



HEALTHY AGING MV

HAMV is a planning, advocacy and community building organization. Our mission is to ensure that the infrastructure and services are in place to serve our Aging Adults and those who care for them. Our fiscal agent is MVCS. It is funded in part by the six towns of Martha’s Vineyard through a contract between the County of Dukes County and MVCS. Other funding sources, which make up the majority of our budget are grants from local, national and regional organizations and foundations, as well as private contributions. We continue to maintain a lean operation, depending on an active volunteer executive board led by Cindy Doyle (Chair) and one full-time employee, Cindy Trish, Executive Director. During the last year we have added two half-time positions; Lynn Marquedant, Associate Director and Gail Gardner, Mobility Manager. Both of these positions are funded through grants or donations.

HAMV conducts research and educates the community about Aging Adult needs and their contributions to the island, plans and advocates for new or improved services to meet those needs, and builds community-wide support through engaging stakeholders of all ages to bring these goals into reality. Once service and infrastructure gaps are identified, HAMV and coalition partners create pilot programs to address these needs and identifies funding sources for the pilot phases.

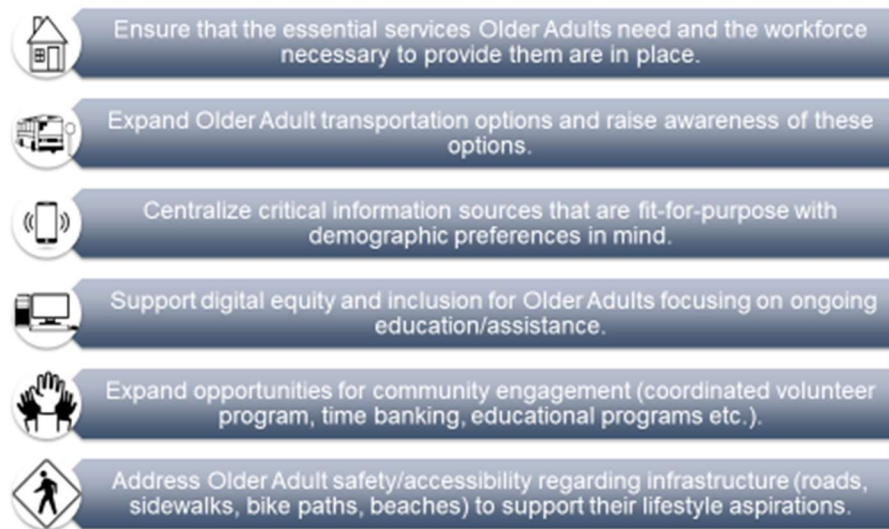
The following graphic illustrates the interconnectedness of HAMV with other on- and off-island organizations serving Aging Adults. As a planning and advocacy organization, we act as catalyst to create collaboration to identify and address the needs of Aging Adults. More information on HAMV can be found at our website <https://www.hamv.org/>



HAMV's appropriation request from the towns for FY25 is at the same level of our FY24 request. Funding will allow us to maintain our full-time Executive Director role and will cover a portion of the costs associated with running the organization (allocation paid to MVCS, other operating costs and program supplies) as we continue to expand our impact and reach. In FY25 we will;

- Continue to convene and lead island-wide coalitions to make progress on the Community Action plans associated with these six key initiatives:

HAMV key priorities for an aging friendly Island



(Dec 2020 HAMV survey)



- Deepen our collaboration through our coalitions with on- and off-island Aging Adult service agencies and regulatory organizations so that we work more productively and efficiently island-wide to achieve an outcome of creating greater impact on addressing Aging Adult needs and touching more lives.
- Continue and expand our pilot programs (Home Safety Modification, transportation pilots including GoGoGrandparent, OCB off-island transportation, Home Sharing, Matter of Balance, “Call the Tech Pro”, Computer Repair for Older Adults) and add 1-2 new pilot programs as needed.
- Opportunistically address Aging Adult needs as identified.
- Advocate for efforts made by other island organizations to strengthen our Aging Adult services and infrastructure (such as supporting the Navigator Homes skilled nursing facility, affordable housing initiatives and other initiatives).

HAMV’s accomplishments in FY23/FY24 have included:

- Progressing our Action Plan for the 6 major priorities, achieving numerous plan milestones. Strengthening partnerships with Island organizations, including the Martha’s Vineyard Hospital, COAs, IEH, MVC4L, MVC and others to execute and evolve our plan.



