



DECEMBER 2016

Hi Everyone,

Well, here we are at the last month of 2016...It was a great year! Wishing everyone a prosperous and Happy New Year!

With the start of 2017 the newsletter will be sent by e-mail only. Look for it in your IN BOX. If you don't receive it check your spam folder and check it off as not spam. Please call the Saltmarsh to be added to our e-mail list. I hope you are pleased with the new format. The activity calendar and the menu will always be available at the front desk.

Please call the Saltmarsh at 508-228-4490 if you DO NOT want your address released to the Nantucket Center for Elder Affairs (NCEA), the fundraising arm of the Saltmarsh, for informational and solicitation purposes.

Unfortunately, Zumba is cancelled until further notice.

Laura, Program Coordinator



MONTH AT A GLANCE

DOWNTOWN CHRISTMAS TREE DECORATING

Thursday, December 1, 2016 at 10:00AM.

WALKING CLUB AT THE BOYS & GIRLS CLUB

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

MUG OF GREENS

Friday, December 2, 2016 at 1:30PM.

RUMPOLE OF THE BAILEY SERIES

Fridays, December 2nd, 9th, 16th, 23rd & 30th at 1:30PM.

PICKLEBALL AT THE BOYS & GIRLS CLUB

Play time every Friday from 9-11AM. \$5/person.

COUNCIL ON AGING BOARD MEETING

Wednesday, December 7, 2016 at 1:30PM.
All meetings are open to the public.

PRESSING PLANTS: THE SCIENCE & ART OF BOTANICAL PRESERVATION

Thursday, December 15, 2016

SALTMARSH DINNER

Monday, December 19, 2016 at 5:00PM.

NANTUCKET CENTER FOR ELDER AFFAIRS (NCEA) BOARD MEETING

Wednesday, December 21, 2016 at 3:30PM.
All meetings are open to the public.

BUILDING CLOSED CHRISTMAS HOLIDAY

Monday, December 26, 2016

MEN'S BREAKFAST

Cancelled for December

BUILDING CLOSED CHRISTMAS HOLIDAY

Monday, January 2, 2017

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9-1-1 POLICY

The Saltmarsh Senior Center recognizes that the health and safety of our employees, clients, program participants, and guests is a priority, and if emergencies occur, they will be responded to expeditiously.

Policy:

When an accident or incident has occurred employees will call 9-1-1 immediately. The individual can refuse /accept treatment from the EMTs, when they arrive. Should the individual refuse treatment the EMT's will ask them to sign a waiver.

Employees will exercise sound judgment in removing bystanders from the immediate area if possible, and requesting staff back-up as needed. Injured persons should not be left unattended or be moved.

To call for emergency personnel from any Saltmarsh phone:

**Pick up the phone
Press the red button
DIAL 9 THEN 9-1-1**

ACTIVITIES

WALKING CLUB AT THE BOYS & GIRLS CLUB

Tuesdays & Thursdays at 10:00AM.

Through April 27, 2017

Donations to the Boys & Girls Club will be accepted in April.

PLEASE NO STREET SHOES

SALTMARSH TREE DECORATING

Thursday, December 1, 2016 at 10:00AM.

Come meet fellow members and get in the holiday spirit by help decorating the Saltmarsh Christmas Tree with decorations made by members. Meet in front of Vis A Vis.

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

PICKLEBALL

Fridays from 9:00-11:00AM at the Boys and Girls Club

Pickleball is a low impact racquet sport that combines elements of badminton, tennis and ping pong.

Drop-in every Friday to play.

\$5.00 fee.

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ACTIVITIES

RUMPOLE OF THE BAILEY SERIES

Every Friday from 1:00-2:00PM

In the Computer Room

All Rise! The Critically Acclaimed Legal Drama, RUMPOLE OF THE BAILEY, Holds Court on DVD. An immensely popular series broadcast on PBS from 1978 to 1992, RUMPOLE OF THE BAILEY set a new bar for all courtroom dramas to come. Balancing suspense and satire as deftly as the scales of justice, Horace Rumpole tirelessly defends the downtrodden while undressing the upper class. A timeless mixture of comedy and drama, RUMPOLE OF THE BAILEY was one of television's most celebrated courtroom drama.

