



# CAREGIVERS *Home Journal*

A RESOURCE GUIDE FOR CAREGIVERS  
OF ELDERS ON MARTHA'S VINEYARD

# ***Caregivers Home Journal: A Resource Guide for Caregivers of Elders on Martha's Vineyard***

**Developed and designed by the collaboration of the  
Elder Affairs C ommittee of the Dukes C ounty Health C ouncil  
and  
the M artha' s Vineyard L ibrary Association**

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**and Glenna Barkan for the cover design**

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*For help with accessing listed references contact:*

## Martha's Vineyard Public Libraries

Aquinnah Public Library  
1 State Road  
Aquinnah, MA. 02535  
508-645-2314

<http://aquinnah-ma.gov/content/aquinnah-public-library>

Chilmark Free Public Library  
522 South Road  
Chilmark, MA. 02535  
508-645-3360

[www.chilmarklibrary.org](http://www.chilmarklibrary.org)

Edgartown Free Public Library  
58 North Water Street  
Edgartown, MA. 02539  
508-627-4221

[www.edgartownlibrary.org](http://www.edgartownlibrary.org)

Oak Bluffs Public Library  
55R School Street  
Oak Bluffs, MA. 02557  
508-693-9433

<http://oakbluffslibrary.org>

Vineyard Haven Public Library  
200 Main Street  
Vineyard Haven, MA. 02568  
508-696-4211

<http://vhlibrary.org>

West Tisbury Free Public Library  
1042A State Road  
West Tisbury, MA. 02575  
508-693-3366

<http://westtisburyfreepubliclibrary.org>



[www.dukescounty.org](http://www.dukescounty.org)

Dukes County Health Council  
Dukes County Commissioners  
County Administration Building  
9 Airport Road, P.O. Box 190  
Edgartown, MA 02539  
508 696-3840

**Vision**

Our vision is a healthy community with seamless, complementary, coordinated and accessible health and wellness services for the residents of Martha's Vineyard.

**Mission**

The Dukes County Health Council is a coalition of community members, public officials, health practitioners, and health organizations working together to promote community-wide health and wellness.

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## How To Use The Caregivers Home Journal

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This publication is designed to assist caregivers of elders living on Martha's Vineyard to find support services, as well as to provide elders with island resources for optimum independence and physical, emotional, and social well-being.

The Journal is divided into two sections:

***As a caregiver...*** contains topics of information or concern for you as a caregiver of an elder.

***An elder I care about...*** contains topics of information or concern for the elder under your care.

Each section includes topics regarding home environment, transportation, emotional support, behavioral issues, medical support, and legal/financial assistance. Within each topic you will find the following:

***Service Needed...*** a description of the service needed to address the concern.

***Local Resources...*** a listing of local, public, governmental, or non-profit services which may be of help. In some cases, you may also be directed to headings for private individuals or businesses listed in the Yellow Pages of *The Island Book* published by the Martha's Vineyard Chamber of Commerce.

***Readings...*** a suggested reading list developed by the Martha's Vineyard Library Association.

Additional information is included at the end of the Journal:

***Useful Websites...*** governmental or organizational web sites for further research.

***Local Resources...*** contact information for all local resources listed in the Journal.

***Emergency Numbers...*** emergency contact numbers listed on the back cover.

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***...I feel overwhelmed; I have so many unanswered questions about aging and services for the elderly.***

## **Service Needed**

### Information and Referral Service

A central source of information regarding the broad range of services available to elders and recommendations regarding providers of these services.

## **Local Resources**

### Councils on Aging/Senior Centers

Edgartown, <a href="http://www.edgartown-ma.us/ecoa">www.edgartown-ma.us/ecoa</a>	508-627-4368
Oak Bluffs <a href="http://www.ci.oak-bluffs.ma.us">www.ci.oak-bluffs.ma.us</a>	508-693-4509
Tisbury <a href="http://www.tisburyma.gov/Pages/TisburyMA_COA/index">www.tisburyma.gov/Pages/TisburyMA_COA/index</a>	508-696-4205
Up Island (West Tisbury, Chilmark and Aquinnah) <a href="http://www.westtisbury-ma.gov/Boards/council-aging.html">www.westtisbury-ma.gov/Boards/council-aging.html</a>	508-693-2896

### Eldercare Locator

U.S. Administration on Aging, 1-800-677-1116, [www.eldercare.gov](http://www.eldercare.gov)

### Elder Services of Cape Cod and the Islands, Inc.

508-693-4393, 800-244-4630, [www.escci.org](http://www.escci.org)

### Massachusetts Executive Office of Elder Affairs

800-243-4636, [www.800ageinfo.com](http://www.800ageinfo.com)

### Vineyard Village at Home

508-693-3038, [www.vineyardvillage.org](http://www.vineyardvillage.org)

### Wampanoag Tribe of Gay Head (Aquinnah)

Human Services Department, 508-645-9265, Ext. 130, Ext.159,  
[www.wampanoagtribe.net](http://www.wampanoagtribe.net)



## Readings

The Aging Network: Programs and Services, Sixth Edition by Donald E. Gelfand PhD, 2006

How to Care for Aging Parents by Virginia Morris and Robert M. Butler, 2008

Caring For Your Parents: The Complete AARP Guide by Hugh Delehandy, 2006

The Senior Solution: A Family Guide to Keeping Seniors Home For Life! by Valerie VanBooven-Whitsell RN; BSN; PGCM, 2007

But I Don't Want Elder Care! Helping Your Parents Stay as Strong as They Can as Long as They Can by Terry Lynch, 2008

The Elder Care Survival Guide by Martin R Sabel, 2009

Elder Care Made Easier: Doctor Marion's 10 Steps to Help You Care for an Aging Loved One by Dr. Marion Somers PhD, 2006

The Parent Care Conversation: Six Strategies for Dealing with the Emotional and Financial Challenges of Aging Parents by Dan Taylor, 2006

Home Sweet Home: Helping Elders Age in Place by Linda LaPointe, 2008

The A-to-Z Guide to Elder Care (Facts on File Library of Health and Living) by Joseph Kandel and Christine Adamec, 2009

The Boomer's Guide to Aging Parents, Vol. 9: How to Stand Up for Your Elder in the Health Care System by R.N., Attorney, Carolyn L. Rosenblatt (Paperback - April 22, 2009)

The Complete Eldercare Planner, Revised and Updated Edition: Where to Start, Which Questions to Ask, and How to Find Help by Joy Loverde, 2009

Navigating the Journey of Aging Parents: What Care Receivers Want by Cheryl Kuba , 2006

Caregiving: A Guide for Those Who Give Care and Those Who Receive it by Victoria Bumagin MSSW and Kathryn Hirn MA, 2006

Taking Care of Mother, Taking Care of Me by Heydon Buchanan, 2006

Caring for Your Aging Parents: An Emotional Guide to Nurturing Your Loved Ones while Taking Care of Yourself by Raeann Berman and Bernard Shulman MD, 2009

The Everything Guide to Caring for Aging Parents: Reassuring advice to help you support your loved ones by Kathy, 2009

The Caregiver's Essential Handbook : More than 1,200 Tips to Help You Care for and Comfort the Seniors in Your Life by Sasha Carr and Sandra Choron, 2003

Navigating the Journey of Aging Parents: What Care Receivers Want by Cheryl Kuba, 2006

Caring for Your Parents: The Complete Family Guide (AARP) by Hugh Delehanty, Elinor Ginzler, and Mary Pipher, 2008

The Overwhelmed Woman's Guide to...Caring for Aging Parents by Julie-Allyson Ieron, 2008

Caring for Our Parents: Inspiring Stories of Families Seeking New Solutions to America's Most Urgent Health Crisis by Howard Gleckman, 2009

When Your Aging Parent Needs Care: Practical Help for This Season of Life by Candy Arrington and Kim Atchley, 2009

Retirement Life By Design: Living Well With Health, Wisdom And Authenticity: Achieve Aging In Place, Manage Elder Care, Master Caregiving by Pamela D. Pope , 2008

***...I need to share my feelings with someone who would understand.***

## **Service Needed**

### Counseling/support

One-on-one consultation, and/or group discussions with other caregivers to share problems and coping skills.

## **Local Resources**

### Elder Services of Cape Cod and the Islands, Inc.

Family Caregiver Support Program, 1-800-244-4630, [www.escci.org](http://www.escci.org)

### Martha's Vineyard Community Services, Inc.

Family Support Counseling, Island Counseling Center, 508-693-7900, ext. 225,  
[www.mvcommunityservices.com](http://www.mvcommunityservices.com)

### Vineyard psychotherapists and counselors

[www.mvpsychotherapy.net](http://www.mvpsychotherapy.net)

### Private individuals and businesses

Listed in the Yellow Pages of the Martha's Vineyard Chamber of Commerce, "The Island Book" under: **Counselors; Psychiatrists; Psychologists; Psychotherapists**

### Support Groups

Listings in local weekly newspapers, MV Times ([www.mvtimes.com](http://www.mvtimes.com)) and Vineyard Gazette ([www.mvgazette.com](http://www.mvgazette.com))

## **Readings**

The Comfort of Home for Alzheimer's Disease: a Guide for Caregivers, by Maria M. Meyer, 2008

The Comfort of Home for Parkinson Disease, by Maria M. Meyer, 2007

Comfort of Home, Stroke Edition; a Guide for Stroke Caregivers, by Maria M. Meyer, 2007

Dementia Caregivers Share Their Stories; Support Group in a Book, by Lynda A Markut & Anatole Crane, 2005

A Cup of Comfort for Families Touched by Alzheimer's: Inspirational stories of unconditional love and support by Colleen Sell, 2008

The Emotional Survival Guide for Caregivers: Looking After Yourself and Your Family While Helping an Aging Parent by Barry J. Jacobs, 2006

***...it seems that other family members are not helping enough, or disagree on a plan of action.***

## **Service Needed**

### Family Meeting

Meeting of relatives, and/or other interested parties, to discuss plans and responsibilities, facilitated by a trained professional.

## **Local Resources**

### Elder Services of Cape Cod and the Islands, Inc.

Family Caregiver Support Program, 1-800-244-4630, [www.escci.org](http://www.escci.org)

### Martha's Vineyard Center for Dispute Resolution

508-693-2999, [www.mvdisputecenter.org](http://www.mvdisputecenter.org)

### Martha's Vineyard Community Services, Inc.

Family Support Counseling, Island Counseling Center, 508-693-7900, ext. 225, [www.mvcommunityservices.com](http://www.mvcommunityservices.com)

### Private individuals and businesses

Listed in the Yellow Pages of the Martha's Vineyard Chamber of Commerce, "The Island Book" under: **Counselors-Family; Mediation Services**

## **Readings**

Always on Call: When Illness Turns Families into Caregivers by Carol Levine 2000

Old Talk New Conversations: A Planning Guide for Seniors and Their Families by Phyllis M. Brostoff, Matt Furno, John A. Herbers, Paula H. Hogan, Steven J. Koppel 2000

Senior Days: Insightful Tales and No-Nonsense Help from the Frontlines of Eldercare by Colleen Nicol, 2008

You and Your Aging Parent: A Family Guide to Emotional, Social, Health, and Financial Problems by Barbara Silverstone and Helen Kandel Hyman, 2008

When the Time Comes: Families with Aging Parents Share Their Struggles and Solutions by Paula Span, 2009

The Boomer's Guide to Aging Parents, Vol. 7: How To Handle Family Conflicts About Elders by Carolyn L. Rosenblatt, 2009

***... my caregiving responsibilities are negatively affecting my work, personal life and health.***

## **Service Needed**

### Respite Care

Temporary care service to relieve an in-home caregiver of responsibility for an individual with long-term care needs. Relief care can be provided in the home, in day programs, nursing facilities, or rest homes.

