



July 2014

Hi Everyone,

Summer is here! So let's all get out and enjoy the island. If you're like me and love the beach, but can't get there, the Town of Nantucket has two beach wheel chairs to lend out to those who need assistance. Call the DPW at 508-228-7245 to reserve yours on a first come first serve basis.

There were two great performances at the Saltmarsh last month that drew great crowds. The Ukulele Ensemble was ecstatic that the audience had more members than their ensemble! And the children in the "Goat Carts" Improv group love performing in general! Thank you for supporting these two groups.

This month we have two great informational lectures, a museum tour and two sailing trip opportunities. Joe Aquiar is returning to Nantucket the third week in July and will teach the Strength Training class on Tuesday mornings and start a new Kettle Bell class on Thursday mornings. Come see what he has planned to help you gain strength, balance and coordination.

Don't feel like cooking in the summer heat? Come make a light, farm fresh salad accompanied by a homemade salad dressing on two Fridays with Nancy Tyrer.

Laura, Program Coordinator



MONTH AT A GLANCE

COUNCIL ON AGING BOARD MEETING

Wednesday, July 2, 2014 at 1:30
All meetings are open to the public; please feel free to attend.

OLD SALTS COMMUNITY SAILING

Thursday, July 3, 2014 from 4:45PM to 7:45PM

SALTMARSH CLOSED

Friday, July 4, 2014

BOOK MOBILE

Thursday, July 10, 2014 at 1:30

SALAD DRESSING CLASS

Friday, July 11, 2014 at 1:30

NCEA (Nantucket Center for Elder Affairs)

BOARD MEETING

Wednesday, July 16, 2014 at 3:30
All meetings are open to the public; please feel free to attend.

KETTLE BELL CLASS

Thursdays, starting July 17, 2014 at 8:00AM

CAPE COD FIVE PRESENTATION

Thursday, July 17, 2014 at 1:30

OLD SALTS COMMUNITY SAILING

Thursday, July 17, 2014 from 4:45PM to 7:45PM

SALTMARSH DINNER

Monday, July 21, 2014 at 5:00PM

SHIPWRECK & LIFESAVING MUSEUM TOUR

Wednesday, July 23, 2013 at 1:30

SALAD DRESSING CLASS

Friday, July 25, 2014 at 1:30

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ACTIVITIES

CALLING OLD SALTS! SUNSET SAILS WITH NANTUCKET COMMUNITY SAILING

Join Nantucket Community Sailing aboard one of its 35' keelboats for a beautiful evening sail in Nantucket's Harbor and out into Nantucket Sound. Crew members 60 and older are welcome. The sail will leave at **4:45pm and return at 7:45pm on Thursday, July 3rd and July 17th, 2014.** Participants may take an active role in sailing the boat, or are welcome to sit back and relax. Participants may have varying physical abilities, but should be able to step on to the boat and over the life-line, with assistance if needed, and down to the seat. They may need to move from seat to seat on the boat, but going out onto the deck of the boat is not necessary; they may remain in the cockpit for the length of the sail if that is where they are most comfortable. Life jackets will be provided and sails will be wind and weather dependent. Participants will need: Closed-toe shoes (old sneakers or non-marking boat shoes are best); layers, including a light jacket (it can be chilly in the evening out on the water); sunglasses/hat; sun-block (please avoid using spray sun-block as it will strip the boats finish); and a water bottle (or non-alcoholic beverage) if wanted (no glass). There is a limit of 6 people. Meet the sailboat at the Children's Beach dock on Harbor View Way. Please call the Saltmarsh at 508-228-4490 to reserve your spot.





Nantucket Shipwreck & Lifesaving Museum Tour

In the 19th Century, hundreds of ships passed by Nantucket Island each day, all navigating without the benefits of modern nautical technology.

Unpredictable storms, dense fog and strong currents often caught even the most experienced sailors off guard. Treacherous shoals and inclement weather led to over 700 shipwrecks in the surrounding waters of Nantucket, causing the area to be dubbed "a graveyard of the Atlantic."

The Nantucket Shipwreck & Lifesaving Museum preserves the memory of those Islanders who risked their lives to save shipwrecked mariners. These men served in organizations devoted to maritime rescue, such as the Massachusetts Humane Society, United States Life Saving Service and the United States Coast Guard. Join us for a guided tour of this fabulous museum at 158 Polpis Road.

