



# April 2021

## Zoom Zoom Zoom!

The past 12+ months have been filled with more changes and adaptations than we could have imagined. In March of 2020, the Anchors' staff were preparing for a St Patrick's Day lunch, complete with Diane's delicious corned beef Reuben sandwiches. Sara Piazza was scheduled to perform some traditional Irish folk songs. However, as the threat of the pandemic became real, we decided it was safer to bag those sandwiches up and bring them to people so they wouldn't have to leave their homes.

In the blink of an eye, it seemed the whole world was in lockdown. How could we function without being together? We were concerned about our collective and individual safety, social isolation, and communicating without proximity to one another.

Enter Zoom. Suddenly people were using the meeting platform for everything. Staff at the Council on Aging reached out and asked about computer use in the older adult community. We were thrilled to find many of you had already been using Zoom for family get-togethers, religious services, exercise, workshops, and meetings of every kind. Those who were once a little intimidated by computers, took the challenge head on and learned how to use them. Instructors took a deep breath and dove headfirst into the world of online programming.

Each week when we log in, we invite each other into our homes and lives. We make ourselves vulnerable in a way, by sharing a glimpse of our sanctuaries with people we may have never met before. Yet, sharing the unedited versions of ourselves in our homes may have brought some of us even closer. There is something surprisingly intimate about being together, even online, while at ease in our 'natural habitats'.



To those of you who really resisted 'Zooming' but tried it anyway, nice work! And let's not forget to honor those who amused us with their cameos. Meetings were interrupted by barking dogs, maybe a cat stepping on the keyboard or using the webcam as a backscratcher. Children and grandchildren couldn't

pass up the chance to hijack a meeting and claim the spotlight. Spouses pattered and chatted away in the background, mostly unaware that they had an audience. Some of us curated our spaces at home, or inserted beautiful backdrops from the far away places we pined to be all year. We learned to angle the camera and adjust the light to our advantage.

Whatever your Zoom style was this past year, we are just so glad we were able to be 'with' you. We're still in this together and looking forward to the next time the restrictions loosen up, right alongside you.



## **The Anchors Kitchen**

**We continue to deliver frozen soups and single serving entrees to older Edgartown adults in need while we remain closed to the public. Meals are delivered to the doorstep Thursdays, weather permitting.**

**For more information please call**

**508-627-4368 or email [kvieira@edgartown-ma.us](mailto:kvieira@edgartown-ma.us)**

**Meals and soups are \$3 each, or 2 for \$5.**

## **The Island Food Pantry**

**Is now located at the PA Club ~ 137 Vineyard Ave, Oak Bluffs**

**<http://islandfoodpantry.org/> ~ 508-693-4764**

**Open shopping is back! Mon. 12-2pm, Wed. 1-6pm, & Sat 10am-1pm. Qualifying older adults can sign up for deliveries every other Thursday by calling or going online.**

**Thanks to the Martha's Vineyard Fishermen's Preservation Trust, the Food Pantry has chowder, fish stew, and oysters available.**

**The IFP is dedicated to providing island households with nutritious foods. They prioritize having a wide variety of fresh produce in stock. They also have dairy, meats, as well as dry and canned goods available.**

# Programs and Services

## Covid-19 Resources

**Centers for Disease Control and Prevention**  
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

**Mass.gov for Covid-19 state regulations and guidance.** <https://www.mass.gov/info-details/covid-19-updates-and-information>

**Covid-19 testing and vaccine information for Martha's Vineyard** can be found on the MV Hospital website at: <https://www.mvhospital.com/health-resources/vaccine-information>

**The Edgartown Council on Aging-** Please get in touch if you or an older adult you know needs assistance with registering for the Covid-19 vaccine. 627-4368.

## Dental Clinic

**Vineyard Smiles Dental Clinic** at The Anchors Monday, April 19th– Friday the 23rd. By Appointment Only. This clinic is for island residents, 20 years or older, who do not have access to dental care. To register call Vineyard Smiles at: 508-696-0020 x101 or email [info@mvhealthcareaccess.org](mailto:info@mvhealthcareaccess.org)  
This clinic will be held at the Edgartown Council on Aging ~ 10 Daggett Street, Edgartown MA.