### Stress Management Training

Learn to recognize, minimize, control and channel stress.

## **Local Resources**

### Elder Services of Cape Cod and the Islands, Inc.

Family Caregiver Support Program, 1-800-244-4630, [www.escci.org](http://www.escci.org)

Respite Care Program, 508-693-4393, 800-244-4630, [www.escci.org](http://www.escci.org)

### Martha's Vineyard Center for Living

Supportive Day Program, 508-939-9440, [www.mvcenter4living.com](http://www.mvcenter4living.com)

### Martha's Vineyard Whole Health Alliance

508-641-4893, <http://mvwholehealth.org>

### Vineyard Nursing Association

508-693-6184, [www.vineyardnursing.org](http://www.vineyardnursing.org)

### Windemere Nursing & Rehabilitation Center

Respite Services 508-693-6465, [www.windemeremv.org](http://www.windemeremv.org)

### Vineyard psychotherapists and counselors

[www.mvpsychotherapy.net](http://www.mvpsychotherapy.net)

### Private individuals and businesses

Listed in the Yellow Pages of the Martha's Vineyard Chamber of Commerce, "The Island Book" under: **Counselors; Psychiatrists; Psychologists; Psychotherapists**

### Support Groups

Listings in local weekly newspapers, MV Times ([www.mvtimes.com](http://www.mvtimes.com)) and Vineyard Gazette ([www.mvgazette.com](http://www.mvgazette.com))

## Readings

Are Your Parents Driving You Crazy?: How To Resolve The Most Common Dilemmas with Aging Parents, by Joseph A. Ilardo, Carole R. Rothman, 2001

The Caregiver's Survival Handbook: How to Care for Your Aging Parent Without Losing Yourself, by Alexis Abramson, Mary Anne Dunkin 2004

Caring for Yourself While Caring for Your Aging Parents: How To Help, How To Survive, by Claire Berman 2001

Crossroads at Midlife: Your Aging Parents, Your Emotions, And Yourself, by Francis Cohen Praver, 2004

Emotional Survival Guide for Caregivers: Looking After Yourself and Your Family While Helping an Aging Parent, by Barry J. Jacobs, 2006

Caregiving: A Guide for Those Who Give Care and Those Who Receive it by Victoria Bumagin MSSW and Kathryn Hirn MA, 2006

Take Your Oxygen First: Protecting Your Health and Happiness While Caring for a Loved One with Memory Loss by Leeza Gibbons, James Huysman PsyD LCSW, 2009

***... I've heard there are public programs that pay families for private caregiver services.***

## **Service Needed**

Several government-funded programs include the option of employing private individuals to provide care. Qualifications and responsibilities of the private caregiver vary by program.

## **Local Resources**

### Caregiver Homes of Massachusetts

A managed-care program offered to eligible Mass Health members.  
866-797-2333, [www.caregiverhomes.com](http://www.caregiverhomes.com)

### Dukes County Veteran's Services

Aid and Attendance Benefits: a monetary benefit for eligible VA Pension recipients.  
508-693-6887, [www.dukescounty.org](http://www.dukescounty.org)

### Options Supported Living Program

Personal Care Attendants (PCAs): a managed-care program offered to eligible Mass Health members, 800-924-7570, [www.masscp.org/supported/support\\_frameset.htm](http://www.masscp.org/supported/support_frameset.htm)

***... can do light housecleaning but needs assistance with heavy tasks.***

## **Service Needed**

### Chore Service

A type of home care service to assist frail elders to remain in their home, including vacuuming, washing floors & walls, defrosting freezers, cleaning ovens, cleaning attics and basements, and removing fire and health hazards.

## **Local Resources**

### Elder Services of Cape Cod and the Islands, Inc.

Home Care Program, 508-693-4393, 1-800-244-4630, [www.escci.org](http://www.escci.org)

### Private individuals and businesses

Listed in the Yellow Pages of the Martha's Vineyard Chamber of Commerce "The Island Book" under: **House Cleaning Service, Home Maintenance, Home Repair**

## **Readings**

The Comfort of Home: A Complete Guide for Caregivers by Maria Meyer and Paula Derr, 2007

The Family Caregiver Handbook: Finding Elder Care Resources in Massachusetts by Ann Bookman, 2007

The Senior Solution: A Family Guide to Keeping Seniors Home For Life! by Valerie VanBooven-Whitsell, 2007

The Family Caregiver Handbook: Finding Elder Care Services in Massachusetts by the MIT Workplace Center, funded by the Alfred P. Sloan Foundation . Copyright 2007, 2008



***...needs help with housekeeping and/or laundry.***

## **Service Needed**

### Homemaker Service:

Includes assistance with shopping, menu planning, meal preparation, laundry and light housekeeping (vacuuming, dusting, dry mopping, dishwashing, cleaning the kitchen and bathroom, and changing beds).

## **Local Resources**

### Elder Services of Cape Cod and the Islands, Inc

Home Care Program, 508-693-4393, 1-800-244-4630, [www.escci.org](http://www.escci.org)

### Vineyard Nursing Association

508-693-6184, [www.vineyardnursing.org](http://www.vineyardnursing.org)

### Private individuals and businesses

Listed in the Yellow Pages of the Martha's Vineyard Chamber of Commerce "The Island Book" under: **Home Health Services; House Cleaning Service; Laundries – Full Service**

## **Readings**

Remodeling for Easy-Access Living by Rick Peters, 2006

The Accessible Home: Updating Your Home for Changing Physical Needs from Creative Publishing, 2002

The Comfort of Home: A Complete Guide for Caregivers by Maria Meyer and Paula Derr, 2007

The Family Caregiver Handbook: Finding Elder Care Resources in Massachusetts by Ann Bookman, 2007

The Senior Solution: A Family Guide to Keeping Seniors Home For Life! by Valerie VanBooven-Whitsell, 2007

***...needs help with healthy meal planning and preparation.***

## **Service Needed**

### Nutritious meals

Provided at home or in a group setting.

### Food Pantries

A source of free grocery products provided by community donations and/or the U.S. Department of Agriculture.

### Nutrition Counseling

Information regarding nutrient needs, interpretation of prescribed diets and practical advice regarding menu planning and food preparation. Consultation by a Registered Dietician may be prescribed by a physician.

## **Local Resources**

### Community Meals and Food Pantries

Listings in local weekly newspapers, MV Times ([www.mvtimes.com](http://www.mvtimes.com)) and Vineyard Gazette ([www.mvgazette.com](http://www.mvgazette.com))

### Elder Services of Cape Cod and the Islands, Inc.

Meals on Wheels, 508-693-4393, 1-800-244-4630, [www.escci.org](http://www.escci.org)

### Martha's Vineyard Hospital

Dietary Department, 508-693-0410, [www.mvhospital.com](http://www.mvhospital.com)

### Senior Dining Programs and Food Pantries at Councils on Aging / Senior Centers

Edgartown, [www.edgartown-ma.us/ecoa](http://www.edgartown-ma.us/ecoa) 508-627-4368

Oak Bluffs [www.ci.oak-bluffs.ma.us](http://www.ci.oak-bluffs.ma.us) 508-693-4509

Tisbury [www.tisburyma.gov/Pages/TisburyMA\\_COA/index](http://www.tisburyma.gov/Pages/TisburyMA_COA/index) 508-696-4205

Up Island (West Tisbury, Chilmark and Aquinnah) 508-693-2896

[www.westtisbury-ma.gov/Boards/council-aging.html](http://www.westtisbury-ma.gov/Boards/council-aging.html)

### Private individuals and businesses

Listed in the Yellow Pages of the Martha's Vineyard Chamber of Commerce, "The Island Book" under: **Nutritionists.**

## **Readings**

Home Sweet Home: Helping Elders Age in Place by Linda LaPointe, 2008

Recipes and Meal Planning for the Happy Healthy Senior by Diana Darrisaw, 2008

The Senior Gourmet: 200 Easy to Make Recipes for the Senior Who Wants to Prepare Fresh and Healthy Meals by Albert Herbert and Kevin Elliot, 2006

The Healthy Seniors Cookbook: Ideal Meals and Menus for People Over Sixty (Or Any Age) by Marilyn McFarlane and Carol Baird, 2008

The Freezer Cooking Manual from 30 Day Gourmet: A Month of Meals Made Easy by Nanci Slagle, 2008

## ***... needs special services due to chronic illness or physical limitations.***

### **Service Needed**

#### Disability Services

Services uniquely designed for individuals with specific illnesses and/or physical challenges.

#### Assistive Technology

Products, devices or equipment used by individuals with disabilities to maintain, increase or improve their functional capabilities. Assistive technology can include: mobility devices such as walkers and wheelchairs; sensory aids such as hearing aids and glasses; as well as hardware, software, and peripherals that assist people with disabilities in accessing computers or other information technologies.

### **Local Resources**

#### Associate Commissioner for Affairs Concerning Handicapped Persons

County of Dukes County, 508-696-3840, [www.dukescounty.org](http://www.dukescounty.org)

#### Audible Local Ledger, Inc.

508-539-2030, [www.audiblelocalledger.org](http://www.audiblelocalledger.org)

#### Cape and Island Sight Loss Services, Inc.

508-394-3904, 1-800-47-6842, [www.sightloss.org](http://www.sightloss.org)

#### Cape Organization for the Rights of the Disabled (CORD)

1-800-541-0282, [www.cilcapecod.org](http://www.cilcapecod.org)

#### Perkins School for the Blind

Braille and Talking Book Library, 1-800-852-3133, [www.perkinslibrary.org](http://www.perkinslibrary.org)

#### Martha's Vineyard Community Services

Disability Services, 508-693-7900, ext. 206, [www.mvcommunityservices.com](http://www.mvcommunityservices.com)

#### Massachusetts Commission for the Blind

Region V. 1-800-989-4411, [www.mass.gov/mcb](http://www.mass.gov/mcb)

#### Massachusetts Commission for the Deaf or Hard of Hearing

Voice 1-617-740-1651 or 1-800-882-1155

TTY 617-740-1751 or 1-800-530-7570, [www.mass.gov/mcdhh](http://www.mass.gov/mcdhh)

#### Private individuals and businesses

Listed in the Yellow Pages of the Martha's Vineyard Chamber of Commerce, "The Island Book" under: **Hospital Equipment and Supplies; Physical Therapists; Occupational Therapists; Hearing Aids-Repairing; Optometrists**

## Disease-Specific Organizations and Support Groups

Listings in local weekly newspapers, MV Times ([www.mvtimes.com](http://www.mvtimes.com)) and Vineyard Gazette ([www.mvgazette.com](http://www.mvgazette.com))

