



MAY 2014

Hi Everyone,

Spring is in the air! Time for all things new! There are lots of opportunities at the Saltmarsh this month to try a new experience. Maybe you would like to learn a bit more about eliminating the chemicals you use in your home or you would like learn about the future plans of the Maria Mitchell Association or you would like to participate in an interactive slide show of vintage photos from the North Shore neighborhood with Frances Karttunan. Check out **ALL** the activities on the calendar for things happening at the Saltmarsh. There are also two museum tours this month to take advantage of before the summer visitors arrive. Thank you to Terry Noyes, his volunteers and the Saltmarsh volunteers for making the Saltmarsh dinners a success. Please remember to sign up early for the dinners as they do fill up fast. Maybe this month you could sit next to someone new in celebration of spring. Thank you all for your suggestions of activities you would be interested in having at the Saltmarsh. Keep them coming! Remember to stop by the Hospital on Saturday, May 3rd from 8-11 AM for the Health Fair.

Laura, Program Coordinator



MAY AT A GLANCE

GREEN LIVING SEMINAR

Thursday, May 1, 2014 at 1:30

NANTUCKET HISTORICAL MUSEM VISIT

Monday, May 5, 2014 at 11:00

COUNCIL ON AGING BOARD MEETING

Wednesday, May 7, 2014 at 1:30

All meetings are open to the public; please feel free to attend.

MARIA MITCHELL DISCUSSION

Thursday, May 8, 2014 at 1:30

"ID THIS"

Thursday, May 8, 2014 at 3:00

LIGHTSHIP BASKET MUSEUM TOUR

Friday, May 9, 2014 at 1:30

THE GOAT CARTS COMEDY IMPROV

Thursday, May 15, 2014 at 3:30

SALTMARSH DINNER

Monday, May 19, 2014 at 5:00PM

NCEA (Nantucket Center for Elder Affairs) BOARD MEETING

Wednesday, May 21, 2014 at 3:30

All meetings are open to the public; please feel free to attend.

PATRIOTIC DECORATED BUCKETS

Thursday, May 22, 2014 at 1:30

MEMORIAL DAY

Monday, May 26, 2014 **CENTER CLOSED**

THE FRED COOK MEMORIAL MEN'S BREAKFAST

Friday, May 30, 2014 at 8:00AM

WOMEN INVITED AS GUESTS

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ACTIVITIES

GREEN LIVING SEMINAR

Thursday, May 1, 2014 at 1:30

Joanna Greenfield will teach you easy, cheap, simple and healthy recipes for a chemical-free home. You can save hundreds of dollars a year using simpler, healthy ingredients for cleaning, pet care, pest control, toiletries and food. Come learn how!

Call the Saltmarsh at 508-228-4490 or sign up at the front desk.

NANTUCKET HISTORICAL MUSEUM VISIT

Monday, May 5, 2014 at 11:00

Take a trip to the Nantucket Historical Association Whaling Museum for a viewing of *Nantucket*, the award-winning gateway film written and directed by Rick Burns exclusively for the NHA. It captures the natural beauty of the island and explores Nantucket's deep historical significance. Following the film is the signature *Whale Hunt* Multimedia Presentation, which tells the story of Nantucket's rise and fall as the whaling capital of the world.

Call the Saltmarsh at 508-228-4490 or sign up at the front desk.

MARIA MITCHELL TALK

Thursday, May 8, 2014 at 1:30

Janet Schulte, Executive Director, of the Maria Mitchell Association will give an overview of MMA's educational and research programs, discuss some background on their facilities & share information about MMA's future plans.

Call the Saltmarsh at 508-228-4490 or sign up at the front desk.

"ID THIS"

Thursday, May 8, 2014 at 3:00

Do you enjoy playing "ID THIS" in the I&M? Let's play it again at the Saltmarsh. Fran Karttunan will bring an interactive slideshow of vintage photos from the North Shore neighborhood. Let's see how many we can recognize. This will be a sneak preview of her new book, *Nantucket's North Shore: A Neighborhood History*, which will go on sale in June.

