



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

January 2020 - Vol. 24, Issue 1

ELDER LAW

Make a New Year's resolution: Follow Frank and Mary

By Arthur P. Bergeron

Elder law attorney in the Trusts and Estates Group at Mirick O'Connell

I developed a monthly television program called "Frank and Mary on the Vineyard," which addresses common issues seniors face, and introduces you to initiatives, programs, and key community leaders and professionals in your area and surrounding communities. My local co-hosts and I, including Sandie Corr-Dolby of Horizons Geriatrics, will be taping over 100 different shows throughout 2020. If you want to keep up on the latest major senior developments in your community, tune in! You may watch our shows on Martha's Vineyard Community Television (MVTV), or on the Elder Law with Frank and Mary YouTube channel, [youtube.com/user/ElderLawFrankAndMary](https://www.youtube.com/user/ElderLawFrankAndMary). Some of the programs covered include:

- The Martha's Vineyard Center for Living, a private nonprofit with public support that provides day programs and a memory café for seniors with memory problems and their caregivers.
- The Nantucket Wheelers, volunteers who give bicycle rides around the Island to the residents of Our Island Home, the town-owned nursing home.
- The initiatives in Marlborough to develop an alternative transportation system so that seniors will be able to get around the community comfortably without a car.

If there are any particular local topics you would like us to cover, contact me at 508-860-1470, or email abergeron@mirickoconnell.com.



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.



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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.

SHINE NEWS

Changing Medicare Plans after Open Enrollment

Medicare's Annual Open Enrollment ended on Dec. 7, 2019, but you may still have some options:

For those with Medicare Parts A and B (Original Medicare): Medicare Supplement (Medigap Plan) can be added at any time in Massachusetts. Massachusetts Medigap Plans can be upgraded, downgraded, or ended at any time. If you missed your initial period to sign up for Medicare Part A (hospital) and/or Medicare Part B (medical), now is the time. General open enrollment period for Medicare A and B is Jan. 1 to March 31, with an effective date of July 1st. Call or visit your local Social Security office.

For those with a Medicare Advantage Plan (HMO or PPO): Between Jan. 1 and March 31, your Medicare Advantage Plan can be dropped, effectively switching back to Original Medicare. You're able to join a Medicare Prescription Drug Plan (Part D) at this time, and may also add a Medicare Supplement (Medigap Plan). Your Medicare Advantage plan may be switched from one plan to another during this time.

For Prescription Advantage members, or if you are getting "Extra Help" paying for prescription drugs: You can change your

prescription plan during the year outside of the Annual Open Enrollment.

Five Star Special Enrollment Period (SEP): You can join a 5 Star Part D drug plan or a 5 Star Medicare Advantage plan once during the year outside of the annual open enrollment period. The following have 5 star ratings from Medicare: all Tufts Medicare Advantage HMO plans, and the Blue Cross Blue Shield Part D plans.

Other Special Enrollment Periods: You might qualify for an exception that allows you to enroll in a Part C Medicare Advantage Plan or a Part D Prescription Drug Plan during the year. Examples may include moving in or out of your plan's service area, ending employer insurance, and becoming eligible for, or losing, MassHealth coverage.

How can SHINE help you? State-certified SHINE counselors are trained regarding the enrollment rules that may apply to your personal situation and your personal coverage choices. SHINE counselors are happy to talk with you at any time of the year, and they can analyze your needs and compare available plans to find you the most comprehensive coverage at the best price for you. Call your senior center to make an appointment with a SHINE counselor.

VA NEWS

VA announces proposal to increase access to dental care

The Department of Veterans Affairs (VA) announced it has submitted to Congress a waiver request and pilot program under Section 152 of the VA Maintaining Internal Systems and Strengthening Integrated Outside Networks Act of 2018 (MISSION Act) to improve access to dental care for Veterans.

The MISSION Act authorizes VA to submit statutory waivers to Congress for the purpose of testing innovative service delivery models to improve the quality of care for America's Veterans. Under existing statute, VA has limited authority to provide dental services for Veterans. With this waiver request, VA is submitting a proposal to increase access to dental services for enrolled Veterans ineligible for dental services through VA by connecting them with community-based, pro bono or discounted dental service providers.

Poor oral health can have a significant negative effect on overall health. Clinical research has found possible connections between gum problems and heart disease, bacterial pneumonia, and stroke. Upon approval of this pilot, VA will work with groups such as the American Dental Association

and Federally Qualified Health Centers across the U.S. to offer pro bono and discounted dental services to Veterans.