## **Readings**

The Accessible Home: Updating Your Home for Changing Physical Needs from Creative Publishing, 2003

The Art of Aging: a Doctor's Prescription for Well-being by Sherwin Nuland, 2007

Caring for the Older Person: Practical Care in Hospital, Care Home or at Home by Ann Bradshaw and Clair Merriman, 2007

Caring for Yourself While Caring for Your Aging Parents: How to Help, How to Survive by Claire Berman, 2006

Doing the Right Thing: Taking Care of your Elderly Parents Even if They didn't Take Care of You by Roberta Satow, 2005

The Eldercare Handbook: Difficult Choices, Compassionate Solutions by Stella Henry with Ann Convery, 2006

Hospital Stay Handbook: A Guide to Becoming a Patient Advocate for Your Loved Ones by Jari Holland Buck, 2007

Remodeling for Easy-Access Living by Rick Peters, 2006

The Comfort of Home: A Complete Guide for Caregivers by Maria Meyer and Paula Derr, 2007

The Family Caregiver Handbook: Finding Elder Care Resources in Massachusetts by Ann Bookman, 2007

The Comfort of Home for Parkinson Disease: A Guide for Caregivers by Maria M. Meyer, Paula Derr, and Susan C. Imke R.N., 2007

Cancer Caregiving A-Z: An At-Home Guide for Patients and Families by American Cancer Society, 2008

A Caregiver's Guide to Alzheimer's Disease: 300 Tips for Making Life Easier by Patricia R. Callone, 2006

Comfort of Home: Stroke Edition: A Guide for Stroke Caregivers by Maria Meyer, 2007

The 10 Best Questions for Living with Alzheimer's: The Script You Need to Get the Best Care for Your Loved One by Dede Bonner and Roger A Brumback, 2008

The Alzheimer's Action Plan: What You Need to Know--and What You Can Do--about Memory Problems, from Prevention to Early Intervention and Care by P. Murali Doraiswamy M.D., Lisa P. Gwyther M.S.W., and Tina Adler, 2009

***... cannot be left alone during the day; I worry about his/her safety.***

## **Service Needed**

### Supportive Day Services

To provide individualized programs of recreational and social activities and support for elders who require daytime supervision and assistance with daily care needs.

### Companion

Services include; socialization; help with shopping and errands, escort to doctor's appointments, to nutrition sites, walks; recreational activities such as playing cards; and assistance with the preparation and serving of light snacks, as well as respite or temporary relief to family caregivers.

### Personal Emergency Response System

A medical communications alerting system allows an elder who is experiencing a medical emergency to activate a device that transmits a message to a central monitoring station. The monitoring station is staffed 24 hours a day, 7 days a week by trained attendants who receive and process the emergency call and ensure the timely notification needed to dispatch appropriate individuals and/or emergency services to the person in need.

### Wanderer Locator Systems

Tracking equipment used for locating those who are wander-prone, (Alzheimer's and related disorders)

## **Local Resources**

### Dukes County Sheriff's Office

Project Lifesaver, 508-627-5173

[http://www.dukescounty.org/Pages/DukesCountyMA\\_Sheriff/Lifesaver](http://www.dukescounty.org/Pages/DukesCountyMA_Sheriff/Lifesaver)

### Lifeline Systems Company

1-800-368-2925, [www.lifelinesystems.com](http://www.lifelinesystems.com)

### Martha's Vineyard Center for Living

Supportive Day Program, 508-939-9440, [www.mvcenter4living.com](http://www.mvcenter4living.com)

### Vineyard Nursing Association

508-693-6184, [www.vineyardnursing.org](http://www.vineyardnursing.org)

### Private individuals and businesses

Listed in the Yellow Pages of the Martha's Vineyard Chamber of Commerce, "The Island Book" under: **Home Health Services; Health Care; Nurses**

## **Readings**

Caring for Yourself While Caring for Your Aging Parents: How to Help, How to Survive by Claire Berman, 2006

The Family Caregiver Handbook: Finding Elder Care Resources in Massachusetts by Ann Bookman, 2007

***...really needs 24-hour care or supervision.***

## **Service Needed**

### Long-Term Care Screening

A professional assessment of health needs and functional status and the development of an appropriate care plan.

### In-Home Care

Health care or supportive care provided in the elder's home by healthcare professionals or by family and friends (also known as caregivers, primary caregiver, or voluntary caregivers who give informal care).

### Residential Care/Assisted Living Facilities.

Housing for those who may need help living independently but do not need skilled nursing care. The level of assistance varies among facilities and may include help with bathing, dressing, meals, and housekeeping.

### Nursing Home

A term used to cover a wide range of institutions providing 24/7 personal care and skilled nursing care, also called Skilled Nursing Facilities, Intermediate Care Facilities, and Custodial Care Facilities. Not all nursing homes are Medicare approved/certified facilities.

### Nursing Home Report Cards

A resource of the MA Department of Public Health's Division of Health Care Quality to help consumers make educated and informed decisions about the availability and quality of nursing home residency. The Nursing Home Report Cards use 44 federal minimal standards to help measure the care provided at nearly 600 certified nursing care facilities in Massachusetts.

## **Local Resources**

### Elder Services of Cape Cod and the Islands, Inc.

Health Services Unit, 1-800-244-4630, [www.escci.org](http://www.escci.org)

Long Term Care Ombudsman Program, 1-800-244-4630, [www.escci.org](http://www.escci.org)

### Vineyard Nursing Association

508-693-6184, [www.vineyardnursing.org](http://www.vineyardnursing.org)

### Windemere Nursing & Rehabilitation Center

508-696-6465, [www.windemeremv.org](http://www.windemeremv.org)



Nursing Home Consumer Information Page (Commonwealth of Massachusetts)  
[www.mass.gov/dph/qtool/qthome.htm](http://www.mass.gov/dph/qtool/qthome.htm)

Private individuals and businesses

Listed in the Yellow Pages of the Martha's Vineyard Chamber of Commerce, "The Island Book" under: **Nursing Homes, Nurses.**

## **Readings**

The Caregivers Survival Handbook: How to Care For Your Aging Parent Without Losing Yourself, by Alexis Abramson, 2004

Moving Your Aging Parents: Fulfilling their Needs and Yours Before, During, and After the Move by Nancy Wesson and Jacqueline Marcell, 2008

Don't Toss My Memories in the Trash-A Step-by-Step Guide to Helping Seniors Downsize, Organize, and Move by Vickie Dellaquila, 2007

MyGuide to Communities for Seniors Educational Resource Guide by Nancy Carman, Cynthia Cullen, Maureen Heckler, and Catherine Russell, 2004

How to Find Great Senior Housing: A Roadmap for Elders and Those Who Love Them (2nd edition) by Phyllis Staff, 2004

When Someone You Love Needs Nursing Home, Assisted Living, or In-Home Care: The Complete Guide by Robert F., Ph.d. Bornstein and Mary A., Ph.D. Languirand, 2009

Hospital Stay Handbook: A Guide to Becoming a Patient Advocate for Your Loved Ones by Jari Holland Buck, 2007

Five Steps To Family Empowerment: Taking Control of your Loved Ones Care in a Nursing Home Setting by Pascualita Beutler, 2008

***...lives in a home that may not meet his/her current needs.***

## **Service Needed**

### Housing for the Elderly

Also called Senior Apartments. Residents live independently in their own units.

### Adaptive Housing

Home adaptations, modifications or adaptive equipment for clients, who require these adaptations in order to remain independent or to prove independence in the community.

### Home Safety Evaluation

A survey conducted by a professional trained to identify potential safety hazards as well as suggest possible home modifications or adaptive equipment designed to reduce accidental injury in the home.

## **Local Resources**

### ***Housing***

#### Island Elderly Housing, Inc.,

1 Woodside Village, Vineyard Haven, 508-693-5880, [www.iehmv.org](http://www.iehmv.org)

#### Havenside Corporation

145 Main Street, Vineyard Haven, 508-693-2280

#### Dukes County Regional Housing Authority

Vineyard Haven, 508-693-4416, [www.vineyardhousingoffice.com](http://www.vineyardhousingoffice.com)

### ***Home Adaptation***

#### Associate Commissioner for Affairs Concerning Handicapped Persons

County of Dukes County, 508-696-3840, [www.dukescounty.org](http://www.dukescounty.org)

#### Cape Organization for the Rights of the Disabled (CORD)

1-800-541-0282, [www.cilcapecod.org](http://www.cilcapecod.org)

#### The Resource, Inc. (TR1)

508-696-3285, [www.theresource.org](http://www.theresource.org)

#### Private individuals and businesses

Listed in the Yellow Pages of the Martha's Vineyard Chamber of Commerce, "The Island Book" under: **Hospital Equipment and Supplies.**

## ***Home Safety Evaluation***

Vineyard Nursing Association

508-693-6184, [www.vineyardnursing.org](http://www.vineyardnursing.org)

Martha's Vineyard TRIAD

Dukes County Sheriff's Office 508-627-5374, [www.dukescounty.org](http://www.dukescounty.org)

## **Readings**

The Accessible Home: Updating Your Home for Changing Physical Needs by Editors of Creative Publishing International 2003.

## ***... needs information on emergency preparedness.***

### **Service Needed**

#### Record of Important Medical Information

A record of personal medical information created to provide emergency medical professionals quick access to vitally important medical information, such as File of Life.

#### Civil Defense and/or Natural Disaster Preparedness information

### **Local Resources**

#### American Red Cross

Cape Cod & the Islands Chapter, 508-775-1540, [www.capecodandislandsredcross.org](http://www.capecodandislandsredcross.org), or [www.redcross.org](http://www.redcross.org)

#### Councils on Aging/Senior Centers

Edgartown,	<a href="http://www.edgartown-ma.us/ecoa">www.edgartown-ma.us/ecoa</a>	508-627-4368
Oak Bluffs	<a href="http://www.ci.oak-bluffs.ma.us">www.ci.oak-bluffs.ma.us</a>	508-693-4509
Tisbury	<a href="http://www.tisburyma.gov/Pages/TisburyMA_COA/index">www.tisburyma.gov/Pages/TisburyMA_COA/index</a>	508-696-4205
Up Island (West Tisbury, Chilmark and Aquinnah)	<a href="http://www.westtisbury-ma.gov/Boards/council-aging.html">www.westtisbury-ma.gov/Boards/council-aging.html</a>	508-693-2896

#### Martha's Vineyard Public Libraries

Aquinnah		508-645-2314
	<a href="http://aquinnah-ma.gov/content/aquinnah-public-library">http://aquinnah-ma.gov/content/aquinnah-public-library</a>	
Chilmark	<a href="http://www.chilmarklibrary.org">www.chilmarklibrary.org</a>	508-645-3360
Edgartown	<a href="http://www.edgartownlibrary.org">www.edgartownlibrary.org</a>	508-627-4221
Oak Bluffs	<a href="http://oakbluffslibrary.org">http://oakbluffslibrary.org</a>	508-693-9433
Vineyard Haven	<a href="http://vhlibrary.org">http://vhlibrary.org</a>	508-696-4211
West Tisbury	<a href="http://westtisburyfreepubliclibrary.org">http://westtisburyfreepubliclibrary.org</a>	508-693-3366

#### Martha's Vineyard TRIAD

Dukes County Sheriff's Office, 508-627-5173, [www.dukescounty.org](http://www.dukescounty.org)

## **Readings**

Blackouts: A Practical Survival Guide, by Ann Byers, 2006

Cape Cod Emergency Preparedness Handbook: A Guide to Natural Disasters, by the Cape Cod Red Cross, 2004

Fires & Wildfires: A Practical Survival Guide, by Edward Willett, 2006

Good Housekeeping Family First Aid, by Andy Jagoda (medical editor) 2004

Standard First Aid, CPR & AED, by the National Safety Council, 2<sup>nd</sup> Edition, 2007

## ***... wants to drive and I wonder if he/she should. What are the transportation alternatives?***

### **Service Needed**

#### Public Transportation

Bus Service.

