

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

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ELDER LAW

WHO YA GONNA CALL?

By Arthur P. Bergeron  
Elder law attorney in the Trusts and Estates Group at Mirick O'Connell

As seniors, you are probably the greatest beneficiaries of the Great Society, that incredible combination of programs created by President Lyndon Johnson and passed during the 1960s. The anchors of those programs, of course, were Medicare and Medicaid. At least as important as these medical programs was the Older Americans Act (OAA), designed to help all seniors live better lives. These OAA programs are administered by regional nonprofits. Yours is Elder Services of Cape Cod and the Islands (ESCCI). Meals on Wheels, one of the original OAA programs, continues to provide nutritious meals to those who want them. The best advice I can give you regarding these programs, however, is to

call ESCCI. Their phone number is 508-693-4393. Their email address is info@esc-ci.org. They provide wellness classes, home care, a number of other programs, and of course, Meals on Wheels. All of these programs are designed to make your life as a senior better and more fulfilling, and offered at minimal or no cost to you.

This fall I will be doing a series of articles and seminars highlighting these programs and the way they could improve your life. 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 and A Fireside Chats on Frank and Mary's YouTube Channel, youtube.com/user/ElderLawFrankAndMary.



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](http://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](http://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.

VA NEWS

VA Video Connect

Getting Started: A Step-by-Step Guide

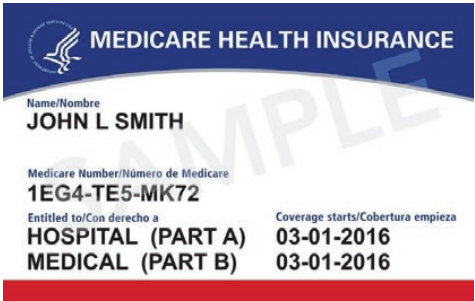
- You have scheduled a VA Video Connect visit with your healthcare provider. Now what? Follow these steps to get familiar with the technology before your appointment.
- 1) Visit the website:**
    - a) Go to the VA Video Connect page on the VA App Store website at [mobile.va.gov/app/va-video-connect](http://mobile.va.gov/app/va-video-connect).
    - b) Review the helpful resources on this page, including the Quick Start Guides and Frequently Asked Questions.
  - 2) Get set up:**
    - a) For Android or Windows mobile devices and personal computers: No app download is needed. VA Video Connect will open automatically when you select your appointment link.
    - b) For Apple mobile devices (iPhone, iPad, or iPod Touch): Search for and download the "VA Video Connect" app from the Apple App Store.
  - 3) Test your device:**
    - a) Open an Internet browser and go to [mobile.va.gov/app/va-video-connect](http://mobile.va.gov/app/va-video-connect). Once on the page, select "visit the VA

- Video Connect test site" to make **sure** your device's camera and microphone are fully functioning.
- b) If you would like to practice using the app before your appointment, ask your VA care team for a practice session.
- 4) Join your visit:**
  - a) A few minutes before your video visit, find the appointment email from "donotreply@mobilehealth.va.gov" and select the appointment link to join your session. In some cases, you will be directed to a virtual waiting room before your session begins.
  - b) Having difficulty? Contact the National Telehealth Technology Help Desk. They are available to help get you started and troubleshoot technical problems! Call 866-651-3180 or 703-234-4483, Monday through Saturday, 7 am to 11 pm EST.



SHINE NEWS

YOUR NEW MEDICARE CARD SHOULD  
HAVE ARRIVED IN THE MAIL BY NOW!



What if you didn't get your new Medicare card?

- Your [new Medicare card](#) should have arrived in the mail by now. If you didn't get it, here's what to do:
- Remember that your new Medicare card will come in a plain white envelope from the Department of Health and Human Services.
  - If the card didn't arrive, **call us at 1-800-MEDICARE**. Our call center representatives can check the status and help you get your new card.

You will need to have your new card before 12/31/2019, so it is important to call for your new card if you did not receive one yet. The mailings were done last summer.

MV CENTER FOR LIVING  
CARE | SUPPORT | RESOURCES

Martha's Vineyard Center for Living Supportive Day Program

**Leslie Clapp, Director**  
**Mary Holmes, SDP 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.

We would walk a mile  
to return a lost wallet.

