

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

December 2018-Vol. 22, Issue 12

ELDER LAW

The VA Aid & Attendance Benefit Rules Just Changed

By Arthur P. Bergeron, Elder Law Attorney in the Trusts and Estate Group at Mirick O'Connell.

On October 18th, the Veterans Administration (VA) significantly altered the qualification rules for the Aid & Attendance Benefit. That benefit, available to anyone who was in active military service for at least 90 days, at least one day of which occurred during a period of war, provides a financial subsidy of up to \$2,169 per month for a married veteran and up to \$1,176 for a veteran's widow or widower to help that person pay for the home care or assisted living costs. The benefit now will only apply to a person who can show that he or she needs assistance with at least two activities of daily living or needs regular supervision because of a physical or cognitive disability. The asset quali-

fication test is now much more specific. While your home is not a countable asset, if you have more than \$123,600 in other countable assets, you will be disqualified. The VA will also look back three years and include as countable any asset that you transferred for less than fair market value. In addition, the VA will consider any purchase of an annuity to have been a gift subject to the 3-year lookback period. If you need more information on this, you can contact me at (508) 860-1470 or abergeron@mirickoconnell.com. You can also view my 10-minute Q&A Fireside Chats on Frank and Mary's YouTube channel, www.YouTube.com/Elder-LawFrankAndMary.



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VA NEWS

❄ THE SANDS OF CHRISTMAS ❄

I had no Christmas spirit when I breathed a weary sigh,
And looked across the table where the bills were piled to high.
The laundry wasn't finished and the car I had to fix,
My stocks were down another point, the Dolphins lost by six.

And so with only minutes till my son got home from School,
I gave up on the drudgery and grabbed a wooden stool.
The burdens that I carried were about all I could take,
And so I flipped the TV on to catch a little break.

I came upon a desert scene in shades of tan and rust,
No snowflakes hung upon the wind, just clouds of swirling dust.
And where the reindeer should have stood before a laden sleigh,
Eight hummers ran a column right behind an M1A.
A group of boys walked past the tank, not one was past his teens,
Their eyes were hard as polished flint, their faces drawn and lean.

They walked the street in armor with their rifles shouldered tight,
Their dearest wish for Christmas, just to have a silent night.

Other soldiers gathered, hunkered down against the wind,
To share a scrap of mail and dreams of going home again.
There wasn't much at all to put their lonely hearts at ease,
They had no Christmas turkey, just a pack of MRE's.

They didn't have a garland or a stocking I could see,
They didn't need an ornament-they lacked a Christmas Tree.
They didn't have a present even though it was tradition,
The only boxes I could see were labeled "ammunition".

I felt a little tug and found my son now by my side,
He asked me what it was I feared, and why it was I cried.
I swept him up into my arms and held him oh so near
And kissed him on the forehead as I whispered in his ear.

There's nothing wrong, my little son, for safe we sleep tonight,
Our heroes stand on foreign land to give us all the right,
To worry about the things in life that really mean nothing at all,
Instead of wondering each day if we will be the next to fall.

He looked at me as children do and said it's always right,
To thank the ones who help us and perhaps that we should write.
And so we pushed aside the bills and sat to draft a note,
To thank the many far from home, and this is what we wrote,

God bless you all and keep you safe, and speed your way back home.
Remember that we love you so, and that you're not alone.
The gift you give, you share with all, a present every day,
You give the gift of liberty and that we can't repay.

SHINE NEWS

Medicare Part D and Pharmacies

All Medicare drug plans and Medicare Advantage plans (HMOs, PPOs) have network pharmacies. Most pharmacies accept most plans. However, if you go to a pharmacy that is not in your plan's network, your medications will not be covered, and you will pay full retail price.

For 2019, the majority of the Medicare drug plans have preferred pharmacies and using them could save you money. Some plans have changed their preferred pharmacies so check to make sure the pharmacy you currently use will still be

the best come January 1st. Most plans have a mail-order program that allows you to get a 90-day supply of your covered prescription drugs sent directly to your home. Some mail order programs may have a cost savings, but there are times when using a preferred, local pharmacy could end up costing you less than mail order.

Medicare open enrollment ends December 7th! If you want to change your Medicare plan call 1-800-MEDICARE (1-800-633-4227).

