



# OCTOBER 2016

Hi Everyone,

**NOTICE**

The Saltmarsh is going paperless as of January 1, 2017. Please e-mail me at [Lstewart@nantucket-ma.gov](mailto:Lstewart@nantucket-ma.gov) with your e-mail address to receive the newsletter. The menu and calendar will always be available at the front desk. If we have your e-mail in our system we will start sending the newsletter by e-mail and take you off the snail mail list.

On behalf of the Nantucket Center for Elder Affairs (the fundraising arm of the Saltmarsh) thank you all who attended the fabulous September Soiree at the Culinary Corner! A fun time was had by all!

The annual Ships Inn benefit for the Nantucket Center for Elder Affairs is Thursday, October 13, 2016 from 5:30-9:30PM. Call 508-228-0040 to make your reservation! Proceeds benefit the Saltmarsh.

**SAVE THE DATE!**

**SATURDAY, OCTOBER 29<sup>TH</sup>  
SALTMARSH YARD SALE  
TAKING DONATIONS NOW  
NO BOOKS  
NO ELECTRONICS  
ONLY NEW CLOTHES**

**Volunteers needed to price items and work the yard sale. Please contact the Saltmarsh at 508-228-4490.**

**Laura, Program Coordinator**



**MONTH AT A GLANCE**

**WALKING CLUB AT THE BOYS & GIRLS CLUB**

Every Tuesday and Thursday at 10:00AM until April 27, 2017

**COUNCIL ON AGING BOARD MEETING**

Wednesday, October 5, 2016 at 1:30PM.  
All meetings are open to the public.

**HISTORY OF NANTUCKET'S PORTUGUESE COMMUNITY PART THREE**

Thursday, October 6, 2016 at 1:30PM

**BUILDING CLOSED FOR COLUMBUS DAY**

Monday, October 10, 2016

**ANNUAL SHIPS INN BENEFIT TO BENEFIT THE SALTMARSH**

Thursday, October 13, 2016 from 5:30-9:30PM.

**PUMPKIN PAINTING AND PUMPKIN POLE**

Friday, October 14, 2016 at 1:30PM.

**SALTMARSH DINNER**

Monday, October 17, 2016 at 5:00PM.

**NANTUCKET CENTER FOR ELDER AFFAIRS (NCEA) BOARD MEETING**

Wednesday, October 19, 2016 at 3:30PM.  
All meetings are open to the public.

**SMARTPOWER**

Thursday, October 20, 2016 at 1:30PM.

**MEN'S BREAKFAST**

Friday, October 21, 2016 from 8AM-8:45AM.

**NANTUCKET CENTER FOR ELDER AFFAIRS YARD SALE FUNDRAISER**

Saturday, October 29, 2016 from 8:00AM-NOON

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## **ACTIVITIES**

### **WALKING CLUB AT THE BOYS & GIRLS CLUB**

Tuesdays & Thursdays at 10:00AM.

From October 4, 2016 through April 27, 2017

Donations are appreciated in April.

**PLEASE NO STREET SHOES**

### **HISTORY OF NANTUCKET'S PORTUGUESE COMMUNITY PART 3**

Thursday, October 6, 2016 at 1:30PM.

Join Frances Karttunan at this interactive program about the history of Nantucket's Portuguese community and the Portuguese islands from which its members came: the Azores Islands and the islands of the Cape Verde Archipelago. Visuals will be vintage photographs from the Nantucket Historical Association's historic image archive and recent photos by Augusto C. Ramos, Claire Andrade-Watkins, and Frances Karttunan. Audience participation strongly encouraged.

Call the Saltmarsh at 508-228-4490 to register.

### **ANNUAL SHIPS INN BENEFIT**

Thursday, October 13, 2016 from 5:30-9:30PM.

Proceeds from the nights' sales benefit the Nantucket Center for Elder Affairs (NCEA) which is the fundraising arm of the Saltmarsh Senior Center. The NCEA owns the building the Saltmarsh occupies and monies raised will help with the exterior restoration of the building.

Call the Ships Inn at 508-228-0040 to make your reservation!

### **PUMPKIN PAINTING AND PUMPKIN POLE**

Friday, October 14, 2016 at 1:30PM.

On this fall afternoon join Nancy Tyrer, craft instructor from the Atheneum to create some fall festive decorations just before Halloween! Each participant will paint a small pumpkin to take home to create a bit of fall on their front porch or as a center piece. Everyone in the class will also decorate a larger pumpkin to slide onto a pole out in front of the Saltmarsh, creating a 'pumpkin pole', just in time for Halloween. Hot cider and cookies will be served while you work on your pumpkins!

Call the Saltmarsh at 508-228-4490 to register.

