

MARTHA'S VINEYARD CENTER for LIVING ANNUAL REPORT 2016

Mission statement:

Martha's Vineyard Center for Living provides programs and services that promote dignity; self-worth, self-sufficiency and a life lived to its fullest potential.

The 2010 census figures indicate that Dukes County is the second fastest growing, and most rapidly aging County in Massachusetts. Locally, the way we address and plan for the needs of this growing older population is critical. Transportation, health care, housing, information dissemination, education, and long term care (nursing and assisted living facilities) are issues that not only affect those 60 and over, but the entire population and the overall economy of Martha's Vineyard.

In 2015, all six towns approved the purchase of a large building at 29 Breakdown Lane in Vineyard Haven, to house and expand MV Center for Living programs. This marked a milestone in the ability of the island community to rally support around a common cause and singular purpose, and serves as a model for collaboration between a private non-profit and municipal governments to further a common mission. In March of 2016 the building purchase was official and over the next several months we engaged in negotiating a long term lease with the County, and municipal agreements with all six towns for MV Center for Living to first renovate and finally occupy the new space, (the first floor, approximately 5,000 square feet of the building).

As of December 15, 2016, work has begun in the new building. A fire suppression system is being installed throughout the entire building at MVCL expense. Final plans for the renovation of the first floor are in hand and we should be ready to hire a contractor by the end of January 2017. It is our hope that work will progress without delay. A July 1 completion would be ideal but may not be realistic. We will hopefully move in no later than fall of 2017.

Martha's Vineyard Center for Living Programs & Services:

Supportive Day Program:

The Supportive Day Program (SDP) is a professionally run social program for individuals who would be at risk if left alone and are unable to participate independently in the programs and services offered at the municipal Senior Centers. Of equal importance is the respite provided for families and caregivers of SDP participants. Many of the clients of the SDP suffer from various and sometimes multiple conditions and/or chronic illnesses, including Alzheimer's disease or other dementia, but wish to remain at home in the care of their families. At the SDP, a wide

range of engaging activities are tailored to individual capacity. Most importantly, loving, careful attention is paid to the individual physical and emotional needs of our clients. Nutritious meals and snacks are provided. Transportation is available.

In 2016, 30 individuals, along with their families and caregivers were served at the Supportive Day Program; providing over 20,000 hours of quality direct care and respite for families and caregivers. At \$40 for full day and \$30 for half day attendance, this is a highly cost effective and affordable alternative to private in-home care and/or long term care (nursing home) costs. The Supportive Day program partners with families in the care of their loved ones at home; to extend and enhance a safe, nurturing environment into the community. The anticipated move to the new building will become a reality in 2017 and provide the opportunity to expand the program to 5 days and increase the number of clients on a daily basis from 18 to 25.

Memory Café: In 2016, we expanded the Memory & Music Café, with funding from the Department of Developmental Services, to be inclusive of individuals receiving services through DDS programs. Older adults with developmental disabilities are more likely to develop an early dementia than the general population. This program takes place once a week, at the American Legion Hall, and was originally for individuals experiencing memory loss, and now includes younger people with developmental disabilities, their family members and caregivers. It is a safe place where they can socialize and enjoy the company of others without fear of stigma. Our café activities are centered around music and sing-a-long, discussion, art activities and Martha's Vineyard Museum programs. There is no charge to participants and this program has grown in popularity, with 25-30 participants on a regular basis. We expect to permanently move the Café to the new Center for Living building in 2017.

Medical Taxi (transportation to off-Island medical appointments):

In FY2016 (Sept 2015 – Oct 2016), the Medical Taxi program provided 210 Islanders with transportation 1073 one way trips to and from medical appointments throughout Cape Cod. The direct cost of this program was \$18,138. MV Center for Living provides management and administrative support for this program. In early 2017, with support from the MV Transit Authority, we will receive a handicapped accessible van to keep in Woods Hole for the purpose of expanding the Medical Taxi program, with a cost effective alternative to using private taxi services.

Funding Sources:

Elder Services of Cape Cod & Islands Title IIIB Grant, \$6,000 grant from Elder Services of Cape Cod & the Islands,

Department of Elder Affairs Grant, \$6,000 (through Oak Bluffs Council on Aging)

Voluntary donations from participants, \$4947

All grants and donations go toward the direct cost of this service.