NEW CAPE

MEDIVAN SERVICE

Operated by the Martha's Vineyard Transit Authority (VTA)

A lift accessible van will take islanders to medical appointments on Cape Cod and in Plymouth.

Wednesdays, leaving on the 8:15 ferry from Vineyard Haven.

Please make your appointments between the hours of 10am and 2pm.
Call the VTA at 508-693-9440 for information and to fill out an application.

Reservations must be made at least 48 hours in advance.
Fee: \$20 round trip / \$10 one way.

TRAVEL NEWS

Falmouth Shopping Trip, UICOA • 12/19

8:15am. boat leaving,
3:45pm. returning.
Please call 508-693-2896.

Peabody Essex Museum: Empresses of China's Forbidden City, UICOA • 12/8

\$65. Join us on a trip to Salem, MA for an exhibit that focuses on the impact imperial women of China had in creating what we know as the Qing Dynasty,

the era of 1644 to 1912. With almost 200 objects on display, learn the stories of the women who influenced an entire country through art, religion, and politics. If interested call 508-693-2896.

North End Boston, OBCOA • 12/6

\$85. The Friends of the OBCOA will be taking a trip to the beautiful North End in Boston. Contact Rose, 508-693-4509 ex. 3 for more information, to sign up, or to make a payment.

!NOTEWORTHY

Holiday Closures:

All COAs will be closed on December 25th and January 1st. The MV Center for Living will be closed on December 24th, 25th, 31st, & January 1st.

Healthy Aging MV Annual Meeting

12/5, 9-12 noon.
Healthy Aging MV will host its Annual Meeting at the YMCA Alex’s Place. Learn about advance care planning and how important it can be for you and your family. The event is free and open to all. For more information, please call Healthy Aging at 508-693-7900 ext 455.

Holiday Dinners Delivered

If you are homebound or will be alone on 12/25 call your local COA to sign up for a Holiday meal to be delivered to your home. If you would like to volunteer delivering meals please call your town’s COA to sign up for deliveries.


TCOA Holiday Open House

12/9, 2-4 pm.
Come and join the TCOA in celebrating the holiday season! Refreshments, door prizes, and a special performance by the MVRHS Minnesingers singing their holiday favorites! Open to all.

American Legion Auxiliary Unit 257 Christmas Bazaar

12/1, 10 - 1 pm,
American Legion Hall Post 257, 14 Martin Rd. Vineyard Haven.
Country store raffles, bake sale table, items for sale. Main raffle prize: \$400 gift card to cape Codder Resort & Spa and a \$100 gift card to Steamship Authority. First 25 people through the door will receive a free gift. Benefits Legion Auxiliary Unit 257 Scholarship Fund.

!NOTEWORTHY



MV CENTER FOR LIVING
CARE | SUPPORT | RESOURCES

Martha’s Vineyard Center for Living Supportive Day Program

Leslie Clapp, Director

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.

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.

More December Anchors News at our ECOA website!
For more announcements of activities and programs, please see our December newsletter, available online 11/30 at www.edgartowncoa.com.

Lunches, Noon
\$2 Tuesday- Sandwich, soup, dessert.
\$5 Friday- Entree, soup, dessert.
SHINE – Serving Health Insurance Needs for Everyone with Bill Glazier, Anchors SHINE counselor.
Call 508-627-4368 for appointment.

Edgartown Bowlers
12/3, Join to challenge TCOA at Barn Bowl

& Bistro, 11:30-1:30. Fun! Lunch, \$10. Call 508-627-4368 to reserve.

Conversation Group
12/7 and 12/21, 10 am. Refreshments.
MVRHS Minnesingers Performance
12/4, 12:15/12:30 pm. Call, 508-627-4368, to sign up for lunch and performance.

Elder Law Appointments
12/4, by appointment, starting at 9:30. Call 508-627-4368.

Ear Wellness
12/10, with Shawn Woodbrey, licensed hearing aid specialist. Appointments begin at 9 am. Hearing tests, 30 minutes; general ear check and hearing aid checks, 15 minutes, no cost. Call Wendy for appointments, 508-627-4368.