Fee: \$3.00 payable to instructor for pumpkin and paints.

### **SALTMARSH DINNER**

Monday, October 17, 2016 from 5:00PM-6:00PM.

Chef Terry Noyes from Sushi By Yoshi will prepare Meatloaf Wellington, mashed potatoes & vegetable.

Beverage and dessert.

\$4.00

Call the Saltmarsh at 508-228-4490 to register.

Reservations required.

**PAGE 3**  
**ACTIVITIES**

**SMART POWER**

**Thursday, October 20, 2016 at 1:30PM.**

Kim Horyn, Smart Power Community Outreach Manager, will talk about ways to be more energy conscious in our own homes. Smart Power is a nonprofit organization dedicated to promoting clean energy and energy efficiency, and one of its clients is National Grid. Two years ago, National Grid launched an energy efficiency campaign on Nantucket designed to delay the need for the third underwater cable, providing electricity to the island from the Cape. Kim's role is to increase awareness and educate the community about the importance of becoming more energy conscious. The campaign, which is an alternative and less costly plan than the multi-million dollar installation of the third cable, is a pilot project, and if it is successful on Nantucket, it may be replicated in other communities. We hope you will join us to learn more about this important subject.

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

**MEN'S BREAKFAST**

**Friday, October 21, 2016 at 8:00AM.**

Charles Manghis will prepare breakfast.

\$3.00

Call the Saltmarsh at 508-228-4490 to register.

**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. The staff will not be taking sign-ups over the phone or finding replacements.

**MEXICAN TRAIN GAME-FRIDAYS at 1:15PM.**

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

**SOCIAL DUPLICATE BRIDGE-MONDAYS & FRIDAYS at 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. Extra players will observe.

**KNITTING, ETC.-MONDAYS 1:30PM.**

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.

**ACBL SANCTIONED BRIDGE-TUESDAY, October 4<sup>th</sup> & 25<sup>th</sup> at 1:45PM.**

Earn master points. Come with your partner and \$5 payable to Carol Barrett, who is a certified director. The parking lot opens at 1:15 and the building opens after the lunch vans depart. The game will begin when tables are seated.

**DUPLICATE BRIDGE-TUESDAY, October 11<sup>th</sup> & 18<sup>th</sup> at 1:45PM.**

Carol Barrett directs. Come with your partner. The parking lot opens at 1:30PM. The game will begin when tables are seated.

**SALTMARSH STAR STUFFERS-TUESDAY, October 25, 2016 from 9:00-11:00AM.**

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

**MAH JONGG-WEDNESDAYS 1:20PM.**

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

## **FUN AND GAMES**

### **BINGO-WEDNESDAYS 1:20PM.**

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

### **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.

### **MEN'S BREAKFAST-Friday, October 21, 2016 at 8:00AM.**

### **VISUAL WORKSHOPS-EXPLORING YOUR ARTISTIC & CREATIVE PALETTE with LINDA ZOLA-TUESDAYS AT 1:15pm 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- 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.

### **FAST PACED AEROBICS W/JOANNE DAMOURS-M & W 10:05-11:05 (Nancy Swain teaches Friday's class)**

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

### **STABILITY & STRENGTH TRAINING W/NANCY SWAIN-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.

### **KETTLE BELL CLASS W/JOE AGUIAR-THURSDAYS 7:50-8:50-CANCELLED October 6<sup>th</sup> & 13<sup>th</sup>**

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

### **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.

### **ZUMBA-TUESDAYS AND THURSDAYS 10:25-11:10**

The Zumba DVD is 45 minutes of easy to follow, exhilarating dance-fitness moves. You'll learn exciting new dances like salsa, meringue, flamenco and cumbia, while you strengthen your body and energize your mind. This class is monitored by Saltmarsh staff.

## **HEALTH AND WELLNESS**

### **HEARING CARE SERVICES-WEDNESDAY, October 5, 2016 from 11:00-3:00**

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, October 5, 2016 from 11:15-11:45**

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

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# **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.

\***Time Out**-caregiver support groups which will meet the 2<sup>nd</sup> & 4<sup>th</sup> Wednesday of each month 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 IIIB 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](mailto:pascon@partners.org); website: [WWW.pascon.org](http://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.

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**SERVICES**

**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.

**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](mailto:ruthieb7@yahoo.com)

**VETERANS' COUNSELING**

The Veterans 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 please call the Hyannis Vet Center at 508-778-0124.

**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](mailto:rhardy@nantucket-ma.gov) or mail to Veterans Services Officer, 81 Washington St. Ext., Nantucket, MA 02554.