Martha’s Vineyard 5 Year Community Plan for an Aging and Dementia Friendly Island



May, 2022

Coalitions and Programs:



- Opportunistically bringing the four Island Councils on Aging together to obtain \$75,000 from ARPA funds for a new program to provide technical assistance to Older Adults; “Call the Tech Pro” which brings one-on-one assistance for cellphones, tablets and computers in Older Adults’ homes or at COAs. It also provides devices as appropriate. This complements the technical support provided by the libraries and COAs and addresses an unmet need. In addition, working with Older Adults and coalition members to sign up Older Adults for the Affordable

Connectivity Program (ACP) for no cost internet. Working with MVH to provide Patient Gateway training sessions for Older Adults. Exploring educational programs to complement one-on-one technical assistance programs for Older Adults.

- The Home Safety Modification Program for 65+ homeowners (or adults with disabilities) continues, working with Martha’s Vineyard Builders Association and local contractors. The program is referral based (from COAs, MVH, MVC4L, Elder Services etc.) and includes conducting a home assessment for minor home safety renovations (i.e. grab bars, stair railings, improved lighting, pull-out shelves etc.), matching the participant with a willing contractor to conduct the renovations, and providing a post-renovation assessment of the project. Obtained grant funding in excess of \$100,000 from MVH and MVBCF and private donations to fund this program. The following table shows the distribution of applicants by town through June, 2023.

Healthy Aging Martha's Vineyard
Home Safety Modification Pilot Program

What is it?
A pilot program to provide housing modifications to islander homeowners 65 years and older.

Benefits

- Comprehensive: needs assessment to provide solutions
- Low cost, high impact: specializes in one-time minimally disruptive yet high-impact minor home renovations
- Individualized: approaches assessment from the homeowner’s perspective and provides solutions customized to their daily routines, needs, and preferences



Program Metrics – Client Overview

	Since Inception
Number of clients referred /applications completed	75
Average age of clients & range	78.5 average age (63-102)
Average income	\$58, 842
Location of clients	Aquinnah - 3 Chilmark - 1 Edgartown - 26 Oak Bluffs - 12 Tisbury - 21 West Tisbury - 12
Household size	1-34; 2-39; 3-2
% who qualified for full subsidy (100%)	66.7%
% who qualified for partial subsidy (paid \$100)	10%
% who qualified for partial subsidy (20% of total)	23.3%

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Continuing the 3rd year of the Aging Adult Transportation Coalition leading monthly meetings and smaller workgroups, consisting of over 15 service agencies including the VTA and Steamship Authority, to address the needs for alternative transportation options for Aging Adults, both on- and off-island. The coalition has 4 pilot programs for alternative transportation options for Aging Adults including:

- GoGoGrandparents on-demand rides (on-island)
- MVC4L adult supportive day program (on-island)
- COA Shopping Shuttle transportation (on-island)
- Shuttle (including escorts) for islanders who are having cataract surgery (off-island)

The following table demonstrates the significant increase in program rides and riders for FY23. Over \$100,000 in grants and donations have been raised in FY23 to support these programs in addition to utilizing existing island assets (e.g. VTA vans).

FY2023 Pilot Program Metrics Update

- Number of Rides increased 3X in FY2023 from FY2022
- 3 new pilots added, one for off-island

Time Frame	Total Number of Riders (unique riders per pilot program)	Total Number of Rides (for all pilot programs)*
FY2022 (7/21-6/22)	200	2,242
FY2023 (7/22-6/23)	376	6,945
FY2024 (7/23-6/24)		

Pilot programs include GoGo, Shopping Shuttles (Edgartown, Tisbury, Oak Bluffs, MVC4L Supportive Day Program, OCB (off-island pilot))

Ongoing programs: GoGo (full 12 months), MVC4L Supportive Day Transport, Edgartown Shuttle
 New in FY2023: Tisbury & Oak Bluffs Shopping Shuttles & OCB



Specifically for the GoGoGrandparent on-demand ride program, riders by town are as follows:

Town	Percentage
Aquinnah	2%
Chilmark	4%
Edgartown	14%
Oak Bluffs	37%
Vineyard Haven	28%
West Tisbury	15%
Total	100%



- Convening bi-monthly meetings with the Falls Prevention Coalition and executing island-wide efforts for Falls Prevention Month (Sept), developing a host of print and media assets on awareness, education, and empowerment available to all island service agencies. Sept activities included in-person educational sessions across the island on “Medication and Risks”, “Falls Prevention Trivia”, and “Pain-Free Movement and Balance Screening” as well as dissemination of printed materials. A new addition to our September activities are the weekly walks cosponsored with MV Trails to introduce Older Adults to the most accessible walking trails on the island. HAMV publishes

an annual report describing impact on falls prevention reduction island-wide as a result of our efforts.