Oak Bluffs Highlights - 508-693-4509

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

Coffee with the Chief, 12/14, 10 am. Coffee and Conversation with OB Police Department Chief Erik Blake.

Animal Companions, 12/10, 1pm.

Threshold Choir, 12/3 & 12/17, 1pm. No experience needed, just the desire to sing!

Friends of the Oak Bluffs Council on Aging Meeting
12/13, 2 pm.
Come and join, be a part of Team OB!
The Friends of the OBCOA are sponsoring a trip to the North End on 12/6. See Travel News for details.

Men’s & Ladies Christmas Luncheon
12/5, 12 noon. Jennifer Robinson and her Second Grade Class from the Oak Bluffs

School will be here again during mealtime to serenade our seniors!

Board of Directors Meeting, 12/20, 2pm.

Comsog Greenhouse & OBCOA Gardening Club, Fri. 10-12. Special Oak Bluffs COA membership rates are \$35.00 per person, and \$45.00 per couple! Call Rose at 508-693-4508, ext, 3 or Diane Sylvia of Comsog at 508.627.2791 for info regarding membership.

Chair Yoga Dance with Kat, \$5 per class
Tues., 10 am. Thurs., 10:30 am.

Tisbury Highlights - 508-696-4205

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

Energizing Relaxation with Steve Power, TCOA
Tuesdays, 1:30-2:30. Energizing relaxation energizes the brain for greater focus; a form of meditation with the benefit of energy. Bring a rug, thick blanket or a mat for the floor. A chair can also be used in this practice if it is more comfortable.

Tai Chi with Nan Doty
Beginning 1/8, Tues., 10 am. Begin a new year with the wonderful intention and practice of enhancing your inner balance and well being!

Tai Chi is a slow and relaxed form of exercise, a moving meditation. It gives the benefits of physical conditioning (with less exertion), and an awareness of chi energy. When we relax and move with awareness, we intensify energy flow. Each movement circulates chi throughout our body, activating a change in our physiology. Our muscles relax, our balance improves, our immune system activates, mood is enhanced, while aches and pains decrease. Please join us. Nan Doty, M.Ed., is a seasoned Tai Chi and Qigong teacher. She has been an educator for over 40 years, and has been teaching Tai

Non-Sanctioned Duplicate Bridge ECOA
Contact Carol by email for seating and dates at fligors@comcast.net, or call 508-627-4722.

Anchors Holiday Open House
12/7, 11:30-1:30, Chili Bar! Music! Fun!

Poetry Reading
12/14, during lunch, 12:30, our MV Poets Collective members read their compositions. Every Thursday 9:30-11:30, poet Jill Jupen introduces the work of a new poet. All ages, welcome.

Adele Dreyer Holiday Piano Sing-a-Long
Get in the spirit with our lovely Adele, 12/21 during lunch.

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!

Men & Ladies’ Poker Group
Call Rose if you would like to play and are interested in creating a group.

Open Enrollment until 12/7/18
Open Enrollment for supplementary health and drug insurance continues thru 12/7/18. This is the perfect opportunity to make changes in your coverage if to need to. Please contact Rose if you have questions or require assistance.

Chi and Qigong continuously since being certified in 2003.
Senior (65+) Bowling at Bowl, Barn, Bistro
Call to join our Seniors Bowling Team list. The team consists of all skill levels. Lots of Fun! Cost is \$10 and includes 1 hour of bowling (shoes and balls included) and a delicious lunch prepared by the B,B&B kitchen. M-F: 508-696-4205.

Thomas Dresser Book Talks
will resume in the New Year.

Up-Island Highlights - 508-693-2896

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

Please call to sign up for all programs unless otherwise noted.

UICOA Travels
The UICOA has some exciting trips planned for December! They will be visiting the Peabody Essex Museum in Salem, MA on 12/8 to view the “Empresses of China’s Forbidden City” Exhibit and on 12/19 they will be taking a shopping trip to Falmouth! See Travel News for more details or call for more info.

Presentation with Cape Light Compact
12/10, 2pm. Free.
Learn about the Compact’s Home Energy

Assessments, renewable power supply options, and tips for how to save one energy costs this winter
DANCE FREE
Tuesdays, 3-4. No money, no teacher, no instructions. All fun to catchy, funky, rhythmic music.