**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.

**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](http://www.nrtawave.com).

**LEGAL SERVICES OF CAPE COD & THE ISLANDS** sends a representative to Nantucket each month and is available September 1, 2016 at Family & Children's Services from 10:30AM-12:30PM for those who have an appointment. Call 1-800-742-4107 to make 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 fourth Wednesday of each month from 9:00AM to 12:00PM. This service will allow island seniors to speak directly with a SSA representative to conduct official Social Security business. Please call the Saltmarsh at 508-228-4490 to make an appointment.

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.

**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.

**SHINE-SERVING THE HEALTH INFORMATION NEEDS OF ELDERS.** 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 in on Thursdays from 11-2.

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# **SERVICES**

**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 1:30-4PM and Thursdays between 2:00-4PM, 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](http://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](http://www.nantucket-ma.gov/police) for more information.

### **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.

### **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.

### **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.

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

## **VOLUNTEER OPPORTUNITIES**

### **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 10am
- Congregate Lunch – Volunteers needed to help serve, clear and wash dishes, Monday – Friday 11am – 1pm 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.

## **ACCOMMODATIONS**

**ACADEMY HILL APARTMENTS**- Phone # 508-228-3170, or email [academyhill@hallkeen.com](mailto:academyhill@hallkeen.com).

**LANDMARK HOUSE** is affordable housing federally subsidized by USDA Rural Development and U.S. Department of Housing and Urban Development (HUD). Landmark House is for those of very low, low and moderate income; 62 years of age, as well as younger disabled individuals. 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 for more information and availability.

**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.

**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 Chuck Gifford at 508-228-4080 for more information.

## **SHINE NEWS...**

### **Open Enrollment is just around the corner so don't delay!**

Medicare's Part C (Medicare Advantage Plan) and Part D (Prescription Drug Plan) Annual Open Enrollment (**October 15 – December 7**) will be here before you know it and it is very important to review your Medicare options during this period. You will receive a notice from your Prescription Drug or Medicare Advantage (HMO, PPO) Plan in September. **Make sure you read this notice-** it will explain the changes (premiums, copays, tiers) to your plan for **2017**.

During the Annual Open Enrollment (**October 15 - December 7**), you will have a chance to CHANGE your plan. This change takes effect January 1, 2017. SHINE Counselors can help you understand your plan's changes, screen you for assistance programs and discuss other options you may have. If you do not change your plan during this period you may have to stay with your existing plan for another whole year. (Note: the open enrollment may not affect those with retiree coverage).

**DO NOT WAIT UNTIL IT'S TOO LATE- Appointments fill up fast!** Call the senior center and make an appointment with a SHINE counselor for this year's open enrollment. Make sure you bring the list or bottles of your current medications to the appointment and if you are a couple, please ask for 2 appointments. Call the Saltmarsh at 508-228-4490 for an appointment.

## **HERITAGE** museums & gardens

October is the perfect time to visit Heritage Museums & Gardens. Feel like a kid again as you ride a vintage carousel. Marvel at the ingenuity and beauty of classic automobiles of the last 100+ years. Explore art and Americana. Enjoy gorgeous fall weather as you explore beautiful gardens in bloom. A special exhibit featuring presidential caricatures by political cartoonist Taylor Jones is sure to get your vote. And don't forget to see the exhibit everyone's talking about – CUT! Costume and the Cinema, featuring gorgeous gowns, dapper suits, and other beautifully hand-crafted costumes worn by Johnny Depp, Kate Winslet, Keira Knightley, Maggie Smith, and more.

Heritage Museums & Gardens is open daily from 10 am-5 pm through October 10. Visit today and show your AAA card for a special discount on admission. If you become a member or renew your membership by November 1, you'll enjoy one full year of free, unlimited general admission, plus you'll receive one complimentary ticket to Gardens Aglow 2016!

Group rates are available for 10+ visitors. For more information or to book a group visit, call 508-888-3300 x120 or email [groupsales@heritagemuseums.org](mailto:groupsales@heritagemuseums.org). Heritage Museums & Gardens is located at 67 Grove Street, Sandwich. [www.heritagemuseums.org](http://www.heritagemuseums.org)

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](mailto:lstewart@nantucket-ma.gov)  
 Web site: [www.nantucket.civicplus.com/169/council-on-aging](http://www.nantucket.civicplus.com/169/council-on-aging)

NON-PROFIT ORGANIZATION  
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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---JOE AGUIAR  
 ---PRESIDENT EMERITUS---NANCY SWAIN

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.

The Nantucket Center for Elder Affairs, Inc. is committed to assisting the Saltmarsh Senior Center and advocating on behalf of Nantucket's senior citizens by providing ongoing support and assistance to the Saltmarsh Senior Center in a cooperative and advisory atmosphere of collaboration.

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

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