NANTUCKET LIGHTSHIP BASKET MUSEUM TOUR

Friday, May 9, 2014 at 1:30

Visit the Nantucket Lightship Basket Museum and tour their 2014 Exhibit, "21st Century Basketry." The Exhibit is a celebration of innovation and creativity, showcasing the cutting edge work of contemporary artists. You will be amazed at the intricacy and craftsmanship that is involved with creating a group of square nesting baskets. Imagine a golf club bag made in the Nantucket lightship basket tradition? These are just a few examples of the works of art that will be on display for this exhibit.

We will also share the rich history of lightship baskets with representative baskets from the museum's permanent collection. In keeping with the tradition of showcasing important artists, you will see the work of Charles B. Ray (1798-1884) and Reggie Reed (1915-2009) included in the display. Also included in the exhibit is the work of several contemporary basket makers who have made significant contributions to the craft of basketry outside the lightship basket tradition. These artists have exhibited their work in museums across the country and will be included in the 2014 exhibit.

Call the Saltmarsh at 508-228-4490 or sign up at the front desk.

ACTIVITIES

CHESS ANYONE?

Interested in a game of challenging chess?
Call the Saltmarsh at 508-228-4490.

THE "GOAT CARTS" CHILDREN'S COMEDY IMPROV GROUP

Thursday, May 15, 2014 at 3:30

Theater Workshop's Improv Comedy class has been working together since February and they call themselves the "Goat Carts." Many of the kids, ages 9-13 years old, have been performing improvisational comedy shows since last year. The kids love to have fun onstage, create new environments, situations, characters and entertain audiences. The "Goat Carts" are super excited to now be a traveling Improv Troupe and they cannot wait to perform for audiences all over the island!

Molly Martin, Improv Teacher, has been performing and teaching Improv Comedy since her high school days in LaGrange, IL. She has a BFA in Acting from the University of Montana and an MA in Theater Education from Emerson College. Molly studied Improv in Chicago, Boston and NYC. Molly founded Nantucket's one and only Improv Comedy troupe that has been making audiences laugh for 12 years!

Molly Martin's Comedy Improv students are:

Beck Fee, Nicholas Misurelli, Sophia Reis, Sawyer Phillips, Benjamin Rudd, Elena Tittle, Matthew Holdgate, Pheadra Plank, Andrew Daume, Alex Gibson & Annie Bissinger
Call the Saltmarsh at 508-228-4490 or sign up at the front desk.

SALTMARSH DINNER

Monday, May 19, 2014 at 5:00PM

Chef Terry Noyes from Sushi by Yoshi will be preparing spring chicken and peas with rice.

Surprise dessert

Sparkling Cranberry Spritzer, Coffee & Tea

Suggested donation of \$3.00.

We are looking for volunteers to set up, serve, clean up and do dishes.

Also looking for volunteers to drive members to and from the dinner.

Call the Saltmarsh at 508-228-4490 or sign up at the front desk.

NANTUCKET COTTAGE HOSPITAL HEALTH FAIR

Saturday, May 3, 2014 8:00 - 11:00AM

The annual Health Fair, sponsored by the Peter M. Sacerdote Family, offers an array of healthcare services, including screenings, informational sessions, demonstrations and educational materials. Throughout the morning, Nantucket Cottage Hospital staff, island wellness leaders and experts from Massachusetts General Hospital and Partners HealthCare will be available to meet with attendees throughout the main lobby and visiting areas of the hospital.

Offerings this year include: Dermatology screening, Prostate screening, Glaucoma screening, Blood pressure testing, Body fat analysis, Postural chiropractic screening, Glucose testing and Hearing screening.

NANTUCKET HIGH SCHOOL STUDENTS PRESENT THE 10TH ANNUAL GREEN UP DAY!

Spring is here and it's a grand time to get your yard into shape for the summer. We have young volunteers with careful guidance from family, adults and youth group leaders to come to your home for a couple of hours to rake and remove winter debris from yards and gardens on

Friday, May 10th from 3:30pm-7:00pm

Saturday, May 11th from 9:00am-2pm

Sunday, May 12th from 9:00am-2:00pm

These young people are eager to serve senior citizens of our community.

Please contact Barbara Condon at 508-228-2029 or rhubarback@comcast.net.

The deadline to register is Wednesday, May 8th

Should it rain on either date, a rain date will be announced.

FUN AND GAMES

CONTRACT BRIDGE-MONDAYS & FRIDAYS 12:30-3:30

You are responsible for personally signing up in the book, which is available at the front desk and you are responsible for finding a replacement if you can't play. The staff will not be taking sign-ups over the phone or finding replacements.