Drawing and Coffee with Steve Engley
Tuesdays 2-3:30. \$8 per class. All skill levels and mediums welcomed. Drawing materials supplied. Light refreshments. RSVP preferred for planning purposes, but drop-ins welcomed!

Parkinson’s Caregiver Support Group

Call Bethany for further information.
Vineyard Isle Parkinsonians Support Group
12/10, 10:30. Call Bethany for details
Outreach Services
Available Mon.- Fri. 9:30 am - 3 pm. Meet confidentially with our Outreach Coordinator Bethany Hammond 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.

Island-Wide Activities Calendar

Exercise & Fitness	<p>Chair Yoga Dance, OBCOA \$5 per class. Tues., 10 am. Thurs., 10:30 am</p> <p>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</p> <p>Yoga, ECOA Thurs. 9 am. Instructor: Carol Vega</p> <p>Wisdom Healing Qigong, UICOA Mon, 5 pm. Free. Allison Parry, Instructor Cultivate source energy, awaken con- sciousness, activate healing, and restore mind/body balance. For info call or text 508-397-1743.</p> <p>Yoga Classes, TCOA Instructor: Steve Power, \$8. First class free.</p> <p>Kundalini Yoga: Wed., 3:30 - 4:30 pm Yoga & Meditation: Tues., 11-12 noon.</p> <p>Gentle Yoga, TCOA Thurs., 4:00 - 5:15 pm. \$10 Instructor: Carol Vega</p>	<p>Tai Chi, ECOA Two classes every Wed. “<i>Tai Chi Form</i>” 9:30-10:30 “<i>Qigong Easy</i> ” 11-12. Tea time in between. Pre-registration required, 508-627-4368.</p> <p>Tai Chi with Nan Doty, TCOA Tuesdays: Beginning 1/8, 11 am. See ‘Tisbury Highlights’ section for more info.</p> <p>Energizing Relaxation with Steve Power, TCOA Tuesdays, 1:30-2:30 Noon. See ‘Tisbury Highlights’ section for more info.</p> <p>Got Strength? Strength Training Class, ECOA Tues. 8:30 am. Thurs. 3:30 pm Instructor: Lisa Amols Be strong, flexible, fit, and happy! Call Lisa, 508-693-1009 before first class. Punch cards available. Join anytime.</p> <p>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</p>	<p>Balletics, UICOA Wed & Fri, 8:15-9:15 am. \$12. Instructor: Karen Cullinan, Call 508-693-7730 for info.</p> <p>Dancing and Movement, OBCOA Fri, 1-2:30 pm. A great way to exercise, improve mobility and balance and have fun!</p> <p>Dance Free, UICOA Tues, 3-4. No money, no teacher, no instructions. Dance to catchy, funky, rhythmic music.</p> <p>OB Exercise Classes, OBCOA Mon., 8:45 am Group Exercise Thurs., 9 am w/ Bill White Fri., 8:30 w/ Floyd</p> <p>Walking Club, OBCOA Tues. 10 – 11:30 am, Free.</p> <p>Fitness w/ Catie, TCOA Tues: 9:30 am. Thurs: 10:30 am. Instructor: Catie Blake Free. Equipment provided. Call 508-696-4205 for info</p> <p>Walking Club, OBCOA Tues, 10-11:30 am. Free. Meet at OBCOA (weather permitting)</p>	<p>Aquatic Exercise Class Mansion House Pool Call Mansion House for info. 508-693-7400</p> <p>YMCA Senior Fitness Classes Free with Y membership or daily use fee.Go to www.ymcamv.org for info and program guide.</p> <p>Misty Meadows Equine Learning Center Participate in facilitated interactions with our 4 legged friends. Call 508-338-7198 for info.</p> <p>Chair Massage with Ellen McMannis of MV Body Works, UICOA Fri., 12/7 & 12/21. 10am – 12pm. Promotional discount rate of \$20 for 20 minute session. Call 508-693-2896 for appointment.</p> <p>Bowling & Lunch at Bowl, Barn & Bistro, ECOA & TCOA 1st Monday monthly, 11:30-1:30. \$10 Register by last Friday previous month. ECOA:508-627-4368 TCOA: 508-696-4205</p>
