

The Grapevine

News and information from
Vineyard Village at Home (VVAH)

Our Mission:

Our mission is to help older Vineyarders continue to live in their own homes by providing them access to a wide range of volunteer, household, health, social, and professional services that will ensure their safety and comfort. We work cooperatively with other health and social services on the Island and supplement their services as needed.

Our members enjoy these benefits and more!

- ❖ FREE escorted transportation by volunteer drivers
- ❖ One number to call for services
- ❖ Prompt service from screened service providers
- ❖ Discounts on many services
- ❖ Personal assistance
- ❖ Home & Health Services
- ❖ Social events/companionship
- ❖ In-home safety survey
- ❖ Medication review by pharmacist
- ❖ Custom household information notebook
- ❖ Polly Hill Arboretum membership



Participation in Agricultural Fair nets new members and volunteers



Photo by Lynn Christoffers courtesy of MV Times

Polly Brown and Jane Hawkes spread the word about Vineyard Village at Home.

Polly Brown, Jane Hawkes, Anne-Marie Brightman and Liz Dunleavy (two fantastic volunteers) spent four glorious summer days hosting a booth at the Agricultural Fair this past August. They met many wonderful people and enjoyed most likely the world's best burgers. It was great fun—even VVAH Board member Mike Loberg joined in for a morning shift at the booth.

Besides distributing information and recruiting volunteer drivers, the VVAH team offered visitors to the booth a free chance to win a gift basket of environmentally friendly products, generously donated by Eco-MV. Vivian Stein, a resident of West Tisbury and a potential volunteer, was the lucky winner.

More than 40 people signed up to become volunteer drivers, while others gathered information about VVAH for friends and family.

“This was our first community event, and we loved the exposure. We'll definitely be back next year,” said Jane Hawkes, VVAH Program Coordinator. “We want to become an integral part of the community by participating in other community events on the Island.”

Island couple makes donation to the VVAH scholarship fund

In the true spirit of supporting their community, a West Tisbury couple has generously donated to the VVAH scholarship fund so that a fellow Islander who cannot manage the annual fee may benefit from a Vineyard Village at Home membership. What a wonderful gift!

All donations to Vineyard Village at Home are tax-deductible and are very much appreciated!

Please call Jane Hawkes at 508-693-3038 for more information.

Need a holiday gift idea?
A membership to Vineyard Village at Home is a great way for adult children to give something back to their older parents!



Mother and son reflect on the benefits of joining Vineyard Village at Home



Rhoda Diamond's son John, a law professor in San Francisco, spends summers on the Vineyard with his family. John recently talked with VVAH in a phone interview. Here are his thoughts:

"VVAH has been an enormous godsend for my mother and the whole family," said John. While VVAH drivers took care of driving Rhoda to physical therapy throughout the summer, John and the family were able to enjoy lots more family time together with Rhoda.

Volunteer drivers have given a wonderful way for his mother to get not just to PT but also to the hairdresser and to social events. John believes that VVAH membership has enhanced his mother's quality of life by providing an opportunity for her to meet new people and make new friends.

He particularly likes the personal way in which the rides are given. He remarked that people have been very "generous and friendly". Indeed, on their way home from PT, a driver took Rhoda to see a new-born alpaca at Island Alpaca Company. The two women have since become friends.



Rhoda Diamond and husband Tom first visited Martha's Vineyard in 1950. They bought their Chilmark house in 1975 and moved there permanently in 1993. Sadly, Rhoda's husband died in 1997, but Rhoda continues to live in their home in Chilmark. Below is from a chat with Rhoda on Vineyard Village at Home:

Last spring, VVAH member Clara Kennedy told Rhoda about Vineyard Village at Home. Rhoda called the VVAH office several times with questions." I don't do things rashly," admitted Rhoda with a smile.

No longer comfortable driving at night, Rhoda decided to join Vineyard Village at Home. The decision was fortuitous : Rhoda had some medical issues this summer that temporarily prevented her from driving at all and required her to go to physical therapy three times a week . Thanks to a host of VVAH volunteer drivers, Rhoda attended every PT session, recovered successfully, and can now drive during the day. VVAH continues to help with evening transportation.