Learn more at: [mvbank.com/values](http://mvbank.com/values)



508.627.4266 mvbank.com

Member FDIC Member DIF





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 [edgartowncoa.com](http://edgartowncoa.com) for more information.

**Lunches, Noon**  
\$3 Tuesday: Sandwich, soup, dessert  
\$5 Friday: Entrée, soup, dessert.

**Trip to Downton Abbey Exhibit and Boston's North End**  
Sept. 27, Group tour of Downton Abbey exhibit at the Castle at Park Plaza, and Haymarket/North End excursion. Contact Meris for pricing and details. 508-627-4368

**The Medical Reserve Corps of Martha's Vineyard**  
August 7, 10 am. Workshop for at-home personal emergency preparedness.

**Ear Wellness**  
August 12, 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. No cost. Call Meris for appointment, 508-627-4368.

**Health Screenings with Public Health Nurse**  
August 27, 12–1 pm at the Anchors.

**“Get the Most from Your iPad” at the Edgartown Library**  
Wonderful Kathy Lavieri, a technology trainer with over 20 years experience, works with adult learners. Topics include iPad terminology, organizing your apps, keeping your iPad up-to-date, and becoming familiar with iCloud. August 28 at 10:30 am. Call to sign up, space is limited. 508-627-4368.

**ECOA Book Group**

August 28, 3 pm, led by Jill Jupen. August's book TBA. Refreshments.

**Poetry, Jill Jupen ECOA**  
9:30 am, Thursdays

**Needlework for Charity Tuesdays**  
at 10 am. Make projects benefiting charitable organizations; also work on your personal project. The more the merrier! Bring knitting, crewel, needlepoint, crochet, etc.!

**Needlepoint, ECOA**  
Thursdays, 2–4 pm. Bring any projects you are working on — need not be needlepoint.

**Non-Sanctioned Duplicate Bridge ECOA**  
Mondays from 12 to 3, Wednesdays from 12:30 to 3:30. Contact Carol by email for seating and dates at [fligors@comcast.net](mailto:fligors@comcast.net), or call 508-627-4722.

Oak Bluffs Highlights - 508-693-4509

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

**Coffee with the Chief**  
August 12, 10 am  
Coffee and conversation with O.B. Police Chief Erik Blake

**Friends of the Oak Bluffs Council on Aging Meeting**  
August 8, 2 pm

**Animal Companions**  
Will return in September.

**Men's and Ladies' Luncheon**  
August 7, noon. Call Rose to sign up.

**Threshold Choir**  
August 5 and 18, 1 pm. No experience needed. Just the desire to sing!

**Chair Yoga Dance with Kat**  
Tuesday and Thursday, 10:30 am. \$5 per class.

**OBCOA Walking Club**  
Tuesday (weather permitting), 10 to 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!

**Board of Directors Meeting**  
August 15, 2 pm

**Men's and Ladies' Poker Group**  
Call Rose if you would like to play, and are interested in creating a group.

**COMSOG Greenhouse and OBCOA Gardening Club**  
Friday 10 to 12 noon  
Special Oak Bluffs COA membership rates are \$35 per person, \$45 per couple!

Call Rose at 508-693-4508, ext. 3, or Diane Sylvia of COMSOG at 508-627-2791 for info regarding membership.

**Music with Melissa Blythe Knowles**  
Tuesdays at 1 pm  
Join us at the OBCOA on Tuesday afternoons this summer for music with Melissa!

**New Program! Photography w/ Larry Cross**  
Wednesdays, August 14, 21, and 28, 9:30 am.  
Experienced or budding photographers will enjoy this program offered by Larry Cross. Larry has expertise in working with various formats and techniques. Please come by and see for yourself how much fun and how rewarding photography can be!

Tisbury Highlights - 508-696-4205

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

**Jane Goldberg's Traveling Tap Museum August 22, 1 pm.**  
A mobile set and exhibition, the Traveling Tap Museum folds up and is pulled on a large granny cart. The moving kiosk “museum” contains a collection of images; old-time tap greats in rare photographs that hang on a beautiful handmade curtain as a proscenium background. Folding panels open out to display rare posters, articles, tap shoes, taps, tapes, costumes. Dancers tell anecdotal stories about the pictures,

sing songs, and perform classic and modern tap routines. The Tap Museum hopes to keep its mission alive: to create, preserve, and perform tap to new audiences.