	<p>Ideas, Books, & Plays</p> <p>Coffee & Conversation OBCOA, M-F, 8:30 am.</p> <p>Discussion Group, UICOA Tues., 9:30 am. Open discussion, all welcome. Call 508-693-2896 for information.</p> <p>Group Crossword, TCOA Tues., 1:30 pm.</p> <p>Conversations with Barbara Plessner, OBCOA Fri., 10-11:30 am.</p> <p>Friday Morning Conversation Group, ECOA 12/7 & 12/21, 10 am. Refreshments.</p>	<p>Play Readers, TCOA Wednesdays: 9-12 noon. Charlena Seymour, Producer Theme: HoHoHo, Plays by Neil Simon 12/05 Lost in Yonkers; Director: Marianne Goldsmith 12/12 Barefoot in the Park; Director: Charlena Seymour 12/19 Plaza Suite; Director: Elaine Eugster 12/26 Sunshine Boys; Director: Nora Nevin</p>	<p>Poets Group, TCOA Call Sandy for Info 508-696-4205 Poetry w/ Jill Jupen, ECOA Thurs., 9:30 am</p> <p>Poetry Group 1st Monday, 12/3, 10 am. Jennifer Turner will present Matsuo Basho’s Haiku.</p> <p>Tisbury Book Club Books available at the VH library. Call 508-696-4205 for information.</p> <p>Book Discussion Group Edgartown Public Library, Call Lisa, 508-627-4221 for information.</p>	<p>Book Group for Women and Men, ECOA 12/26, 3pm, with Jill Jupen Book TBA. Refreshments. Call 508-627-4368.</p> <p>Howes House Writing Group On hiatus until Spring</p> <p>Documentaries & Discussion, TCOA Thurs, 1:30 pm</p> <p>Ukulele Group, TCOA Weds, 1-3 pm. All levels welcome.</p> <p>Music & Memory Cafe Thurs. 10-12 MV Center for Living 508-939-9440</p>
	<p>Arts & Crafts</p> <p>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.</p> <p>Drawing & Coffee with Steve Engley, UICOA Tues. starting 11/20 2:00 - 3:30. \$8 All skill levels and mediums welcomed. Drawing materials supplied. Light refreshments. RSVP preferred for planning purposes, but drop-ins welcomed! Call 508-693-2896</p>	<p>Coloring Fun, TCOA Thurs., 10:00 - 11:30 am. Color mandalas, supplies provided, bring a friend!</p> <p>Creative Painting, TCOA No class in December. Resumes January, 10-12 noon.</p> <p>Color a Mandala, TCOA Thursdays: 1:30 pm 8.5 x 11” Supplies provided. Free.</p> <p>Painting with Bruce, TCOA 2nd Monday of the month, 10-12 noon.</p> <p>Watercolor Painting with Nancy Cabot, UICOA</p>	<p>Fri, 1 pm. Beginners welcome!</p> <p>Woodcarving, OBCOA Mon. & Thurs., 9 am – 11 am.</p> <p>Needlework, ECOA Thurs 2-4 pm</p> <p>Mindful Knitting, ECOA Mon, 3:30-5:30 pm. Not an instructional group Call 508-627-4368</p> <p>Knitting with Nancy Merjos, OBCOA Thurs, 1:00 pm. Call 508-693-4509</p> <p>Needlework for Charity, ECOA</p>	<p>Tues, 10 am. Make projects benefiting charitable organizations or work on a personal project. The more the merrier! Knitting, crewel, needlepoint, crochet, and more!</p> <p>Knitting/Needlework, TCOA Mon, 9:30-11:30 am</p> <p>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</p>
	<p>Cards & Games</p> <p>Mah Jong ECOA, Tues & Fri, 1 pm. UICOA, Wed. 1 pm. & Thurs. 1:30 pm. OBCOA, Mon. 1 pm.</p> <p>Scrabble, OBCOA Fri. 9 am.</p> <p>Cribbage, OBCOA Fri, 9 am.</p>	<p>Men’s Cards, OBCOA Wed., 9 am.</p> <p>Hand & Foot Card Games, OBCOA Mon - Fri, 9 am.</p> <p>Ladies Cards, OBCOA Tues., 1 pm.</p> <p>Rummy, OBCOA Tues & Thurs, 1 pm.</p>	<p>Ladies Bridge, OBCOA Tues., 9:30 -11:30</p> <p>Party Bridge, TCOA Fri, 1-4 pm. Call Trudy for seating: 508-627-6719</p> <p>Duplicate Bridge, TCOA Mon., 1:15pm. Call Gayle for info: 617-966-7904</p>	<p>Non-Sanctioned Duplicate Bridge, ECOA Thurs. 12-3 Contact Carol by email for seating and dates at fligors@comcast.net, or call 508-627-4722.</p> <p>Bingo, OBCOA, Wed., 12/12 1-3 pm & 6-8 pm.</p>