- Continuing a new-to-the-island evidence based pilot program, Matter of Balance, in collaboration with the COAs which has been extremely well received in our community. Offering a minimum of two workshops per year, securing over \$5,000 in funding to identify and train coaches (COA and MVH staff as well as volunteers). This program is specifically designed to reduce the fear of falling and improve activity levels among Aging Adults and addresses an existing service gap in supporting those who have fallen or fearful of doing so and are restricting their activities as a result. HAMV is the licensee of this program on the island.



H A HEALTHY AGING
M V MARTHA'S VINEYARD
Helping Adults to Age in Place on the Island

**Introducing
the Older Adult
Home Sharing
Pilot Program**

Every day, we are reminded of the housing shortage our workforce faces here on the Island. There are multiple efforts underway to address this affordable housing shortage, but many of them will take years to make an impact.

We will utilize home sharing models that have been successfully deployed in other communities to offer our Island's Older Adults (hosts) the opportunity to share their home with a well-suited single employee (guests) in need of housing.

- Continuing a “proof-of-concept” Home Sharing program to pair Aging Adults who live alone (the host) with an employed Islander (the guest) who needs housing. Modelled after nationwide programs, we are in the early stages of getting this program off the ground. Partnering with MV Mediation to provide housing facilitation expertise to insure a quality “match” between participants.

- Introducing a new initiative – “Beach within Reach” - HAMV, the Island Disability Coalition and the County Commissioner for Disabilities are working together to improve accessibility of our island’s beaches. Starting with a Beach Manager survey, it is part of a multi-perspective review of the state-of-our beaches to raise awareness of the current levels of beach accessibility, identify priorities for improving beach accessibility and collaborate with towns on the development of short and longer term action plans. In addition, we plan to provide a curated printed directory of information on beach accessibility for the general public.



- Continuing to raise awareness and provide educational seminars for Advance Care Planning, strengthening our partnership with MVH and other health care providers.

Other Activities

- Advocating on behalf of other island agencies to raise awareness of Aging Adult needs and to obtain funding and demonstrate legislative support for key initiatives.
- Providing subject-matter-expertise to community working groups and committees on Older Adult data to support long term planning (e.g. providing feedback to the JTC for the regional transportation plan etc.)
- Hosting the Community Mobilization Summit

HAMV 10 YEARS 2013 • 2023 **COMMUNITY MOBILIZATION SUMMIT ON AGING**

Date: November 14, 2023
Time: 12:00pm – 6:30pm
Location: The Grange, 1067 State Road, West Tisbury

JOIN US!

Topics:

- Your aging journey and how to have fun with it
- 6 key priorities for ensuring an age-friendly island
- A realistic look at aging trends for the next 10 years on MV
- Aging policies that will impact islanders and what we can do

Come listen, learn, and share your perspective. Come for all or just part of the day. By working together we can continue to live and thrive on Martha's Vineyard!

FREE. Includes lunch, snacks, and beverages.

Guest Speakers:

- Michael E. Festa, State Director, AARP Massachusetts
- Denise Schepici, MV Hospital President
- Nancy Aronie, Founder Writers Workshop and Author of Memoir as Medicine
- Lyndsay Famariss, Edgartown COA Director
- Iris Freeman, Social worker, Educator on Elder Justice
- Robert Laskowski, Physician, Former Health System CEO
- Cindy Trish, HAMV Executive Director
- Adam Turner, MV Commission Executive Director

REGISTER: www.hamv.org/10-year-celebration



- Contributing member of numerous regional, statewide and national organizations/committees representing the Vineyard's perspective on Aging Adult issues (e.g. Dukes County Health Council (DCHC), AARP Rural Labs, MARCH, MA Healthy Aging Collaborative, co-chair of Patient Family Advisory Council at MVH).

- Supporting the development of the Green House model nursing home, working with MVH and Navigator Homes to bring this 10+ year journey to completion, resulting in a 60+ bed skilled nursing home facility on-island that is available to residents at all income levels.

We appreciate the financial support that each town has provided to HAMV in past years. Thank you. We look forward to what we can accomplish together in FY25.