

THE ANCHORS 508-627-4368 P.O. Box 1295 Edgartown 02539

Edgartown Council on Aging

August 2022

Thanks to everyone who came out to the Vineyard Sound ice cream social last month. It was a lovely afternoon spent with you all. A special thanks goes out to our fabulous team of volunteers who worked the event!



www.edgartowncoa.com



The Anchors Kitchen

We are committed to providing those in need with nutrition resources.
Please call 508-627-4368 to learn about nutrition programs you may be eligible for.

Brown Bag Lunch Pickup

Tuesdays and Fridays

11am-12:30pm. Exact change is appreciated.

Please call the week before to register. 508-627-4368

Tuesday SANDWICHES

~ with dessert

\$3

8/2 Tuna and Egg Salad

8/9 Lentil Quesadilla

8/16 Roast Pork and Cole Slaw

8/23 Chicken Salad

8/30 Ham and Swiss

Friday Café

~ with soup & dessert

\$5

8/5 Mac and Cheese with Cauliflower

8/12 Picadillo and Corn Bread

8/19 Chicken Cutlet

8/26 Broccoli Quiche



August 2022

To register, or to learn more about
programs at the Anchors,
call 508-627-4368
or email mkeating@edgartown-ma.us

1	<p>12:30 Bridge</p> <p>3:30 Knitting and Needlework</p>	2	<p>10 Knitting for Charity</p> <p>12 Tuesday Lunch</p> <p>1 Mah Jong</p>	3	<p>10 Genealogy</p> <p>12:30 Bridge</p>	4	<p>9:30 Poetry</p> <p>10 Great Singers, Great Operas</p> <p>11 Conversations</p> <p>1 Card Group</p> <p>1 Movie: <i>Coda</i></p>	5	<p>9:30 Mindful Meditation</p> <p>12 Friday Café</p> <p>1 Mah Jong</p>
8	<p>9am Hearing Wellness with Shawn</p> <p>12:30 Bridge</p> <p>3:30 Knitting and Needlework</p>	9	<p>10 Knitting for Charity</p> <p>11 Coffee w/ a Cop</p> <p>12 Town Nurse</p> <p>12 Tuesday Lunch</p> <p>1 Mah Jong</p>	10	<p>10 Genealogy</p> <p>11 Tech Time with Rizwan</p> <p>12:30 Bridge</p>	11	<p>9:30 Poetry</p> <p>10 Great Singers, Great Operas</p> <p>11 Conversations</p> <p>1 Card Group</p> <p>1 Bingo</p>	12	<p>9:30 Mindful Meditation</p> <p>10 Dick Jennings Bird Talk</p> <p>12 Friday Café</p> <p>1 Mah Jong</p>
15	<p>12:30 Bridge</p> <p>3:30 Knitting and Needlework</p>	16	<p>10 Knitting for Charity</p> <p>10:30 iPad classes Edgartown library</p> <p>12 Tuesday Lunch</p> <p>1 Mah Jong</p>	17	<p>10 Genealogy</p> <p>12:30 Bridge</p>	18	<p>9:30 Poetry</p> <p>10 Great Singers, Great Operas</p> <p>11 Conversations</p> <p>1 Card Group</p> <p>1 Movie: <i>The Tender Bar</i></p>	19	<p>9:30 Mindful Meditation</p> <p>12 Friday Café</p> <p>1 Mah Jong</p>
22	<p>10 'Ukraine—The World is Watching'</p> <p>12:30 Bridge</p> <p>3:30 Knitting and Needlework</p>	23	<p>10 Knitting for Charity</p> <p>12 Tuesday Lunch</p> <p>1 Mah Jong</p>	24	<p>10 Genealogy</p> <p>12:30 Bridge</p>	25	<p>9:30 Poetry</p> <p>10 Great Singers, Great Operas</p> <p>11 Conversations</p> <p>1 Card Group</p> <p>1 Bingo</p>	26	<p>9:30 Mindful Meditation</p> <p>12 Friday Café</p> <p>1 Mah Jong</p>
29	<p>Open Cupboard</p> <p>12:30 Bridge</p> <p>3:30 Knitting and Needlework</p>	30	<p>10 Knitting for Charity</p> <p>12 Tuesday Lunch</p> <p>1 Mah Jong</p>	31	<p>10 Genealogy</p> <p>12:30 Bridge</p>	<p>BLUE = OTHER LOCATION</p> <p>PURPLE = ZOOM</p> <p>GREEN = ANCHORS</p>			

