

Edgartown Council on Aging

August 2023



Rozetta H at the MV Women's Club Table



Patricia C helped at the Anchors table Saturday



Meris with Dr. Lorna and Virginia S. who, with James T, created 'A Guide-book for Young People Studying US Slave Songs



Cindy Doyle & Cindra Trish of Healthy Aging Martha's Vineyard

Another great event by the MV Diversity Coalition and their community of supporters.



Truth & Joy



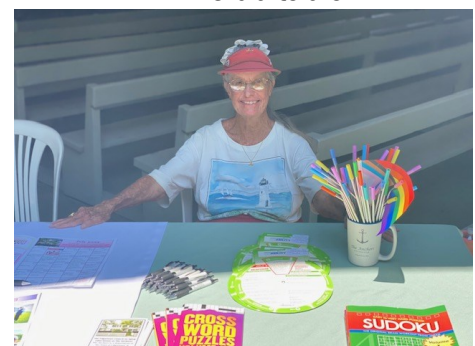
Carolyn O visiting from the Women's Club table



Dr. Lorna front and center with the fabulous Camden, NJ. brass band, Trumpet Chics



Our neighbor Joyce Styles-Tucker, director of the Tisbury COA



Long time Anchors volunteer, Pat Tyra helped at our table.



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.

Tuesday and Friday Lunches

Lunch is served at 12noon. Please come beforehand to find a seat.
Exact change is appreciated. No walk-ins please.
You must call by 12noon the day before lunch to reserve your spot.

Gleaning season is here! Sign up for our emails to be notified when IGI brings us fresh produce.

Open Cupboard

The Edgartown Council on Aging is a partner of the Greater Boston Food Bank. Income eligible people may pickup at the Anchors.

Call Donna to request a pickup date and time.
We always have an assortment of dry, canned, frozen, and fresh food items as well as toiletries for anyone in need.

Tuesday Lunch ~ with soup & dessert

8/1 Ham Salad Sandwich
8/8 Egg Salad Sandwich
8/15 Chicken Salad Sand
8/22 Grilled Cheese
8/29 Breakfast Burrito

\$5

Friday Café ~ with dessert

8/4 Frittata w Salad
8/11 Baked Ziti w Meat Sauce
8/18 Goulash
8/25 ~NO LUNCH~

\$7

Frozen soups and meals are available every day for your convenience. Limit 4 per person.
Soups: 2 for \$5
Meals: \$5



August 2023

To register, or to learn more about programs at the Anchors, call 508-627-4368 or visit www.edgartowncoa.com

Monday	Tuesday	Wednesday	Thursday	Friday
<p>BLUE = OTHER LOCATION PURPLE = ZOOM GREEN = ANCHORS</p>	<p><u>10</u> Opera <u>10</u> Knitting <u>12</u> Tues Lunch <u>1</u> Mah Jong</p>	<p><u>9:30</u> Tai Chi <u>12:30</u> Bridge</p>	<p><u>11</u> Ted Talks Conversations <u>1</u> Bingo</p>	<p><u>9:30</u> Mindful Meditation <u>12</u> Friday Café <u>1</u> Mah Jong</p>
<p><u>7</u> <u>12:30</u> Bridge <u>1</u> Manicures with Meris</p>	<p><u>8</u> <u>10</u> Opera <u>10</u> Knitting <u>12</u> Tues Lunch <u>11-12</u> Wellness Clinic with Town Nurse <u>1</u> Mah Jong</p>	<p><u>9</u> <u>9:30</u> Tai Chi <u>11</u> Tech Time with Rizwan <u>12:30</u> Bridge</p>	<p><u>10</u> <u>11</u> Ted Talks Conversations <u>1</u> Movie: '80 for Brady'</p>	<p><u>11</u> <u>9:30</u> Mindful Meditation <u>12</u> Friday Café <u>1</u> Mah Jong</p>
<p><u>14</u> <u>9am</u> Hearing Wellness <u>12:30</u> Bridge</p>	<p><u>15</u> <u>10</u> Opera <u>10</u> Knitting <u>12</u> Tues Lunch w painter Teresa Yuan <u>1</u> Mah Jong</p>	<p><u>16</u> <u>9:30</u> Tai Chi <u>12:30</u> Bridge</p>	<p><u>17</u> <u>11</u> Ted Talks Conversations <u>1</u> Bingo <u>2pm</u> Michael Quinlan ~ Zoom: Douglas McArthur</p>	<p><u>18</u> <u>9:30</u> Mindful Meditation <u>12</u> Birthday Café <u>1</u> Mah Jong</p>
<p><u>21</u> <u>12:30</u> Bridge <u>1</u> Manicures with Meris</p>	<p><u>22</u> <u>10</u> Opera <u>10</u> Knitting <u>12</u> Tues Lunch <u>1</u> Mah Jong</p>	<p><u>23</u> <u>9:30</u> Tai Chi <u>10</u> Learn Mah-jong at EPL <u>12:30</u> Bridge</p>	<p><u>24</u> <u>11</u> Ted Talks Conversations</p>	<p><u>25</u> <u>9:30</u> Mindful Meditation NO LUNCH <u>1</u> Mah Jong</p>
<p><u>28</u> <u>12:30</u> Bridge</p>	<p><u>29</u> <u>10</u> Knitting <u>11</u> Coffee w a Cop <u>12</u> Tues Lunch <u>1</u> Mah Jong</p>	<p><u>30</u> <u>9:30</u> Tai Chi <u>10</u> Learn Mah-jong at EPL <u>12:30</u> Bridge</p>	<p><u>31</u> <u>11</u> Ted Talks Conversations</p>	<p>The Anchors is open Mon-Fri 9am-4pm</p>

