MV CENTER FOR LIVING

**Executive Director: Leslie Clapp** mvcenter4living@gmail.com

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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

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| --- | --- |
| Executive Director: | Leslie Clapp |
| Administrative Assistant: | Allison Roberts |
| Programs Assistant:  Programs Assistant: | Sarah Toste (resigned July 2019)  Sarah Young (September 2019) |
| Dementia Family Support: | Nancy Langman |
|  |  |
| Supportive Day Program Supervisor:  Supportive Day Program Supervisor: | Eileen Murphy (resigned Oct 2018)  Mary Holmes (July 1, 2019) |
|  |  |
| Special Assistant/Meal Coordinator: | Rosie Roberts |
| Special Assistant: | Faith Benefit |
| Special Assistant:  Special Assistant: | Janice Rose  Hermine Hull |

Mission statement

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

“This is beautiful. What a wonderful, warm place to come to” is the overwhelming reaction of clients and family members who come to the Center every day, as well as those who drop in for the first time. MV Center for Living continues to grow and adjust to our new location and surroundings. We are providing new and engaging programs along with many of the old favorites. Lots of talented and interesting community members have joined us for lunch, sharing their talents and engaging in the fun and vitality. The Center is open Monday through Friday, 8:30 am to 4:30 pm. A 501c3 non-profit, we are generously supported by all six island towns, and governed by a Board of Directors consisting of 13 members, 2 from each island town and one County representative. Current board members are: Gail Barmakian, President (OB); June Manning, Clerk (Aqu); Shirley Dewing, Treasurer (Edg); Jane Keenan (Edg); Miki Badnek, (Tisb); Jay Grande, (Tisb); Risë Terney, (WT)); Mary Breslauer, (Chil); Martina Thornton (Dukes County). We have openings on the board for members from Aquinnah, Chilmark, West Tisbury and Oak Bluffs.

**“a cost effective and affordable alternative to private in-home care or long term care costs”**

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 local

Senior Centers.

Equally important is respite provided for families and caregivers of SDP participants. Many of our clients have multiple medical conditions or chronic illnesses, including Alzheimer’s disease or other dementias. None of this changes the fact that most folks wish to live at home in the care of their families, and are eager to spend time with peers and friends. The Center is a place where all can engage in their community, regardless of ability, enjoying the company of others in a safe environment free of stigma. The Supportive Day 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. We provide a nutritious, home-made noon meal served family style, and morning and afternoon snacks. Some meals are provided through generous donations from several restaurants and caterers including Linda Jean’s, Bite on the Go, Island Fresh Pizza, the Black Dog Bakery, Johnny Smiles 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 2019, 42 individuals joined us at the Supportive Day Program for a total of 2543 units of service (days). The Center is a place for folks who are otherwise isolated, to meet their peers, develop friendships and enjoy the company of others. Respite for caregivers is critical. Schedules are arranged according the needs of individual participants and caregivers, full or half days are an option. In comparison, in-home, private duty care, (if you can find it!) is $25-$35 per hour. The cost to a family for private care would be $150-$350 per day, or between $37,000 and $90,000 annually. Supportive Day Program rates are $50 for a full day (9am-3pm) and $35 for half day (11:00-3pm), a cost effective, affordable alternative to private in-home care, or long term care (nursing home) costs which can be as much as $9000 per month. The new building at 29 Breakdown Lane also gives us the ability to expand the Supportive Day Program to 5 days; Thursday was added to the schedule as of October 2019 (FY20).

Dementia Family Support Services (DFS)

Dementia Family Support Services began as a pilot program and continues to be supported with grant funding and donations. In 2018, we received $7,100 from United Way of Cape Cod & the Islands. Dementia Family Support Services has two components;

* Dementia Caregiver Support Group - meets twice monthly
* Family Support Services - for individualized support, care management, planning and referrals (as funding allows).

In FY19, 12 caregivers attended the Support Group over the course of the year, some regularly and others as needed. Family Support Services met with 20 families/caregivers. Referrals for Family Support are initiated by family caregivers and other agencies or professionals involved with the client or family. Most families meet with the clinician for a 1-2 hour consultation, some for an additional 1 hour follow up. The DFS 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, the Center for Living Supportive Day Program and the Memory & Music Café for additional supports and services.

“There is no book on how to transition your family’s entire life to care for someone with dementia. We need all the support we can get. Until you have experienced it yourself you can’t imagine how terrifying it is. We were drowning until the Dementia Family counselor was kind enough to throw us a lifeline. She was there when we needed her most. Please keep up the good work at MVCL and continue to offer these essential services.” DFS Family

Memory Café

The Memory & Music Café brings elder community members, their caregivers, and adults with developmental and cognitive challenges together every Thursday from 10am to 12n, to socialize, sing and enjoy the company of their peers. Memory Cafés are a national movement in community based services for older adults with memory loss, their family members and caregivers. Memory Cafés are also increasingly open to older adults with developmental disabilities. A portion of our funding for the Memory and Music Café comes from the state Department of Disability Services (DDS). There are over 100 Memory Cafés across Massachusetts and the movement is rapidly going national and international. 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 15 to as many as 30 participants join us for two hours of music, song, conversation and camaraderie.

**Cape Medivan Service (formerly the Medical Taxi Program)**

In October of 2018, the Vineyard Transit Authority (VTA) began a one year pilot program, the Cape Medivan Service.Available on Wednesdays with a handicapped accessible VTA mini bus it left on the 8:15 am boat with passengers going to medical or dental appointments on Cape Cod and in Plymouth for a fee of $20/round trip, $10/one way**.** Unfortunately,this pilot program ended in as of October 2019 and MV Center for Living, along with other community organizations will continue to work with the VTA to find solutions to the growing gap in availability of transportation for Vineyard residents, both on and off-island.

Emergency Food Program

Martha’s Vineyard Center for Living is a sponsoring agency of the Greater Boston Food Bank emergency food distribution program Martha’s Vineyard, 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). Each pantry order monthly, 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 food insecure islanders of all ages.

Island Food Products (IFP) donates a truck & driver and storage space twice a month to pick the food up in Boston, transport it back to the Vineyard and store overnight. It is delivered on-island the next day to the 5 pantry sites mentioned above by one of the local highway departments. Steamship Authority costs for these trips are reimbursed to IFP with grant funding and donations. Island Grown Initiative also distributes fresh produce at the emergency pantry sites, through their gleaning program. The local Stop & Shop stores have designated the Center for Living Emergency Food Program as the recipient organization for their “Meat the Needs” program, as well as their “Food for Friends” program.

The Emergency Food Program serves an average of 250 households monthly, including children and elders and up to 450 families during the mid-winter and holiday seasons. Through the Greater Boston Food Bank we also have access to grant funding to increase capacity by providing additional refrigeration and/or freezer and dry storage space at sites where this is feasible.

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 Chefs Jack O’Malley and Kevin Crowell, the culinary arts students plan, prepare and serve this delicious 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 Chris Porterfield at the Martha’s Vineyard Hospital kitchen to provide a home delivered holiday meal to seniors who are alone or homebound on the Thanksgiving, December and Easter holidays. The Martha’s Vineyard Hospital food service prepares and packages the meals and the Councils on Aging coordinate volunteers to deliver the meals in their towns. In March 2019, 78 Easter meals were delivered, and during the 2018 holidays, 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, through 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 FY2019, the island towns on 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 generous Island community. This support and makes a positive impact on the lives of many islanders and is greatly appreciated.

Respectfully submitted,

**Leslie Clapp, Executive Director**