Section 152 of the MISSION Act led VA to establish a Center for Care and Payment Innovation to test payment and service delivery models, with the goal of reducing expenditures while preserving or enhancing the quality of care for Veterans. In implementing this section, the Secretary was granted authority to waive statutory requirements that may impede innovative approaches upon notification of and approval from Congress. The dental care proposal, titled the Care Coordination for Dental Benefits demonstration project under the Community Provider Collaborations for Veterans Pilot Program, is the first waiver request and pilot program submitted to Congress under this authority.

VA will publish details of the Community Provider Collaborations for Veterans pilot program for public comment in the Federal Register. If you have questions regarding this or any other programs and services you may contact your local VA agent Bruce Montrose at 508-693-6887.

We would walk a mile to return a lost wallet.

Learn more at: mvbank.com/values



508.627.4266 mvbank.com

Service Programs and Support Group Directory

Health Promotion

BLOOD PRESSURE AND WELLNESS CLINICS:

Vineyard Scripts,
Beach Road, V.H.
Have your blood pressure checked any day, any time.

PUBLIC HEALTH NURSE CLINICS:

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Jan. 21, 10 – 11 am

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Chilmark library,
Jan. 22, 11 am – 1 pm

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Jan. 1, 10 – 11 am
EDGARTOWN STOP & SHOP PHARMACY,
Jan. 1, 11:30 am – 1:30 pm
EDGARTOWN TOWN HALL,
Jan. 28, 10 – 11:30 am
EDGARTOWN COA,
Jan. 28, 12 – 1 pm

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Jan. 17, 11:30 am – 12:30 pm
Woodside Village II:
Jan. 17, 12:45 – 1:30 pm
Oak Bluffs COA:
Jan. 7 and 16, 12:30 – 1:30 pm

TISBURY:
Tisbury COA: Jan. 7, 10 – 11 am
Island Food Pantry: Jan. 1 and 15, 2 – 3 pm

WEST TISBURY:
Up-Island COA, Howes House:
Jan. 14, 10 – 11 am
West Tisbury library:
Jan. 14, 1:30 – 3 pm

HEARING SERVICES, CALL IN ADVANCE FOR AN APPOINTMENT.

OBCOA:
Jan. 14, 11 am, call Rose, 508-693-4509, ext. 3, for appt.

UICOA: Vineyard Audiology
Screenings and repairs.
Call 508-457-9285 for appointment.

ECO: Ear Wellness
Jan. 13, 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.

TCOA: Miracle Ear
Jan. 30, 2020, Audiologist Jason Wenzel is available by appointment for hearing tests or to address other concerns. To schedule appointments, call the Falmouth office, 508-457-9285.

PODIATRY AND FOOT CARE:
Pedi-Care with Audrey Harding.
Call 508-693-2896 for an appointment: half-hour appts., \$30

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ECO, Jan. 21, 1 – 3:30 pm
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UICOA, Jan. 27, 9 am
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TCOA, call 508-696-4205 for an appt.
UICOA, call 508-693-2896 for an appt.
Wampanoag Tribal Council,
508-645-9265.
Vineyard Health Care Access Program,
508-696-0020.

Elder Law Project: South Coastal Counties Legal Services (Cape and Islands)
Katie Wibbey, elder law attorney.
Jan. 7, ECOA. Appointments starting at 10 am. Call COA for appointment.

Free Legal Clinic
Dec. 11, UICOA
Patty Mello, elder law attorney
Space limited (Medicaid planning, estate planning, asset protection, wills).
Call 508-477-0267 for an appointment.

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Social Security
Falmouth office, 855-881-0212.

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Third Thursday of the month, 1 to 3 pm, by appointment, ECOA
Arthur Bergeron, a private attorney

— not legal aid — will provide free consultations on a monthly basis at the Anchors. After your free consultation, if you choose to retain him in any matter for any reason, he will charge you, and it will cost you money. Whatever those arrangements are will be between you and Mr. Bergeron. Call 508-627-4368 for appointments.

Funeral Consumers Alliance
802-865-8300, information on end-of-life alternatives.

Food Services, Transport & Housing

FOOD SERVICES:

Emergency Food Pantries:
All Senior Centers.
Monthly distribution.
Call for date and time.
First Baptist Church Parish House “Serving Hands”
Williams Street, V.H.,
info at 508-693-5339.
Island Food Pantry
Christ United Methodist Church,
Church Street, V.H.,
info at 508-693-4764.
Island Grown Initiative’s Mobile Market, UICOA
Thursdays, 1/9 – 2/ 27, 3:30-4:30pm.
Local food is purchased from a variety

of farms and greenhouses and sold at cost. All ages and incomes are welcome! SNAP, EBT, HIP benefits will be accepted! See Up-Island Highlights for more info.

TRANSPORTATION:
Vineyard Transit Authority
\$40 annual senior bus passes available at local Senior Centers, 508-693-9440.

