

# Oak Bluffs Council on Aging



Place

**RESOURCE DIRECTORY  
2016**

# Massachusetts Councils on Aging

Massachusetts Councils on Aging serve a variety of roles to ensure local government assistance to seniors. The assistance is brought about by providing information, support services, programs, and activities that encourage and enable seniors to participate in their community, remaining independent.

## **FRIENDS OF THE COUNCIL ON AGING (FOBCOA)**

The Friends is a non-profit organization whose purpose is to raise funds for the benefit of the Council on Aging. They enable the COA to provide more activities and services to senior citizens than can be provided through town funding.

**Oak Bluffs Council on Aging's (OBCOA)** monthly newsletter can be found at our center as well as published on the town's website [www.oakbluffsma.gov](http://www.oakbluffsma.gov).

You can also find information on:

MVTV

"55Plus Times" an insert in the Martha's Vineyard Times the last Thursday of each month.

To receive emailed Newsletters & Trip information please email Leo Gagnon at [www.oakbluffsma.gov](mailto:www.oakbluffsma.gov)

# Oak Bluffs Council on Aging

## RESOURCE DIRECTORY

Of Programs and Services

For Oak Bluffs residents 60+

21 Wamsutta Avenue  
Post Office Box 1327  
Oak Bluffs, MA 02557

Hours of Operation :  
Monday thru Friday  
8:30am – 4pm

Phone: **508-693-4509**

Fax: **508-693-7655**

## Activities

### Regular Activities at the senior center are:

- Bingo
- Chair Caning
- Computer Use
- Cribbage
- Exercise Class
- Knitting
- Line Dancing
- Movies
- Photography
- Scrabble
- Wood Carving
- Yoga

### Social Events

The OBCOA sponsors a Volunteer Recognition day in June. Friends of OBCOA sponsor off-Island day trips to the theater, museums, and shopping malls. There are Halloween and holiday parties, Men's and Ladies luncheons, lectures on subjects of interest, Friday morning "coffee and conversation" and other enjoyable get-togethers.

A Calendar of ongoing services and activities is at the front desk of OBCOA or on the town website.

# PROGRAMS & SERVICES

## ABUSE

**1-800-922-2275~ Elder Abuse Hotline** is available 24 hours per day, 7day per week for those over the age of 60 who have been abused, neglected, financially exploited, or at risk of harm due to self-neglect.

## ADVANCED CARE PLANNING

Advanced care planning is the process individuals undertake to ensure that they will receive the end of life care desired. The OBCOA has information desk has packets which include the Healthcare Proxy, Comfort Care and Five Wishes. More information is available at Hospice of M.V. (See Hospice)

## ALZHEIMER'S

**1-508-775-5656~ Alzheimer's Services of Cape Cod & Islands** is 100% locally funded and operated non-profit dedicated to providing supportive and capacity-building services to individual in our area who are affected by Alzheimer's disease or a related dementia and to the families & professionals who care for them.

## ARTHRITIS FOUNDATION

**1-617-244-1800** ~ The Arthritis Foundation is the only national non-profit organization that supports victims of more than 100 types of

## THE CAPE ORGANIZATION FOR RIGHTS OF THE DISABLED

**1-800-541-0282**~ The Cape Organization for the Right of the Disabled (CORD) has been aggressively working since 1984 to advance the independence, productivity, and integration of people with disabilities including the deaf and hard of hearing people, into mainstream society.

## CAREGIVER SUPPORT

**508-693-7900x217**~Allison McKinley. Call for The **Caregiver Support Group times and dates.**

**1-866-797-2333~Caregiver Homes**~ Offers financial and personal support for caregivers.

## CONSUMER ASSISTANCE COUNCIL

**1-800-867-0700~ 9 - 3, M-F.** CAC Can provide you with information on companies, products, and services to help you make informed decisions. Landlord/tenant rights, new/leased car lemon laws, shopper's rights, identity theft, etc. CAC also offers free dispute resolution to assist you in resolving problems with products or services you have already purchased. CAC works in cooperation with the Massachusetts Attorney General.