**Day Trips to Fall A Series Boston Symphony Orchestra Concerts, beginning in September.**  
Call 508-696-4205.

**Fall Prevention Day Sept. 23, 10-4pm.**  
The TCOA will have speakers and

demonstrations about exercises and preventing falls in the home. Brochures and information will be provided. Call Joyce for more information.

**Upcoming Programs and Presentations**  
Keep an eye out in coming newsletters for presentations and programs at the TCOA on topics such as blood pressure, glaucoma, and hearing screenings; agency presentations on services, including “How to Keep You in Your Home”; and talks about senior safety with Detective Max Sherman. Call for more information.

Up-Island Highlights - 508-693-2896

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

**Chilmark Library: Meet Your Staff Information Clinic**  
Tuesday, August 20, 2–3 pm  
Staff members of the UPICOA will be available at the Chilmark Public Library for general information or to meet confidentially to discuss questions or concerns. Drop in or by appointment.

**Annual Cookout**  
August 9, 11:30 am-1:30 pm. Join us for live music, food, and friendship. Make your reservations now. Sponsored by Friends of UPICOA. Space limited.

**Traveling Tap Dancing Museum**  
Friday, August 23 10am. Free.  
Join Sarah Safford as she brings to us the Traveling Tap Museum (TTM)! “Inspired by the kiosks set out in Moscow before the

Russian Revolution,” TTM brings history, rare artifacts, and live dancing, all contained in a traveling, folding “granny cart.”

**Annual Lobster picnic at the Galley in Menemsha**  
September 9, 12 pm. Call now to reserve. Space limited.

**Howes House Writing Group Is Back!!!**  
Every Tuesday, 11:15–1:15. All levels welcome! Feel free to bring a snack to share.  
**Vineyard Isle Parkinsonians Support Group**  
Monday, August 12, at 10:30. Please call Bethany for details at 508-693-2896.

**Parkinson's Caregiver Support Group**  
Call Bethany for further information.

**Pop-Up Origami**  
Fourth Wednesdays of the month. 2pm. Free. Join Howes House staff in learning the ancient art of Japanese paper folding. Using traditional, vibrantly patterned origami paper, make fun and beautiful objects such as paper cranes. Please RSVP.

**Outreach Services**  
Available Monday to Friday, 9:30 am to 3 pm. Meet confidentially with 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 filling out a File of Life cards, all free of charge. Joyce Albertine is UICOA's SHINE counselor, available to assist with health insurance questions.

NOTEWORTHY

Advance Care Planning Workshops through Healthy Aging MV

These are individual workshops (not a series); people can sign up for any one they choose. Free to anyone, register in advance at [hbellebuono@mvcommunityservices.org](mailto:hbellebuono@mvcommunityservices.org) or call 508-693-7900 ext 455.

**Sept. 4,**  
Anchors, Edgartown, 1–3  
**Sept. 5,**  
Tisbury Senior Center, 1:30–3  
Sept. 16,  
V.H. Library, 2–3:30  
**Sept. 18,**  
West Tisbury library, 10:30-12  
**Sept. 23,**  
West Tisbury library, 6–8 pm (film screening)  
**Sept. 25,**  
Oak Bluffs COA, 12:30–3  
**Sept. 25,**  
Anchors Edgartown, 1–3  
**Oct. 19,**  
NAACP, 12–2  
**Oct. 22,**  
Chilmark library, 1–4

Estate Planning with Attorneys from the Law Office of Patricia Mello, UICOA

**Monday, August 16, 1pm.**  
This presentation will cover two topics:  
“Estate and Medicaid Planning”: Topics include durable power of attorney, healthcare proxy, last wills and testaments and trusts. Further discussion will address how to protect your assets against long-term care costs as a result of the most recent changes in Medicaid law.  
AND  
“Trust Basics”: Learn how a trust can: 1) avoid probate; 2) protect against nursing home expenses for the surviving spouse; 3) save on death taxes; 4) provide for disabled children; 5) protect certain beneficiaries against creditors and your unique estate planning needs.  
Call for details, 508-693-2896

Reverse Mortgages: 101 with South Coastal Counties Legal Services, Inc., UICOA

**Monday, Sept. 23. 12 pm.**  
Join us for an informational talk with attorney Katherine Wibby to have any questions answered by a qualified professional. This presentation is for those interested in a reverse mortgage or those who have questions about their existing reverse mortgage. Light refreshments provided! Call for details, 508-693-2896.





