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 Committee of the Dukes County Health Council and the Martha’s Vineyard Library 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

Edgartown Free Public Library  
58 North Water Street  
Edgartown, MA. 02539  
508-627-4221  
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
**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.
How To Use The Caregivers Home Journal

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, [www.edgartown-ma.us/coa](http://www.edgartown-ma.us/coa) 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_COAindex](http://www.tisburyma.gov/Pages/TisburyMA_COAindex) 508-696-4205
- Up Island (West Tisbury, Chilmark and Aquinnah) [www.westtisbury-ma.gov/Boards/council-aging.html](http://www.westtisbury-ma.gov/Boards/council-aging.html) 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 VanBoooven-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


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

Martha’s Vineyard Community Services, Inc.

Vineyard psychotherapists and counselors
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) and Vineyard Gazette (www.mvgazette.com)

Readings


The Comfort of Home for Parkinson Disease, 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

...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

Martha’s Vineyard Center for Dispute Resolution
508-693-2999, www.mvdisputecenter.org

Martha’s Vineyard Community Services, Inc.

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


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


When the Time Comes: Families with Aging Parents Share Their Struggles and Solutions by Paula Span, 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
Respite Care Program, 508-693-4393, 800-244-4630, www.escci.org

Martha’s Vineyard Center for Living
Supportive Day Program, 508-939-9440, www.mvcenter4living.com

Martha’s Vineyard Whole Health Alliance

Vineyard Nursing Association
508-693-6184, www.vineyardnursing.org

Windemere Nursing & Rehabilitation Center
Respite Services 508-693-6465, www.windemeremv.org

Vineyard psychotherapists and counselors
www.mypsychotherapy.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) and Vineyard Gazette (www.mvgazette.com)
Readings


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


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

Dukes County Veteran’s Services
Aid and Attendance Benefits: a monetary benefit for eligible VA Pension recipients.
508-693-6887, 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
... 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](http://www.escci.org)

Readings


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

Vineyard Nursing Association
508-693-6184, 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 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) and Vineyard Gazette (www.mvpazette.com).

Elder Services of Cape Cod and the Islands, Inc.
Meals on Wheels, 508-693-4393, 1-800-244-4630, www.escci.org

Martha’s Vineyard Hospital
Dietary Department, 508-693-0410, www.mvhospital.com

Senior Dining Programs and Food Pantries at Councils on Aging / Senior Centers
Edgartown, www.edgartown-ma.us/ecoa 508-627-4368
Oak Bluffs www.ci.oak-bluffs.ma.us 508-693-4509
Tisbury www.tisburyma.gov/Pages/TisburyMA_COAIndex 508-696-4205
Up Island (West Tisbury, Chilmark and Aquinnah) 508-693-2896
  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

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

Audible Local Ledger, Inc.
508-539-2030, www.audiblelocalledger.org

Cape and Island Sight Loss Services, Inc.
508-394-3904, 1-800-47-6842, www.sightloss.org

Cape Organization for the Rights of the Disabled (CORD)
1-800-541-0282, www.cilcapecod.org

Perkins School for the Blind
Braille and Talking Book Library, 1-800-852-3133, www.perkinslibrary.org

Martha’s Vineyard Community Services
Disability Services, 508-693-7900, ext. 206, www.mvcommunityservices.com

Massachusetts Commission for the Blind
Region V. 1-800-989-4411, 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

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) and Vineyard Gazette (www.mvgazette.com)

Readings

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


Remodeling for Easy-Access Living by Rick Peters, 2006


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

... 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

Lifeline Systems Company
1-800-368-2925, www.lifelinesystems.com

Martha’s Vineyard Center for Living
Supportive Day Program, 508-939-9440, www.mvcenter4living.com

Vineyard Nursing Association
508-693-6184, 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

...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
Long Term Care Ombudsman Program, 1-800-244-4630, www.escci.org

Vineyard Nursing Association
508-693-6184, www.vineyarnursing.org

Windemere Nursing & Rehabilitation Center
508-696-6465, www.windemeremv.org
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


