

## MV CENTER FOR LIVING

**Executive Director:** Leslie Clapp mvcenter4living@gmail.com  
**Phone:** (508) 939-9440  
**Physical Address:** 29 Breakdown Ln, Vineyard Haven  
**Mailing Address:** P.O. Box 1729, Vineyard Haven, MA 02568  
**Website:** www.mvcenter4living.org  
**Hours of Operation:** Monday-Friday, 8:30AM-4:30PM



### Staff

Executive Director:	Leslie Clapp
Administrative Assistant:	Allison Roberts
Programs Assistant	Sarah Toste
Dementia Family Support	Nancy Langman
Supportive Day Program Supervisor:	Eileen Murphy
Supportive Day Program Coord:	Susan Habekost
Special Assistant/Meal Coordinator:	Rosie Roberts
Special Assistant	Faith Benefit
Special Assistant:	Janice Rose

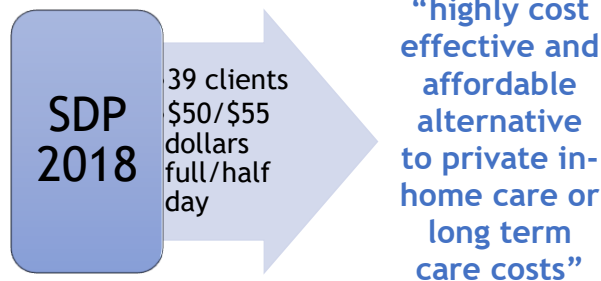
### Mission statement

“Martha’s Vineyard Center for Living strives to improve the quality of life for those impacted by issues of aging and impairment.”

In January of 2018, the Center for Living moved all programs, staff and participants to the newly renovated building at 29 Breakdown Lane in Vineyard Haven. Purchased in 2015 by Dukes County with the support of all six island towns; renovations were completed in 2017 with funds donated to the Center for Living from the estate of former island resident Margaret A. Yates. 2018 was a year of change and growth, with challenges met and overcome. The Center is open Monday through Friday, 8:30 am to 4:30 pm. As a 501c3 non-profit it is governed by a Board of Directors consisting of 13 members, two from each island town and one County representative, as follows: Gail Barmakian, President (Oak Bluffs); Adam Wilson, Vice-President (Aquinnah); June Manning, Clerk (Aquinnah); Shirley Dewing, Treasurer (Edgartown); Jane Keenan (Edgartown); Nelson Smith (Oak Bluffs); Miki Badnek, (Tisbury); Eerik Meisner, (Tisbury); Risë Terney, (West Tisbury); Chris Decker (West Tisbury); Mary Breslauer, (Chilmark); Martina Thornton (Dukes County).

### 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 unable to participate independently in community activities and programs such as those offered at the local Senior Centers. Equally important is respite



provided for families and caregivers of SDP participants. Many of the clients at the Supportive Day Program have various and sometimes multiple conditions of the aging process, or chronic illnesses, including Alzheimer's disease or other dementias. However, most wish to remain at home in the care of their families. The Center for Living SDP affords them ability to participate in their community, enjoying the company of their peers in a safe environment free of stigma. The SDP offers companionship and a wide range of engaging activities tailored to individual capacity including exercise and yoga, music and dancing, arts and crafts, a book group, history club and more. Most importantly careful attention is paid to the physical and emotional needs of our clients. In 2018, one important new aspect of the SDP is the provision of the noon meal. Although this has been challenging, we have successfully launched the new meal program to rave reviews. Some meals have been provided through generous donations from several restaurants and caterers including Linda Jean's, Mocha Motts, Lucky Hank's, Island Fresh Pizza, the Black Dog Bakery, Johnny Smiles catering, Buckley Catering and one donor who wishes to remain anonymous. Daily transportation to and from the Center is available and provided by the Vineyard Transit Authority (VTA). In 2018, 39 individuals were served at the Supportive Day Program, providing over 21,000 hours of quality care as well as respite for families and caregivers. Clients have the option of participation for full or half days on a schedule that suits them and their caregivers. The move to the new building has afforded us the opportunity to expand the Supportive Day Program to five days and we expect to implement this in early 2019. The new space also allows us to increase the number of clients we serve on a daily basis.

### **Dementia Family Support Services**

In 2017 we received a small grant from the Permanent Endowment for Martha's Vineyard to implement a pilot Dementia Family Support Program. With the initial grant we implemented a Dementia Caregiver Support Group twice a month. In addition, a trained clinician is available to do cognitive assessments, refer to a Neurologist for further diagnostic testing, and to local agencies including Elder Services of Cape Cod and the Islands, the CORE program at MV Community Services, and the Center for Living Supportive Day Program and the Memory & Music Café for additional supports and services. The individuals served through this program range in age from late 50's to mid-90's, with more than half in their 80's. Most requests for referrals and services are initiated by family caregivers and other agencies involved with the client. In 2018, we received an additional \$7,100 grant from United Way of Cape Cod and the Islands to continue this program on a limited basis; the twice monthly Dementia Caregiver Support Group continues, and allowing for a small number of hours for individual assessments and referrals.

