

April 6, 2023

Selectboard report – April 2023

I am writing a short report to keep you update on what has been happening at the Senior Center. At this time, we are continuing our on going programs. The Stroke Support Group has just started and facilitated by Leslie Clapp and Nancy Langerman of the Martha's Vineyard center for Living. There are 6-7 participants. They will be meeting on Wednesday mornings.

A workshop entitle Dementia Friends was presented the middle of March. The presenter of the workshop was Mary Holmes who is the Supervisor of the Supportive Day Program. We are now a Dementia Friendly Community, and many of our members in the community are caring for someone with dementia. This gives an understanding of how it is to live with a person with dementia. We had 5-6 participants and hope to get the word out to get more people to come to the workshop.

I have been involved with a coalition to educate older adults of the transportation options that are available to them. Examples: Transportation to Off-Island medical appointments to Boston specialist and Ophthalmologists in Sandwich and possibly Plymouth. We also have have GoGo Grand parent that enables one to call an uber/Lyft to pick

them up to go to an event. There is a booklet out that describes the various options available at the Councils on Aging, Library, Hospital and other places.

I have also mentioned in the past, the Home Modification Program that was started to help older adults make their homes safe in preventing Falls.

These programs were started through grants submitted by Healthy Aging Martha's Vineyard. They work with various agencies to provide advocacy for our Older Adults to continue to lead productive lives.

The last two things to update you on is that we hope to begin the lunches sometime this month. Elder Services (who provides the nutrition program) is working on getting a contract to transport the food that is prepared at the hospital and brings down to the senior center for congregate dining. The other thing to update you on is Stanley Access was awarded the contract to put in the auto doors that will lead into the function room.

We invite everyone to drop into the Senior Center.

Respectfully submitted,

Joyce Stiles-Tucker