Emergency Food Program:

Martha's Vineyard Center for Living is the island's lead sponsoring agency of the Greater Boston Food Bank Emergency Food Distribution Program. As such MVC4L coordinates five designated Emergency Food Pantries (four Senior Centers and the Serving Hands Pantry, located at the Baptist Church Parish House on Williams St. in Vineyard Haven). On a monthly basis, each of the 5 sites orders a variety of nutritious foods from the Greater Boston Food Bank in Boston. MV Center for Living is responsible for coordinating the pick up and delivery of these shipments for distribution to needy islanders of all ages.

In 2016, we added a second monthly trip to Boston, increasing our capacity by over 30% and bringing nearly 80,000 pounds of food to the island. Island Food Products (IFP) picks up our orders twice a month at the Greater Boston Food Bank (GBFB) in one of their refrigerated trucks. This program serves an average of 250 households monthly, including children and elders. This year the Faith Community (church suppers and homeless shelter program) has joined with us to order food from the GBFB to support their Community Suppers and Homeless Shelter programs. GBFB hopes to further expand our capacity by providing additional grant funding for refrigeration and/or freezer storage at sites where this is feasible.

Funding sources:

Project Bread Grant \$2,000

GBFB Grant \$4,000 for transportation costs

Vineyard Committee on Hunger donation \$2195.74

Stop & Shop donations (Food for Friends Program) \$3,491.40

79,736 pounds of food received (30% increase over FY15)

Value of food received \$93,389.95 (45% increase over FY15)

Cost of purchased food \$3,235.37

Island Food Products donation (truck, time, storage) valued at over \$30,000

We also partner with the Island Grown Initiative Gleaning program to distribute freshly harvested produce gleaned from local farms during the harvest season. Our local Stop & Shop stores have designated the Emergency Food Program as the recipient organization for their "Meat the Needs" program, as well as their holiday "Food for Friends" program. This year, through the "Food for Friends Program" 300 boxes (an assortment of non-perishable items) were donated and distributed during the holiday season through the Emergency Food Pantries. In early 2016 we received the proceeds from the 2015 Food for Friends program in the amount of \$3,491 which supports the on-going expenses of the Emergency Food Program including transport and food costs.

55PLUS Times: Information and Referral The 55PLUS Times is a comprehensive resource with information pertaining to programs and services available to all 55+ Islanders and their fam-

ilies. It is published in the Martha's Vineyard Times on the last Thursday of each month. MV Center for Living is responsible editing and submitting all the information published in the 55Plus Times.

Older Americans Act:

The Elder Services Nutrition Program, under the Older Americans Act (Meals on Wheels and Senior Dining Centers), is supported financially by the six Vineyard towns through the Martha's Vineyard Center for Living budget. In FY2016, the towns on Martha's Vineyard contributed a combined total of \$36,750 to Elder Services of Cape Cod & the Islands in support of this vital nutrition program.

Martha's Vineyard Regional High School Luncheon Program:

Martha's Vineyard Center for Living coordinates with the Martha's Vineyard Regional High School Culinary Arts Department to offer a three course gourmet meal for \$12 per person once a month in the Culinary Arts dining room at the High School. Under the direction of Chef Jack O'Malley, Culinary Arts students plan, prepare and serve the meal. Students from the Music Department, under the direction of Michael Tinus, provide musical entertainment. Between 25 and 40 seniors attend these luncheons each month. Proceeds go to the Culinary Arts Department.

Home Delivered Holiday Meals:

Martha's Vineyard Center for Living coordinates and provides funding for a home delivered holiday meal to seniors who are alone and/or homebound on the Thanksgiving, Christmas and Easter holidays. The Martha's Vineyard Hospital food service prepares and packages the meals on each of these holidays. The local Councils on Aging coordinate the volunteers to deliver the meals in their towns. This year, on Thanksgiving Day 77 meals were delivered and on Christmas Day 67 meals were delivered to homebound seniors.

Through Martha's Vineyard Center for Living programs and services, 55+ islanders have benefited from the generous support, both financial and in spirit, of the town Boards of Selectmen, Finance Committees, Councils on Aging, other municipal agencies and the community at large. This on-going support and generosity makes a positive impact on the lives of many islanders and is greatly appreciated.

Respectfully submitted,
Leslie Clapp, Executive Director
Martha's Vineyard Center for Living