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# APRIL 2019

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## PROGRAMS AND ACTIVITIES AT THE SALTMARSH SENIOR CENTER FOR THOSE 60 AND OVER

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81 Washington Street Ext.  
Nantucket, MA 02554  
508-228-4490

**Hours of Operation:**  
Monday, 8:30am-4:15pm  
Tuesday, 7:45am-4:30pm

Hi Everyone,

Hopefully, by now, everyone has adjusted to the time change. Warm weather and sunny skies are in our future. Well, maybe not our immediate future! Along with summer comes the tourists so here is a quick video by the Nantucket Data Platform of a typical Saturday in July to prepare you. [WATCH HERE](#). Enjoy the tranquility on Nantucket while you can.

Saltmarsh videos are scheduled on Channel 18 on Mondays at 1:00 PM, Wednesdays at 9:00 AM and Fridays at 11:00 AM. Tune in to see what has been going on at the Saltmarsh.

[CLICK HERE FOR FULL SCHEDULE.](#)

You can also check out Cindy Sullivan's exercise class Monday-Friday at 10:00 AM if for some reason you can't make it down to your exercise class at the Saltmarsh.

Thursday, April 4th at 4:00 PM the Senior Center the Senior Center Committee will hold a meeting at Sherburne Commons, which is open to the public. There will be a tour of the Sherburne unit after the meeting. [CLICK HERE](#) for the agenda.

The Nantucket Center for Elder Affairs is holding a ribbon cutting for the newly decorated foyer in honor of all the Senior Citizens of the Year on Thursday, April, 25th at 4:30 PM. Please join us for the celebration! [RSVP HERE](#).

The Nantucket Council on Aging will be choosing one male and one female Senior Citizen of the Year the beginning of May. If you would like to nominate someone [CLICK HERE](#).

See you at the Saltmarsh!



Laura, Program Coordinator

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**CENTER CLOSED**  
**FOR PATRIOT'S DAY**  
**MONDAY, APRIL 15, 2019**



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**APRIL MENU**

**MEDITERRANEAN DIET**  
**BROCHURE**

**ACTIVITY CALENDAR**

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**IPHONE HELP**

**TUESDAYS 11 AM - 12 PM**

Have a question about your Iphone, tablet or lap top? August Maloney will be volunteering his time to help you with all your issues! Bring your device and questions.



**Drop-in**  
**First come first serve.**

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**Wii BOWLING IS BACK!**  
**THURSDAYS IN APRIL AT 3:00 PM**  
**Cancelled Thursday, April 11 and 25**



**Come join in the hilarious fun!**  
**DROP-IN**

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**KNOW THE 10 SIGNS OF**  
**ALZHEIMER'S**  
**THURSDAY, APRIL 4, 2019 AT 1:30 PM**



**The Alzheimer's Association has created a list of warning signs to help identify memory problems early. Come learn the 10 Signs of Alzheimer's.**

**Early identification is important. Mild forgetfulness is not a serious memory problem but if memory problems are seriously affecting your daily life, they could be early signs of Alzheimer's.**

**Rachel Day & Alison Forsgren presenting.**

**[Click Here To Register](#)**

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**SENIOR CENTER COMMITTEE MEETING**

**THURSDAY, APRIL 4, 2019**

**AT 4:00 PM**

**AT SHERBURNE COMMONS**

**A tour of the Sherburne unit will be  
after the meeting.**

**[Click Here for Agenda](#)**

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## **BRIDGE LESSONS**

**Cancelled for Friday, April 5, 2019.  
Last bridge lesson of the season  
Monday, April 8, 2019.**



**Look for lessons to start up next year.**

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## **EASTER CARD/BASKET MAKING**

**MONDAY, APRIL 8, 2019**

**AT 1:15 PM**



**Come to the Saltmarsh to make  
Easter cards or an Easter Basket for  
a friend and family member. A  
variety of supplies will be available.  
Bring your imagination!**



**[Click Here To Register](#)**

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**THE BELFRY TOUR**  
**THURSDAY, APRIL 11, 2019**  
**AT 11:00 AM**

## 2 ELDRIDGE LN. SIASCONSET

**Come tour the amazing bell collection of Myrtle Eldridge. She picked up her first bell in 1965 at the Sconset dump and since then she, along with friends and relatives would pick up bells on vacation, yard sales and the Madaket Mall.**

**The collection made it to the Guinness Book of World records with 11,500 bells!**



**[Click Here To Register](#)**

**You are responsible for your transportation**

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**AFTERNOON**



# TEA & BROADWAY

THURSDAY, APRIL 11, 2019

AT 1:30 PM

The Nantucket Center for Elder Affairs (NCEA) is sponsoring an afternoon tea with recordings and videos of 20 Broadway musical hits.

The program is a cultural event for all seniors who remember the 50's, 60's to the present.