## Employment/ Job Resources

**Panel Discussion on Older Adult (50+) Employment on Martha's Vineyard** This 2 part series will be held on Wednesday, April 7 5:30-6:30 pm & Wednesday, April 14 5:30-6:30 pm. Who should attend?

- Older Adults who are seeking employment (either currently employed or want to be)
- Organizations who serve our older adults (who want to be informed as to these resources)
- Island Employers

Prior registration required. Follow this link prior to first class to register. <https://us02web.zoom.us/j/89310613621?pwd=Y1BkQWN2WDVXL3d2cTdNWnlodVIyZz09>

**The Senior Tax Work-off Program** can help you to lower your property tax bill. Please contact Lyndsay: [lfamariss@edgartown-ma.us](mailto:lfamariss@edgartown-ma.us) or call 627-4368 ext. 213 for opportunities and more information.

## Exercise & Wellness

**Tai Chi with Nan Doty** Wednesdays at 9:30am. Please email Nan at [chipocket62@gmail.com](mailto:chipocket62@gmail.com) to register.

**Tai Chi Qigong with Nan Doty** Wednesdays at 11am.

**Mindfulness Meditation with Ed Merck** Fridays, 9:30-10:30am. Our regular attendees have been raving about the difference it has made in their lives. Please join us to see for yourself. Email [mkeating@edgartown-ma.us](mailto:mkeating@edgartown-ma.us) to register.

**Yoga with Carol Vega** Tuesdays 1pm. Please email [mkeating@edgartown-ma.us](mailto:mkeating@edgartown-ma.us) to register.

## Knitting

**Knitting and Needlepoint** on Zoom, every Monday at 4pm.  
<https://us02web.zoom.us/j/89310613621?pwd=Y1BkQWN2WDVXL3d2cTdNWnlodVIyZz09>

## Music

**Adele Dreyer on Piano via Zoom** Join us on Friday, April 16th at 1pm, for your listening and lounging pleasure. Bring a project, your pet, or a cup of tea and just relax while listening to the musical stylings of this lovely pianist. Time will be held for a bit of discussion after the music. Email [mkeating@edgartown-ma.us](mailto:mkeating@edgartown-ma.us) for Zoom link.

*“When well-apparell'd April on the heel  
Of limping winter treads...”*

~William Shakespeare, Romeo and Juliet,  
c.1594 [I, 2, Capulet]



## Memory Programs

**The Martha's Vineyard Center for Living** continues to offer a robust Zoom-based supportive day program for caregivers and their care partners. Contact Mary Holmes: maryh@mvcenter4living.org

**Dementia Caregiver Support Group** Please call Nancy at 508-498-1948. Fridays 10am-11:00am on Zoom.

**Virtual Education Series** with a focus on Memory Care. Presented by Dementia Expert Alicia Seaver of Bridges by Epoch. <https://www.bridgesbyepochmemorycare.com/webinar/>

- Family Dynamics & Spousal Stress  
Thursday, April 8 at 11 a.m.

## Private Attorneys Specializing in Elder Law

The following attorneys all have their main offices on the mainland but frequently see clients on Martha's Vineyard. They all specialize in elder and estate law. These are not legal aid attorneys and charge for their services.

**Suprenant and Beneski** 508-994-5200  
<https://myfamilyestateplanning.com/>

**Patricia Mello & Associates** 508-477-0267  
<https://attorneymello.com/>

**Arthur P Bergeron** 508-860-1470  
[abergeron@mirickoconnell.com](mailto:abergeron@mirickoconnell.com)

## Volunteer Appreciation

**April is Volunteer Appreciation Month!** Our volunteers have gone the extra mile more than ever before in 2020. To all of the volunteers who have helped us get through this past year, we thank you. **Please come to the back of the Anchors on Wednesday, April 14th, between 9am and 12noon** to pick up a little token of our

gratitude and let us thank you in person. If you are a volunteer and can't make it or are not currently on island, don't worry! We will hold onto your gift and look forward to seeing you when you have the time. Because we can't honor our volunteers with an event just yet, be on the lookout for a special publication, where we will take the opportunity to share the accomplishments of our most valuable resource.