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


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

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

Dukes County Regional Housing Authority
Vineyard Haven, 508-693-4416, www.vineyardhousingoffice.com

Home Adaptation

Associate Commissioner for Affairs Concerning Handicapped Persons
County of Dukes County, 508-696-3840, www.dukescounty.org

Cape Organization for the Rights of the Disabled (CORD)
1-800-541-0282, www.cilcapecod.org

The Resource, Inc. (TRI)
508-696-3285, 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**

... 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, or www.redcross.org

Councils on Aging/Senior Centers

Edgartown,  www.edgartown-ma.us/ecoa  508-627-4368
Oak Bluffs  www.ci.oak-bluffs.ma.us  508-693-4509
Tisbury  www.tisburyma.gov/Pages/TisburyMA_COAIndex  508-696-4205
Up Island (West Tisbury, Chilmark and Aquinnah)  www.westtisbury-ma.gov/Boards/council-aging.html  508-693-2896

Martha’s Vineyard Public Libraries

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

Martha’s Vineyard TRIAD
Dukes County Sheriff’s Office, 508-627-5173, www.dukescounty.org
Readings


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

... 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

Cape Cod Regional Transit Authority,
1-800-352-7155, www.capecodtransit.org

Martha’s Vineyard Center for Living
Medical Transportation, 508-939-9440, www.mvcenter4living.com

Martha's Vineyard Transit Authority y (VTA)
508-693-9440, www.vineyardtransit.com

Registry of Motor Vehicles
www.mass.gov/rmv/medical/reporting.htm

Vineyard Nursing Association
508-693-6184. 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, www.edgartown-ma.us/ecoa 508-627-4368
- Oak Bluffs www.ci.oak-bluffs.ma.us 508-693-4509
- Tisbury www.tisburyma.gov/Pages/TisburyMA_COA/Indext 508-696-4205
- Up Island (West Tisbury, Chilmark and Aquinnah) 508-693-2896
  www.westtisbury-ma.gov/Boards/council-aging.html

Hospice of Martha's Vineyard, Inc. 508-693-0189, www.hospiceofmv.org

Martha's Vineyard Community Services, Inc.
  Island Counseling Center, 508-693-7900, ext. 225, www.mvcommunityservices.com

Vineyard psychotherapists and counselors
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) and Vineyard Gazette (www.mvgazette.com)
**Readings**

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


*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


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

Councils on Aging/Senior Centers
Edgartown, www.edgartown-ma.us/ecoa 508-627-4368
Oak Bluffs www.ci.oak-bluffs.ma.us 508-693-4509
Tisbury www.tisburyma.gov/Pages/TisburyMA_COAIndex 508-696-4205
Up Island (West Tisbury, Chilmark and Aquinnah) 508-693-2896
www.westtisbury-ma.gov/Boards/Council-aging.html

Elder Services of Cape Cod and the Islands, Inc.,
Senior Service Corps, 1-800-244-4630, www.escci.org
Mature Worker Program, 1-800-244-4630, www.escci.org

Service Corps of Retired Executives (SCORE).

Martha’s Vineyard TRIAD
Dukes County Sheriff’s Office, (508) 627-5173, www.dukescounty.org

Wampanoag Tribe of Gay Head (Aquinnah)
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


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


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

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


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


Vineyard psychotherapists and counselors
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

Readings

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


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

Readings


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


*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

Vineyard psychotherapists and counselors
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) and Vineyard Gazette (www.mvgazette.com)
Readings


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/cgi/content/full/327/7416/664](http://bmj.bmjournals.com/cgi/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/NIAR/donlyres/89CF17D6-ADF4-498A-AD58-F4C85D606E66/7410/Alcohol_Use_And_Abuse.pdf](http://www.nia.nih.gov/NIAR/donlyres/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

Vineyard Nursing Association
508-693-6184. www.vineyardnursing.org

Support Groups
Listings in local weekly newspapers, MV Times (www.mvtimes.com) and Vineyard Gazette (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


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

SHINE Program (Serving the Health Information Needs of Elders)
1-800-334-9999/ 508-394-9326, www.mass.gov/elders

Vineyard Health Care Access Program
508-696-0020, info@vineyardhealthaccess.org

Readings

All About Medicare, Annual by National Underwriter Company.