MVRHS LUNCHEON

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

Thursday, December 13th

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

MENU: To be announced.

Always delicious! \$12

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

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

The Black Dog Cafe • Linda Jean’s • Island Fresh Pizza
Catered Creations by Johnny Smiles • Anonymous

READ THE
MARTHA’S VINEYARD TIMES
ONLINE: MVTIMES.COM

Service Programs and Support Group Directory

Health Promotion

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:* 12/18, 10:00 - 11:00 am.
Chilmark: *Chilmark Library:* 12/19, 11:00 - 1:00 pm.
Edgartown: *Edgartown Library:* 12/5, 10:00 - 11:00 am.
Edgartown Stop & Shop Pharmacy: 12/5, 11:30 - 1:30 am.

Edgartown Town Hall: 1/22, 10:00 - 11:30 am.
Edgartown COA: 1/22, 12:00-1:00 am.

Oak Bluffs:
Woodside Village I: TBA, 11:00 - 12:30 pm.
Woodside Village II: TBA, 12:45 - 1:45 pm.
Oak Bluffs COA: 12/4 & 12/20, 12:30 - 1:30 pm.

Tisbury:
Tisbury COA: 12/4, 10:00 - 11:00 am.
Island Food Pantry: 12/12 & 12/19, 2:00 - 3:00 pm.

West Tisbury:
Up-Island COA, Howe’s House: 12/11, 10:00 am - 11:30 pm.
West Tisbury Library:

12/11, 1:30 - 3:00 pm.

Hearing Services:
Call in advance for an appointment.

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

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

ECOA: Ear Wellness
12/10, with Shawn Woodbrey, licensed hearing aid specialist. Appointments begin at 9 am. Hearing tests are 30 minutes; general ear check and hearing aid checks are 15 minutes. Call Wendy for appointment, 508-627-4368.

Miracle Ear
Next island visit TBA.
If you need to see audiologist Jason Wenzel for hearing tests or any other problems call the Falmouth office at 508-457-9285 to make an appointment.

Podiatry & Foot Care

Pedi-Care with Michelle LeBlanc, RN
Call 508-693-2896 for an appointment: ½ hour appts, \$30
OBCOA, 12/12, 9 am.
Call 508-693-4509 x3
ECOA, 12/11, 1:00-3:30 pm.
Call 508-627-4368
UICOA, 12/17, 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)
Katie Wibby, Elder Law Attorney
12/3, OBCOA. Appointments starting at 9:30am. Call 508-775-7020 OR 1-800-742-4107 for an appointment

Free Legal Clinic, 11/14, 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
12/17, 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 an appointment.

Social Security
Falmouth office, 855-881-0212

Veteran’s Services, ECOA
12/7, 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.
\$40 annual senior bus passes

available at local Senior Centers.

Medivan, 508-693-9440 (VTA)
Tuesdays to Boston area medical services, \$30 round trip.
Wednesdays to Cape area medical appointments.
\$20 round trip / \$10 one way.

American Cancer Society Road to Recovery
1-800-227-2345, for cancer patients
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, TCOA
12/17, 1 pm.

Call 508-696-4205 for information

Vineyard Isle Parkinsonian’s Support Group, UICOA
12/10, 10:30 am
Call for details 508-693-2896

Parkinson’s Caregivers’ Support Group, UICOA
Call Bethany 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 am. Information, coffee & discussion.Call 508-687-9281 to pre-register for childcare.

Cancer Support Group
Wednesdays, 12:00 noon.
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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