#### Para-transit

A type of transportation for people whose physical and/or cognitive condition restricts their use of regular public transit systems. Services are provided by lift-equipped vans that can be scheduled as needed for pick-ups and drop-offs.

#### Escorted Transportation

A service that provides either group transportation or individual escorts to take seniors to medical appointments, shopping, errands, banks, government offices, hospitals to visit friends and family, and on recreational or cultural outings.

### **Local Resources**

#### American Cancer Society

Road to Recovery, 800-227-2345

#### Angel Flight

978-794-6868 or 800-549-9980, [www.angelflightne.org](http://www.angelflightne.org)

#### Cape Cod Regional Transit Authority,

1-800-352-7155, [www.capecodtransit.org](http://www.capecodtransit.org)

#### Martha's Vineyard Center for Living

Medical Transportation, 508-939-9440, [www.mvcenter4living.com](http://www.mvcenter4living.com)

#### Martha's Vineyard Transit Authority y (VTA)

508-693-9440, [www.vineyardtransit.com](http://www.vineyardtransit.com)

#### Registry of Motor Vehicles

[www.mass.gov/rmv/medical/reporting.htm](http://www.mass.gov/rmv/medical/reporting.htm)

#### Vineyard Nursing Association

508-693-6184. [www.vineyardnursing.org](http://www.vineyardnursing.org)

#### Private individuals and businesses

Listed in the Yellow Pages of the Martha's Vineyard Chamber of Commerce, "The Island Book" under: **Taxicabs.**

## **Readings**

The Driving Dilemma: the Complete Resource Guide for Older Drivers and Their Families by Elizabeth Dugan, 2006

Senior Citizens and Driving (At Issue Series) by Tamara Thompson, 2008

## *...is grieving over the death of a loved one.*

### **Service Needed**

#### Bereavement Services

Individual and/or group services providing information and support for those experiencing the grieving process.

#### Outreach Service

A professional skilled in establishing positive relationships with the elderly visits to assess individual needs and connects the individual with appropriate community resources.

### **Local Resources**

#### Councils on Aging/Senior Centers

Edgartown, <a href="http://www.edgartown-ma.us/ecoa">www.edgartown-ma.us/ecoa</a>	508-627-4368
Oak Bluffs <a href="http://www.ci.oak-bluffs.ma.us">www.ci.oak-bluffs.ma.us</a>	508-693-4509
Tisbury <a href="http://www.tisburyma.gov/Pages/TisburyMA_COA/index">www.tisburyma.gov/Pages/TisburyMA_COA/index</a>	508-696-4205
Up Island (West Tisbury, Chilmark and Aquinnah) <a href="http://www.westtisbury-ma.gov/Boards/council-aging.html">www.westtisbury-ma.gov/Boards/council-aging.html</a>	508-693-2896

#### Hospice of Martha's Vineyard, Inc.

508-693-0189, [www.hospiceofmv.org](http://www.hospiceofmv.org)

#### Martha's Vineyard Community Services, Inc.

Island Counseling Center, 508-693-7900, ext. 225, [www.mvcommunityservices.com](http://www.mvcommunityservices.com)

#### Vineyard psychotherapists and counselors

[www.mvpsychotherapy.net](http://www.mvpsychotherapy.net)

#### Places of Worship.

Listed in the Green Pages of the Martha's Vineyard Chamber of Commerce, "The Island Book."

#### Private individuals and businesses

Listed in the Yellow Pages of the Martha's Vineyard Chamber of Commerce, "The Island Book" under: **Counselors; Psychiatrists; Psychologists; Psychotherapists.**

#### Support Groups

Listings in local weekly newspapers, MV Times ([www.mvtimes.com](http://www.mvtimes.com)) and Vineyard Gazette ([www.mvgazette.com](http://www.mvgazette.com))



## **Readings**

Good Grief: Healing Through the Shadow of Loss by Deborah Morris Coryell, 2007

Grieving: A Beginner's Guide by Jerusha Hull McCormack, 2006

Grieving the Death of a Pet by Betty Carmack, 2003

The Grief Club: The Secret to Getting Through All Kinds of Change by Melody Beattie, 2006

Mom Minus Dad: The Essential Resource Guide for Busy Adults with a Newly Widowed Parent  
by Jamieson Haverkamp , 2008

Beating the Senior Blues: How to Feel Better and Enjoy Life Again by Leslie Eckford and  
Amanda Lambert, 2002

*...seems sad, withdrawn or irritable.*

## **Service Needed**

### Mental Health Services

The evaluation, diagnosis and treatment of emotional or mental disorders.

### Outreach Services

Professional staff skilled in establishing positive relationships with the elderly. Visits the elder, assesses individual needs and connects the elder with appropriate community resources.

## **Local Resources**

### Councils on Aging/Senior Centers

Edgartown, <a href="http://www.edgartown-ma.us/ecoa">www.edgartown-ma.us/ecoa</a>	508-627-4368
Oak Bluffs <a href="http://www.ci.oak-bluffs.ma.us">www.ci.oak-bluffs.ma.us</a>	508-693-4509
Tisbury <a href="http://www.tisburyma.gov/Pages/TisburyMA_COA/index">www.tisburyma.gov/Pages/TisburyMA_COA/index</a>	508-696-4205
Up Island (West Tisbury, Chilmark and Aquinnah) <a href="http://www.westtisbury-ma.gov/Boards/council-aging.html">www.westtisbury-ma.gov/Boards/council-aging.html</a>	508-693-2896

### Martha's Vineyard Community Services, Inc.

Island Counseling Center, 508-693-7900, ext. 225, [www.mvcommunityservices.com](http://www.mvcommunityservices.com)

### The Samaritans on Cape Cod and the Islands

Senior Outreach, 1-508-548-7999, [www.capesamaritans.org](http://www.capesamaritans.org)

### Vineyard psychotherapists and counselors

[www.mvpsychotherapy.net](http://www.mvpsychotherapy.net)

### Private individuals and businesses

Listed in the Yellow Pages of the Martha's Vineyard Chamber of Commerce, "The Island Book" under: **Counselors; Psychiatrists; Psychologists; Psychotherapists**

## **Readings**

Doing the Right Thing: Taking Care of Your Elderly Parents Even If They Didn't Take Care of You by Roberta Satow, 2005

Getting Old Without Getting Anxious by Peter Rabins with Lynn Lauber, 2006

The Grief Club: The Secret to Getting Through All Kinds of Change by Melody Beattie, 2006

Caring for Yourself While Caring for Your Aging Parents: How to Help, How to Survive by Claire Berman, 2006

Conquering Depression in the Golden Years (A Practical Guide for Older Adults) by Dr. Valentin Bragin M.D. and Ph.D., 2009

Beating the Senior Blues: How to Feel Better and Enjoy Life Again by Leslie Eckford and Amanda Lambert, 2002

***...needs more social contacts and/or activities.***

## **Service Needed**

Social, volunteer, or part-time employment opportunities

### Friendly Visitor

A volunteer who visits isolated elders in their homes up to one or two hours per week.

### Telephone reassurance

Regular, pre-scheduled calls to homebound older adults to reduce isolation and provide a routine safety check.

## **Local Resources**

### 55 Plus Times;

Monthly newsletter of Island Senior activities and services; Martha's Vineyard Center for Living, 508-939-9440, [www.mvcenter4living.com](http://www.mvcenter4living.com)

### Councils on Aging/Senior Centers

Edgartown, <a href="http://www.edgartown-ma.us/ecoa">www.edgartown-ma.us/ecoa</a>	508-627-4368
Oak Bluffs <a href="http://www.ci.oak-bluffs.ma.us">www.ci.oak-bluffs.ma.us</a>	508-693-4509
Tisbury <a href="http://www.tisburyma.gov/Pages/TisburyMA_COA/index">www.tisburyma.gov/Pages/TisburyMA_COA/index</a>	508-696-4205
Up Island (West Tisbury, Chilmark and Aquinnah) <a href="http://www.westtisbury-ma.gov/Boards/council-aging.html">www.westtisbury-ma.gov/Boards/council-aging.html</a>	508-693-2896

### Elder Services of Cape Cod and the Islands, Inc.,

Senior Service Corps, 1-800-244-4630, [www.escci.org](http://www.escci.org)  
Mature Worker Program, 1-800-244-4630, [www.escci.org](http://www.escci.org)

### Service Corps of Retired Executives (SCORE).

508-696-9687, [www.score.org](http://www.score.org) and [www.scorecapecod.com](http://www.scorecapecod.com)

### Martha's Vineyard TRIAD

Dukes County Sheriff's Office, (508) 627-5173, [www.dukescounty.org](http://www.dukescounty.org)

### Wampanoag Tribe of Gay Head (Aquinnah)

Tribal Elders Program, 508-645-9265, Ext. 130, Ext. 159, [www.wampanoagtribe.net](http://www.wampanoagtribe.net)

## Readings

The Best Free Things for Seniors by Linda and Bob Kalian, 2007

Compassionate Caregiving: Practical Help and Spiritual Encouragement by Lois Knutson, 2007

Online Dating for Senior Citizens by John W Hayes, 2009

Seniors in Love: A Second Chance for Single, Divorced, and Widowed Seniors by Robert Wolley, 2005

Easy Computing for Seniors: A Step-by-step Handbook from Start-up to shut-down by Frank K.Wood and the editors of FC&A, 2004

Elderscence: The Gift of Longevity by Jane Thayer, Peggy Thayer, 2005

Encore: Finding Work that Matters in the Second Half of Life by Marc Freedman, 2007

Free Stuff and Bargains for Seniors: How to Save on Groceries, Utilities, Prescriptions, Taxes, Hobbies and More by the Editors of FC&A Publishing, 2007

How to Love Your Retirement: Advice from Hundreds of Retirees by Barbara Waxman, 2006

How to Retire Happy, Wild and Free: Retirement Wisdom that You Won't Get from Your Financial Advisor by Ernie Zelinski, 2004

Retire and Thrive: How More than 50 People Redefined Their Retirement Lifestyles by Robert Otterbourg, 2006

Seniors' Rights: Your Guide to Living Life to the Fullest by Brette McWhorter September, 2006

The Baby Boomer's Guide to Caring for Your Aging Parent by Gene Williams, Patie Kay, David Wil, 2005

The Family Caregiver Handbook: Finding Elder Care Resources in Massachusetts by Ann Bookman, 2007

