



March 2019

The Anchors — Our Pot of Gold.



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)

### Property Tax Relief Programs for Edgartown Taxpayers

Friday, March 1st, 12:30, Cindy Sherman, Administrative Assistant to Assessors, gives an overview of options for taxpayers to reduce their property taxes. Call to sign up, 508-627-4368.

**On Display** Featuring paintings of the island by Norma Bridwell. Meet Norma at lunch Friday, March 22nd.

### Healthy Aging Task Force Executive Coordinator

**Holly Bellebuono** Friday, March 15th during lunch, Holly updates Healthy Aging projects, including transportation, falls prevention, and Advanced Care Planning. Please call to sign up, 508-627-4368.

**Housing Options Forum for Elders** Tuesday, March 5th, from 1-4 pm at The Hebrew Center. A free event, rsvp [hbellebuono@mvmcommunityservices.com](mailto:hbellebuono@mvmcommunityservices.com) or call 508-693-7900, ext 455.

**Edgartown Bowlers** Monday, March 4th, join Team Anchors to challenge TCOA on the first Monday of every month, 11:30-1:30 at Barn Bowl & Bistro. All for fun! Lunch included, \$10. Call to sign up, 508-627-4368.

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

**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.

### Conversation Group

Monthly, first & third Fridays, March 1st and 15th, 10 am. Refreshments.



**Ear Wellness** with Shawn Woodbrey, licensed hearing aid specialist, Monday, March 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 appointment.

**Book Group** Wednesday, March 27th, 3 pm, led by Jill Jupen — The End of the Affair by Graham Greene.

**EOA Art Club – New Classes** Mondays, 9:30-10:30. March 4th, Collaging with Deirdre DeCarion; March 11th, Drawing Wildlife with Victoria; March 18th, Class with Meris Keating; and March 25th, Collaging with Victoria. Sign up, 508-627-4368.

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

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

**Movie and Popcorn** Wednesday, March 27th, 1 pm, "Christopher Robin." Call to sign up, 508-627-4368.

**Attorney Appointments** Thursday, March 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.

**Vineyard Smiles Dental Clinic at Anchors** Friday, March 22nd by appointment. Free oral health screening, cleaning, hygiene instruction. Call 508-696-0020 for appointment.

**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.



The Anchors Kitchen: Lunches served at 12:00

Reserve at least 24 hours in advance – 508-627-4368

\$2 Tuesday Lunch

Sandwich, soup, dessert

March 5th Quinoa and Chickpea Wrap

March 12th Curried Chicken  
Salad Sandwich

March 19th Open Face Tuna

March 26th Reuben Slider

\$5 Friday Cafe

Entrée with soup and dessert

March 1st Ravioli and Meatballs

March 8th Almond Crusted Pork Roast

March 15th Corned Beef and Cabbage

March 22nd Eggplant Parmesan

March 29th Birthday Cafe  
Turkey Tetrazzini

Anchors Open Cupboard (Surplus Food)

Tuesday, March 5th, 1-3

**Martha's Vineyard Hospital's 24th Annual Health Fair**

To find out about the fun, go to: [www.mvhospital.com/healthfair](http://www.mvhospital.com/healthfair)

Join us, Saturday, April 6th from 8-12 at the hospital for this year's Health Fair.

Learn about health and wellness programs, and services that enhance and improve physical and emotional health. The Fair showcases the Hospital's range of services as well as collaborations with on-island and off-island partners.

The goal is to work together to bring the best in health and wellness programs to the Vineyard community.

Updates and information about our programs are also available:

In the 55Plus Times (an insert in the MV Times) the last Thursday of each month, on our Facebook page EdgartownCOA, on MV Patch, MVTv, and by receiving weekly emails.

Please visit our website at [www.edgartowncoa.com](http://www.edgartowncoa.com)

Email us at [wbenedetto@edgartown-ma.us](mailto:wbenedetto@edgartown-ma.us)

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, MD  
Nancy Ignacio  
Mary Jane Carpenter

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

### ECO A Staff

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

## Giving thanks can make you happier

In positive psychology research, gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships. Some ways to cultivate gratitude:

**Write a thank-you note.** You can make yourself happier and nurture your relationship with another person by writing a thank-you letter expressing your enjoyment and appreciation of that person's impact on your life. Make a habit of sending at least one gratitude letter a month.