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
800-227-2345, for cancer patients.

HOUSING AND LIVING OPTIONS:
Caregiver Homes of Massachusetts
In-home care and care management, income guidelines apply.
Cape and Islands Branch,
774-212-5764. caregiverhomes.com

Havenside Apartments,
508-693-2280

Henrietta Brewer House,
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Assisted living, private pay.

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A social program for those needing supervision and socialization. Daytime respite for family caregivers. Call 508-939-9440.

Windemere Nursing and Rehab,
508-696-6465. Long-term-care nursing home facility, Medicaid accepted.

Vineyard Village at Home (VVAH)
Referrals, transportation, and assistance with independent living. Info and to join, call 508-693-3038, vineyardvillage@gmail.com

Support Groups and Counseling

Cancer Support Group
Wednesdays, 12 noon, Hebrew Center, Vineyard Haven.

Caregiver Support Group
First and third Thursdays, 10:30 am
MVCS Island-Wide Youth Collaborative Call Lindsay Famariss at 508-693-7900, ext. 210.

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.

Dementia Caregiver Support Group
Second and fourth Fridays,

9:15 am – 10:45 am
M.V. Center for Living,
29 Breakdown Lane, Vineyard Haven
Call Leslie Clapp, 508-939-9440.

Diabetes Support Group, TCOA
Jan. 20, 1 pm
Call 508-696-4205 for information

Martha’s Vineyard M.S. Self-Help Group
Call 508-693-3193.

Memory Support Groups
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Featherstone Center for the Arts
Call Victoria Haeselbarth,
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Music, conversation,
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Light refreshments.
Drop in. Free of charge.
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Parkinson’s Caregiver Support Group, UICOA
Call Bethany for details,
508-693-2896.

Prostate Cancer Support Group
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Conference Room 1.
Alan Ganapol, facilitator,
914-318-1477 (mobile).

Vineyard Isle Parkinsonian’s Support Group, UICOA
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Call for details, 508-693-2896.

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, ext. 211.

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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

We will be happy to have you join our Volunteer Team!

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\$40 annual senior bus passes available at local Senior Centers, 508-693-9440.

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
800-227-2345, for cancer patients.

HOUSING AND LIVING OPTIONS:
Caregiver Homes of Massachusetts
In-home care and care management, income guidelines apply.
Cape and Islands Branch,
774-212-5764. caregiverhomes.com

Havenside Apartments,
508-693-2280

Henrietta Brewer House,
508-693-4500
Assisted living, private pay.

Island Elderly Housing,
508-693-5880. Subsidized housing for seniors and disabled.

M.V. Center for Living Supportive Day Program
A social program for those needing supervision and socialization. Daytime respite for family caregivers. Call 508-939-9440.

Windemere Nursing and Rehab,
508-696-6465. Long-term-care nursing home facility, Medicaid accepted.

Vineyard Village at Home (VVAH)
Referrals, transportation, and assistance with independent living. Info and to join, call 508-693-3038, vineyardvillage@gmail.com

Support Groups and Counseling

Cancer Support Group
Wednesdays, 12 noon, Hebrew Center, Vineyard Haven.

Caregiver Support Group
First and third Thursdays, 10:30 am
MVCS Island-Wide Youth Collaborative Call Lindsay Famariss at 508-693-7900, ext. 210.

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.

Dementia Caregiver Support Group
Second and fourth Fridays,

9:15 am – 10:45 am
M.V. Center for Living,
29 Breakdown Lane, Vineyard Haven
Call Leslie Clapp, 508-939-9440.

Diabetes Support Group, TCOA
Jan. 20, 1 pm
Call 508-696-4205 for information

Martha’s Vineyard M.S. Self-Help Group
Call 508-693-3193.

Memory Support Groups
Wednesdays, 9:30 am and 12:30 am
Featherstone Center for the Arts
Call Victoria Haeselbarth,
508-627-4368, ext. 15.

Music and Memory Café
Every Thursday, 10 am,
Music, conversation,
laughter, companionship.
Light refreshments.
Drop in. Free of charge.
M.V. Center for Living:
29 Breakdown Lane, V.H.
Call 508-939-9440.

Parkinson’s Caregiver Support Group, UICOA
Call Bethany for details,
508-693-2896.

Prostate Cancer Support Group
Third Wednesdays, 4 pm
M.V. Community Services Bldg. C,

Conference Room 1.
Alan Ganapol, facilitator,
914-318-1477 (mobile).

Vineyard Isle Parkinsonian’s Support Group, UICOA
Jan. 13, 10:30 am
Call for details, 508-693-2896.

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, ext. 211.

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

We will be happy to have you join our Volunteer Team!