The Retirement Activities Guide: 165 ideas for Finding Fulfillment and Meaning: Things to do When Golf and Grandkids aren't Enough by Bruce Juell, 2006

The Savvy Senior: The Ultimate Guide to Health, Family and Finances for Senior Citizens by Jim Miller, 2004

The Wall Street Journal Complete Retirement Guidebook : How to Plan it, Live it and Enjoy it by Glenn Ruffenach and Kelly Greene, 2007

This is not your Parents' Retirement: a Revolutionary Guide to Investment for a Revolutionary Generation by Patrick Astre, 2005

Seven Strategies for Positive Aging (Norton Professional Books) by Robert D. Hill , 2008

Healthy Aging: A Lifelong Guide to Your Well-Being by Andrew Weil M.D., 2007

The Healthy Aging Brain: Sustaining Attachment, Attaining Wisdom (Norton Series on Interpersonal Neurobiology) by Louis Cozolino, 2008

Quick and Easy Medical Tips for Healthy Senior Living by Elizabeth Molle, 2004

***... is looking for support to address the unique issues encountered by aging lesbian, gay, bisexual, transgender, and intersex elders.***

## **Service Needed**

### Safe Environment

A place where the elder can feel safe and understood, including nondiscriminatory attitudes regarding sexual orientation and sensitivity training for caregivers

## **Local Resources**

Fenway Community Health Center: 888-340-4528, [www.fenway.org](http://www.fenway.org)

The LGBT Aging Issues Network (LAIN) – American Society on Aging  
<http://www.asaging.org/networks/index.cfm?cg=LAIN>

Vineyard psychotherapists and counselors  
[www.mvpsychotherapy.net](http://www.mvpsychotherapy.net)

### Private individuals and businesses

Listed in the Yellow Pages of the Martha's Vineyard Chamber of Commerce, "The Island Book" under: **Counselors; Psychiatrists; Psychologists; Psychotherapists**

### Support Groups

Parents, Families & Friends of Lesbians & Gays (PFLAG), [www.pflagmv.com](http://www.pflagmv.com)

## **Readings**

Bay Windows (newspaper), 46 Plympton Street, Boston, MA 02118

The Oldest Gay Couple in America: A 70-Year Journey Through Same-Sex America, by Gean Harwood, 1997.

Lesbians over 60 Speak for Themselves (Research on Homosexuality, No 18) by Monika Kehoe, 1989

Gay & Lesbian Medical Rights: How to Protect Yourself, Your Partner, And Your Family by Brette McWhorter Sember, 2006

Aging and Diversity: An Active Learning Experience by Chandra Mehrotra and Lisa Wagner, 2008

***... is behaving strangely, is forgetful, and/or is easily confused.***

## **Service Needed**

### Complete Geriatric Evaluation

Medical, psychological and social evaluation of an older person.

The first step is a full medical evaluation by a primary care physician.

## **Local Resources**

### Alzheimer's Services of Cape Cod and the Islands

508-775-5656, [www.alzcapecod.org](http://www.alzcapecod.org)

## **Readings**

The 36-Hour Day: A Family Guide to Caring for Persons with Alzheimer's Disease, Other Dementias, and Memory Loss in Later Life by Nancy L. Mace, Peter V. Rabins M.D.  
4<sup>th</sup> edition, 2006

The Alzheimer's Action Plan: The Expert's Guide to the Best Diagnosis and Treatment for Memory Problems by P. Murali Doraiswamy, Lisa P. Gwyther & Tina Adler, 2008

The Alzheimer's Answer: Reduce Your Risk and Keep Your Brain Healthy, by Marwan Sabbagh, 2008

Caregiving Tips A-Z: Alzheimer's & Other Dementias by Starr Calo-oy and Bob Calo-oy, 2008



***... may be taking medications incorrectly.***

## **Service Needed**

Medication Management Services - A service designed to assist elders with medication compliance. Service is usually performed by registered nurses.

Medication Dispensing System - A service designed to assist elders with medication compliance. The system is programmed to deliver the correct dosage of medication as appropriate.

## **Local Resources**

Lifeline Systems Company

1-800-368-2925, [www.lifelinesystems.com](http://www.lifelinesystems.com)

Vineyard Nursing Association

508-693-6184, [www.vineyardnursing.org](http://www.vineyardnursing.org)

## **Readings**

Your Medicine: Play it Safe. (U.S. Department of Health & Human Services). Online at:  
<http://www.ahrq.gov/consumer/safemeds/safemeds.htm>

The Senior Organizer: Personal, Medical, Legal, Financial by Dorothy Breininger, Lynn Benson, and Debby S. Bitticks, 2006

***... smokes, may drink excessively, or may misuse prescribed medications.***

## **Service Needed**

### Behavioral Health and Substance Abuse Services

Services may include structured programs such as Alcoholics Anonymous, counseling and/or medications for withdrawal. Services may be provided in a hospital or in an outpatient setting.

## **Local Resources**

### Drug Abuse & Alcohol 24 Hour Helpline

1-800-252-6465

### Island Health Care

Smoking Cessation Program, 508-939-9358

### Martha's Vineyard Community Services

Substance Abuse Services, 508-693-7900, ext. 225, [www.mvcommunityservices.com](http://www.mvcommunityservices.com)

### Vineyard psychotherapists and counselors

[www.mvpsychotherapy.net](http://www.mvpsychotherapy.net)

### Private individuals and businesses

Listed in the Yellow Pages of the Martha's Vineyard Chamber of Commerce, "The Island Book" under: **Counselor-Alcoholism; Drug Abuse & Addiction-Information & Treatment**

### Support Groups

Listings in local weekly newspapers, MV Times ([www.mvtimes.com](http://www.mvtimes.com)) and Vineyard Gazette ([www.mvgazette.com](http://www.mvgazette.com))

## Readings

Alcoholism in the Elderly by Sally K. Rigler, M.D. *American Family Physician*, March 15, 2000. Online: <http://www.aafp.org/afp/20000315/1710.html>

Alcohol use Disorders in Elderly People – Redefining an Old Age Problem in Old Age by Henry O’Connell, Conal Cunningham, Brian Lawlor, and Conolly Norman. *British Medical Journal*, 20 September 2003. Online: <http://bmj.bmjournals.com/egi/content/full/327/7416/664>

AgePage brochure on Alcohol Use and Abuse among Elderly. Prepared by the National Institutes of Health. Online: [http://www.nia.nih.gov/NR/rdonlyres/89CF17D6-ADF4-498A-AD58-F4C85D606E66/7410/Alcohol\\_Use\\_And\\_Abuse.pdf](http://www.nia.nih.gov/NR/rdonlyres/89CF17D6-ADF4-498A-AD58-F4C85D606E66/7410/Alcohol_Use_And_Abuse.pdf)

Senior Moments by Jacqueline D. Byrd, 2005

Aging and Addiction: Helping Older Adults Overcome Alcohol or Medication Dependence (Hazelden Guidebooks) by Carol Colleran and Debra Jay, 2002

Smoke-Free in 30 Days: The Pain-Free, Permanent Way to Quit by Daniel F. Seidman and Mehmet C. Oz, 2009

## ***... has a terminal illness and needs help with end of life planning and care.***

### **Service Needed**

#### Health Care Proxy

A document legally recognized in Massachusetts that is authorized by a competent person designating another person to act as his/her health care agent with the authority to make all health care decisions (unless specifically limited) for the grantor should he/she become unable to make or communicate those decisions.

#### DNR/DNI Order

A physician's order in the medical record of an individual who has decided that they do not wish for cardiopulmonary resuscitation. A DNR informs medical personnel, including EMTs and paramedics, to provide care and transport in the community without artificial means to maintain heart function and breathing. A DNR in the home setting is known as a *Comfort Care Order*.

#### Advance Directive

A document, such as a health care proxy or living will which allows an individual to convey his or her wishes about end-of-life care ahead of time.

#### Hospice Services

Professionally coordinated support services, including pain and symptom management, social services, and emotional and spiritual support for the terminally ill and their families. The care is provided at home and in other settings.

#### Funeral Planning

### **Local Resources**

#### Funeral Consumer Alliance of Cape Cod and the Islands

508-693-4818 or 800-976-9552

#### Hospice of Martha's Vineyard, Inc.

508-693-0189, [www.hospiceofmv.org](http://www.hospiceofmv.org)

#### Vineyard Nursing Association

508-693-6184. [www.vineyardnursing.org](http://www.vineyardnursing.org)

#### Support Groups

Listings in local weekly newspapers, MV Times ([www.mvtimes.com](http://www.mvtimes.com)) and Vineyard Gazette ([www.mvgazette.com](http://www.mvgazette.com))

## Readings

Massachusetts Resource Guide for End of Life Services: for Individuals, their Families and Caregivers, by Massachusetts Commission on End of Life Care, 2005

My Wishes: Your Plan for Communicating and Organizing the Essential Information Your Family Needs, by Benjamin Berkley, 2006

You and Your Aging Parents: The American Bar Association Guide to Legal, Financial, and Health Care Issues by American Bar Association, 2009

Frolik and Kaplan's Elder Law in a Nutshell, (Nutshell Series) by Richard L. Kaplan Lawrence A. Frolik, 2006

***...has health care costs which are exorbitant.***

## **Service Needed**

Financial assistance for medical expenses

## **Local Resources**

Martha's Vineyard Hospital

Free Care Program 508-693-0410, [www.mvhospital.com](http://www.mvhospital.com)

SHINE Program (Serving the Health Information Needs of Elders)

1-800-334-9999/ 508-394-9326, [www.mass.gov/elders](http://www.mass.gov/elders)

Vineyard Health Care Access Program

508-696-0020, [info@vineyardhealthaccess.org](mailto:info@vineyardhealthaccess.org)

## **Readings**

All About Medicare, Annual by National Underwriter Company.

Medicare & You, Annual by US Dept. of Health and Human Services,  
[www.medicare.gov/Publications/Pubs/pdf/10050.pdf](http://www.medicare.gov/Publications/Pubs/pdf/10050.pdf)

You and Your Aging Parents: The American Bar Association Guide to Legal, Financial, and Health Care Issues by American Bar Association, 2009

## *... needs general financial assistance.*

### **Service Needed**

#### Income Maximization Services

A review of an individual's current financial resources and assessment of individual eligibility for possible benefits.