Programs and Services

Artist of the Month

Teresa Yuan will be showing a selection of her impressionist paintings at the Anchors in August. Please join us for her Artist's lunch on Tuesday, August 15 at 12noon. Please call ahead to register.

Coffee with a Cop

Coffee with a Cop *Please note change in date for August. Tuesday, August 29 at 11am. Join us for a conversation with Sergeant Will Bishop from the EPD. Catch up on the latest from the department and meet some of the other officers.

Conversation Group

Conversations and Tedx Talks Thursdays from 11am-12pm. All are welcome.

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 Wednesdays at 9:30. Call to register if you would like to join the class.
Yoga with Carol Vega breaks for July & August.

Games

Bingo Thursdays, August at 1pm. Come and have some good clean fun!

Bridge Group meets Mondays and Wednesdays from 12:30-3:30pm. To join, please call 508-627-4368.

Mah Jong meets Tuesdays and Fridays at 1pm. Please call to register in advance 508-627-4368

Mah Jongg for Beginners (or a Refresher)
Classes held at Edgartown Public library Weds Aug 23 & 30, Sept 6 & 13 from 10:00-12. Space is limited so be sure to register by calling the library at 508-627-4221 or online at:

<https://www.edgartownlibrary.org/adult-programs/calendar>

Learn the fundamentals of American Mah Jongg, a social, challenging game that requires practice, strategy and some luck! You will become familiar with the National Mah Jongg League rules while gaining an understanding of the basics, the tiles, reading the card, the Charleston and game play. Come meet new people and have fun learning this three/four player game!

Knitting & Needlework

Knitting at the Anchors meets weekly on Tuesdays from 10am-12noon.

Legal

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; they charge for their services:

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

Arthur P Bergeron 508-860-1470
abergeron@mirickoconnell.com

Legal Aid

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

South Coastal Counties Legal Services, Inc.

Offers legal aid to qualified clients after reviewing their case. If you need legal help and are experiencing financial hardship, contact Ms Rasheda Dickerson directly at 774-487-3251.

LGBTQ+ Elder Hotline

877-360-LGBT (5428)

Talk and be heard at the SAGE LGBTQ+ Elder Hotline. We connect LGBTQ+ older people who want to talk with friendly responders who are ready to listen. If you are an LGBTQ+ elder or care for one, call the free SAGE Hotline, toll-free, at 877-360-LGBT(5428). Hotline responders:

- Are certified in crisis response
- Offer support without judgment
- Answer questions factually and confidentially
- Provide information about community support resources such as healthcare, transportation, counseling, legal services, and emotional support programs

The SAGE LGBTQ+ Elder Hotline is available 24 hours a day, 7 days a week, in English and Spanish, with translation in 180 languages. Members of our

LGBTQ+ Elder Hotline cont.

community are likely to live alone and feel isolated. Through our hotline, we can connect everyone with a phone to an LGBTQ+ responder who is friendly, knowledgeable, and ready to listen. The hotline is managed by our partner [United Way Worldwide](#). To learn more about aging issues unique to the LGBTQ+ community, click here: <https://www.sageusa.org/wp-content/uploads/2018/05/sageusa-the-facts-on-lgbt-aging.pdf>

Lifelong Learning

Michael Quinlan Presents: General Douglas MacArthur Thursday, August 24 at 2pm. This is a Zoom presentation. Please contact Meris for registration and Zoom link. Please go to the homepage of our website for a full description.