NON-CONTRACT BRIDGE-MONDAYS & FRIDAYS at 1:30

All levels welcome, but you need to have some rudimentary knowledge of the game. You are responsible for personally signing up in the book, which is available at the front desk and you are responsible for finding a replacement if you can't play. The staff will not be taking sign-ups over the phone or finding replacements.

KNITTING, ETC.-MONDAYS 1:30

Join veteran knitters working on individual projects or come to gain assistance. Bring needles, yarn & pattern. Call the center in advance at 508-228-4490.

CRAFTING-TUESDAYS 9:30-10:30

Join fellow crafters while you work on individual projects, sharing techniques and tips. Quilting, cross-stitch, embroidery, etc. Call the center in advance at 508-228-4490.

Wii BOWLING-TUESDAYS 10:15-11:15

Social, active entertainment that gets you up and moving!

ACBL SANCTIONED BRIDGE-TUESDAYS, MAY 6th & 27th from 1:30-4:30.

Earn master points. Come with your partner and \$5 payable to Carol Barrett, who is a certified instructor. The parking lot opens at 1:20 and the bridge room opens at 1:30, the game will follow shortly.

DUPLICATE BRIDGE-TUESDAYS, MAY 13TH & 20TH from 1:30-4:30

Come with your partner. The parking lot opens at 1:20 and the bridge room opens at 1:30, the game will follow shortly.

SALTMARSH STAR STUFFERS-TUESDAY, MAY 27, 2014 from 9:00-11:30

All volunteers are welcome in assisting with the Saltmarsh Gazette. Refreshments & snacks offered.

MAH JONGG-WEDNESDAYS 1:15.

Join several experienced and new players for this popular Chinese tile game.

BINGO-WEDNESDAYS 1:15.

Games are played for cash prizes. \$1 entrance fee and \$.50/card.

WRITING WORKSHOP-WEDNESDAYS-1:30-2:30

Will resume this summer.

EASY YOGA FOR ARTHRITIS-THURSDAYS FROM 10:00-11:10

Peggy Cappy's DVD will demonstrate movements to strengthen muscles and help increase mobility for those who are challenged with arthritis.

SING-ALONG-THURSDAYS 11:15-11:45

PAY ME & GREEDY DICE CARD GAMES-THURSDAYS 1:30-3:30.

Learn to play and have an afternoon of fun. Cards may be cancelled if a lecture is scheduled. Please check the activities calendar.

COMPUTER CLASS-FRIDAYS 10:30-12:00

Join volunteer Tom McGlenn as he leads a discussion about ways to make use of the World Wide Web, from E-mail and search engines, to podcasts, internet phone service, and I pad use.

CRIBBAGE-FRIDAYS 1:15

Join us for good company and an afternoon of cribbage. Call 508-228-4490 to sign up.

THE FRED COOK MEMORIAL MEN'S BREAKFAST-FRIDAY, May 30, 2014 at 8AM. Call the Saltmarsh at 508-228-4490 to sign up.

VISUAL WORKSHOPS-EXPLORING YOUR ARTISTIC & CREATIVE PALETTE with LINDA ZOLA- MONDAYS AT 1:30 at the Landmark House.

Have you been thinking of trying something new or revisiting your creative artistic roots?

Linda volunteers her time at the LANDMARK HOUSE for artistic and creative palette classes. She talks about a variety of arts and crafts with a small group of enthusiastic individuals exploring the visual arts. Linda Zola is a well-known local educator and artist who can provide instruction for drawing, acrylic painting, watercolor, pastel, woodcut and lino printmaking, collage, decoupage, paper-mache, and various mixed media.

FITNESS PROGRAMS

LOW IMPACT AEROBICS W/NANCY SWAIN'S DVD- M-W-F 8:45-9:45

Designed for those who wish to work at a mild pace, improve flexibility but don't want to go beyond their usual exertion level. Designed for those who can't get up and down from the floor. Participants must be able to be independent.

AEROBICS W/CINDI VONKAMPEN'S DVD-M & W 10:05-11:05 (Friday 10:05-11:05 with Nancy Swain's DVD)

Fast paced low impact program, designed for those who want to push beyond their usual level & increase exertion & resistance.