ISLAND-WIDE ACTIVITIES CALENDAR

Exercise and Fitness

**Airport Fitness: Senior Fitness classes**  
Mondays, Wednesdays, and Fridays, 9:45 am. Free with Fitness Membership or daily-visit fee. For info, visit [airportfitnessmv.com](http://airportfitnessmv.com) or call 508-696-8000.

**Aquatic Exercise Class, Mansion House Pool**  
Call Mansion House for info, 508-693-7400.

**Balletics: Beyond Pilates! UICOA**  
Wednesdays and Fridays, 8:15 – 9:15 am. \$12. Instructor: Karen Cullinan, Call 508-693-7730 for info.

**Beginning Tap Dance, TCOA**  
Wednesdays, 3:15 pm. Instructor: Carol Magee

**Dance Free, UICOA**  
Tuesdays, 3-4.

No money, no teacher, no instructions. Dance to catchy, funky, rhythmic music.

**Dancing and Movement, OBCOA**  
Fridays, 1 – 2:30 pm. A great way to exercise, improve mobility and balance, and have fun!

**Fitness with Catie, TCOA**  
Tuesdays: 9:30 am  
Thursdays: 10:00 am  
Instructor: Catie Blake Free. Equipment provided. Call 508-696-4205 for info.

**Got Strength? Strength Training Class, ECOA**  
Tuesdays, 8:30 am, Thursdays, 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.

**Misty Meadows Equine Learning Center**  
Participate in facilitated interactions

with our four-legged friends. Call 508-338-7198 for info.

**O.B. Exercise Classes, OBCOA**  
Mondays, 8:45 am Group Exercise  
Thursdays, 9 am with Bill White  
Fridays, 8:30 with Floyd

**Senior Fitness Classes, YMCA**  
Free with Y membership or daily-use fee. Go to [ymcamv.org](http://ymcamv.org) for info and program guide.

**Strength Training, UICOA**  
With Katryn Gilbert \$8 (first class is free).  
Mondays and Wednesdays, 5:30 pm  
Tuesdays and Thursdays, 8:30 am and 9:30 am  
Saturdays, 9 am

**Walking Club, OBCOA**  
Tuesdays, 10 – 11:30 am.

Free. Meet at OBCOA (weather permitting).

**Yoga with Carol Vega, ECOA**  
\$10 per class. Bring a mat or blanket. ECOA: Thursdays, 9 am.

**Yoga Chair Dance, OBCOA**  
\$5 per class. Tuesdays, 10 am. Thursdays, 10:30 am.

**Yoga: Kundalini, TCOA**  
Tuesdays, 3pm. Free-will offering. Instructor: Steve Power  
Bring a mat or blanket. Call to register: 508-696-4205.

**Yoga for Seniors, UICOA**  
\$10 per class  
Mondays and Fridays, 10:30 to 11:30 am  
Instructor: Martha Abbot  
Wednesdays 10:30 to 11:30 am  
Instructor: Kanta Lipsky

Ideas, Books, and Plays

**Book Group, ECOA**  
August 28, 3 pm, with Jill Jupen. Book: TBA. Refreshments. Call 508-627-4368.

**Coffee and Conversation, OBCOA**  
Mondays – Fridays, 8:30 am

**Conversations with Barbara Plessner, OBCOA**  
Fridays, 10 to 11:30 am

**Discussion Group, UICOA**  
Tuesdays, 9:30 am  
Open discussion, all welcome.

Call 508-693-2896 for information.

**Documentaries and Discussion, TCOA**  
Thursdays, 1:30 pm

**Friday Morning Conversation Group, ECOA**  
August 2, 10 am  
Refreshments.

**Group Crossword, TCOA**  
Tuesdays, 1:30 pm

**Howes House Writing Group, UICOA**  
Every Tuesday, 11:15 to 1:15 pm.

All levels welcome! Feel free to bring a snack to share.

**Library Book Clubs**  
Tisbury: Books available at the V.H. library. Call 508-696-4205 for information. Edgartown: Edgartown Public Library, call Lisa, 508-627-4221, for information.

