

December 2020

Seasons Greetings, from all of us at the Anchors



Happy cooking, happy holidays.

All year I look forward to making two polish classics, Pieorgi and Crusciki. Each recipe makes enough for a small army and it takes three days for me to prepare both. It has become so much more fun now that my two girls are anxious to master the traditional cuisine. When the job is done I am always relieved and ready for the celebrations to begin. And yes I remember my aunts and mom who taught me well. ~Diane



One of my favorite things to do during the holidays is to decorate, both at the Anchors and at home. Bringing holiday cheer, even in small ways, to our many Anchors friends has been one of life's simple pleasures. This year we won't be festooning the Anchors with garlands or wreaths or putting up the menorah and tree. And with few visitors coming to my home, the choice of a tiny tree will provide a less luminous show of lights. But decorations, as festive as they are, are mere trappings. The importance of the holiday lives in our hearts: friendships kindled, connections maintained and caring for one another, even if from afar. There is an abundance of gratitude in my heart for all those who make up our Anchors family. With gifts of kindness, affection and attention, we can buoy one another as we wait for gentler times to come. May your holidays remain peaceful and safe with the warm inner glow that a sense of connection brings.

~Victoria



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

Edgartown Council on Aging

www.edgartowncoa.com



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 are \$3 each, or 2 for \$5.

Christmas is Friday, December 25th.

The Anchors Kitchen will not be delivering food during the week of Christmas.

Volunteers will be delivering meals from the Martha's Vineyard Hospital on Christmas Day. Please contact Victoria or Meris to register.

****If you or someone you care for is concerned about food security, please get in touch with our outreach department, who can connect you to local food resources.***

Soup Takeout

**We are now offering soups for pick up. Call Donna ahead of time for weekly selection, and to place an order. 508-627-4368
Takeout window is at the back of the Anchors building.
Mondays, 9 am– 1pm. Please wear a mask and bring exact change.
\$5 for 2 soups**

508-627-4368

Programs and Services

Advanced Care Planning

Advanced Care Planning Workshop - Tuesday, December 15, 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.

Exercise & Wellness

Strength Training with Lisa Amols on Tuesday and Thursday mornings 8:30-9:30am. To register please call Lisa at 508-693-1009. For more information: Lisasstudiomv.com

Tai Chi with Nan Doty Wednesdays at 9:30am. Please email Nan at chipocket62@gmail.com to register.

Tai Chi Qigong with Nan Doty Wednesdays at 11am.

Mindfulness Meditation with Ed Merck Fridays, 9:30-10:30am, beginning October 2nd. Email mkeating@edgartown-ma.us to register.

Holiday Happenings

Watch the movie 'Love, Actually' Tuesday Dec. 8, 1-3:30pm. Cozy up to your computer screen and watch a funny and sweet holiday movie with some friends from the Anchors. Email mkeating@edgartown-ma.us to register.

Special Delivery ~ Hot Cocoa Tuesday, Dec. 15th 11am-1pm, be on the lookout for some Anchors' elves who may be stopping by to drop off some cheer at your doorstep...

Adele Dreyer Holiday Performance Monday, Dec. 21, 1pm. Email mkeating@edgartown-ma.us to register.

Memory Programs

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/>

- Helpful Caregiver Tips
Thursday, December 3 at 11 a.m.
- Educating the Family
Thursday, December 17 at 11 a.m.
- Educating the Family
Thursday, December 17 at 7 p.m.

Knitting

Mindful Knitting on Zoom, every Wednesday at 2pm. <https://us02web.zoom.us/j/89310613621?pwd=Y1BkQWN2WDVXL3d2cTdTdNWnlodVlyZz09>

Email Meris- mkeating@edgartown-ma.us with questions or additional meeting information.