Material is generously provided by Nantucket native David Barrett.

Tarred Roof Cake, an Old Nantucket dessert, will be served.



Reservations are required.

[Click Here To Register](#)

Future "Afternoon Tea and Dessert" events will be scheduled if the turnout indicates an interest.

# **BEADING WITH KATHY**

**THURSDAY, APRIL 18, 2019**

**AT 1:30 PM**

Come join Kathy Richen to make beautiful necklaces, bracelets and earrings. Kathy supplies all the beads and materials. Just bring your imagination!

**\$2.00/EARRING SET**

**\$3.00/BRACELET**

**\$4.00/NECKLACE**



**[Click Here To Register](#)**

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## **SALTMARSH GAM**

**THURSDAY, APRIL 25, 2019**

**1:30 - 2:30 PM**

An old fashioned Gam moderated by Maurice Gibbs. Take a journey back in Nantucket time! Audience participation required.

[Click Here To Register](#)

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[RSVP HERE](#)

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# **MEN'S BREAKFAST**

**FRIDAY, APRIL 26, 2019 AT 8:00 AM**

**Back by popular demand!**

**Come enjoy a scrumptious breakfast  
while socializing with  
old & new friends!**



[\*\*Click Here To Register\*\*](#)

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**WALKING CLUB**  
**AT THE BOYS & GIRLS CLUB**  
**TUESDAYS & THURSDAYS**  
**10:00 AM - 11:00 AM**



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**10:05 AM AEROBICS CLASS**

**INGA'S LAST DAY**

IS FRIDAY, APRIL 26, 2019



HANNA'S FIRST DAY  
IS MONDAY, JUNE 10, 2019



WE WILL USE A DVD  
IN THE INTERIM

**BARTLETT'S FARM**  
NANTUCKET

**BARTLETT'S  
FARM LIVING  
WELL FAIR**

greenhouse tours  
organic wine tasting  
holistic health & wellness practitioners  
dharma yoga  
bee keeping infosession  
natural beauty vendors  
Aqua viTea samples  
garden center seminars

*Saturday,  
April 13th,  
11-3*

with local vendors and more!

Check out [www.bartlettsfarm.com/events](http://www.bartlettsfarm.com/events)  
for more info

The advertisement features a background image of a green field with solar panels in the distance under a clear sky. The text is overlaid on this image, providing details about the event.

[CLICK HERE FOR WEBSITE](#)



# **WE'RE STILL ROLLING!**

**The Wave will keep rolling year round!  
The Mid Island Loop, Miacomet Loop, and  
Sconset via Old South Road Route will  
operate weekdays from 7 AM to 9 PM and  
weekends 7 AM to 7 PM.**

**Visit our website at [nrtawave.com](http://nrtawave.com) for  
more information or if you have questions  
on how to ride The Wave call 508-325-  
9571.**

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**CINDY SULLIVAN'S EXERCISE DVD IS PLAYED  
ON CHANNEL 18, MONDAY-FRIDAY AT 10:00 AM**

**Cindy's three DVD's are for sale at the Saltmarsh for  
\$10 a piece. Come get yours so you can exercise  
anytime, anywhere!**

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## **HEALTH AND WELLNESS**

**WELLNESS CLINIC**

**WITH ELLA B. FINN, RN**

**DROP - IN**

**WEDNESDAY, APRIL 3, 2109**

**11:15 AM - 11:45 AM**



**HEARING CARE SERVICES**  
**WEDNESDAY, APRIL 3, 2019**  
**11:00 AM - 3:00 PM**

To make an appointment with Barbara Eaton  
please call  
**1-508-255-1285**



**HEARING HEALTHCARE CAPE COD**  
**WEDNESDAY, APRIL 17, 2019**  
**11:00 AM - 1:00 PM**

Shawn Woodbrey from At Home Hearing  
Healthcare Cape Cod, LLC will be visiting the  
Saltmarsh once a month on the 3rd Wednesday  
to offer FREE:

- Hearing Screenings
- Comprehensive Hearing Tests
- Cleaning and Repair of all Hearing Aids

- **Otoscopy to check for excessive wax or other medical concern**

**Call 508-228-4490 to make an appointment**

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## **FUN AND GAMES**

### **CONTRACT BRIDGE**

**MONDAYS & FRIDAYS 1:00PM**

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. You are responsible for calling to see if there is a full table.

### **SOCIAL DUPLICATE BRIDGE**

**MONDAYS & FRIDAYS 1:30PM**

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.

### **CRAFTING**

**MONDAYS 1:15PM**

Are you working on a craft at home? Bring it to the Saltmarsh and join other crafters Monday afternoons and meet new friends. It's a great way to get out and enjoy working on your project.

### **IPHONE HELP**

**TUESDAYS 11AM - 12PM**

August Maloney volunteers to answer your smart phone/lap top questions.  
Drop-In  
First come first serve.

