



H A Healthy Aging
M V MARTHA'S VINEYARD
Helping Older Adults on Martha's Vineyard THRIVE!



Dear Healthy Aging Readers,

Spring has finally arrived and not a moment too soon. Opportunities to enjoy our island's natural beauty abound and many community activities/programs are underway again - some of which you will be reading about in this newsletter. Spring is also Town Meeting season and again we thank the voters who supported Healthy Aging Martha's Vineyard on this year's warrants. We have exciting news here at HAMV - read on to hear of our new home which we hope you will visit soon.

For me, spring feels like the perfect season for Healthy Aging - enjoying the outdoors, being active, and connecting with our community in many ways. We recently participated in the MV Health Fair and enjoyed seeing many of you there. Here's to making the most of our longer days and working together to helping Older Adults THRIVE on Martha's Vineyard.

Best,



Cindy Trish
Executive Director
Healthy Aging Martha's Vineyard

HAMV Has a New Home!

With the arrival of warmer days and the promise of Summer in the air, Healthy Aging Martha's Vineyard (HAMV) is excited to share that we've moved! You can now find us at 29 Breakdown Lane in Vineyard Haven, located above the Martha's Vineyard Center for Living. Our entrance is around the back of the building—on the opposite side of the main Center for Living entrance.

While we carry fond memories of our former office at the MV Community Services campus, our new space offers a fresh start and room to grow. This location allows us to continue offering high-quality programs and services that support older adults across the Island, while also providing more space for small meetings and community resources.

We're still here to answer your questions, share helpful information, and connect you to services—just in a new location. You can reach us at 508-618-5134, and we encourage you to visit www.hamv.org, where we post updates and resources regularly.

We look forward to welcoming you to our new space as we head into another vibrant Vineyard summer!

Share Your Voice - Help Shape the Future of Island Health!

Martha's Vineyard Hospital and Island Health Care are partnering with local organizations to better understand our community's health needs—and they want to hear from you! Please take 5–10 minutes to complete the 2025 Martha's Vineyard Community Health Needs Assessment Survey. Your input will help guide important health and quality of life improvements across the Island.

The survey is open to all residents (year-round and seasonal), age 14 and up, and is available until June 30, 2025. It's completely anonymous, and by participating, you'll have a chance to win one of two \$100 grocery gift cards or local family-friendly experiences!



We're Now on Facebook!

Healthy Aging Martha's Vineyard is excited to launch our new Facebook page! Follow us to stay up to date on local events, helpful resources, and news for older adults and their families across the Island. It's a great way to stay connected and informed.