SHINE





SHINE counselor Bill Glazier is available by appointment for phone consultations. The SHINE program will continue as a non-contact program until it is safe to resume in person. Call to register. 508-627-4368





December 2020

To register, or learn more about programs at
 The Anchors,
 Call 508-627-4368
 ~or email~ mkeating@edgartown-ma.us

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
   	1 8:30 Strength Training	2 9:30 Tai Chi 11:00 Tai Chi Qigong 2:00 Mindful Knitting	3 8:30 Strength Training 9:30 Poetry 11:30 Meals Delivery 12-3 MV Times Pickup	4 9-3 MV Times Pickup 9:30 Mindful Meditation
7 9am-1pm Soup Takeout	8 8:30 Strength Training 1pm Love, Actually. Watch the movie Together on Zoom.	9 9:30 Tai Chi 11:00 Tai Chi Qigong 2:00 Mindful Knitting	10 Hanukkah begins 8:30 Strength Training 9:30 Poetry 11:30 Meals Delivery 12-3 MV Times Pickup	11 9-3 MV Times Pickup 9:30 Mindful Meditation
14 9am-1pm Soup Takeout	15 8:30 Strength Training 1pm HAMV Advanced Care Planning 11-1 Special Delivery ~Hot Cocoa	16 9:30 Tai Chi 11:00 Tai Chi Qigong 2:00 Mindful Knitting	17 8:30 Strength Training 9:30 Poetry 11:30 Meals Delivery 12-3 MV Times Pickup	18 Hanukkah ends ECO Board Meeting 9-3 MV Times Pickup 9:30 Mindful Meditation
21 9am-1pm Soup Takeout 1pm Adele Dreyer Holiday Music Zoom Performance	22 8:30 Strength Training	23 9:30 Tai Chi 11:00 Tai Chi Qigong 2:00 Mindful Knitting	24 8:30 Strength Training 9:30 Poetry -No Anchors' Meal Delivery	25 Christmas Day ~The Anchors closes for the holiday at 12noon Thursday, and on the 25th~
28 9am-1pm Soup Takeout 10-12 Open Cupboard	29 8:30 Strength Training	30 9:30 Tai Chi 11:00 Tai Chi Qigong 2:00 Mindful Knitting	31 8:30 Strength Training 9:30 Poetry 11:30 Meals Delivery 12-3 MV Times Pickup	HAPPY NEW YEAR! The Anchors is closed New Year's Day

This holiday season doesn't feel right without getting together with my extended family for baking and reenacting White Christmas. I miss the smell of wax in St. Andrew's Church at choral practice, and dressing up for the parties, but most of all, I miss smiles and hugs! I can't wait to celebrate holidays with all of you!

I must say, I have never been this excited about Christmas lights! Have you walked through downtown Edgartown after dark or driven past Kevin Searle's house yet? Such magical displays! I'm also grateful for this strangely peaceful advent, without pressure to do so much, and just take in simpler joys..

I wish you bright days, twinkling nights, and a hefty dose of Bing Crosby! - Katie



Happy holidays to the Anchors' family. While there are many traditions I will miss this year (especially being with all of you!), I find it comforting to reflect on how lucky I am to live and work in this remarkable island community. My holiday wish is that we all take a moment to practice gratitude for having each other to lean on this past year, and to know that we can feel hopeful for the good times ahead of us. We will get through this together, and oh what a celebration we will have on the other side of it! With tidings of comfort and joy ~Meris

2021 Planners are here!

As many of you know, it is an Anchors' tradition to give away a planner to the first 50 people who attend our annual Open House during the month of December. This year, we are asking you to please call and register to pick up your copy.

Call 508-627-4368. Voicemails are checked regularly.
Or, email mkeating@edgartown-ma.us.

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Personal Planner

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May we all stay safe and warm in this unexpected time of winter. I hope this season brings you blessings and that your holidays will be filled with joy. Oh and... since this year we will be missing the Anchors annual Christmas party with Diane's famous chili, be sure and have a big bowl of some soon, and think of us. We will be thinking of you!
~Donna

Sending warm wishes to everyone in the Anchors family this Holiday season! I can't tell you how much we miss seeing you in person! It has been a pleasure and an adventure to step in as the new Administrator at the ECOA this fall, but I long for the days when I can share lunches, laughs and stories with each of you in the building. We will welcome those days again, as soon as it's safe to do so. In the meantime, my holiday wish for you is that you will enjoy good health, love and laughter and pause to appreciate the beauty all around us. ~Lyndsay



Holiday Performance by Adele Dreyer

Monday, December 21st, at 1pm.

