBCOA is sponsoring a Casino trip to Foxwoods. See Travel News for details.

Board of Directors Meeting

7/19, 2 pm

Men's & Ladies Luncheon

7/5, 12 noon. Call Rose to make a 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

The Tisbury Senior Center Play Readers have interesting plays to read and discuss in July.

They begin at 9:00am and usually wrap up between 11am-12 Noon. Discussion follows the reading and listeners are welcome. The Senior Center opens at 8:30 am and coffee is available from 8-9am.

Theme for July: "The Functional Family."

7/11 - I Remember Mama by John Van Druten; Director, Bari Boyer

7/18 - A Raisin in the Sun by Lorraine Hansberry; Director, Mike Adell

7/25 - How to Transcend a Happy Marriage by Sarah Ruhl; Director, Myra Stark

If you are new to the island or perhaps have never visited the Tisbury Senior Center, we welcome you to stop by and pick up the calendar of all activities and groups that meet Monday - Friday.

Up-Island Highlights - 508-693-2896

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

Retirement Announcement & Party

7/13, 1-3 pm
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 13th, please join us on Friday, July 13th from 1-3 for light refreshments and to wish Ellen well.

DANCE FREE

Tuesdays, 3-4. No money, no teacher, no instructions. All fun to catchy, funky, rhythmic music.

Howes House Writing Group

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

Vineyard Isle Parkinsonian's Support Group

7/9, 10:30 am. Please call Ellen for details.

Parkinson's Caregiver Support Group

Call Ellen for further information.

Discussion Group

Every Tuesday at 9:30 am.

Open discussion unless otherwise noted. Free and open to the public.

7/10- Tom Dresser will discuss his latest book, Whaling on Martha's Vineyard.

Annual Cookout

August 10th, 11:30am-1:30pm. Join us for

live music, food, and friendship. Make your reservations now. Sponsored by Friends of UICOA. Space limited.

Annual Lobster picnic at the Galley in Menemsha

September 10th, 12pm. Call now to reserve. Space limited

Outreach Services

Available Mon.- Fri. 9:30a.m. -3 p.m.. Meet confidentially with one of our staff to learn about community resources to meet your needs or those of someone you care about. 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 508-939-9440
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

Yoga for Arthritis, OBCOA
\$7 per class
Mon., 5:30 - 6:30 pm
Tues., 1:00 - 2:00 pm.
Chair Yoga Dance, OBCOA
\$5 per class
Tues., 10 am
Thurs., 10:30 am
Yoga for Seniors, UICOA
\$10 per class
Mon & Fri, 10:30 – 11:30 am
Instructor: Martha Abbot
Wed. 10:30 -11:30 am
Instructor: Kanta Lipsky
Chair Yoga, ECOA
Weds, 12:30 pm, \$10. First class free.
Instructor: Arlene Stark Prisco.
Call Wendy for info/register 508-627-4368
Yoga, ECOA
Instructor: Carol Vega
**On hiatus until fall.
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.
ECOA Got Strength? Strength Training Class
Tues. & Thurs., 8:30 am for the rest of the summer.
Instructor: Lisa Amols
Be strong, flexible, fit, and happy! Call Lisa, 508-693-1009 before first class.
Punch cards available. Join anytime.
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
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.
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
Fri., 8:30 w/ Floyd
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.ycamv.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. 7/6 & 7/20, 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.
7/10, Special Discussion Group with Tom Dresser on his book “Whaling on Martha’s Vineyard”
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
7/6 & 7/20, 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
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. 7/25, 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
Instructor: Martha Child
All levels welcome.

Arts & Crafts

Art Club, ECOA
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
Needlework for Charity
Tues, 10 am.
Make projects benefiting charitable organizations or work on a personal

project. The more the merrier! Knitting, crewel, needlepoint, crochet, and more!
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
Mon & Wed, 12-3. Contact Carol at fligors@comcast.net for seating or call 508-627-4722.
Bingo, OBCOA,
Wed. 7/11, 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

One Time Only at the Tabernacle
July 19th, 10 am -12 noon

Panel Discussion 7:30 - 9:00 pm

Hopeful Aging with Dementia: The I’m Still Here Approach with Dr. John Zeisel of Hearthstone Alzheimer’s Care & Leslie Clapp and Nancy Langman of the MV Center for Living.

Call 508-939-9440 for more information



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: Aquinnah Town Hall: 7/17, 10:00 - 11:00

Chilmark:

Chilmark Library: 7/18, 11:00 - 1:00

Edgartown:

Edgartown Library:
Edgartown Stop & Shop Pharmacy:
Edgartown Town Hall: 7/24, 10:00 - 11:30

Edgartown COA: 7/24, 12:00 - 1:00

Oak Bluffs:

Woodside Village I: 7/23, 11:00 - 12:30

Woodside Village II: 7/23, 2:45 - 1:45

Oak Bluffs COA: 7/3 & 7/19, 12:30 - 1:30

Tisbury:

Tisbury COA: 7/3, 10:00 - 11:00 am

Island Food Pantry: 7/11 & 7/18, 2:00 - 3:00

West Tisbury:

Up-Island COA, Howe's House: 7/10, 11:00 am - 1:00

West Tisbury Library: 7/10, 1:30 - 3:00

Hearing Services, call in advance for an appointment.

OBCOA: 7/12, 11 am, Call Rose, 508-693-4509 x3 for apt

UICOA: Vineyard Audiology

Screenings & Repairs

Call 508-457-9285 for appointment

Miracle Ear

Next date 9/26. 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, 7/11, 9 am

Call 508-693-4509 x3

ECO, 7/25, 1:30-3:30 pm

Call 508-627-4368

UICOA, 7/23, 9 am

Call 508-693-2896

Insurance, Legal, Social Security

Health Insurance Counseling and Medicaid & MassHealth Info:

S.H.I.N.E.

ECO, 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 7/2, TCOA. Appointments starting at 9:30am. Call 508-775-7020 OR 1-800-742-4107 for an appointment

Free Legal Clinic

7/11, 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

7/23, 9:00 am-12 pm, OBCOA

Meet with a Social Security Rep via SKYPE in a private office

at OBCOA. Call 508-693-4509 in

advance for appointment.

Social Security

Falmouth office, 855-881-0212

Veteran's Services, ECOA

7/6, 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

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,

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,

08-693-4500

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, 7 4-212-5764

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

7/16, 1 pm

Call 508-696-4205 for information

Vineyard Isle Parkinsonian's Support Group, UICOA

7/9, 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

MV Center for Living, 29 Breakdown Lane Vineyard Haven

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

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