### **ACBL SANCTIONED BRIDGE**

**TUESDAYS, AT 1:30PM**

Earn master points. Come with your partner and \$5 payable to instructor. The parking lot opens at 1:30 PM. The game will begin when tables are seated.

### **MAH JONGG**

**WEDNESDAYS 1:10PM**

Play two ways: American & Chinese. Join several experienced and new players for this popular Chinese tile game.

### **BINGO**

**WEDNESDAYS 1:30 PM**

Games are played for cash prizes. \$1.00 entrance fee and \$.50/card.

### **Wii BOWLING**

**THURSDAYS AT 3:00 PM**

Back by popular demand. Come join in the fun. Drop-In.

### **INTERNET INSTRUCTION**

**FRIDAYS 10:30AM - 12PM**

Join volunteer Tom McGlinn 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 iPad use.

### **MEXICAN TRAIN GAME**

**FRIDAYS 1:15PM**

Come, learn and enjoy a fun game played with Dominoes.



**VISUAL WORKSHOPS-EXPLORING YOUR ARTISTIC & CREATIVE PALETTE with LINDA ZOLA-THURSDAYS 10:00-11:30 AM AT THE LANDMARK HOUSE**

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 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.

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## **FITNESS PROGRAMS**

### **SPACE IS LIMITED TO 25 PARTICIPANTS**

**LOW IMPACT AEROBICS W/ NANCY SWAIN**

**M-W-F 8:45-9:45 AM & Tuesdays at 8:00 AM**

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 & STRENGTH TRAINING W/ INGA RASCUIS**

**M-W-F 10:05-11:05 AM**

Safe but challenging! Toning, conditioning & strengthening of the entire body. Followed by cardio, stretching. Focusing on core and alignment. Each class will incorporate Pilates, light weight work, medicine balls & cardio.

**YOGA W/ BARBARA RIVES**

**TUESDAYS 9:00-10:15 AM and THURSDAYS 10:00-11:15 AM**

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

**KETTLE BELL CLASS W/ JOE AGUIAR**

**THURSDAYS 8:00-8:50 AM**

This program includes a warm-up, lifting and agility drills with a 5lb. kettle bell and a cool down.

**TAI CHI W/ NANCY RAPPAPORT**

**THURSDAYS 9:00-10:00 AM.**

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

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## **SUPPORT**

**ELDER SERVICES OF CAPE COD & THE ISLANDS HOME CARE & 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 call Sheri Hunt at 508-228-4647 at the Landmark House located at 144 Orange street.

**THE HOME CARE PROGRAM**

Requires an elder to be 60 years 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 & 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 in 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 on the 2nd & 4th Wednesday of each month from 1:00-2:30 PM at Sherburne Commons.
- Alzheimer's Disease Educational Consultations- for caregivers of persons with Alzheimer's.
- Lending Library- of caregiver related topics.
- New Bereavement Support Group which will meet on the 1st & 3rd Wednesday of each month from 1:00-2:30 PM at Sherburne Commons.

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

For more information or an appointment, contact palliative & Supportive Care of Nantucket, 57 Prospect st. Phone: 508-825-8325; email: [pascon@partners.org](mailto:pascon@partners.org); website: [www.pascon.org](http://www.pascon.org)

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## SERVICES

### SPEECH THERAPY

Speech Therapy is now offered at the NCH Sports Medicine and Physical Therapy Associates at 6 Bayberry Court. Appointments available every other Friday with Sara Perroni, SLP. Call 508-825-8191 to make an appointment. [Click Here for Website](#)

### ALZHEIMER'S CAREGIVERS SUPPORT GROUP PROGRAM

This group, facilitated by Sheila Barrett, meets at Our Island Home at 9 East Creek Rd. on the last Friday of every month from 1:00-2:00pm. For more information call 508-228-0462.

### VETERAN'S COUNSELING

The Veteran's Administration Center in Hyannis offers counseling to Nantucket Veterans on island by licensed psychologist Dr. Jocelyn Howard on Nantucket. To learn more information or to make an appointment call the Hyannis Veterans Center at 508-778-0124.

### VETERAN'S SERVICES

Veteran's services are available with Nantucket's Veteran's Agent, Ralph Hardy, at the VFW, located at 22 New South Road. Office hours are Thursdays at 8:30am-12:15pm, by phone anytime, leave a message at 508-325-5332 or mail to Veterans Services Officer, 81 Washington St. Ext., Nantucket, MA 02554.

