

August 2020

A Little Stroll Down Memory Lane..



An iconic Jeanne Andrews.
"Bend in the Road", 1959



Jean Bishop, Danbury, CT., 1952 the year
before she married.



Pat Tyra at the Ag Fair Skillet Toss. She has won 8 ribbons over the years, but no blue, (yet!)

Resources to help you stay informed, connected, and engaged while at home.

Advanced Care Planning

Advanced Care Planning Workshop - Tuesday, Aug 11, at 1pm. Healthy Aging Martha's Vineyard invites you to attend an informational Zoom session, which we hope will empower you to have "the conversation" with those who care about you. Learn how to speak openly about this delicate topic, so that you may do so with loved ones, and your physician. You will be provided with a packet of resources, including advance directives to fill out when ready. You will also learn who needs a copy of those forms so they are available when needed. Please email mkeating@edgartown-ma.us to register.

Covid-19 resources

To register for Covid-19 Testing at the MV High School You must call to register before your drive-thru test. **877-336-9855** For more info, visit the Island Health Care website at <http://www.ihimv.org/#welcome-alert>

Martha's Vineyard Community Services has put together a comprehensive listing of supports and services available to islanders during this unprecedented time. Look on their website to familiarize yourself with the resources available. <https://www.mvcommunityservices.org/coronavirus-covid-19-updates/>

Martha's Vineyard Hospital is keeping the island up to date on Covid-19 as it pertains to the island via their website. <https://www.mvhospital.com/health-resources/resources-and-information-on-coronavirus-covid-19>

Education & Entertainment

Metropolitan Opera Live Streams, Followed by Opera Appreciation Discussion, led by Susan Grunthal. For more information and to sign up, please email mkeating@edgartown-ma.us. All are welcome to join.

Gardening, delivered! The Happiness Project is

brought to us by Healthy Aging Martha's Vineyard and Island Grown Initiative. Participants will be signed up to have a volunteer deliver a planter pot, soil, seeds, a watering can, and instructions on how to grow their herb or vegetable. If you would like to be a recipient of one of these garden kits, please email mkeating@edgartown-ma.us

Exercise

Strength Training with Lisa Amols on Tuesday and Thursday mornings 9-9:45am. To register and for Zoom meeting info please call Lisa at 508-693-1009. For more information: Lisasstudio.com

Tai Chi with Nan Doty will be taking a break for the summer. Please stay tuned for information on when classes resume.

Food Resources

The Edgartown Council on Aging continues to provide frozen soup and meal deliveries to its older and more vulnerable community members during the Covid-19 pandemic. If you or someone you care for would benefit from this program, please email Katie at: kvieira@edgartown-ma.us

Fraud Prevention Education

Identity Theft, Scams, and Fraud Prevention. Wed., August 4th at 1pm. Robin Putnam from the Office of Consumer Affairs and Business Regulation and Amy Schram from the Better Business Bureau, will present on identity theft. The presentation will include information about their offices and what they do. It will also cover how to spot and avoid scams, and how to prevent identity theft. Email Meris for Zoom link.

The Senior Medicare Patrol presents a free, informational Zoom workshop on Wednesday, August 12, at 2pm. Protect yourself from Medicare fraud. Email or call to register: mkeating@edgartown-ma.us 508-627-4368

Mediation

MV Mediation is offering a free workshop via Zoom on aging conflict resolution. Tuesday, August 25th at 1pm. Email mkeating@edgartown.us to register.

Memory Programs & Caregiver Resources

Martha's Vineyard Center 4 Living is offering some wonderful remote programming to its clients and their families through Zoom. Please contact Mary Holmes at 508-560-6012. For the **Dementia Caregiver Support Group** Please call Nancy at 508-498-1948. Fridays 10am-11:30am on Zoom.

Alzheimer's Cape Cod has created a page of rich and uplifting, useable information for those suffering dementia and their care partners. <https://www.alzheimerscapecod.org/memory-madness-what-to-do-while-you-are-flattening-the-curve.html>

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

- **Summer Safety**
Thursday, August 6 at 11 a.m.
- **Alzheimer's 101**
Thursday, August 27 at 11 a.m.
- **Humor & Caregiving**
Thursday, September 10 at 11 a.m.

Reach out to someone if you're feeling isolated... We are all in this together.

The Staff at the Anchors are here for you. If you need to reach out and just talk to someone, or if you need a referral, call us at 508-627-4368.

Martha's Vineyard Community Services can help you find the support you need, whether through individual or family counseling, or by connecting you with a recovery community or

support group specific to your needs. <https://www.mvcommunityservices.org/>

SHINE

SHINE counselor Bill Glazier is available by appointment for phone consultations. The SHINE program will continue through the fall as a non-contact program.

Call to register. 508-627-4368



Volunteers Wanted

Are you looking for a meaningful way to give back to your community?

The Edgartown Council on Aging is seeking volunteers to fill the following roles:

- Meals program delivery
- Grocery shopping/ run errands
- Wellness checks/ friendly phone calls
- Zoom program leader/ educator

Contact our volunteer coordinator, Meris Keating: mkeating@edgartown-ma.us

Zoom with Us!