Programs and Services

Coffee with a Cop

Coffee with a Cop Tuesday, August 9th at 11am. Join Sergeant Will Bishop on the second Tuesday of each month. Hear about what's new at the EPD and have the chance to express concerns or just get answers to questions you might have. You must call to register. 508-627-4368

Conversation Group

Conversations Thursdays at 11am. Come with an open mind and something of interest to share. Please call for more info and to register.

Exercise & Wellness

Mindfulness Meditation with Ed Merck on Zoom Fridays at 9:30am on Zoom! Please call or email if you would like to join us.

Tai Chi with Nan Doty will resume in the fall.

Yoga with Carol Vega will resume in the fall.

Games

Bingo Thursdays, August 11th and 25th at 1pm.

Mah Jong meets Tuesdays and Fridays at 1pm.

New players are always welcome. Please call to register in advance if you are interested in learning to play. 508-627-4368

Bridge Group meets Mondays and Wednesdays from 12:30-3:30pm. To join, call Carol Fligor at 508-627-8811 or email her at fligors@comcast.net.

Card Group meets Thursdays 1-3 at the Anchors. Gin, Backgammon, Cribbage.

Please call or email to register. 508-627-4368 or mkeating@edgartown-ma.us

Knitting & Needlework

Mindful Knitting meets at the Anchors Mondays at 3:30pm. Please call ahead to let us know if you plan on coming.

Knitting for Charity at the Anchors meets Tuesdays from 10am-12noon.

Legal

Massachusetts Attorney General's Office

Consumer Hotline provides information about consumer concerns and issues specific to immigrants, veterans, homeless, and elderly residents. <https://www.mass.gov/get-consumer-support> or call: (617) 727-8400

ARE YOU 60+ AND IN NEED OF LEGAL HELP? The Helpline is a project of the Volunteer Lawyers Project of Boston. Provides free legal information and referral services to Massachusetts residents who are 60 years old or older. The Helpline is open Monday through Friday 9AM-12PM .

The following attorneys all have their main offices on the mainland and frequently come to Martha's Vineyard to meet with clients. 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

Lifelong Learning

Bird Talk with Dick Jennings Friday, August 12th at 10am come and learn about Osprey recovery, migration and hear the latest updates on a very special bird named Belle.

Bird Talk!

Dick Jennings

Friday August 12th @ 10am

Dick will speak about
Osprey recovery,
migration, and a bird
named "Belle"

Call 508-627-4368 to register



Lifelong Learning

Genealogy Wednesdays at 10am. Please call in advance to register. We are excited to provide a space for you to share stories, information, and helpful resources relative to researching family lineage. If you would like help creating a family tree, please bring your tablet or laptop computer along with the following information if you have it: Full names of your maternal and paternal parents and grandparents. Include places and dates of births and deaths.

“Great Singers, Great Songs”, Opera Appreciation with Susan Grunthal. Thursdays in August at 10am at the Anchors. Each week Susan will focus on a different opera singer and illustrate with favorite arias.

iPad classes at the Edgartown Library with Kathy Lavieri Tuesday, August 16 at 10:30 am. Please go to the library website to register. <https://www.edgartownlibrary.org/adult-programs/calendar>

E Michael Quinlan Presents: Ukraine – The World is Watching Please join us for a lecture by this gifted speaker and presenter. Monday, August 22nd at 10am. Putin –one of the most dangerous heads of state since World War II. What was he thinking before he alone decided to invade Ukraine? What have been his tactical and strategic mistakes so far? What possible outcomes would Putin consider to be “victories?” Why would a cease-fire or long-term secession of hostilities assure yet another war in the future? Is Putin’s army strong enough – and motivated enough – to endure a long war of attrition? Is there any possibility for a Ukraine/ Zelinsky victory? Why would a treaty providing for a ceding of Donbas or any part of current Ukraine to Russia be rejected? What will Ukraine look like once this war is over? Will Ukraine ultimately join NATO and the European Union? Will Putin continue invading former Soviet republics? What are the risks to the West and United States if this war continues?