## COUNSELING PROGRAMS

**508-639-7900~ CORE ~ Counseling, Outreach, Referral, for the Elderly.** The councils on Aging in collaboration with the Island Counseling Center of Martha's Vineyard Hospital Community Services received funding from Martha's Vineyard Hospital for the CORE program. If you or someone you know is depressed, has anxiety, is faced with multiple losses, or if the demands of daily living are becoming more challenging, please call our outreach coordinator at 508-693-4509 for referral. There is **no cost** to access these services. See M. V. Community Services.

### **DENTAL CLINICS**

**508-693-6872 ~ The Martha's Vineyard Hospital Dental Center** provides comprehensive dental care to children and adults. The center accepts MassHealth, Medicaid and most insurances. Appointments required.

**508-693-0020 ~ Vineyard Smiles** is a community based program through Dukes County Health Council which is dedicated to improving the oral health of the Island's disadvantaged and medically underserved children and adults.

### **ELDER SERVICES OF CAPE COD & THE ISLANDS.**

**1-800-244-4630 or 508-693-4393 ~ ESCC & Islands** is private non-profit and the federally designated Area Agency on Aging (AAA). Services are offered through referrals and are for income eligible seniors. The services include home care, respite care, protective care, protective services, long-term care screening, and family caregiver support, senior dining centers, home delivered meals, nursing home ombudsman, mature workers program, money management program, community grants, volunteer opportunities, and information and referral services.

### **EMERGENCY MANAGEMENT**

**508-693-4509** ~ The OBCOA maintains an emergency list of seniors' names and phone numbers who want a friendly phone call during severe storms. Please call us if you would like your name added to our list.

### **EXECUTIVE OFFICE OF ELDER AFFAIRS**

**1-800-243-4636** ~ EOEА directs services to 41,000 seniors through the state funded Home Care Program, administers social and nutritional services under the Older Americans Act, and fulfills advocacy, planning and policy functions on behalf of the 1.1 million seniors in the Commonwealth. EOEА provides state and federally funded services to frail seniors, disabled and family caregivers. Service delivery is conducted through a network of 27 Aging Service Access Points and 348 COAs.

### **FOOD ASSISTANCE**

**508-693-4509 ~ OBCOA Surplus Food Program** ~ distributes food monthly at the OBCOA Center for those who qualify under federal guidelines. Please call for distribution.

For Emergencies only, Island Food Pantry, Christ Methodist Church, Church Street, Vineyard Haven Open 2-4 Monday, Wednesday, Friday November thru April.

**1-800-645-8333 ~ The Supplemental Nutrition Assistance Program (SNAP) or FOOD STAMPS**  
~helps individuals and families buy food. Application Hotline **1-800-249-2007**

### **FOOD & LUNCHES AT OBCOA**

Senior dining available Tuesday's and Thursday's for a suggested \$ 3 donation.

Men's and Ladies Luncheon 1<sup>st</sup> Wednesday of the Month

## **FOOT CARE**

Is available at the OBCOA the 2<sup>nd</sup> Wednesday of each month.

## **FUEL ASSISTANCE**

**1-877-383-5243 ~ South Shore Community Action Council Inc.** is a private non-profit that provides a range of critical services to low-income individuals. Individual 60+ may apply at the OBCOA from November through April each year.

**1-866-427-9918 ~ Citizens Energy Assistance or JOE 4 OIL** can help with fuel costs.

**508-778-1590 ~ Hyannis Veterans Center** can pay heat, utilities, rent, and mortgage.

**508-775-0364 ~ Salvation Army** can pay for non-fuel assistance; heat, utilities and rent.

**1-800-422-1446 ~ Cape Cod Needy Fund** can pay utilities, heat, rent, and mortgage.

**508-771-5400 ~ Heating Repairs and Weatherization**  
Financial aid is offered for all forms of heating to qualified applicants, including repair of heating systems and weatherization.

