

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

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SHINE NEWS

*** IMPORTANT REMINDER ***

The Medicare Open Enrollment ends on December 7th!

Don't Wait Until It's Too Late! Make a SHINE Appointment Now!

Every year, Medicare Part D (prescription) and Part C-Medicare Advantage (HMO, PPO) plans can change their premiums, co-pays, deductibles, formularies (list of drugs covered) and preferred pharmacies. It's important to review your options EVERY year to make sure you have the plan that works best for you for 2019.

Assistance is available from the SHINE program. Trained SHINE volunteers offer free, confidential counseling on all

aspects of health insurance to anyone on Medicare so please call the Senior Center now and ask for a SHINE appointment. If we have no appointments left for the open enrollment period please call the Regional SHINE Office at 508-375-6762 and they will try to fit you in before the deadline. You can also call 1-800-MEDICARE (1-800-633-4227). They are available 24/7 and can assist with enrolling you into a new Part C or Part D plan for 2018.



SEE THE THIRWOOD DIFFERENCE SPACIOUS LIVING IN A BEAUTIFUL SETTING

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- Supportive Care
- 24-Hour Security
- Multiple Dining Choices
- Fitness Center with Heated Indoor Pool
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- Weekly Housekeeping
- Linen Service
- Transportation
- Health & Wellness
- Move-In Coordinator

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VA NEWS

VETERANS DAY 2018

Veterans' Day is always the 11th hour of the 11th day of the 11th month. For the eighth year in a row the Town of Oak Bluffs Veterans' Day Parade is a Veterans' Day Regional Site. We are the only recognized regional site in Massachusetts. This recognition comes from the Department of Veterans' Affairs and the Veterans' Day National Committee.

The parade will step off from Nancy's Restaurant at 10:45 am and proceed to Ocean Park where a brief ceremony will be held. Parade participants are then invited back to VFW Post 9261 for refreshments. We will be doing our Veterans' Day Ceremony again at Windemere at 1:30 p.m. on Friday, November 9th. Everyone is welcome at all events.

Members of American Legion Post 257 will start Veterans' Day by putting up the 450 flags in the Avenue of Flags in Oak Grove Cemetery, Vineyard Haven at 7:30 am and take them down at 3 p.m. The flags are flown in honor and memory of veterans. Anyone wishing to help put up and take down these flags should be at the cemetery by 7:15 a.m. and 2:45 p.m.

For more information on Veterans' Day activities please call Dukes County Veterans Services.

If you would like to remember our island veterans with a donation to the Veterans Assistance Fund, checks can be made out to American Legion Post 257 and sent to P.O. Box 257 Vineyard Haven, MA 02568. This fund helps our veterans in need.

ELDER LAW WITH FRANK AND MARY

by Arthur P. Bergeron

Elder Law Attorney at Trusts and Estates Group at Mirick O'Connell.

A NEW LAW THAT WILL CHANGE THE LIVES OF THOSE WITH DEMENTIA

In August, the Massachusetts legislature approved and Governor Baker signed "An Act relative to Alzheimer's and related dementias in the Commonwealth" legislation, Chapter 220 of the Acts of 2018 that will fundamentally improve the way people with dementia get treated, especially in our healthcare system.

The Act sets out first and foremost to make sure that those on the front lines of our medical system can identify, diagnose, and deal appropriately with those who have dementia. The Massachusetts licensing authorities for doctors, physician assistants, nurses and "mandated reporters" of elder abuse are now required to include cognitive impairment education and training in the recertification process of all these

professionals. For the first time, the entire medical treatment establishment is being required to learn how to diagnose, treat and care for those with dementia. The legislation also mandates that all hospitals in the Commonwealth implement "an operational plan for the recognition and management of patients with dementia or delirium in acute care settings.

On Frank and Mary's YouTube channel, www.YouTube.com/ElderLawFrankAndMary, you can find the interview I did in September with State Representative Danielle Gregoire, who chairs the House Committee on Elder Affairs which designed the legislation and got it passed. If you need more information on this, you can contact me at (508) 860-1470 or abergeron@mirickoconnell.com.

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 11/14 & 12/19

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

Coming up in December:

Peabody Essex Museum: Empresses of China's Forbidden City, UICOA

12/8. \$65. Learn the stories of the women who influenced an entire country through art, religion, and politics. If interested call 508-693-2896.