Memory Support

The Martha’s Vineyard Center for Living is the island’s only supportive day program for caregivers and their care partners. Contact Mary Holmes for more information. Please call (508) 939-9440 or email maryh@mvcenter4living.org

Memory Support cont.

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/>

- **Recognizing and Dealing with Caregiver Stress**
Thursday, August 4 | 11 a.m.
- **Managing Challenges of Changing Environments**
Thursday, August 18 | 11 a.m. or 7 p.m.

Discreet and Confidential Memory Screenings available at the Anchors

If you have concerns about your memory, call to schedule a memory screening with Victoria Haeselbarth today. 508-627-4368

Raffle

Enter our Raffle!

In order to be entered, just sign in at the Kiosk each time you come to the Anchors. The winner receives their choice of a manicure or pedicure from *Anneta Nails MV*. If you are the winner, you’ll receive a call with the details to set up your spa treatment.

Congratulations to our July winner:
Kit Caso!

SHINE

SHINE counselor Bill Glazier is available by appointment for phone consultations to help you navigate the world of Medicare and prescription plans. 508-627-4368



Tech Time

Tech Time with Rizwan Wednesday, August 10th at 11am. Call to register. Do you have questions about using your laptop, smartphone, iPad, or other devices? We are partnering with the Edgartown Library to provide Tech Time sessions every 2nd Wednesday of the month at the Anchors.

Transportation

Transportation The Anchors has a van. We are currently using the van to bring people to our Thursday morning programs, as well as on local errands. If you are in need of a ride, please let us know. You must call at least 24 hours in advance to reserve. 508-627-4368

Wellness

Shawn Woodbrey hearing aid specialist from At Home Hearing Healthcare. Monday, August 8. 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 to schedule an appointment. 508-627-4368

Wellness Clinic and Consultations with Public Health Nurse Lila Fischer on Tuesday, August 9th. Come to the Anchors for a blood pressure screening and to discuss any health related concerns you may have. Second Tuesday of each month from 12-1pm.

Volunteers

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:

- Van Driver
- Friendly phone calls
- Program leader/ speaker

Contact Meris—mkeating@edgartown-ma.us



Opera Appreciation with Susan Grunthal returns. Join us at 10am on Thursdays in August for her latest series of classes: 'Great Operas, Great Singers'

August thunderstorms are masterpieces of bluster and bombardment. And sometimes August is bone-dry and full of dust, and we would gladly swap the whole of it for one rainy March week end.
~ Hal Borland



Meris and Victoria represented the Anchors at the 1st annual 'Truth and Joy' Diversity Celebration at the tabernacle back in June.



Diane and volunteer Margaret Steele preparing a scrumptious Friday lunch for takeout.



The newly formed Genealogy group meets every Wednesday at 10am. Join us!



Adele makes stuffing envelopes look like great fun! Thanks to every single person who helped us with the mailing last month.



Summer bridge is in full swing! Mondays and Wednesdays starting at 12:30.

Board Members

Rosemary Cunningham, Chair
Marvene O'Rourke, Co-chair
Nancy Ignacio
Heidi Boyd
Jay Sigler
John Dropick
Janice Belisle, Friends of ECOA rep



ECOA Staff

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



Coda, 2021. 1hr 51min. Thursday, August 4th at 1pm. Ruby is the only hearing member of a deaf family from Gloucester, Massachusetts. At 17, she works mornings before school to help her parents and brother keep their fishing business afloat. But in joining her high school's choir club, Ruby finds herself drawn to both her duet partner and her latent passion for singing.



The Tender Bar, 2021. 1hr 46min. Thursday, August 18th at 1pm. 1972, 9-year-old J.R. Maguire moves into his grandfather's dilapidated house in Long Island, N.Y. Searching for a father figure, he falls under the unconventional tutelage of his uncle Charlie, a charismatic, self-educated bartender who introduces him to a handful of the bar's colorful regulars. As the years pass and J.R. grows into a young man, he tries to fulfill his dream of becoming a writer.

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.