**508-939-9400 ~ MV Center For Living ~ FEMA** (Federal Emergency Management Association). Provides funding for heat and past due bills.

## **FUNERAL SERVICES**

**1-802-865-8300 ~ Funeral Consumer Alliance** gives information on alternatives concerning end of life issues.

**508-693-1495 ~ Chapman, Cole & Gleason Funeral Home** offers counseling and cremation services.

## **HEALTH SCREENING**

**Visiting Nurse Association of Cape Cod ~ 1-800-630-3900 Public Health Clinic** on the 4<sup>th</sup> Thursday of each Month from 12:30-2:30pm and the 1<sup>st</sup> Tuesday of each month 12:30-2:30pm. A nurse is available at each site to speak with you about your health concerns.

For those who cannot go to or attend the above clinics, a nurse can visit you in your home. Call OBCOA, **508-693-4509**

These programs are free and funded by the Oak Bluffs Board of Health.

## **HEALTH INSURANCE**

**508-696-0020 ~ Vineyard Health Care Access** ~ helps low income people apply for affordable, high quality health care including MassHealth.

**508-693-4509 ~ S.H.I.N.E Serving Health Information Needs of Elders.** A trained volunteer provides information, counseling, and assistance on health insurance and health benefit options. Call for a referral.

## **HEARING SERVICES**

**508-693-4509** ~ Monthly at OBCOA. Call in advance for an appointment.

**1-617-7400-1600 ~ Massachusetts Commission for the Deaf and**

## **Hard of Hearing**

Hearing Support Group—See Support Groups

## HOME REPAIR

508-696-3285~ **TRI~ The Resource, Inc.** is a private, non-profit, dedicated to providing solutions to affordable housing through housing rehab. Funded by the Massachusetts Department of Housing and Community Development. Applicants must meet income guidelines.

508-771-5400~**South Shore Community Action Council, Inc. – Repair of Heating Systems and Weatherization.** Financial aid for heating to qualified applicants. Financial help available for repair of heating systems and weatherization.

1-800-583-5337 ~**H.O.M.E. Homeowner Options for Massachusetts Elders** ~ Its mission is to conserve and protect the equity of low-income elder homeowners so they can 'age in place'. Offers financial counseling, foreclosure prevention, consumer protection, information and referral, open-ended reverse mortgages, refinancing options.

## HOSPICE

508-693-0189~**Hospice of Martha's Vineyard, Inc.** ~ Provides free palliative, hospice, and bereavement care from day diagnosis, licensed by Department of Public Health (DPH).

508-696-7788~ **Island Hospice** ~ Certified by Medicare, Medicaid and other private insurances, licensed DPH.

## HOSPITALS

508-693-0410 ~ **Martha's Vineyard Hospital** is a non-profit dedicated to meeting the health care needs of the island. The following specialist visit the Island regularly: allergies, cardiology, dermatology, ENT surgery, neurology, oncology, urology. Contact the hospital for more information and a list of services.

508-548-5300 **Falmouth Hospital**

508-771-1800 **Cape Cod Hospital**

## HOUSING

508-693-5880~ **Island Elderly Housing, Inc.** (Aidylberg Village, Hillside, Woodside Village, and Margaret C. Love House) Federally subsidized housing for low-income seniors and disabled.

508-693-2280 ~ **Havenside** is a non-profit rental apartment complex for island seniors, owned and operated by the Episcopal Diocese of Massachusetts and governed by a local Board of Directors.

508-627-2131~ **Henrietta Brewer House** is a private assisted living facility in Vineyard Haven

508-627-7791~ **Long Hill** is a private assisted living facility in Edgartown

508-696-6465~ **Windemere Nursing and Rehabilitation Center** is a premier skilled nursing facility located on M.V. Hospital campus. Offered are 20 rest-home beds to independent seniors in the community. Windemere provides an extensive activity program geared to the varied needs, abilities, and wishes of its residents.

508-771-5400~ **Housing Assistance Corporation** provides individual and family shelters, rental subsidies, home repairs, and weatherization, transitional housing, rental housing development, placement and stabilization services and assistance for first-time home buyers.