### **Memory Café**

In 2018 the Memory & Music Café also moved to 29 Breakdown Lane. Memory Cafés are a national movement in community-based services for older adults with memory loss, their family members and caregivers. In Massachusetts, Cafés have also been open to older adults with developmental disabilities, and a portion of our funding for the Memory and Music Café comes from the state Department of Disability Services (DDS). Music is central to our Memory Café, with live music and singing every week. Ours is the only café we know of that is offered

weekly, where most are offered once or twice a month. There are currently 100 Memory Cafés across Massachusetts. We participate in a state-wide Memory Café quarterly meeting that has begun to garner participation from other states that are interested in starting Memory Cafés in their areas. Memory Cafés differ but are all welcoming places where people can socialize and enjoy the company of others without fear of stigma. There is no charge to participants and each week 20 to as many as 40 participants join us for two hours of music, song, conversation and camaraderie. **Funding Sources:** MV Center for Living; Department of Developmental Services (State); local grant resources; ongoing fundraising

#### **Medical Taxi (transportation to off-Island medical appointments)**

FY2018 was the final year in which we were able to offer the Medical Taxi program, primarily due to reductions in grant funding. The program is scheduled to end in September 2018. By the end of FY18 we had served 212 Islanders with transportation: 1,064 one-way trips to and from medical appointments throughout Cape Cod. The direct cost of this program was \$20,620.

**Funding Sources:** Elder Services of Cape Cod & Islands, Department of Elder Affairs Grant, MV Center for Living (in-kind), voluntary donations from participants. In FY19, the Vineyard Transit Authority will step in with the Cape Medivan Service, a one-year pilot program to provide limited transportation to medical appointments on Cape Cod.

#### **Emergency Food Program**

Martha's Vineyard Center for Living is a sponsoring agency of the Greater Boston Food Bank Emergency Food Distribution Program on-island, coordinating five Emergency Food Pantries (four Senior Centers and the Serving Hands Pantry, at the Baptist Church Parish House on Williams St. in Vineyard Haven). Every month, each pantry orders a variety of nutritious foods from the Greater Boston Food Bank in Boston. MV Center for Living coordinates with Island Food Products (IFP) to pick up and deliver these orders for distribution to needy islanders of all ages.

The value of Island Food Products donation (truck, time, storage, Steamship Authority) is over \$30,000. Transportation costs reimbursed to IFP: \$4,000. Island Grown Initiative also distributes fresh produce at the Emergency Pantry sites, 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 "Meet the Needs" program, as well as their holiday "Food for Friends" program. The Faith Community, led by the Good Shepherd Parish also orders food from the Food Bank during December, January and February, to support their Community Suppers and Homeless Shelter program.

The Emergency Food Program serves an average of 250 households monthly, including children and elders. Through the Greater Boston Food Bank we also have access to grant funding to increase capacity by providing additional refrigeration and/or freezer storage at sites where this is feasible. This year we also received a \$900 grant to purchase two additional freezers for the Serving Hands pantry at the Baptist Church. **Funding sources:** Project Bread Grant \$3,000 (annual); Vineyard Committee on Hunger donation, \$2333; Stop & Shop donations (Food for Friends Program) \$2539. In 2018 we received 67,000 pounds of food from the Greater Boston Food Bank; value of food received \$86,147; cost of purchased food \$1900.

### **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 families. It is published in the Martha's Vineyard Times on the last Thursday of each month at a cost of \$8000 annually. MV Center for Living is responsible for editing and submitting the information published in the 55Plus Times. It is a valuable source of information and we look forward in 2019 to working with the MV Times editors and staff to make this publication an even better resource for islanders 55 and over.

### **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 with the Councils on Aging and the Martha's Vineyard Hospital kitchen to provide 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 and the Councils on Aging coordinate volunteers to deliver the meals in their towns. In March 2018, 78 Easter meals were delivered, and during the 2018 holiday season, 85 meals were delivered on Thanksgiving Day, and on Christmas Day, 86 meals were delivered to homebound seniors.

### **Older Americans Act / Senior Nutrition Program**

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 annual budget. In FY2018, the island towns contributed a combined total of \$36,750 to Elder Services of Cape Cod & the Islands in support of this vital nutrition program.

We are grateful for 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 support and generosity makes a positive impact on the lives of many islanders and is greatly appreciated.

Respectfully submitted,  
**Leslie Clapp, Executive Director**