### **Local Resources**

#### Councils on Aging/Senior Centers

Edgartown, <a href="http://www.edgartown-ma.us/ecoa">www.edgartown-ma.us/ecoa</a>	508-627-4368
Oak Bluffs <a href="http://www.ci.oak-bluffs.ma.us">www.ci.oak-bluffs.ma.us</a>	508-693-4509
Tisbury <a href="http://www.tisburyma.gov/Pages/TisburyMA_COA/index">www.tisburyma.gov/Pages/TisburyMA_COA/index</a>	508-696-4205
Up Island (West Tisbury, Chilmark and Aquinnah) <a href="http://www.westtisbury-ma.gov/Boards/council-aging.html">www.westtisbury-ma.gov/Boards/council-aging.html</a>	508-693-2896

#### Dukes County Veterans Agent

508-693-6887, [www.dukescounty.org](http://www.dukescounty.org)

#### Elder Services of Cape Cod and the Islands, Inc.

Money Management Program, 1-800-244-4630, [www.escci.org](http://www.escci.org)

#### Women Empowered

508-696-8880, [www.women-empowered.org](http://www.women-empowered.org)

#### Private individuals and businesses

Listed in the Yellow Pages of the Martha's Vineyard Chamber of Commerce, "The Island Book" under: **Financial Planning Consultants**

### **Readings**

The Boomer's Guide to Aging Parents, Vol: 6: How to Handle Money for Aging Loved Ones by Carolyn L. Rosenblatt, 2009

You and Your Aging Parents: The American Bar Association Guide to Legal, Financial, and Health Care Issues by American Bar Association, 2009

Alive and Kicking: Legal Advice for Boomers by Kenney F. Hegland and Robert B. Fleming, 2007

Long-Term Care: How to Plan & Pay for It by Joseph Matthews Attorney, 2008

Frolik and Kaplan's Elder Law in a Nutshell, (Nutshell Series) by Richard L. Kaplan Lawrence A. Frolik, 2006

*... has some legal and financial issues that need attention, like making a will, estate planning, etc.*

## **Service Needed**

### Elder Law Attorney

An attorney who specializes in the laws pertaining to the rights and issues of older adults, such as estate planning, wills, health care decision-making, and financial issues.

## **Local Resources**

### South Coastal Counties Legal Services, Inc

The Elder Law Project, 1-800-742-4107, [www.sccls.org](http://www.sccls.org)

### Private individuals and businesses

Listed in the Yellow Pages of the Martha's Vineyard Chamber of Commerce, "The Island Book" under: **Lawyers; Financial Planning Consultants**

## **Readings**

You and Your Aging Parents: The American Bar Association Guide to Legal, Financial, and Health Care Issues by American Bar Association, 2009

The Boomer's Guide to Aging Parents, Vol: 6: How to Handle Money for Aging Loved Ones by Carolyn L. Rosenblatt, 2009

Alive and Kicking: Legal Advice for Boomers by Kenney F. Hegland and Robert B. Fleming, 2007

Long-Term Care: How to Plan & Pay for It by Joseph Matthews Attorney, 2008

Frolik and Kaplan's Elder Law in a Nutshell, (Nutshell Series) by Richard L. Kaplan Lawrence A. Frolik, 2006



***... may be at risk of financial loss due to scams, fraud, exploitative sales practices, deceit or careless management of household finances.***

## **Service Needed**

### Money Management Services

A bill payer assists elders to manage household finances by developing a budget, writing checks, and balancing checkbooks. The elder makes all decisions and retains check signing authority.

### Conservatorship

Legal process in which a probate court appoints one or more persons to handle the financial affairs of a person the court determines to be incompetent or otherwise unable to handle his/her own finances.

### Durable Power of Attorney

A document that grants a person(s) the legal powers to perform on behalf of the Grantor certain specified acts and functions, related to real estate, banking and financial transactions, personal and family maintenance, and government benefits, among others. This power is effective immediately and continues to be effective even if the Grantor becomes disabled or incompetent.

### Protective Services

A professional assessment to determine if abuse, neglect, financial exploitation of self-neglect has occurred and if confirmed, the coordination of services necessary to alleviate the harm. Services may only be provided in accordance with the elder's wishes unless the elder lacks to capacity to consent.

## **Local Resources**

### Elder Abuse Hotline

Executive Office of Elder Affairs, 800-922-2275  
[www.mass.gov/elder](http://www.mass.gov/elder)

### Elder Hotline

Massachusetts Attorney General's Office, 888-243-5337  
[www.ago.state.ma.us](http://www.ago.state.ma.us)

### Elder Services of Cape Cod & the Islands, Inc

Money Management Program, 1- 800-244-4630, ext.156, [www.escci.org](http://www.escci.org)  
Protective Services, 1-800-244-4630, [www.escci.org](http://www.escci.org)

### South Coastal Counties Legal Services

Elder Law Project, 1-800-742-4107, [www.sccls.org](http://www.sccls.org)

## **Local Police**

Aquinnah Police	508-645-2313
Chilmark Police	508-645-3310
Edgartown Police	508-627-4343
Oak Bluffs Police	508-693-0750
Tisbury Police	508-696-4240
West Tisbury Police	508-693-0020
MA State Police	508-693-0545
Dukes County Sheriff	508-627-5173

## **Readings**

Scambusters!: More than 60 Ways Seniors Get Swindled and How They Can Prevent It by Ron Smith, 2006

Fleeing Grandma and Grandpa: Protecting against Scams, Cons, and Frauds by Betty L. Alt and Sandra K. Wells, 2004

## ***Useful Web Sites***

### **Caregiving Support**

[www.aarp.org/families/caregiving](http://www.aarp.org/families/caregiving) Provides Information for Caregivers  
[www.caps4caregivers.org](http://www.caps4caregivers.org) Children of Aging Parents  
[www.caregiver.com](http://www.caregiver.com) Today's Caregiver Magazine  
[www.caringinfo.org](http://www.caringinfo.org) End of Life Decision Making  
[www.familycaregiving101.org](http://www.familycaregiving101.org) Assistance, Ideas and Helpful Advice for Caregivers  
[www.hospicefed.org](http://www.hospicefed.org) Hospice Care and Resources  
[www.lightship.org](http://www.lightship.org) Caring for Someone with Mental Illness  
[www.nlm.nih.gov/medlineplus/caregivers.html](http://www.nlm.nih.gov/medlineplus/caregivers.html) Caregiver Resources  
[www.wellspouse.org](http://www.wellspouse.org) Support to Caregivers of the Chronically Ill and/or Disabled

### **Driving**

[www.aarp.org/drive](http://www.aarp.org/drive) AARP Safe Driving Assistance  
[www.seniordrivers.org](http://www.seniordrivers.org) AAA Foundation for Traffic Safety

### **Medical Resources**

[www.ama-assn.org](http://www.ama-assn.org) American Medical Association  
[www.healthfinder.gov](http://www.healthfinder.gov) US Dept. of Health and Human Resources  
[www.mhqp.org](http://www.mhqp.org) Mass Health Quality Partners-Quality Medical Review  
[www.rxlist.com](http://www.rxlist.com) RX List Drug Name Index  
[www.webmd.com](http://www.webmd.com) WebMD  
[www.familydoctor.org](http://www.familydoctor.org) American Academy of Family Physicians  
[www.drugs@fda.gov](mailto:www.drugs@fda.gov)  
[www.wholehealthmd.com](http://www.wholehealthmd.com)  
[www.medlineplus.gov](http://www.medlineplus.gov)

### **Disease Specific Organization**

[www.als-ma.org](http://www.als-ma.org) Amyotrophic Lateral Sclerosis Assoc. of MA  
[www.alz.org](http://www.alz.org) American Alzheimer's Association  
[www.americanheart.org](http://www.americanheart.org) American Heart Association  
[www.apdama.org](http://www.apdama.org) American Parkinson's Disease, MA Chapter  
[www.arthritis.org](http://www.arthritis.org) Arthritis Foundation  
[www.biausa.org](http://www.biausa.org) Brain Injury Association  
[www.cancer.org](http://www.cancer.org) American Cancer Society  
[www.diabetes.org](http://www.diabetes.org) American Diabetes Association  
[www.eatright.org](http://www.eatright.org) American Dietetic Association

[www.kidneyhealth.org](http://www.kidneyhealth.org) National Kidney Foundation  
[www.lungusa.org](http://www.lungusa.org) American Lung Association  
[www.nami.org](http://www.nami.org) National Alliance for the Mentally Ill  
[www.msnewengland.org](http://www.msnewengland.org) National Multiple Sclerosis Society MA Chapter  
[www.nad.org](http://www.nad.org) National Association for the Deaf  
[www.nof.org](http://www.nof.org) National Osteoporosis Foundation  
[www.painfoundation.org](http://www.painfoundation.org) American Pain Foundation  
[www.strokeassociation.org](http://www.strokeassociation.org) American Stroke Association  
[www.smokefree.gov](http://www.smokefree.gov) Links to smoking cessation assistance

## **Government Information and Resources**

[www.ageinfo.org](http://www.ageinfo.org) MA office of Elder Affairs  
[www.cdc.gov](http://www.cdc.gov) Center for Disease Control and Prevention  
[www.mass.gov/dmh](http://www.mass.gov/dmh) MA Dept. of Mental Health  
[www.mass.gov/doi](http://www.mass.gov/doi) MA Division of Insurance-Information on Long Term Care Plans  
[www.mass.gov/masshealth](http://www.mass.gov/masshealth) MA Dept. of Health and Human Services  
[www.mass.gov/mcb](http://www.mass.gov/mcb) MA Commission for the Blind  
[www.mass.gov/mod](http://www.mass.gov/mod) MA Office on Disability  
[www.medicare.gov](http://www.medicare.gov) Medicare Information  
[www.ncoa.org](http://www.ncoa.org) National Council on Aging  
[www.nih.gov/health](http://www.nih.gov/health) National Institute of Health  
[www.seniors.gov](http://www.seniors.gov) U.S. Government Services and Information for Seniors  
[www.socialsecurity.gov](http://www.socialsecurity.gov) Social Security  
[www.state.ma.us/dph](http://www.state.ma.us/dph) MA Dept. of Public Health  
[www.state.ma.us/veterans](http://www.state.ma.us/veterans) MA Dept. of Veterans Services  
[www.ready.gov](http://www.ready.gov) Information for emergency preparedness

## **Housing/Assisted Living/Nursing Homes**

[www.aahsa.org](http://www.aahsa.org) American Association of Homes and Services for the Aging  
[www.agelessdesign.com](http://www.agelessdesign.com) Home Modification and Design  
[www.assistedlivinginfo.com](http://www.assistedlivinginfo.com) Guide to Selecting a Facility  
[www.nahc.org](http://www.nahc.org) Homecare/Hospice/Medicare Information  
[www.seniorhousing.net](http://www.seniorhousing.net) Nursing Homes, Assisted Living, Retirement Housing

## **Legal**

[www.abanet.org/aging](http://www.abanet.org/aging) American Bar Association  
[www.naela.org](http://www.naela.org) National Academy of Elder Law Attorneys  
[www.lawlib.state.ma.us/elder.html](http://www.lawlib.state.ma.us/elder.html) Caregivers Home Journal

## ***Local Resources***

### **A, B**

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Al-Anon  
Alcoholics Anonymous  
508-627-7084 (for info. on rides)  
<http://aaonmv.org/>  
[www.aa.org](http://www.aa.org) (national website)

Alzheimer's Services of Cape Cod  
& the Islands  
712 Main Street  
Hyannis, MA 02601  
508-775-5656  
[www.alzcapecod.org](http://www.alzcapecod.org)

American Cancer Society  
714-A Main Street  
Yarmouth Port, MA 02675  
1-800-227-2345  
[www.cancer.org](http://www.cancer.org)

Associate Commissioner for Affairs  
Concerning the Elderly  
County of Dukes County  
9 Airport Road  
Edgartown, MA 02539  
508-696-3841  
[www.dukescounty.org](http://www.dukescounty.org)