## **LEGAL AID**

**508-693-4509~Elder Law~** A free lawyer is available the first Monday of each month one of the four COAs. The lawyer is available to seniors at the OBCOA the First Monday of the month from 10-12am in February, June and October. South Counties Legal Services, Inc. is a non-profit, serving clients in Dukes County. SCCLS provides free legal help to low income and elderly clients in matters concerning income, healthcare, long-term care, nutrition, housing, utilities, protective services, defense of guardianship, abuse, neglect, and age discrimination.

**1-866-627-7577 ~ Massachusetts Bar Association** provides attorney referrals. Every May the Massachusetts Bar Association offers a workshop on estate planning and protecting your assets.

## **LIFELINE**

**1-866-674-9900** ~Medical alert service. Call OBCOA to apply, a free activation coupon may be available.

## **MARTHA'S VINEYARD COMMUNITY SERVICES**

**508-693-7900~ MVCS** meets comprehensive needs of individuals, families, and community providing accessible education and health and human services.

**508-693-0032~ Island Counseling Center** ~ Emergency Services, crisis workers is available 24 hours a day

**508-693-7900 x220 ~ CONNECT** ~ Provides confidential support services to victims of domestic violence and sexual assault including counseling, support, and court advocacy. All services are free and

## **NEWSLETTERS**

The Oak Bluffs Council on Aging distributes a monthly newsletter and calendar of all special events the end of each month for the following month. Newsletters can be found at the OBCOA center, emailed per request or on the Town of Oak Bluffs website. [www.oakbluffsma.gov](http://www.oakbluffsma.gov)

You can request the newsletter be emailed to you by emailing [coa@oakbluffsma.gov](mailto:coa@oakbluffsma.gov)

**55Plus Times** ~ Programs and information on the four Councils on Aging. Pull-out section the last Thursday of each month in the M.V. Times.

## **NURSING HOME/LONG TERM CARE**

**508-696-9314~ Windemere Nursing & Rehabilitation Center** is premier skilled nursing facility in Martha's Vineyard, located on the hospital campus. Its specialty is short term rehabilitation for patients who transfer directly from Martha's Vineyard Hospital. There is a 25 bed unit in which care for residents with Alzheimer's disease is provided. Also offered are 20 rest-home beds to qualified independent seniors in the community. Windemere provides an extensive activity program geared to the varied needs, abilities, and wishes of its residents. For information call **508-696-6465**

## **NURSING SERVICES, PERSONAL CARE & IN-HOME SERVICES**

**1-800-631-3900~ Visiting Nurse Association of Cape Cod** is a Medicare certified non-profit home care provider whose mission is to provide compassionate, high quality, state of the art care for patients with acute, chronic, or advanced illness. Services include: skilled nursing, home health aides, physical, occupational and speech therapists, and medical social workers. Specialized and advanced care programs include: diabetes management, elder care, home IV therapy, maternal and child health, cardiac program, osteoporosis screening, private care, palliative care, pain management and end of life care.

## **NURSING HOME/LONG TERM CARE cont.**

Services are based on a comprehensive and individualized nursing assessment and team approach.

**508-693-3038~Vineyard Village at Home** is a non-profit which helps older Vineyarders continue to live in their own homes by providing them access to a wide range of volunteer, household, health, social, and professional services that will ensure their safety and comfort. It works with health and social services, supplementing services as needed. This is a fee based program.

See **Elder Services of Cape Cod and the Islands** for more information about in-home services.

## **OUTREACH**

OBCOA outreach worker is available for an appointment at the center or in your home. Our outreach worker can be a strong advocate when you need it most. Solutions to problems can be found, including connections with resources, which make a world of difference in the quality of one's day to day existence. Our outreach worker can be there to be a support, a compassionate listening ear and a shoulder to lean on, Always keeping your information confidential.