STABILITY & STRENGTH TRAINING W/JOE AGUIAR (substitute)-TUESDAYS 8:00-9:00

The principles of strength training are used with a stability ball. Please bring your own ball. The purpose of the ball is to improve balance, stability and agility, and to strengthen the core muscles.

YOGA W/BARBARA RIVES-TUESDAYS 9:00-10:00

Join Barbara as she assists beginners and continuing students with yoga instruction. Please wear comfortable clothing.

TAI CHI W/DOUG BAIER-THURSDAYS 9:00-10:00

Everyone is welcome to learn about this ancient martial art which is a non-impact exercise providing health benefits with increased flexibility, balance & well being.

YOGA FOR ARTHRITIS-THURSDAYS-10:10-11:00

Yoga teacher, Peggy Cappy, demonstrates on DVD movements to strengthen muscles and help increase mobility for people challenged to arthritis of stiffness that comes with age or injury.

HEALTH AND WELLNESS

HEARING CARE SERVICES-WEDNESDAY, May 7, 2014 FROM 11:00-4:00

To make an appointment with Barbara Eaton please call Susanne or Barbara at 1-508-255-1285 or toll free at 1-800-328-1118.

BLOOD PRESSURE & HEALTH & WELLNESS QUESTIONS with Ella Finn on WEDNESDAY, May 7, 2014 from 11:15-11:45

BLOOD PRESSURE CLINIC-THURSDAYS 2:15-2:45

SUPPORT

ELDER SERVICES OF CAPE COD AND THE ISLANDS HOME CARE AND RESPITE

Elder Services provides two state funded programs for elders who are no longer independent but wish to remain in their homes. For more information please call Sheri Hunt at 508-228-4647, located at the Landmark House at 144 Orange Street.

THE HOME CARE PROGRAM

Requires an elder to be 60 years old or over, and need assistance with at least one critical task such as bathing, meal preparation, shopping or transportation and be income eligible.

THE RESPITE PROGRAM

Requires an elder to be at least 60 years old, need assistance with at least one critical task & have a daily caregiver. Payment for both programs is on a sliding fee schedule. The respite fee is based on the income of both the elder & his or her spouse.

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SUPPORT

PALLIATIVE AND SUPPORTIVE CARE OF NANTUCKET

Palliative & Supportive Care of Nantucket has again been awarded a grant from Elder Services of Cape Cod & the Islands. This grant will partially support the continuation of private consultations, in the home or our office, with a nurse practitioner, for family members who help care for a family member or friend who needs some assistance due to illness, disability, or frailty. Caregivers can request an overall evaluation of their situation, including an assessment of the person they help care for, and can receive information, support, and education about various topics ,e.g., the disease process (including Alzheimer's Disease); managing medications; giving personal care; maintaining safety; planning for future health care needs; caring for themselves while caring for someone else; stress management, etc. Referrals for other services may also be made. This program is part of the *Caregivers' Connections Program* which also includes:

***Volunteers**-provide 1-2 hour/week for respite breaks for caregivers, or can help with errands transportation, etc.

***Time Out**-caregiver support groups which will meet Wednesday, May 14th and May 28th from 1:00- 2:30PM in our office, located in the Hospital Dorm Building.

***Alzheimer's Disease Educational Consultations**-for caregivers of persons with Alzheimer's.

***Lending Library** of caregiver-related topics.

All hospice services are free of charge! Coaching for Caregivers is funded in part by the Elder Services of the Cape & Islands Title III E grant under the Older American Act. Voluntary donations are gratefully accepted for this program.

For more information or an appointment, please contact Palliative & Supportive Care of Nantucket, 57 Prospect; phone: 508-825-8325; email: pascon@partners.org; website: WWW.pascon.org

MENTAL HYGIENE SERVICES AVAILABLE THROUGH LOCAL COUNSELOR-DAVID CHEW

David P.