... 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, www.edgartown-ma.us/ecoa 508-627-4368
- Oak Bluffs www.ci.oak-bluffs.ma.us 508-693-4509
- Tisbury 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

Dukes County Veterans Agent
508-693-6887, www.dukescounty.org

Elder Services of Cape Cod and the Islands, Inc.
Money Management Program, 1-800-244-4630, www.escci.org

Women Empowered
508-696-8880, 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


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

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


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

Elder Hotline
Massachusetts Attorney General’s Office, 888-243-5337
wwwAGO.state.ma.us

Elder Services of Cape Cod & the Islands, Inc
Money Management Program, 1-800-244-4630, ext.156, www.escci.org
Protective Services, 1-800-244-4630, www.escci.org

South Coastal Counties Legal Services
Elder Law Project, 1-800-742-4107, 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

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

Driving

www.aarp.org/drive AARP Safe Driving Assistance
www.seniordrivers.org AAA Foundation for Traffic Safety

Medical Resources

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

Disease Specific Organization

www.als-ma.org Amyotrophic Lateral Sclerosis Assoc. of MA
www.alz.org American Alzheimer’s Association
www.americanheart.org American Heart Association
www.apdama.org American Parkinson’s Disease, MA Chapter
www.arthritis.org Arthritis Foundation
www.biausa.org Brain Injury Association
www.cancer.org American Cancer Society
www.diabetes.org American Diabetes Association
www.eatright.org American Dietetic Association
Government Information and Resources

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

Housing/Assisted Living/Nursing Homes

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

Legal

www.abanet.org/aging American Bar Association
www.naela.org National Academy of Elder Law Attorneys
www.lawlib.state.ma.us/elder.html Caregivers Home Journal
Local Resources

A, B

Al-Anon
Alcoholics Anonymous
508-627-7084 (for info. on rides)
http://baonmv.org/
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

American Cancer Society
714-A Main Street
Yarmouth Port, MA 02675
1-800-227-2345
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

Associate Commissioner for Affairs Concerning Handicapped Persons
County of Dukes County
9 Airport Road
Edgartown, MA 02539
508-696-3841
www.dukescounty.org

American Red Cross
Cape Cod & Island Chapter
286 South Street
Hyannis, MA 02601
508-775-1540
www.capecodandislandsredcross.org

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

Associate Commissioner for Public Health
County of Dukes County
9 Airport Road
Edgartown, MA 02539
508-696-3841
www.dukescounty.org

Aquinnah Police Department
67 State Road
Aquinnah, MA 02535
508-645-2313
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
Cape & Islands Sight Loss Services, Inc.
81 School Street
West Dennis, MA 02670
508-394-3904, 1-800-427-6842
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

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

Chilmark Police Department
15 State Road
Chilmark, MA 02535
508-645-2105
www.ci.chilmark.ma.us/Pages/ChilmarkMA_PoliceIndex

Chilmark Public Library
522 South Road
Chilmark, MA 02535
508-645-3360
www.chilmarklibrary.org

County of Dukes County
P.O. Box 190
Edgartown, MA 02539
508-696-3840
www.dukescounty.org

Drug Abuse & Alcohol 24 Hour Helpline
1-800-252-6465
www.helpline-online.com

Dukes County Regional Housing Authority
P.O. Box 4538
Vineyard Haven, MA 02568-4538
508-693-4419
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

Dukes County Veterans Services
P.O. Box 465
Vineyard Haven, MA 02568
508-693-6887
www.dukescounty.org

Edgartown Council on Aging
10 Daggett Street
P.O. Box 670
Edgartown, MA 02539
www.edgartown-ma.us/coa

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

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

Havenside Corporation
145 Main Street
P.O. Box 1418
Vineyard Haven, MA 02568
508-693-2280
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

I, J, K,

Island Elderly Housing, Inc.
60 B Village Road
Vineyard Haven, MA 02568
508-693-5880
www.iehmv.org

