



# February 2019

“And now here is my secret, a very simple secret: It is only with the heart that one can see rightly; what is essential is invisible to the eye.”



From The Little Prince —  
by Antoine de Saint-Exupéry

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

## Edgartown Council on Aging



**The Anchors' website: [www.edgartowncoa.com](http://www.edgartowncoa.com)**

## ~What's Happening at the Anchors and Beyond~

Please Call to Reserve 508-627-4368; Email [wbenedetto@edgartown-ma.us](mailto:wbenedetto@edgartown-ma.us)



Welcome  
Back Meris  
and Willow!

**Cell Phone Class** Wednesday, February 6th, 1 pm, with Wendy and Meris. Call to sign up, 508-627-4368.

**Adult CPR and First Aid with the Edgartown Fire Department** Monday, February 25th, from 11-3 at the Anchors. Free for Edgartown seniors. Limited openings. Call ECOA to sign up, 508-627-4368.

**Coffee with a Cop** Tuesday, February 12th, before lunch, 11 am, Officer Will Bishop at the Anchors, Q and A, and trivia! Call to sign up, 508-627-4368.

**February's Artist of the Month** Roy Meekins, an Edgartown native, will present dozens of historic photographs of the early active Edgartown waterfront. Views from Tower hill, Chappy to the old Lighthouse, including fish shanties, cat boats, and ferries. Meet Roy at lunch on February 22nd.

**Our Needlepointers want to invite you** Thursdays, from 2-4. Bring any project that you are working on — does not have to be needlepoint. The more the merrier!

**Edgartown Bowlers** No February bowling. Resumes March 4th.

**Non-Sanctioned Duplicate Bridge** — **Call Ahead to make sure there are enough players!** Monday and Thursdays, 12-3. Sign up for seating, email Carol at [fligors@comcast.net](mailto:fligors@comcast.net), or call her, 508-627-4722.

**Ear Wellness** with Shawn Woodbrey, licensed hearing aid specialist, Monday, February 11th, appointments begin at 9 am. Hearing tests are 30 minutes; general ear check and hearing aid checks are 15 minutes. No cost. Call Wendy for appointments, 508-627-4368.

**Note, no Conversation Group in February. Resumes in March, first & third Fridays, 10 am. Refreshments.**

**Book Group, Women and Men** This month's meeting is Wednesday, February 27th, 3 pm, led by Jill Jupen. February's book TBA.

**ECOA Art Club – New Classes** Mondays, 9:30-10:30. February 4th, Drawing with Deirdre DeCarion; February 11th, Reflective Light with Dianne Holt; February 25th, Watercolor Greeting Cards. Please call to sign up, 508-627-4368.

**Health Screenings with Public Health Nurse Lila Fisher** Tuesday, February 26th, from 12-1 pm at the Anchors.

**Bingo and Snacks** Wednesday, February 20th, 1 pm. Please call to sign up, 508-627-4368.

**Movie and Popcorn** Wednesday, February 27th, 1 pm, "The Wife". Call to sign up, 508-627-4368.

**Attorney Appointments** Thursday, February 21st, by appointment, from 1-3 pm. Arthur Bergeron, a private attorney who has his office on the mainland, will provide free consultations at the Anchors monthly, the third Thursday of the month. Arthur is a private attorney — not legal aid. After your free consultation, if you choose to retain him in any matter for any reason, he will charge you and it will cost you money. Whatever those arrangements are will be between you and Mr. Bergeron. Call 508-627-4368 for appointments.

**Creatives and Games** **Mindful Knitting** Mondays, 3:30-5:30, **Needlework for Charity** Tuesdays at 10, **Needlepoint** Thursdays at 2, **Mah Jong** Tuesdays & Fridays at 1, **Non-Sanctioned Duplicate Bridge** Mondays and Thursdays, 12-3. **Call or email Carol for seating** at [fligors@comcast.net](mailto:fligors@comcast.net), 508-627-4722.





# Spreading the LOVE at the Anchors



Photo of Barbara by Alice June Thompson Photography



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.

### Board Members

Jay Sigler, Chair  
Rosemary Cunningham, Co-Chair  
Heidi Boyd  
Marvene O'Rourke  
Stephen W. Miller, M.D.  
Nancy Ignacio  
Mary Jane Carpenter

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









### ECO Staff

Donna Paulson, Secretary  
Diane Wall, Cook  
Victoria Haeselbarth, Outreach Worker  
Wendy Benedetto, Director of Senior Services  
Paul Mohair, Administrator



## Home Winter Survival Food Checklist



- |   |  |
|---|--|
| <input type="checkbox"/>  Canned Fruits and Vegetables<br>Requires a Manual Can Opener | <input type="checkbox"/>  Bread and Condiments<br>Keep Bread Frozen to Last Longer            |
| <input type="checkbox"/>  Crackers, Nuts, Fruit Bars, Chips<br>High Energy Foods       | <input type="checkbox"/>  Cereal and Toaster Pastries   |
| <input type="checkbox"/>  Soups<br>Some Soups Require Water or Heating                 | <input type="checkbox"/>  Meals Ready to Eat (MREs)   |
| <input type="checkbox"/>  Cookies and Hard Candy                                       | <input type="checkbox"/>  Bottled Water<br>1 gallon per person, per day (for at least 3 days) |



## Home Winter Preparedness Checklist



- |   |   |  |
|---|---|--|
| <input type="checkbox"/>  Select Foods<br>See Additional Checklist       | <input type="checkbox"/>  Warm Clothing<br>Hats, Mittens, Parkas, Boots    | <input type="checkbox"/>  Flashlights & Extra Batteries   |
| <input type="checkbox"/>  Disposable Dishware<br>Plates, Bowls, Utensils | <input type="checkbox"/>  Extra Blankets                                   | <input type="checkbox"/>  First Aid Kit                   |
| <input type="checkbox"/>  Specialty Items<br>Meds, Infant Formula, etc.  | <input type="checkbox"/>  Matches<br>For Candles & Gas Fireplaces          | <input type="checkbox"/>  Cell Phone<br>Fully Charged     |
| <input type="checkbox"/>  Portable Radio<br>AM/FM/Wx Radio & Batteries   | <input type="checkbox"/>  Shovel/Snow Blower<br>Check condition & maintain | <input type="checkbox"/>  Firewood<br>For Wood Fireplaces |

### Health and Wellness – \*\*Call to register prior to classes and clinics\*\*

**Foot Clinic** Appointments February 19th, starting at 1:30 (1/2-hr treatments \$30). Call 508-627-4368 for appointment dates with Michelle LeBlanc.

**Chair Yoga** taught by Arlene Stark Prisco returns in the Spring. Thank you Arlene!

**Got Strength? Strength Training Class with Lisa Amols** Tuesdays, 8:30 am; Thursdays, 3:30 pm. Call Lisa at 508-693-1009 before first class. Punch cards available, join anytime. Talk to Lisa about walk-in pricing. Visit her website at [www.lisasstudiomv.com](http://www.lisasstudiomv.com).

**Yoga with Carol Vega, Thursdays at 9 am.** Check with Carol about pricing and punch cards.

**Tai Chi and Qigong with Nan Doty:** Wednesdays, "Tai Chi Form" from 9:30-10:30 and "Qigong Easy" from 11-12. Tea time in between. \$10/class. For more information, 508-627-4368.

**Exercise classes subsidized by Friends of ECOA. Anchors' exercise instructors are trained, experienced, expert professionals.**