Flawlessly adapted by John Mortimer from his best-selling, Edgar Award-winning novels, and starring the esteemed Leo McKern (A Man for All Seasons), this 14-disc DVD Megaset™ includes all 42 episodes from seven seasons of RUMPOLE OF THE BAILEY.

Titles for this month:

Friday, December 2, 2016: Rumpole and the Younger Generation

Friday, December 9, 2016: Rumpole and the Alternative Society

Friday, December 16, 2016: Rumpole and the Honorable Member

Friday, December 23, 2016: Rumpole and the Married Lady

Friday, December 30, 2016: Rumpole and the Learned Friends

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

MUG OF GREENS

Friday, December 2, 2016 at 1:30PM.

Grab your favorite Holiday Mug and bring it to the Saltmarsh Center to fill with holiday greens. Nancy Tyrer, craft instructor from the Atheneum will provide samples adorned with ribbons, baubles and a variety of embellishments to make your greens mug festive. This will make a sweet little gift for a neighbor or co-worker.

If you don't have a holiday mug, we have some available.

Space is limited to 12.

Fee: \$3.00 for materials payable to instructor.

Call Saltmarsh to register, 508-228-4490.

PRESSING PLANTS: THE SCIENCE AND ART OF BOTANICAL PRESERVATION

Thursday, December 15, 2016 at 1:30PM.

Scientists and artists alike have been preserving plants in variety of ways for a variety of uses for millennia. We'll explore the history of botanical preservation and highlight the importance of herbaria to research and education. Dr. Sarah Bois of the Linda Loring Nature Foundation will discuss the history and science behind this ancient practice and follow up by pressing and processing some local plant specimens. Whether for decorative or scientific purposes, we can all appreciate the history of plant preservation and its legacy on Nantucket.

Generously funded by the Linda Loring Foundation

Call Saltmarsh to register, 508-228-4490.

SALTMARSH DINNER

Monday, December 19, 2016 from 5:00PM-6:00PM.

Stuffed Manicotti w/red sauce, Caesar Salad, rolls,
beverage and dessert.

\$4.00

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

Reservations required.

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ACTIVITIES

MEN'S BREAKFAST
Cancelled for December

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, December 6th & 27th 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, December 6th & 20th 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.

MAH JONGG-WEDNESDAYS 1:20PM.

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

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-Cancelled for December

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.

FITNESS PROGRAMS

FAST PACED AEROBICS W/DVD-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

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-Cancelled 12/27, 12/29 & 1/3

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, December 7, 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, December 7, 2016 from 11:15-11:45**

BLOOD PRESSURE CLINIC-Cancelled indefinitely

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

SUPPORT

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 2nd & 4th 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; 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.

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

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 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.

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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.

LEGAL SERVICES OF CAPE COD & THE ISLANDS sends a representative to Nantucket each month and is available December 1, 2016 at A Safe Place 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 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.

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

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.

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

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 photogram 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 or call the Volunteer Coordinator, Sergeant Kevin A. Marshall at 508-228-1212 or emailmarshallk@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 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.

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...

Medicare Part D and Pharmacies

For many Medicare drug plans, the pharmacy you use could make a big difference in the cost of your medications!

All Medicare drug plans and Medicare Advantage plans (HMOs, PPOs) have network pharmacies. Most pharmacies accept most plans. However, if you go to a pharmacy that is not in your plan's network, your medications will not be covered, and you will pay full retail price.

For 2017, 85% of the Medicare drug plans have preferred pharmacies. By using a preferred pharmacy, you can save money! Some plans have changed their preferred pharmacies for 2017 so please check to make sure the pharmacy you currently use will still be the best come January 1st.

Most plans have a mail-order program that allows you to get a 90-day supply of your covered prescription drugs sent directly to your home. Mail order sometimes costs less, but using preferred pharmacies could end up costing you less than mail order.

MEDICARE OPEN ENROLLMENT ENDS DECEMBER 7!

IF YOU WANT TO CHANGE YOUR MEDICARE PLAN, DON'T WAIT!

CALL 1-800-MEDICARE (1-800-633-4227) now...

Call the Saltmarsh at 508-228-4490 for an appointment with the SHINE volunteer.

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.civicplus.com/169/council-on-aging

NON-PROFIT ORGANIZATION
 U.S. POSTAGE
 PAID
 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

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.