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

F, G

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

L

Lifeline Systems Company
111 Lawrence Street
Framingham, MA 01702
1-800-368-2925
www.lifelinesystems.com

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

Elder Hotline
Massachusetts Attorney General’s Office
888-243-5337
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

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

Eldercare Locator
U.S. Administration on Aging
1-800-677-1116
www.eldercare.gov

Havenside Corporation
145 Main Street
P.O. Box 1418
Vineyard Haven, MA 02568
508-693-2280
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

Island Elderly Housing, Inc.
60 B Village Road
Vineyard Haven, MA 02568
508-693-5880
www.iehmv.org

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

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

Lifeline Systems Company
111 Lawrence Street
Framingham, MA 01702
1-800-368-2925
www.lifelinesystems.com
Martha’s Vineyard Center for Dispute Resolution
P.O. Box 1627
West Tisbury, MA 02575
508-693-2999
www.mvdisputecenter.org

Martha’s Vineyard Center for Living
P.O. Box 1729
Vineyard Haven, MA 02568
508-939-9440
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

Massachusetts Commission for the Blind
Region V
800 Purchase Street
New Bedford, MA 02748
1-800-989-4411
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

Martha’s Vineyard Community Services
111 Edgartown Road
Vineyard Haven, MA 02568
508-693-7900
www.mvcommunityservices.com

Martha’s Vineyard Hospital
1 Hospital Road
P.O. Box 1477
Oak Bluffs, MA 02557
508-693-0410
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

Martha’s Vineyard Regional Transit Authority
11 “A” Street
Edgartown, MA 02539
508-693-9440
www.vineyardtransit.com

M.V. Whole Health Alliance
P.O. Box 2246
Vineyard Haven, MA 02568
508-641-4893
www.mwholehealth.org

Oak Bluffs Council on Aging
21 Wamsutta Avenue
Oak Bluffs, MA 02557
508-693-4509
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_frameset.htm

Perkins School for the Blind  
Braille and Talking Book Library  
175 North Beacon Street  
Watertown, MA 02172  
1-800-852-3133  
www.perkinslibrary.org

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

The Samaritans on Cape Cod and the Islands  
P.O. Box 65  
Falmouth, MA 02541  
508-548-7999  
www.capesamaritans.org

Senior Corps of Retired Executives (SCORE)  
P.O. Box 2017  
Oak Bluffs, MA 02557  
508-696-9687  
www.score.org and 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

Sight Loss Services, Inc.  
87 School Street  
P.O. Box 414  
W. Dennis, MA 02670  
508-394-3904  
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

The Resource Inc. TRI  
P.O. Box 458  
Vineyard Haven, MA 02568  
508-696-3285  
www.theresource.org

Tisbury Council on Aging  
34 Pine Tree Road, P.O. Box1239  
Vineyard Haven, MA 02568  
508-696-4205  
www.tisburyma.gov/Pages/TisburyMA_COAIndex

Tisbury Police Department  
32 Water Street  
Vineyard Haven, MA 02568  
508-696-4240  
www.tisburyma.gov/Pages/TisburyMA_Police/Index
Up Island Council on Aging  
P.O. Box 3174  
West Tisbury, MA 02575  
508-693-2896  
upicoa@town_West-Tisbury.ma.us

Vineyard Health Care Access Program  
114 New York Avenue  
Oak Bluffs, MA 02557  
508-696-0020  
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

Vineyard Village at Home  
P.O. Box 1356  
Vineyard Haven, MA 02568  
508-693-3038  
www.vineyardvillage.org

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

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

Women Empowered  
95 State Road #101  
P.O. Box 1253  
Vineyard Haven, MA 02568  
508-693-8880  
www.women-empowered.org
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 ethanolamines 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

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 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

STATE POLICE  508-693-0545

MARTHA’S VINEYARD HOSPITAL  508-693-0410

POISON HOTLINE  1-800-682-9211

PSYCHIATRIC EMERGENCY LINE  508-693-0032

Samaritan's Suicide Crisis Line  1-800-893-9900

ELDER ABUSE HOTLINE  1-800-922-2275