

# Martha's Vineyard Center for Living

For over 30 years, the Center for Living has been dedicated to providing support to Island seniors.

## Our Vision

To provide services and programs that create an age-friendly environment, promote dignity, reduce stigma, support independence, and foster community engagement.



## Martha's Vineyard Center for Living

With the support of all six Island towns, and in collaboration with the local Councils on Aging and other service organizations, we provide programs and services that support Island seniors in the community.

### Our mission:

*Martha's Vineyard Center for Living strives to improve the quality of life for those impacted by issues of aging and impairment.*

A 501c3 non-profit organization.  
Your gifts are tax-deductible and greatly appreciated.

Please contact us or visit our website for additional information.

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Programs  
Activities  
Services  
Information

## Supportive Day Program

- A daily activity program for individuals who are at risk if left alone or may experience memory challenges.
- Designed to promote and enhance social engagement in a caring environment.
- Well deserved respite for caregivers, with the assurance that their loved one is in a safe, engaging environment.
- Exercise, arts, music, yoga, drama, discussion, current events, games, special presentations, family-style lunch, morning and afternoon snacks.

Full or half days, we will schedule to meet your needs. *Fee for service.*

Low income assistance may be available, call 508-939-9440.

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“Thank you for making such a difference in my mother’s life... your program is a lifesaver.”  
- FamilyCaregiver

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## Memory Support Services

### Dementia Family Supports & Resources

For families and caregivers of individuals with dementia:

- Memory Screenings
  - Support, Counseling, & Referrals
  - Information & Education
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### Dementia Caregiver Support Group

2nd & 4th Fridays, 9:30 am - 11:00 am

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### Memory & Music Café

Thursdays, 10:00 am - 12:00 noon

Live music, companionship, & refreshments

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Memory Support Services are offered *free of charge.*

Donations gratefully accepted.

Call 508-939-9440 for more information.



## 55PLUS Times

A comprehensive resource with information, activities, programs and services available to Islanders 55 and older, their families and caregivers. Published in the Martha's Vineyard Times on the last Thursday of each month, it is also available online at [mvtimes.com](http://mvtimes.com) and linked via the MV Center for Living website [www.mvcenter4living.org](http://www.mvcenter4living.org).

## Emergency Food Program

As a member of the Greater Boston Food Bank, MV Center for Living coordinates the delivery of nutritious food to local Councils on Aging and Serving Hands Pantry at the First Baptist Church in Vineyard Haven, for distribution to Islanders in need. For information contact your local Council on Aging or the Center for Living, 508-939-9440.

## Culinary Arts Luncheon

A delightful dining experience provided by the MV Regional High School Culinary Arts department. Great food and live music once a month during the school year. Reservations required, 508-939-9440.