Email mkeating@edgartown-ma.us to register and for Zoom link

Poet's Corner

tide curates shore

along the wrack line
tide leaves inspiration

shore creates
a mixed media show

amber revealed in broken whelk
knob still perfectly crafted
are part of her palette

next to dove gray
interior of moon snail

two oyster shells
cling to each other on sand
shine with gold iridescence

near long alizarin strands
of mermaid's hair

white quahogs lay scattered
inner edges brushed
deep purple

smooth striped rocks
between jagged green glass
hold a burnt umber pine cone
fallen from a tree
dying on an eroding cliff

above herring gull circles an azure sky
announces the show's opening

will you attend?

Ellie Bates
revised 9/25/20



December Traditions

My mother could hear Christmas songs
on distant piano keys.

I remember my own little girl
learning to walk again after she broke her ankle
crutch under one arm, violin under the other
into her first holiday concert
black velvet dress, white lace collar and cuffs
yellow curls, clear blue eyes
we should have known belonged in heaven.

They both liked to wear a holiday pin.

I remember when I was a girl, I watched
my mother place one white candle in each window.

My daughter liked to light the windows again.

They both hoped that a lonely stranger,
walking down the street, could look up
see the lights, stop for a bit, listen to the silence
the silent night.

Then he would remember his own boyhood home
his own soft flannel pajamas
his first red plaid Christmas bathrobe

Every year, mid-December, my mother would take
a cooking spoon and a teapot of boiling water
to break the frozen dirt in her flower boxes
under the windows in the front of the house
to make a hole to press the green branches in
to push the traditions in,
the memories, the lights, the night
the songs that she and her granddaughter
could hear on distant piano keys

Amarylis Douglas



Board Members

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Marvene O'Rourke, Co-chair
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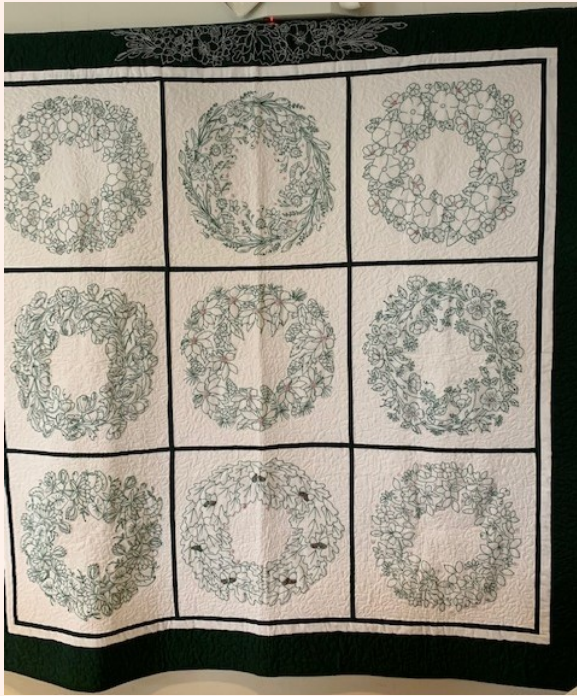
Thank you, Board Members, for your hard work and dedication!

COA Staff

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

December's Artist of the Month Catherine Griffin

Catherine Griffin was born on corner of Morse Street and North Summer on November 26, 1929. She grew up there as well. She learned to knit at a very young age from a neighbor. When her daughter Cindi took a quilting course she became interested in quilting. She lived on the cape for a time and took classes there. She belonged to a quilt group called Crazy Quilters of Cape Cod. That's where she took on and loved appliqué. Catherine loves any hand work- embroidery etc.- she took a break from knitting when she took on needlepoint - but now she is back to knitting. And of course she has lots of fabric, so quilts are still being constructed!



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.