### CONGREGATE LUNCH

Congregate lunch is served at the Saltmarsh Monday-Friday from noon-1:00pm 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. [www.escci.org](http://www.escci.org)

### VAN TRANSPORTATION

The Nantucket Regional Transit Authority provides door to door transportation called Your Island Ride to elders and persons with disabilities. Pre-certification and approved eligibility are required. Service is provided year round, Monday through Friday, 8:00am-4:00pm. Trip requests must be made in advance. For more information call 508-325-7516

or visit [www.nrtawave.com](http://www.nrtawave.com)

### LEGAL SERVICES OF CAPE COD & THE ISLANDS

Legal Services sends a representative to Nantucket each month and is available April 4th from 10:30 am - 12:30 pm at The Saltmarsh Senior Center for those who have an appointment. Call 508-775-7020 for an appointment.

### SOCIAL SECURITY

Representatives are available at [www.ssa.gov](http://www.ssa.gov) or by phone and are now offering services via VIDEO TELECONFERENCING. A terminal has been installed at the Saltmarsh and will be available the 4th Wednesday of each month from 9:00 AM-12:00 PM. This service will allow island seniors to speak directly with a SSA representative to conduct official Social Security business. Call the Saltmarsh at 508-228-4490 to make an appointment.

The Hyannis office is located at 100 Independence Dr. 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.

### 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. Call Brenda McDonough at 508-228-8085 (work) or 508-228-5409 (home).

### SERVING THE HEALTH INFORMATION NEEDS OF ELDERS (SHINE)

Help with health insurance questions by appointment with our SHINE volunteer, Phil Gallagher. Call the Saltmarsh at 508-228-4490 to make an appointment or drop by on Thursdays from 11:00am-2:00pm.

### PASSPORTS

The Town of Nantucket's 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 1:30pm-4:00pm and Thursdays between 2:00pm-4:00pm, by appointment. Please call the 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 [travel.state.gov](http://travel.state.gov).

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## **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/263/Elder-Services](http://www.nantucket-ma.gov/263/Elder-Services)

### 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 the Nantucket Fire Department at 508-228-2324.

### 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: [www.islereturnprogram.com](http://www.islereturnprogram.com) or contact the Nantucket Sheriff's Department at 508-228-7263.

### 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. Call the Municipal Coordinator, Sheila Clinger at 508-228-1212.

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## **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/267/Volunteer-in-police](http://www.nantucket-ma-gov/267/Volunteer-in-police) or call the Volunteer Coordinator, Sergeant Kevin A. Marshall at 508-228-1212 or email: [pd464@nantucketpolice.com](mailto:pd464@nantucketpolice.com).

### **ELDER SERVICES OF CAPE COD & THE ISLANDS**

Volunteer opportunities are available in many of the programs we offer. You will need to complete an application and provide information for the completion of a criminal background check. Massachusetts law requires this check of all employees and volunteers who will be working with seniors.

- **Meals On Wheels-Volunteers** needed to deliver nutritious meals while providing a well-being check to homebound elders and their spouses. Monday-Friday 10:00am.
- **Congregate Lunch-Volunteers** needed to help serve, clear and wash dishes, Monday-Friday 11am-1:00pm at the Saltmarsh Senior Center.
- **Money Management-Volunteers** are needed to assist income-eligible adults 60 and over, who may be at the risk of losing their independence due to their failure to pay their bills on time. Volunteers meet with clients in their homes to assist with balancing checkbooks, paying bills and managing money wisely.
- **Long Term Care Ombudsman-Volunteers** are needed to visit long term care facilities on a weekly basis to monitor conditions and address residents' concerns.

For more information or to complete an application, contact our office at 508-228-4647. [www.escci.org](http://www.escci.org)

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## **ACCOMODATIONS**

### **ACADEMY HILL**

Phone 508-228-3170 or email: [academyhill@hallkeen.com](mailto:academyhill@hallkeen.com)

### **LANDMARK HOUSE**

Affordable housing federally subsidized by USDA Rural Development and U.S. Department of Housing and Urban Development (HUD). Landmark House residents pay approximately 30% of their adjusted gross income for rent; the federal government subsidizes the rest. Call Executive Director Ella Finn at 508-228-6888 or more information and availability.

### **THE HOMESTEAD**

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 residents 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.

### THE RESIDENCE AT SHERBURNE COMMONS

As Nantucket's only senior living community, The Residences at Sherburne Commons combines the advantage of the conveniences of a retirement community with optional ownership opportunities. Whether the best fit is a spacious apartment or comfortable Nantucket style cottage residents enjoy all the amenities and benefits of life at Sherburne Commons. Choose the housing option that best meets your needs and enjoy a maintenance-free lifestyle with time to pursue your interests and passions. Should care needs arise, the right level of support and care is easily accessible on site, allowing your loved ones to remain close by. Independent living apartments and cottages as well as Assisted Living apartments available, call Kevin Comick at 508-228-4080 for more information. [Sherburnecommons.org](http://Sherburnecommons.org)

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## HOW "WAIVING THE WILL" COULD AFFECT YOU

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