Co-sponsored by The Homestead, The Saltmarsh Center and The Egan Maritime Institute

Advance Registration is required.

Meet at the Museum at 1:30PM

Call Saltmarsh to reserve your spot 508-228-4490

Wednesday, July 23, 2014 @ 1:30PM

ACTIVITIES

BOOK MOBILE

Thursday, July 10, 2014 at 1:30

Would you like to use the Atheneum, but can't get to town or find a parking space? The Nantucket Atheneum offers a delivery service that drops off and picks up items at the Saltmarsh every Wednesday. You can request books, movies, recorded books, music, large print and magazines. Please join us for refreshments to learn about this service, how to request items and update your library card.

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

SALAD MAKING CLASSES

Friday, July 11th and Friday, July 25th at 1:30

Do you love salad and don't want to cook in the summer heat? Come to the Saltmarsh on two Fridays in July to prepare a delicious salad for dinner. We will make enough salad for each person to bring home two salads for dinner. We will include a variety of lettuces, tomatoes, cucumbers, carrots, red cabbage, purple onion, zucchini, pea pods and a variety of toppings to add some crunch. We will also make a simple homemade salad dressing to go with our salad supper. There will be plastic zip locks bags & containers to take your salad & dressing home. Sign up for one or both dates.

Fee: \$4.00 payable to instructor

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

CAPE COD FIVE PRESENTATION

Thursday, July 17, 2014 at 1:30

Is your money in the right place, right now? Checking and Savings accounts, Money Market, IRAs, Trust and Asset Management, are all available right here on Nantucket. Phil Stambaugh and Magdalena Padzik from Cape Cod Five will explore your options and answer your financial questions.

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

SALTMARSH DINNER

Monday, July 21, 2014 at 5:00PM

Chef Terry Noyes from Sushi by Yoshi will be preparing a summer BBQ

With a

Surprise dessert

Sparkling Cranberry Spritzer, Coffee & Tea

\$3.00 donation

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

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.

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

Join Claire Bosse for non-contract bridge. 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.

FUN AND GAMES

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

Will resume in September.

Wii BOWLING-TUESDAYS 10:15-11:15

Social, active entertainment that gets you up and moving!

ACBL SANCTIONED BRIDGE-TUESDAYS, JULY 1ST, 8TH, 15TH, 22ND & 29TH 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.

SALTMARSH STAR STUFFERS-TUESDAY, JULY 22, 2014 from 9:00-11:30

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

MAH JONGG-WEDNESDAYS 1:20.

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

BINGO-WEDNESDAYS 1:20.

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

SING-A-LONG-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 played at The Landmark House 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 1:20

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

THE FRED COOK MEMORIAL MEN'S BREAKFAST-Will resume Friday, September 26,2014 at 8:00AM.

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.

HIGH IMPACT AEROBICS W/DVD-M-W-F 10:05-11:05

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-TUESDAYS 8:00-9:00 Starting July 15th

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.

FITNESS PROGRAMS

KETTLE BELL CLASS W/JOE AGUIAR-THURSDAYS 8:00-9:00 Starting July 17th

This program includes a warm-up, lifting and agility drills with a 5lb. kettle bell and a warm down. During this class you will increase your heart rate & improve coordination and balance. This is a supplement to the stability ball/strength class on Tuesdays.

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-10:10-11:10

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-TUESDAY, July 8, 2014 FROM 9:00-1:00

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, July 2, 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.

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.

SUPPORT

***Time Out**-caregiver support groups which will meet Wednesday, July 9th 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.

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

SERVICES

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.

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 June 5th at the Saltmarsh, 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.

SERVICES

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.

Elder Services of the Cape and Islands on Nantucket, located at 144 Orange St., has a 10' ramp available. Please call Sheri Hunt at 508-228-4647.



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.

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.

RESOURCES

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.

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.

SOCIAL SECURITY ONLINE OR VIA SKYPE

You can get your Social Security Statement, use the Retirement Estimator, submit an online application for benefits, appeal a medical decision about your disability claim or request a replacement Medicare card. Skype in real time with live person the last Wednesday of each month from 9:00AM-Noon.

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 emailmarshallk@nantucketpolice.com

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 Hallkeen Management at 1-781-915-3030 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.mantucket.civicplus.com/169/council-on-aging

NON-PROFIT ORGANIZATION
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 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.