Associate Commissioner for Affairs  
Concerning Handicapped Persons  
County of Dukes County  
9 Airport Road  
Edgartown, MA 02539  
508-696-3841  
[www.dukescounty.org](http://www.dukescounty.org)

American Red Cross  
Cape Cod & Island Chapter  
286 South Street  
Hyannis, MA 02601  
508-775-1540  
[www.capecodandislandsredcross.org](http://www.capecodandislandsredcross.org)

Angel Flight  
492 Sutton Street  
No. Andover, MA 01845  
978-794-6868 or (800) 549-9980  
[www.angelflight.org](http://www.angelflight.org)

Associate Commissioner for Public Health  
County of Dukes County  
9 Airport Road  
Edgartown, MA 02539  
508-696-3841  
[www.dukescounty.org](http://www.dukescounty.org)

Aquinnah Police Department  
67 State Road  
Aquinnah, MA 02535  
508-645-2313  
[www.aquinnahpolice.us](http://www.aquinnahpolice.us)

Aquinnah Public Library  
1 Church Street  
Aquinnah, MA 02535  
508-645-2314  
<http://aquinnah-ma.gov/content/aquinnah-public-library>

Audible Local Ledger, Inc.  
681 Falmouth Road, Suite C-14  
Mashpee, MA 02649  
508-539-2030  
[www.audiblelocalledger.org](http://www.audiblelocalledger.org)

## C

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Cape & Islands Sight Loss Services, Inc.  
81 School Street  
West Dennis, MA 02670  
508-394-3904, 1-800-427-6842  
[www.sightloss.org](http://www.sightloss.org)

Cape Organization for Rights of the  
Disabled (CORD)  
106 Bassett Lane  
Hyannis, MA 02601  
508-775-8300/1-800-541-0282  
[www.cilcapecod.org](http://www.cilcapecod.org)

Cape Regional Transit Authority  
Hyannis Transportation Center  
215 Iyannough Road  
Hyannis, Massachusetts 02601  
800-352-7155  
<http://www.capecodtransit.org>

Caregiver Homes of Massachusetts  
300 Congress Street, Suite 206  
Quincy, MA 02169  
866-797-2333  
[www.caregiverhomes.com](http://www.caregiverhomes.com)

Chilmark Police Department  
15 State Road  
Chilmark, MA 02535  
508-645-2105  
[www.ci.chilmark.ma.us/Pages/ChilmarkMA\\_Police/index](http://www.ci.chilmark.ma.us/Pages/ChilmarkMA_Police/index)

Chilmark Public Library  
522 South Road  
Chilmark, MA 02535  
508-645-3360  
[www.chilmarklibrary.org](http://www.chilmarklibrary.org)

County of Dukes County  
P.O. Box 190  
Edgartown, MA 02539  
508-696-3840  
[www.dukescounty.org](http://www.dukescounty.org)

## D

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Drug Abuse & Alcohol 24 Hour Helpline  
1-800-252-  
6465  
[www.helpline-online.com](http://www.helpline-online.com)

Dukes County Regional Housing Authority  
P.O. Box 4538  
Vineyard Haven, MA 02568-4538  
508-693-4419  
[www.vineyardhousingoffice.com](http://www.vineyardhousingoffice.com)

Dukes County Sheriff's Office  
P.O. Box 252  
149 Upper Main Street  
Edgartown, Ma 02539  
508-627-5173  
[www.dukescounty.org](http://www.dukescounty.org)

Dukes County Veterans Services  
P.O. Box 465  
Vineyard Haven, MA 02568  
508-693-6887  
[www.dukescounty.org](http://www.dukescounty.org)

## E

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Edgartown Council on Aging  
10 Daggett Street  
P.O. Box 670  
Edgartown, MA 02539  
[www.edgartown-ma.us/coa](http://www.edgartown-ma.us/coa)

Edgartown Free Public Library  
58 North Water Street  
Edgartown, MA 02539  
508-627-4221  
[www.edgartownlibrary.org](http://www.edgartownlibrary.org)

Edgartown Police Department  
72 Peases Point Way South  
Edgartown, MA 02539  
508-627-4343  
<http://www.police.edgartown.ma.us>

Elder Abuse Hotline  
Executive Office of Elder Affairs  
One Ashburton Place, Fifth Floor  
Boston, MA 02108  
1-800-243-4636  
[www.mass.gov/elder](http://www.mass.gov/elder)

Elder Hotline  
Massachusetts Attorney General's Office  
888-243-5337  
[www.ago.state.ma.us](http://www.ago.state.ma.us)  
Elder Services of Cape Cod &  
The Islands, Inc.  
Hospital Road  
P.O. Box 2337  
Oak Bluffs, MA 02557  
508-693-4393  
[www.escci.org](http://www.escci.org)

Elder Services of Cape Cod &  
the Islands, Inc.  
68 Route 134  
South Dennis, MA 02660  
1-800-244-4630 (S. Dennis)  
[www.escci.org](http://www.escci.org)

Eldercare Locator  
U.S. Administration on Aging  
1-800-677-1116  
[www.eldercare.gov](http://www.eldercare.gov)

## **F, G**

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Funeral Consumers Alliance of Cape Cod &  
Islands  
71 St. Joseph Street  
Hyannis, MA 02601-9552  
508-693-4818 or 1-800-976-9552  
[afkimber@comcast.net](mailto:afkimber@comcast.net)

## **H**

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Havenside Corporation  
145 Main Street  
P.O. Box 1418  
Vineyard Haven, MA 02568  
508-693-2280  
[www.havenside.org](http://www.havenside.org)

Hospice of Martha's Vineyard  
1 Hospital Way  
P.O. Box 2549  
Oak Bluffs, MA 02557  
508-693-0189  
[www.hospiceofmv.org](http://www.hospiceofmv.org)

## **I, J, K,**

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Island Elderly Housing, Inc.  
60 B Village Road  
Vineyard Haven, MA 02568  
508-693-5880  
[www.iehmv.org](http://www.iehmv.org)

Island Health Care  
245 Vineyard Haven Rd.  
Edgartown, MA 02539  
508-939-9358

## **L**

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Lifeline Systems Company  
111 Lawrence Street  
Framingham, MA 01702  
1-800-368-2925  
[www.lifelinesystems.com](http://www.lifelinesystems.com)

## **M, N**

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Martha's Vineyard Center for  
Dispute Resolution  
P.O. Box 1627  
West Tisbury, MA 02575  
508-693-2999  
[www.mvdisputecenter.org](http://www.mvdisputecenter.org)

Martha's Vineyard Center for Living  
P.O. Box 1729  
Vineyard Haven, MA 02568  
508-939-9440  
[www.mvcenter4living.com](http://www.mvcenter4living.com)

Martha's Vineyard TRIAD  
Dukes County Sheriff's Office  
P.O. Box 252  
149 Upper Main Street  
Edgartown, Ma 02539  
508- 627-5173  
[www.dukescounty.org](http://www.dukescounty.org)

Massachusetts Commission for the Blind  
Region V  
800 Purchase Street  
New Bedford, MA 02748  
1-800-989-4411  
[www.mass.gov/mcb](http://www.mass.gov/mcb)

Massachusetts Commission for Deaf or  
Hard of Hearing  
61 Industrial Park Road  
Plymouth, MA 02360  
1-800-882-1155 (voice) or 1-800-530-7570  
(TTY)  
1-617-740-1651 (voice) or 1-617-740-1751  
(TTY)  
[www.mass.gov/mcdhh](http://www.mass.gov/mcdhh)

Martha's Vineyard Community Services  
111 Edgartown Road  
Vineyard Haven, MA 02568  
508-693-7900  
[www.mvcommunityservices.com](http://www.mvcommunityservices.com)

Martha's Vineyard Hospital  
1 Hospital Road  
P.O. Box 1477  
Oak Bluffs, MA 02557  
508-693-0410  
[www.mvhospital.com](http://www.mvhospital.com)

Martha's Vineyard Hospital Dietary Dept.  
1 Hospital Road  
P.O. Box 1477  
Oak Bluffs, MA 02557  
508-693-0410  
[www.mvhospital.com](http://www.mvhospital.com)

Martha's Vineyard Regional Transit  
Authority  
11 "A" Street  
Edgartown, MA 02539  
508-693-9440  
[www.vineyardtransit.com](http://www.vineyardtransit.com)

M.V. Whole Health Alliance  
P.O. Box 2246  
Vineyard Haven, MA 02568  
508-641-4893  
[www.mvwholehealth.org](http://www.mvwholehealth.org)

## **O**

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Oak Bluffs Council on Aging  
21 Wamsutta Avenue  
Oak Bluffs, MA 02557  
508-693-4509  
[www.ci.oak-bluffs.ma.us](http://www.ci.oak-bluffs.ma.us)

Oak Bluffs Police Department  
1 Ocean Avenue  
Oak Bluffs, MA 02557  
508-693-0750  
<http://www.police.oak-bluffs.ma.us>

Oak Bluffs Public Library  
56R School Street  
Oak Bluffs, MA 02557  
508-693-9433  
<http://oakbluffslibrary.org>  
Options Supported Living Program



Massachusetts Cerebral Palsy Association  
30 Taunton Green, Unit 8  
Taunton, MA 02780  
800-924-7570  
[www.masscp.org/supported/support\\_frames  
et.htm](http://www.masscp.org/supported/support_frames.et.htm)

## **P, Q**

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Perkins School for the Blind  
Braille and Talking Book Library  
175 North Beacon Street  
Watertown, MA 02172  
1-800-852-3133  
[www.perkinslibrary.org](http://www.perkinslibrary.org)

## **R**

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Registry of Motor Vehicles  
Martha's Vineyard RMV  
11 "A" Street  
Airport Business Park  
Edgartown, MA 02539  
1-(800) 858-3926  
[www.mass.gov/rmv](http://www.mass.gov/rmv)

## **S**

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The Samaritans on Cape Cod and the Islands  
P.O. Box 65  
Falmouth, MA 02541  
508-548-7999  
[www.capesamaritans.org](http://www.capesamaritans.org)

Senior Corps of Retired  
Executives (SCORE)  
P.O. Box 2017  
Oak Bluffs, MA 02557  
508-696-9687  
[www.score.org](http://www.score.org) and [www.scorecapecod.com](http://www.scorecapecod.com)

SHINE (Serving the Health  
Information Needs of Elders)  
Yarmouth COA  
28 Forest Road  
S. Yarmouth, MA 02665  
508-394-9326(1-800334-9999)  
[www.mass.gov/elders](http://www.mass.gov/elders)

Sight Loss Services, Inc.  
87 School Street  
P.O. Box 414  
W. Dennis, MA 02670  
508-394-3904  
[www.sightloss.org](http://www.sightloss.org)

South Coastal Counties Legal Services  
Elder Law Project  
40 W. Main Street  
Hyannis, MA 02601  
1-800-742-4107  
[www.sccls.org](http://www.sccls.org)