Chew ACSW, LICSW has been awarded a small ESCCI Title III grant to provide outreach mental hygiene services to the elderly population on Nantucket. Services include bio-psychosocial evaluations & brief counseling. The behavioral assessments & counseling will be provided at the client's residence at absolutely no cost. All Nantucket residents over the age of 60 are eligible. The targeted population for this service is residents of Nantucket, economically disadvantaged, low-income minority, disabled, limited English speaking or Alzheimer's diagnosed. Physicians, nurse practitioners, assisted living domiciles, clergy and other organizations and individuals in contact with elderly who have already been contacted by mail to solicit referrals to this program. If you know of a person who might benefit from this service, please contact David Chew at 508-228-1473. Funding for this service is provided from the Executive Office of Elder Affairs, Older Americans Act Title III grant, through our Area Agency on Aging-Elder Services of Cape Cod & the Islands.

ALZHEIMER'S CAREGIVERS SUPPORT GROUP PROGRAM

This group facilitated by Sheila Barrett meets at Our Island Home at 9 East Creek on the last Friday of every month from 1-2PM. Call 508-228-0462 for information.

ALZHEIMER'S & RELATED DEMENTIA SUPPORT GROUP

This group is for caregivers of those with memory impairment. Meetings are held at Father Griffin Hall, 15 Cherry St. on the 3rd Monday of each month from 10:30-12:00. To register or for more information, contact 508-775-5656 or email info@HopeDementia.org.

NANTUCKET SENIOR DAY CENTER

The Senior Day Center of Nantucket is a town sponsored program formatted for individuals who are socially isolated due to emotional or physical limitations. The emphasis is on socialization thru educational, recreational and therapeutic activities. A light breakfast and full lunch are provided. The program is available Tuesdays and Fridays from 8:30AM-2:00PM with a possibility of a third day should enrollment demand. The Senior Day Center is located at Father Griffin Hall, 15 Cherry St.

Transportation to and from the Center can be arranged through the Nantucket Regional Transit Authority. For more information about the Center please call 508-325-5349.

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SUPPORT

GET A HANDLE ON MENTAL ILLNESS SUPPORT GROUP

NAMI of Cape Cod and the Islands is pleased to announce the start of a monthly support group for family members and friends of people living with depression, anxiety, bi-polar disorder, obsessive compulsive disorder (OCD), schizophrenia and other neurological disorders. The meetings will take place on the second Tuesday of each month from 7:00-8:30pm at Sherburne Commons, 40 Sherburne Commons Drive. For more information contact Ruth@ 508-221-3437 or ruthieb7@yahoo.com

VETERANS' COUNSELING

The Veterans Administration Center in Hyannis offers counseling to Nantucket Veterans on island by licensed psychologist Dr. Jocelyn Howard at the Nantucket Aids Network Building at 35 Old South Rd. To learn more information or to make an appointment please call the Hyannis Vet Center at 508-778-0124.

SERVICES

CONGREGATE LUNCH is served at the Saltmarsh Monday –Friday from 12-1 for elders 60 and over and their spouses. Call Elder Services at 508-228-4647 to make a reservation or cancellation two days in advance.

LEGAL SERVICES OF CAPE COD & THE ISLANDS sends a representative to Nantucket each month and is available May 1st at the Behavioral Health Center, for those who have an appointment. Call 1-800-742-4107 to make an appointment.

SOCIAL SECURITY representatives are available at www.ssa.gov or by phone. The Hyannis office is located at 259 North St. or call 1-866-467-0440. The Falmouth office is located at 48 Research Rd. or call 1-855-881-0212. Both offices are open M, T, Th & F from 9-3 and W 9-12.

VAN TRANSPORTATION-The NRTA provides door to door transportation to elders and persons with disabilities called Your Island Ride. Pre-certification and approved eligibility are required. Service is provided year round, Monday through Friday, 8:00AM to 4:00PM. Trip requests must be made in advance. For more information please call 508-325-7516 or visit www.nrtawave.com.

VETERAN'S SERVICES are available with Nantucket's Veteran's Agent, Ralph Hardy, at the VFW located at 22 New South rd. Office hours are Thursday's 8:30AM-12:15PM, by phone anytime, leave a message at 508-325-5332, email rhardy@nantucket-ma.gov or mail to Veterans Services Officer, 81 Washington St. Ext., Nantucket, MA 02554.

PORTABLE RAMP FOR DISABLED PERSONS AVAILABLE The Nantucket Commission on Disability has an eight foot portable ramp and a two foot portable threshold ramp for disabled visitors to borrow while they are visiting the island. The eight foot ramp is used to ramp two or three steps and makes porches, stoops and decks wheelchair accessible. The threshold ramp is used to ramp one step from a porch, stoop or deck and makes a home wheelchair accessible.