Let's have virtual get together! Tuesday, August 18th, at 1pm. We would *love* to see your faces and catch up. Please log in to say hi to each other and some of the Anchors staff. Email Meris at mkeating@edgartown-ma.us to register.



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. All food from the Anchors is delivered to the doorstep.

**For more information please call
508-627-4368 or email kvieira@edgartown-ma.us**

**Meals and soups prepared at the Anchors are \$2 each.
*You may also receive a soup or meal from the Edgartown Yacht Club or Slough Cove Farm, which are no cost to you.***

Coming soon from a farm near you..

The Gleaners are coming! Thanks to this fabulous group, we will once again have **farm fresh local produce to offer through our delivery program.**

Other Food Resources on MV

Martha's Vineyard Community Services has created an amazing resource guide to address critical needs during Covid.

Please visit their website for a comprehensive guide to accessing food, mental health support, substance abuse support, and other important resources.

<https://www.mvcommunityservices.org/coronavirus-covid-19-updates/>



Unlimited FREE Covid
Testing for
locals *and* visitors over
18 years old

To Register:

- ⇒ Have your Health Insurance card, ID, and social security number ready
- ⇒ Call (877)336-9855, or go online <http://health.questdiagnostics.com/IHC>
- ⇒ Testing Site: 100 Edgartown-Vineyard Haven Rd, Oak Bluffs, MA

In an effort to answer the many Covid-testing questions we've been asked lately, outreach worker Katie decided to take one for the team by offering to be the Anchors' guinea pig. The following is her experience in her own words. Thanks Katie!

I called the number above, waited on hold for a very long time, but finally got through to someone who asked for my name, birthday, social security number, and phone number. I was assured that I would get a call back within 48 hours. The weekend was upon us, so I got a call on Monday, and scheduled my appointment for the very next day. They told me to have my ID, medical insurance card, wear my mask, and not to roll down the windows upon arrival.



The next day, I pulled into the high school parking lot, and followed the clear signs and prompts. Check in was simply holding my license up to my window. I was sent to one more check point, and then told to pull into tent #2, where a nurse was in full gear, and standing behind a table. The nurse signaled me to roll down my window, and handed me all of my materials, using a mechanical arm, from 6 feet away. She verbally walked me through confirming my name and information in the kit, and then the process of swabbing each nostril for 15 seconds each, before inserting the swab back in the test tube. I put the vial back in the bag it came in, and the nurse collected the sample from me with her snazzy mechanical arm. She told me I would get my results by phone call or email in 24-48 hours, and would get them sooner if I downloaded the free Quest Laboratory App. I was done! And I did indeed receive my results in 24 hours via the App.

I made it a point to ask her if the tests were unlimited and free, and she confirmed that they are indeed, no matter your insurance. She urged me to *spread the word*, and encourage regular testing for everyone, to help protect ourselves, our loved ones, and our entire community.

~Katie Vieira

August's Artist of the Month - Marvene O'Rourke



When Cynthia Riggs said, "There are lots of fish in the waters off Martha's Vineyard," it never occurred to me that's where I would retire.

That was 1980. We had been driving to North Carolina to fish on weekends and not being very successful. Sure enough Cynthia was right: we found lots of fish in Vineyard waters. So we began driving from Bethesda, Maryland to the Vineyard with our two daughters every spring and fall when the fish were here. We rented houses all over the island and then followed a typical pattern, buying some land and building a house. When we both finally retired we sold our house, put everything in storage and drove across the country. Final stop was our little house on Chappaquiddick with a moving van following close behind.

My time here has been filled with so much more than fishing – yoga, meditation, kayaking, swimming, biking and volunteer work. I've done stints with Lindsey Lee at the Museum, the Friends of Edgartown Library, the Chappy Community Center and now I'm honored to be a member of the Edgartown Council on Aging Board of Directors.

When Meris announced her landscape painting class, I was interested even though I hadn't held a paintbrush for more than 50 years. I tend to be a bit of a perfectionist so I was panicked, but the class was great. Meris is a good teacher – patient, helpful and, most important, encouraging. I'm continuing to paint while we're on full or partial isolation.

~Marvene O'Rourke



"Reflections at Sunset", 11 x 14, acrylic on canvas. 2020



"Reflections on the Beach", 11 x 14, acrylic on canvas. 2020



"Reflections in the Water", 11 x 14, acrylic on canvas. 2020

Board Members

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

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

ECO.A Staff

Katie Vieira, Outreach Worker
Donna Paulson, Secretary
Diane Wall, Cook
Victoria Haeselbarth, Outreach Worker
Meris Keating, Director of Senior Services
Dianne Durawa, Interim Administrator



Thank you Slip Away Farm, for the beautiful flowers!

The Anchors' Virtual Get Together in July. It was so nice to see everyone's faces. We miss you dearly and hope to see you at the next "Get Together", which will be held on Tuesday, August 18th at 1pm.



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.