**Music and Memory Cafe**  
Thursdays, 10 am – noon  
Live music and light refreshments. Call M.V. Center for Living for info,

508-939-9440.

**Play Readers, TCOA**  
Wednesdays: 9 am to noon.

**Poetry Group, TCOA**  
Mondays, 10 am.

**Poetry with Jill Jupen, ECOA**  
Thursdays, 9:30 am

**Ukulele Group, TCOA**  
Wednesdays, 1 to 3 pm. Free  
Instructor: Martha Child  
All levels welcome.

Arts and Crafts

**Art Club, ECOA**  
Call to express interest, 508-627-4368.

**Color a Mandala, TCOA**  
Tuesdays and Thursdays, 1:15, Fridays, 10:45. Free. Bring a friend! Supplies provided.

**Knitting with Nancy Merjos, OBCOA**  
Thursdays, 1 pm  
Call 508-693-4509.

**Knitting and Needlework, TCOA**  
Mondays, 9:30 to 11:30 am.

**Mindful Knitting, ECOA**  
Mondays, 3:30 to 5:30 pm. Not an instructional group. Call 508-627-4368.

**Needlework for Charity, ECOA**  
Tuesdays, 10 am. Make projects benefiting charitable organizations, or your personal project. The more the merrier! Knitting, crewel, needlepoint, crochet, and more!

**Needlepoint, ECOA**

Thursdays, 2 – 4 pm. Bring any projects you are working on — need not be needlepoint.

**Pop-Up Origami, UICOA**  
4th Wed. of the month. 2pm. Free. Learning the ancient art of Japanese paper folding. RSVP: 508-693-2896

**UFOs – Unfinished Forgotten Objects, OBCOA**  
Fridays, 1 to 2:30 pm. Bring projects you’ve been putting off

to finish, on your own or with the group! Call 508-693-4509.

**Watercolor Painting with Nancy Cabot, UICOA**  
Fridays, 1 pm. Beginners welcome!

**Woodcarving, OBCOA**  
Mondays and Thursdays, 9 to 11 am.

Cards and Games

**Cribbage, OBCOA**  
Fridays, 9 am

**Bingo, OBCOA**  
Second Wednesday of the month. 1 to 3 pm, and 6 to 8 pm.

**Bridge: Ladies, OBCOA**  
Tuesdays, 9:30 to 11:30

**Bridge: Nonsanctioned Duplicate, ECOA**

Mondays 12:00 - 3:00 pm  
Call or email Carol for info on dates and seating: 508-627-4722, [fligors@comcast.net](mailto:fligors@comcast.net).

**Bridge Games, TCOA**  
*Duplicate Bridge* — Mondays, 1:15 pm  
Call Gayle for info: 617-966-7904.  
*Party Bridge* — Fridays, 1 to 4 pm. Call Trudy for info: 508-627-6719.

**Hand and Foot Card Games, OBCOA**  
Mondays – Fridays, 9 am

**Ladies Cards, OBCOA**  
Tuesdays, 1 pm

**Mah Jong**  
*ECOA*, Tuesdays and Fridays, 1 pm  
*UICOA*, Tuesday, 1:30 pm and  
Wednesdays, 1 pm

OBCOA, Mondays 1 pm

**Men’s Cards, OBCOA**  
Wednesdays, 9 am

**Scrabble, OBCOA**  
Fridays, 9 am

**Rummy, OBCOA**  
Tuesdays and Thursdays, 1 pm.

SUPPORTIVE DAY VOLUNTEERS NEEDED

Join us for some fun. Bring your talents and help us create a great day for those who may be at risk if left alone, or may experience isolation. Each day is a new day at the M.V. Center for Living Supportive Day Program, with so many ways to engage with peers; exercise, arts, music, yoga, drama, discussion, current events, games, and special presentations by local artists; companionship, and a family-style lunch.



We can use help in all areas. Find your volunteer place with us. Call Mary Holmes, Supportive Day program supervisor, at 508-939-9440, ext. 102, or email [maryh.mvcl@gmail.com](mailto:maryh.mvcl@gmail.com) We will be happy to have you join our Volunteer Team!

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

The M.V. Center for Living would like to thank the following businesses for their generous donations to the Supportive Day Program’s lunch program:

The Black Dog Cafe  
Island Fresh Pizza & Subs  
Linda Jean’s  
Morning Glory Farms