If you know someone who could benefit from these ramps please call Brenda McDonough, the facilitator for the Nantucket Commission on Disability, at 508-228-8085 (work) or 508-228-5409 (home).

This is a courtesy service from the Nantucket Commission on Disability.



SMILE PROGRAM: Dental Information Appointments Available

Make an appointment with a SMILE Counselor from the Oral Health Excellence Collaborative. Receive information about local resources for dental care and learn about helpful affordable care options including assistance programs, insurance and discounts. Get a free toothbrush plus other dental care products. Please call Harry Mintz, our local SMILE Counselor at 508-680-1824, to book your appointment.

SHINE NEWS...

Need help with prescription drug costs?
Prescription Advantage may be your answer!

Prescription Advantage is a state-run program which helps many elders and disabled pay for their prescription drugs. Eligibility is based on **income only** and there is **no asset limit!**

Who can join?

Those who are a Massachusetts resident, eligible for Medicare, AND:

- 65 years or older with an annual income at or less than \$58,350 for a single person or \$78,650 for a married couple

OR

- under 65 years and disabled, with an annual income at or less than \$21,940 for a single person or \$29,572 for a married couple.

Those who are 65 years or older and **not eligible for Medicare** can also join and there is **no income limit**. There is **no charge** for joining Prescription Advantage if your annual income is at or less than \$35,010 for a single person and \$47,190 for a married couple. There is a \$200 per person annual enrollment fee for those with higher incomes.

If you would like more information or assistance with the application please call the Saltmarsh at 508-228-4490 to make an appointment or drop in on Thursdays between 11-2 to meet with a SHINE (Serving the Health Insurance Needs of Everyone) counselor. Trained SHINE counselors are volunteers who offer free, confidential counseling on all aspects of health insurance to anyone on Medicare.

PASSPORTS The Town of Nantucket Department of Human Services, located at the Saltmarsh Senior Center, will accept passport applications on behalf of the U.S. Department of State. U.S. citizens planning international travel may apply for their passports on Tuesdays from 1-4PM and Thursdays between 2- 4PM, by appointment. Please call Ann Medina, Passport Application Acceptance Agent, at 508-325-7559 to make your appointment. In advance of your appointment, you may preview application forms, information on documentation required, fees, and a wealth of other passport and international travel information, by visiting the only official website for passport information at www.travel.state.gov

RESOURCES

NANTUCKET SENIOR CITIZEN TELEPHONE REASSURANCE PROGRAM

If you live alone and would like peace of mind that you can check in with someone daily, consider joining the Nantucket Telephone Reassurance Program. If you or a family member is interested in signing up stop by the Nantucket Police Department at 4 Fairgrounds Road, call 508-228-1212 or go online at www.nantucket-ma.gov/police for more information.

ISLE RETURN PROGRAM

This is a voluntary program on Nantucket that benefits residents and visitors who are at risk for wandering. Family members or caregivers complete an enrollment form which includes a photograph and information useful to public safety agencies involved in a search. The registrant's information is stored in a confidential, information base managed by the Nantucket County Sheriff's Department. The service is provided at no cost. For more information visit the website: <http://www.islereturnprogram.com> or contact the Nantucket Sheriff's Department at 508-228-7263.

SAFETYNET BY LOJACK

A simple and convenient way to find and rescue individuals with cognitive disorders (including autism, Alzheimer's and other conditions) who tend to wander and become lost. For more information call 1-877-4-FIND-THEM or call Liz Shannon at the Nantucket Fire Department 508-228-2324 X113.

RESOURCES

911 DISABILITY FORM

The filing of this document with your 9-1-1 Municipal Coordinator will alert public safety officials that an individual residing at your address communicates over the phone by a TTY and/or has a disability that may hinder evacuation or transport. This information is confidential and will appear **ONLY** at the dispatcher's location when a 9-1-1 call originates from **YOUR** address.