## **SAMARITANS SENIOR OUTREACH PROGRAM**

**508-548-7999** ~ For those in need, the Samaritan crisis hotlines can be reached at **508-548-8900 or 800-893-9900**.

The Samaritans of Cape Cod and the Islands is a non-profit volunteer organization whose mission is to provide emotional support to those who are lonely, depressed, or suicidal. As members of the world's oldest and largest suicide prevention network, the Samaritans provide non-judgmental active listening to callers in need on their crisis hotlines. Support groups are available for those who have lost someone to suicide. For more information on Samaritan programs or to become a volunteer please visit **[www.CapeSamaritans.org](http://www.CapeSamaritans.org)**.

## **RECREATIONAL & SOCIAL PROGRAMS**

The Oak Bluffs Council on Aging provides recreational and social programs based on the needs of the 60+ Community. Please see the Newsletter which can be found at the local center, on the Town of Oak Bluffs website **[www.oakbluffsma.gov](http://www.oakbluffsma.gov)** or emailed to you by emailing a request to **[coa@oakbluffsma.gov](mailto:coa@oakbluffsma.gov)**

## **SOCIAL SECURITY**

**1-800-772-1213 - 1-855-881-0212 in (Falmouth)**

Apply for retirement benefits, disability benefits, Medicare, estimate your retirement benefits, help with Medicare prescription drug cost, etc. If you need help with Social Security, call our outreach worker. Social Security Video Display program on the 4<sup>th</sup> Monday of every month at the OBCOA.

## **SUPPORT GROUPS**

**Martha's Vineyard MS Self Help Group**

**508-693-3193**

**Prostate Cancer Support Group**

**508-693-7900, x320**

**Diabetes Support Group**

**Call Visiting Nurses of Cape Cod**

**Vineyard Isle Parkinsonians (VIP)**

**508-693-2896**

**Caregiver Support Group**

**508-693-6184 x 217**

**Stroke Support Group**

**508-693-6184 x 7147**

**Bereavement Support Group**

**508-693-0189**

**Men's Bereavement Group of Martha's Vineyard**

**508-693-0093**

**Cancer Support Group**

**Wednesdays, 12:00, Hebrew Center**

**Sight Loss Support Group**

**508-693-4509**

## TELEPHONE REASSURANCE PROGRAM

Weekly phone calls are made to seniors who would like a call. Calls are made by OBCOA Outreach Coordinator.

## TRANSPORTION

**508-693-9440**~ M.V. Regional Transit Authority  
**508-693-9440**~ The Lift~ Handicapped accessible van requires the completion of a form that your doctor must sign.

VTA annual passes ~ for year-round residents.

\$30 per calendar year—payable by check only. **508-563-5351**

~ Road to Recovery for cancer patients

**508-693-9440**~ Medivan to Boston~ Service is available on Tuesdays to Boston Are medical services for 60+ and/or disabled.

**508-939-9440**~Martha's Vineyard Center for Living taxi service to Medical Appointments in Falmouth and other Cape towns.

**1-800-352-7155**~B-Bus Sea Line~ information about public transportation on Cape Cod.

## UNEMPLOYMENT BENEFITS

**617-626-6800**~ The Department of Unemployment Assistance (DUA) administers the Unemployment Insurance program, providing temporary assistance to unemployed Massachusetts workers.

## VETERAN'S SERVICES

**508-693-6887**~ A Veteran Agent is available to help with questions

## VISION LOSS

**1-800-989-4411**~Commision for The Blind  
**1-800-427-6842**~Sight Loss Services of Cape & Islands

## VOLUNTEER OPPORTUNITIES

**508-693-4509**~ Please call the OBCOA for current volunteer opportunities.

## WOMEN'S SUPPORT SERVICES

**508-693-7900**~ See Community Services  
**508-696-8880**~ Women Empowered

Offer free education and support in the form of instruction in the following life skill areas: problems solving, decision making, balancing a checkbook, planning a family budget, coping skills. Personal organization, and job search.

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*If you have any questions on any programs, referrals, or services, always feel free to call the staff at the OBCOA. They are there to help you!*

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