## **T**

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The Resource Inc. TRI  
P.O. Box 458  
Vineyard Haven, MA 02568  
508-696-3285  
[www.theresource.org](http://www.theresource.org)  
Tisbury Council on Aging  
34 Pine Tree Road, P.O. Box 1239  
Vineyard Haven, MA 02568  
508-696-4205  
[www.tisburyma.gov/Pages/TisburyMA\\_COA  
/index](http://www.tisburyma.gov/Pages/TisburyMA_COA/index)

Tisbury Police Department  
32 Water Street  
Vineyard Haven, MA 02568  
508-696-4240  
[www.tisburyma.gov/Pages/TisburyMA\\_Poli  
ce/index](http://www.tisburyma.gov/Pages/TisburyMA_Police/index)

## U

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Up Island Council on Aging  
P.O. Box 3174  
West Tisbury, MA 02575  
508-693-2896  
[upicoa@town.West-Tisbury.ma.us](mailto:upicoa@town.West-Tisbury.ma.us)

## V

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Vineyard Health Care Access Program  
114 New York Avenue  
Oak Bluffs, MA 02557  
508-696-0020  
[info@vineyardhealthaccess.org](mailto:info@vineyardhealthaccess.org)

Vineyard Haven Public Library  
200 Main Street  
Vineyard Haven, MA. 02568  
508-696-4211  
<http://vhlibrary.org>

Vineyard Nursing Association  
155 Merchant's Way  
Vineyard Haven, MA 02568  
508-693-6184  
[www.vineyardnursing.org](http://www.vineyardnursing.org)

Vineyard Village at Home  
P.O. Box 1356  
Vineyard Haven, MA 02568  
508-693-3038  
[www.vineyardvillage.org](http://www.vineyardvillage.org)

## W, X, Y, Z

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Wampanoag Tribe of Gay Head (Aquinnah)  
20 Black Brook Road  
Aquinnah, MA 02535  
Human Services Dept.  
508-645-9265 X-130/X-159  
[www.wampanoagtribe.net](http://www.wampanoagtribe.net)

West Tisbury Free Public Library  
1042A State Road  
West Tisbury, MA. 02575  
508-693-3366  
<http://westtisburyfreepubliclibrary.org>

West Tisbury Police Department  
68 Edgartown Road  
West Tisbury, MA 02575  
508-693-0020  
<http://www.police.west-tisbury.ma.us>

Windemere Nursing & Rehabilitation Center  
(At the Martha's Vineyard Hospital)  
P.O. Box 1747  
Oak Bluffs, MA 02557  
508-696-6465  
[www.windemeremv.org](http://www.windemeremv.org)

Women Empowered  
95 State Road #101  
P.O. Box 1253  
Vineyard Haven, MA 02568  
508-693-8880  
[www.women-empowered.org](http://www.women-empowered.org)

# Environmental Health Tips

Brought to you by the Wampanoag Environmental Health Service

## Greening your cleaning

- Choose less toxic products. Choose products made with plant-based ingredients.
- Use a vacuum with a HEPA filter.
- Avoid commercial fabric softeners and dryer sheets to avoid harmful chemicals.
- Avoid detergents that contain enzymes, they may trigger allergic reactions.
- Use microfiber cloths for cleaning.
- Minimize use of chlorine bleach.

## Healthy Household Habits

- Be sure dryers, gas stoves, broilers, grills and fireplaces vent directly to the outdoors. Use the vent fan over your stove every time you cook.
- Choose “low” or “no” VOC (volatile organic compounds) products. Found in fabric cleaners, furniture polish, shoe polish, wood stains and sealants.
- Avoid pesticides.
- Choose fragrance free cleaning and personal products.
- Place doormats at each entrance to your home. Leave shoes at the door.
- Avoid flame retardants and coatings on clothing and furnishings. Choose natural fibers, like wool, cotton and hemp, which are naturally flame retardant.
- Buy organic food.
- Clean weekly to keep dust levels low.
- Get rid of down and feather pillows to reduce dust mite growth and exposure.
- Use allergen impermeable coverings on box springs, mattresses and pillows.
- Keep indoor moisture levels around 50% and temperature below 70 degrees, to prevent dust mite growth.
- Don't smoke indoors.
- Use air cleaners with HEPA filters to help control allergens.



## Our Toxic Homes

Studies conducted by the EPA (Environmental Protection Agency), have found the **indoor air quality of homes to be up to 5 times more polluted than the outside air.** Although cleaning would seem to make sense, buying cleaning products such as bleach, drain cleaners, all-purpose cleaners, and detergents could actually cause more harm than good. Contained in these cleaners are ingredients like phthalates, dichlorobenzene, alkylphenol ethoxylates, and ethanalamines in detergents – lethal toxins you’ve probably never heard of. Most of these chemicals can be a source of carcinogens, lung irritants, and EDCs (Endocrine Disrupting Compounds), which can do a number on your hormonal system. And you’d be hard-pressed to find these chemicals listed under “ingredients”, where they should be. No federal law requires the manufacturers to do so. However, there are some alternatives.

There is a somewhat new market out there advertising “green”, “organic”, and “natural” cleaning products. Some are reliable (locally at Eco-MV), but many have not been tested for safety. Others may loosely define “green” and “natural” ingredients. The EPA doesn’t regulate this new “organic” market. Simple non-toxic alternatives do exist. Homemade combinations of white vinegar, salt, baking soda, borax, and lemon juice will replace the need for most household chemicals and will be cheaper too. In 2000, University of North Carolina at Chapel Hill did a study testing the amount of bacteria killed by vinegar and baking soda (separately) compared to an EPA standardized disinfectant. Researchers found the vinegar and baking soda did just as good of a job killing germs after 5 minutes (90%) compared to the EPA approved disinfectant (99.9%).

With that in mind, here are some basic homemade cleaning recipes:

**Tip #1: For an all purpose cleaner:** Mix 1 quart of warm water, 1 teaspoon of liquid soap, 1 teaspoon of borax (optional), and ¼ cup white vinegar in a spray bottle and use on walls, counter tops, carpets, etc. Wipe away with a clean microfiber cloth.

**Tip #2: Toilet bowl cleaner:** Take 1 cup of vinegar and ¼ cup of baking soda and pour into bowl. Let the mix set for a few minutes. Scrub with a brush and rinse.

**Or**

Drop two denture tablets in the bowl and let them dissolve for a few minutes. Scrub the stains away. Leave until the tablets have done their job removing the color. No need to flush

**Tip #3: Drain cleaner:** Take ½ cup of baking soda and poor it into the drain. Follow up with ½ cup of lemon juice or vinegar. Let the mix settle for about 15 minutes (don’t worry about all the noise) then rinse with hot water. Repeat the process for good measure.

- Note: Any vinegar smell will disappear after the solution fully dissolves.

# Seniors

The American Red Cross recommends that senior citizens create a personal support network made up of several individuals who will check in on them in an emergency to ensure their wellness and to give assistance if needed. This network can consist of friends, roommates, family members, relatives, personal attendants, co-workers and neighbors. It is suggested that a minimum of three people are identified at each location where one regularly spends a significant part of their week, for example; at work, home, school or volunteer site.

There are seven important items to discuss, give to and practice with a personal support network:

- Make arrangements, prior to an emergency, for your support network to immediately check on you after a disaster and, if needed, offer assistance.
- Exchange important keys.
- Show where you keep emergency supplies.
- Share copies of your relevant emergency documents, evacuation plans and emergency health information card.
- Agree and practice a communications system regarding how to contact each other in an emergency. Do not count on the telephones working.
- You and your personal support network should always notify each other when you are going out of town and when you will return.
- The relationship should be mutual. Learn about each other's needs and how to help each other in an emergency. You could be responsible for food supplies and preparation, organizing neighborhood watch meetings and interpreting, among other things.

## **Some sites for more information on Emergency Preparedness:**

### **1. Administration on Aging website**

**<http://www.aoa.gov/AoARoot/Preparedness/index.aspx>**

### **2. Family Emergency Planning Website**

**<http://www.ready.gov/america/index.html>**

### **3. 30 Tips for Emergency Preparedness Website**

**[http://www.dhs.gov/xcitizens/editorial\\_0711.shtm](http://www.dhs.gov/xcitizens/editorial_0711.shtm)**

This announcement brought to you as a service of the Wampanoag Health Service.  
Empowering all for a better healthcare delivery system.

## Keep Warm and Keep Safe every Winter Season

When it's time to heat your home, the risk of injury or death by fire or carbon monoxide poisoning rises. Below are some facts and tips to help reduce these risks and to keep yourself, your families and firefighters safe and warm each and every winter.

### Fire Safety

- Heating is the second leading cause of home fires in Massachusetts. Many of these fires are due to boiler or burner malfunctions, often due to improper maintenance.
- Furnaces and chimneys should be checked by a professional every year before the start of the heating season. Some fuel assistance programs offer an annual maintenance check as part of the contract.
- Having working smoke alarms on every floor of your home doubles your chance of surviving a fire.
- Make sure your smoke detectors are in working order. Test them once a month.
- Wood, pellet and coal stoves require a permit from the local building inspector.
- Place heaters or stoves on a stable surface, so they can't tip over and 3 feet away from things that can catch fire (curtains, furniture, small rugs and papers).
- Place a screen or barrier around the heater, wood or coal stove.
- Keep children away from heaters and stoves.
- Create and practice a **Fire Escape Plan** with your family.

### Carbon Monoxide Safety

- Carbon monoxide is known as "the silent killer". It is an odorless, tasteless, invisible, poison gas produced when fuels such as natural gas, propane, oil, wood, coal and gasoline, burn incompletely.
- Unvented kerosene heaters are illegal in Massachusetts because of the risk of fire and carbon monoxide poisoning.
- Space heaters are not designed to replace household heating systems. Never leave them unattended or running while you sleep.
- Don't use your gas oven or grilling charcoal for heat. Their fumes can poison you and your family, especially while you sleep.
- Install carbon monoxide detectors on every level of your home, near bedrooms.
- Be sure any heating vents to the outside are free from blockage (from snow or other obstructions) at all times.
- When warming up your car, be sure the exhaust pipe is not blocked by snow. Carbon monoxide will back up into your car. Anyone sitting in the car can be poisoned.
- Never leave a car running in a garage, even if the door is open.
- Never leave a child or pet in a car with the motor running.

### Symptoms of CO Poisoning

- The first **symptoms of CO poisoning** are similar to flu, but without the fever.  
**-headache, fatigue, shortness of breath, nausea, dizziness**
- If you think you have symptoms of carbon monoxide poisoning or your CO alarm is sounding, contact your fire department and leave the building immediately.

For more information about the legal requirements related to home heating systems, contact your local fire department or visit the Massachusetts Department of Fire Services website: [www.mass.gov/dfs](http://www.mass.gov/dfs) or call the Public Fire Safety Education Hotline at 1-877-966-3473

# EMERGENCY NUMBERS

POLICE, FIRE, AMBULANCE 911  
From your cell phone: 508-693-1212

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STATE POLICE 508-693-0545

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MARTHA'S VINEYARD HOSPITAL 508-693-0410

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POISON HOTLINE 1-800-682-9211

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PSYCHIATRIC EMERGENCY LINE 508-693-0032

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SAMARITAN'S SUICIDE CRISIS LINE 1-800-893-9900

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ELDER ABUSE HOTLINE 1-800-922-2275

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