## Wellness Clinics

\*Please note that all in person clinic dates are subject to change. The ECOA may begin offering clinics in May of 2021, dependent on Board of Health approval relative to current Covid-19 safety regulations. Please call to register so we may call to schedule you as soon as we resume in-person clinics.

**Ear Wellness** with Shawn Woodbrey, licensed hearing aid specialist. Second Monday of the month, beginning at 9 am. Hearing tests are 30 minutes; general ear check and hearing aid checks are 15 minutes. No cost. Call Meris to schedule an appointment. 508-627-4368

**Foot Care Non-Diabetic** with Grete Christiansen. Appointments held on the third Tuesday of the month from 1-3 pm. Call the Anchors for an appointment. (1/2 hour treatments \$30)

**Blood Pressure/ Wellness Clinic** Private health consultations with the town nurse. Held on the fourth Tuesday of the month from 1-2pm.

# Adele Dreyer's Piano Lounge Hour

## The 3rd Friday of the month @ 1pm



# Mindfulness Meditation with Ed Merck

## Fridays at 9:30am





# Qigong With Nan Doty



Nan Doty



Betsy Cabana



arlensesibley



Mary Bunge



gail tipton

Wednesdays  
Tai Chi @ 9:30  
Qigong @ 11:00  
Both classes are followed by tea

# Tai Chi With Nan Doty



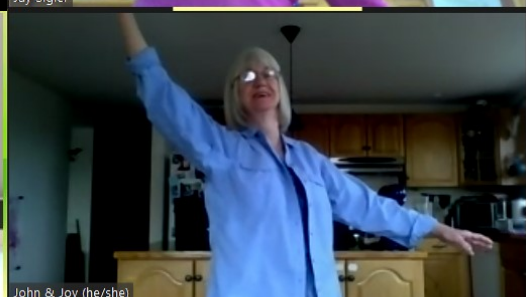
by



Jay Sigler



Pat Bakke



John & Joy (he/she)



Carl's iPad





Marianne Honey



Meris



Cathy Lewis



Ricky Harrison

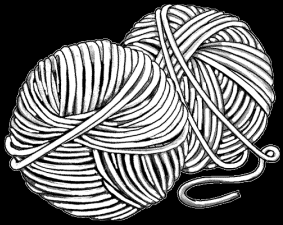


Margaret Serpa



shirley dewing

# Knitting and Needlepoint



EllieBates

Mondays  
@  
4:00pm

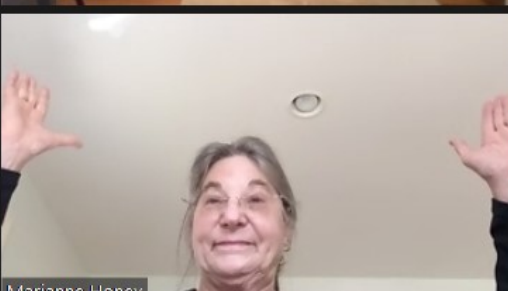


Carol

# Yoga with Carol Vega Tuesdays @ 1pm



Patricia Correia



Marianne Honey



Jane Norton



Nancy Whipple



Board Members

Rosemary Cunningham, Chair  
Marvene O'Rourke, Co-chair  
Stephen W. Miller, MD  
Nancy Ignacio  
Heidi Boyd  
Jay Sigler  
John Dropick

Thank you, Board Members, for your hard work and dedication!

ECO Staff ~Please note our new extensions~

Katie Vieira, Outreach Worker, 212  
Donna Paulson, Receptionist, 210  
Diane Wall, Cook  
Victoria Haeselbarth, Outreach Worker, 215  
Meris Keating, Director of Senior Services, 214  
Lyndsay Famariss, Administrator, 213



**A riddle, just for fun:  
It belongs to you, but other people use it more than you do.  
What is it?**

**Disclaimer:**

The Edgartown Council on Aging offers many legal, financial, recreational, medical screening or other services and/or activities by volunteer or nominal cost practitioners. Seniors participating in these services do so with the understanding that the Edgartown COA, the Town of Edgartown or its employees do not assume any legal responsibility for any advice or services rendered by such volunteer or nominal cost practitioner. Any act, advice, or service by outside providers at the COA is neither endorsed nor sponsored by the COA.