VOLUNTEER OPPORTUNITIES

VOLUNTEERS IN POLICE SERVICES

The volunteer program was created in order to enhance and promote innovative public safety programs to meet the needs of this ever growing island community. The Nantucket Police Department actively encourages the involvement of volunteers, local citizens, who volunteer their time and energy to the department, provide public awareness and support, beneficial cost and resource savings to the town, and foster quality of life and well-being in the community. To enhance the mission, goals and efforts of the Nantucket Police Department, as well as promote community involvement, awareness and support. For more information on the Nantucket Police Department's Volunteer in Police Service Program visit www.nantucket-ma.gov/police or call the Volunteer Coordinator, Sergeant Kevin A. Marshall at 508-228-1212 or emailmarshalk@nantucketpolice.com

NANTUCKET COMMUNITY TELEVISION

The Saltmarsh Senior Center has an Organizational Membership at Nantucket Community Television, the Public, Educational & Government Access Channel (PEG Channel). The membership is available to four seniors for non-commercial use to film Saltmarsh events. For instance, special events or talks at the Saltmarsh can be filmed and shown on the PEG Channel. Membership includes training, unlimited access to the NCTV production equipment, and studio space. After training, equipment can be borrowed on a reservation basis, assuming NCTV can broadcast (and webcast) your video on their channel. Some restrictions apply. More information can be found on www.nantucketcommunitytelevision.org in the "ABOUT" section. Seniors who want to use the membership can call the Saltmarsh at 508-228-4490.

ACCOMMODATIONS

THE HOMESTEAD is a private non-profit organization founded in 1930 dedicated to providing residential services to older adults who choose to live a more simplified lifestyle in the company of their peers. The Homestead is located on upper Main Street in a gracious Victorian home and serves individuals who are 65 or older and are able to enjoy a minimally structured environment. There are 13 resident rooms, some with half bath and some with full baths. Services include private rooms, three meals a day served in the dining room, housekeeping and laundry services, medication management, a full-time night supervisor, a stair chair lift between the first and second floors, transportation to appointments, and many recreational activities held during the week.

Please stop by for a visit, or call Tish at 508-228-1135 for more information.

ACADEMY HILL APARTMENTS Call 1-508-746-1509 for more information and availability.

NANTUCKET CENTER FOR ELDER AFFAIRS, INC.
 SALTMARSH SENIOR CENTER
 81 WASHINGTON STREET EXT
 NANTUCKET, MA 02554
 PHONE: 508-228-4490
 FAX: 508-325-5366
 E-MAIL ADDRESS: lstewart@nantucket-ma.gov
 Web site: www.Nantucket-ma.gov/pages/NantucketMA_COA/index

NON-PROFIT ORGANIZATION
 U.S. POSTAGE
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 PERMIT #4
 NANTUCKET, MA 02554



PROGRAM COORDINATOR---LAURA STEWART
 PROGRAM ASSISTANT---GINNY CARRERA
 NANTUCKET COUNCIL ON AGING, CHAIRMAN---THOMAS McGLINN
 NANTUCKET CENTER FOR ELDER AFFAIRS, INC.
 ---PRESIDENT---BARRY RECTOR
 ---PRESIDENT EMERITUS---KEITH KREWSON

Nantucket Center for Elder Affairs, Inc. is the 501(c) 3 non-profit corporation which fundraises for the facility and program needs at the Saltmarsh Senior Center located at 81 Washington Street, Nantucket, MA 02554.

Council on Aging Board's Mission

1. Identify the total needs of the elderly population.
2. Inform the community and enlist the support and participation of all citizens concerning these needs.
3. Design, promote, or implement services for the elderly in the community.
4. Promote and support other programs which are designed to assist the elderly in the community.

FUNDING FOR OUR WELLNESS AND FITNESS PROGRAMS IS MADE POSSIBLE THROUGH
 THE
 EXECUTIVE OFFICE OF ELDER AFFAIRS STATE'S FORMULA GRANT, TOWN FUNDS AND DONATIONS FROM OUR
 PARTICIPANTS

DONATIONS may be made to support the Saltmarsh Center programs through our non-profit corporation: Nantucket Center for Elder Affairs, Inc. Donations may be restricted or given to support our general fund. Another way to give is to USE THE SPECIAL RENEWAL CARD (available @ the Saltmarsh) for subscription, renewal or a gift to YANKEE MAGAZINE. Subscriptions are \$20/year, of which \$10 is donated to the Center. You may also consider donating shares of stock, or remembering us in your will. We are a 501©3 charity and all donations are tax deductible.