<https://www.edgartowncoa.com/>

Nancy Lotz presents on the Osage Nation Monday July 31 at 10am, and James Garfield on Monday, August 7 at 10am.

Please see the homepage of our website for full description. <https://www.edgartowncoa.com/>

Opera Appreciation with Susan Grunthal.

Calling all Opera lovers! Whether you are already a fan of opera or want to learn more about it, Susan's knowledge and passion for the art form is certain to inform and engage. In this next series of 'Great Singers, Great Operas' Susan will show clips of various singers in the height of their craft, followed by a discussion of their work. Tuesdays 8/1, 8/8, 8/15, 8/22, from 10am-11am. See website for more information.

Lunch & Learn

Falls Prevention talk with MVH physical therapist Natasha Snowden Friday, August 11 at 12noon. Please register for lunch n learn online or by calling the Anchors at 508-627-4368.

SHINE

SHINE counselor Bill Glazier is available by appointment for phone consultations to help you navigate the world of Medicare and prescription plans. Call for an appointment.

Technology

Tech Time with Rizwan Wednesday, August 9, beginning at 11am. Call to register for a 20 minute 1-1 session. Rizwan will help answer your questions about using your laptop, smartphone, iPad, or other devices.

Transportation

Transportation Thanks to a partnership with the VTA, the Anchors now has a van. We are currently using the van to bring people to select programs and local errands, including a Tuesday morning shopping shuttle to the Stop & Shop. If you live on Chappy and need a ride to the Boston Medivan on an upcoming Tuesday, please call the Anchors to schedule. Please call to reserve your Medivan ride after making your medical appointment.

Wellness

Shawn Woodbrey hearing aid specialist from At Home Hearing Healthcare. Monday, August 14. 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.

Wellness Clinic with Public Health Nurse Tuesday, August 8 from 12-1pm. Come by and have your blood pressure checked, or consult with the nurse about your health.



A throwback to December of 2011. Jean Bishop, Ethel Chapman, and Elaine Russel having lunch together.



New Bedford harbor scene from our trip in July



Sean Fullerton performing in June



A full house for Sergeant Bishop's
Coffee with a Cop



Best dishwasher in
Dukes County!



Marcia and Chris lunching



Artists Lunch in July



July's Artist of the month Jim McKay



Jane L, Mary Z, and Marilyn catching up



Ethel and Donna enjoying the day



Reno always quick
with a smile



Tom and Kathleen, always love seeing
your faces!



Jacquie and Sandy having a laugh



The lovely and
talented Adele



The Vineyard Sound 2023!



Board Members

Rosemary Cunningham, Chair
Marvene O'Rourke, Co-chair
Nancy Ignacio
John Dropick
Lisa Sherman
Janice Belisle, Friends of ECOA rep



ECO Staff

Lyndsay Famariss, Administrator, 213
Meris Keating, Director of Senior Services, 214
Victoria Haeselbarth, Outreach Worker, 215
Donna Paulson, Receptionist, 210
Chris McMahon, Cook
Bill Glazier, Part-time Outreach Worker, 212



80 for Brady. 2023. Thursday, August 10, 1pm. 1hr 38min. The movie is inspired by the true story of 4 best friends and New England Patriots fans who take a life-changing trip to Super Bowl LI to see their hero Tom Brady play, and the chaos that ensues as they navigate the wilds of the biggest sporting event in the country.

~ Anchors Summer Parking ~

The Anchors parking lot is shared with the Faraway and we have limited parking.

This season, to avoid being towed and other un-pleasantries, please park only in the areas that are clearly designated as "Council on Aging Parking." There are 2 spaces in the corner next to the hedges on the Dock Street side of the lot. There are 7 spaces around the back in the area adjacent to our door by the kitchen entrance.

***Please note: These spots are available only during our business hours. Towing will be enforced.**

Your best summer strategy is to car pool or use the convenient Park and Ride bus which leaves from the lot across from the Triangle behind Edgartown Pizza every 20 minutes and takes you to Among the Flowers one block away. This bus service begins June 9th and runs through September 3rd, from 7:35am-10pm daily. [*Click here for complete schedule for Route #11—Park n Ride to Mayhew Lane](#)

We implore those of you who support the Anchors to help us remind others that we simply cannot allow people to park here after hours. Contractors providing maintenance to our building, the landscapers, and other groups who have scheduled use of our building after hours are unable to access the building and consequently to service and maintain it, when the spots are taken after hours.

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.