Asked to sum up her thoughts on VVAH, Rhoda said that she likes the security of knowing that Vineyard Village can help her get to and fro. "The volunteer drivers have been absolutely charming and wonderful, and", she added, "someday I may need an electrician."

Volunteer drivers can now get mileage reimbursement



Vineyard Village at Home has entered into a partnership with The Cape & Islands Senior Corps to offer our volunteer drivers mileage reimbursement through the Retired Senior Volunteer Program (RSVP).

The Corporation for National & Community Service provides the funding for this reimbursement program. Reimbursement is 45 cents per mile, and rides must be to what are considered essential destinations like a doctor's office, physical therapy, a pharmacy. To qualify, the volunteer must be 55 or older and apply to join the RSVP. Membership is free. Application forms can be obtained by calling the VVAH office.

Anyone interested in becoming a volunteer for Vineyard Village at Home and in participating in the RSVP may contact Jane Hawkes at the VVAH office at 508-693-3038.

Some impressive numbers to-date for Vineyard Village at Home:

Members: **57**

Service providers: **47**

Volunteer drivers: **44**

Services found for our members:

rides: **61**

handyman: **5**

plumber: **4**

help moving stuff: **2**

electrician: **1**

carpenter: **1** caretaker: **1**

upholsterer: **1** meals: **1**

Photos say it all—Members and volunteers have a great time at the Vineyard Village at Home autumn party



Polly Brown greets Peggy Freyberg as Betty Eddy and Dorrit Pfau look on. Betty Joslow is in foreground. Below, Henrietta Gallagher chats with Lisa Mathieu.



Janice Blum & Hope Callen



Peggy Freyberg & Dorrit Pfau



Nan Carter & Tom Rivers



Lani Goldthorpe, Phil Fleischmann, Bonnie Meras



John Von Colditz, Bill Lidgerwood, Dori Blackwell. Below, Don & Marian Mohr.



Pharmacist discusses medication management and safety

Pharmacist Dr. Sandra Baldinger from Dovetail Health spoke to an attentive group of VVAH members and others at the Vineyard Haven Library on September 23. The topic of discussion was how best to manage one's medications.

Dr. Baldinger's easy manner encouraged audience members to participate by answering her questions and posing some of their own. She was pleasantly surprised at how well prepared the audience was in having lists of their medications on hand. Still, she was able to point out items that many people forget when listing their medicines such as over-the-counter drugs, supplements, eye drops, and aspirin.

As she spoke, Gayle Poggi and Mary Patrice Ruocco from the Martha's Vineyard Hospital distributed medical information cards on which one can note medications, history, vaccinations, allergies, etc.. The card folds into a plastic sleeve and can be kept readily accessible in a bag or wallet.

Dr. Baldinger advised that people check their prescriptions *before* leaving the pharmacy to make sure the medication is correct and that any changes to the prescription are explained. She showed various containers that can aid in keeping track of daily medications. Again, the key was being aware of all one's medications, their purpose, and their dosage.

Proper disposal of medications is equally important. Contrary to popular belief, it is not okay to flush away your unwanted pills because they can wreak havoc with water supplies. Instead, you must secure them in plastic bags for disposal into the landfills.

Above all, Dr. Baldinger encouraged people to talk with their health care providers, ask questions, and be forthcoming about their concerns.





Please pass this newsletter on to a friend!

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A word of thanks.....

Many thanks to Dee Smith of Tea Lane Caterers for donating the delicious shrimp and tortellini skewers for our Autumn Party.

Heartfelt thanks to volunteers Anne Marie Brightman and Liz Dunleavy for their many hours of help getting VVAH up and running.

Special thanks to Liz Dunleavy for helping (and bartending!) at the party.



Visitors to the Vineyard Haven Library examine the display case containing photos and information about Vineyard Village at Home....potential volunteers or future members?

News Briefs and Coming Attractions

- ▶ VVAH is now a member of the **Martha's Vineyard Chamber of Commerce**. We hope to network with Island businesses and acquire more partners.
- ▶ VVAH has joined the **Martha's Vineyard Donors Collaborative**, an advocacy organization that helps the non-profit community on the Vineyard by increasing the total amount of money donated to Vineyard charitable organizations.
- ▶ Vineyard Village at Home will host a **Holiday Party** in early December. Watch your mail boxes for an invitation!