**Thank someone mentally.** No time to write? It may help just to think about someone who has done something nice for you, and mentally thank the individual.

**Gratitude journal.** Make it a habit to write down thoughts about the gifts you receive each day.

**Count your blessings.** Pick a time every week to sit down and write about your blessings, reflecting on what went right or what you are grateful for. Sometimes it helps to pick a number, such as three to five things, that you will identify each week. As you write, be specific and think about the sensations you felt when something good happened to you.

**Meditate.** Mindfulness meditation involves focusing on the present moment without judgment.

This is reprinted from Harvard Health Publishing, through Harvard Medical School. <https://www.health.harvard.edu/healthbeat/giving-thanks>



A kind fairy named Brenda left these at our Anchors doorstep for those who need the comfort of warmth. We are grateful!

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

**Foot Clinic** Appointments April 16th, starting at 1:30 (1/2-hr treatments \$30). Call 508-627-4368 for an appointment.

**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. **\*\* Note: No Yoga class on March 7th \*\***

**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.**



**THE ANCHORS NEWSLETTER**  
**MARCH 2019** *Monday–Friday from 9-4*

Monday	Tuesday	Wednesday	Thursday	Friday
		 <b>Spring Forward</b> <b>March 10th</b>		1 10 Conversation Group  12 \$5 Friday Café  12:30 Property Tax Relief Program  1 Mah Jong
Outreach M-F 4 9:30-10:30 Collaging Art Class with Deirdre  11:30 Bowling at MV Barn Bowl & Bistro 12-3 Bridge 3:30-5:30 Mindful Knitting	5 8:30 Strength Training 10 Needlework for Charity 12 \$2 Tuesday Lunch 1 Mah Jong 1-3 SHINE appointments 1-3 Open Cupboard	6 9:30-10:30 Tai Chi Form  11-12 Qigong Easy  1 Cell Phone Class with Wendy and Meris	7 NO Yoga today 9:30 Poetry Group  12-3 Bridge 2 Needlepoint and More! 3:30 Strength Training	8  12 \$5 Friday Café  1 Mah Jong
Outreach M-F 11 9 Ear Wellness by appointment 9:30-10:30 Drawing Wildlife with Victoria  12-3 Bridge 3:30-5:30 Mindful Knitting	12 8:30 Strength Training 10 Needlework for Charity  12 \$2 Tuesday Lunch 1 Mah Jong 1-3 SHINE appointments	13 9:30-10:30 Tai Chi Form  11-12 Qigong Easy	14 9 Yoga 9:30 Poetry Group 12-3 Bridge 2 Needlepoint and More! 3:30 Strength Training	15 8:30 ECOA Board Meeting 10 Conversation Group  12 \$5 Friday Café 12:30 Healthy Aging Program 1 Mah Jong
Outreach M-F 18 9:30-10:30 Art Class with Meris Keating  12-3 Bridge 3:30-5:30 Mindful Knitting	19 8:30 Strength Training 10 Needlework for Charity 12 \$2 Tuesday Lunch  1 Mah Jong	20 9:30-10:30 Tai Chi Form 11-12 Qigong Easy  1 Bingo and snacks  First Day of Spring	21 9 Yoga 9:30 Poetry Group  12-3 Bridge 1-3 Attorney Appts 2 Needlepoint and More! 3:30 Strength Training	22  12 \$5 Friday Café  12:30 Meet our Artist of the Month  Dental Clinic by apt  1 Mah Jong
Outreach M-F 25 9:30-10:30 Art Class Collaging with Victoria  12-3 Bridge 3:30-5:30 Mindful Knitting	26 8:30 Strength Training 10 Needlework for Charity 12 \$2 Tuesday Lunch  12-1 Health Screenings with Lila Fisher 1 Mah Jong	27 9:30-10:30 Tai Chi Form  11-12 Qigong Easy  1 Movie and Popcorn  3 Book Group	28 9 Yoga 9:30 Poetry Group  12-3 Bridge 2 Needlepoint and More! 3:30 Strength Training	29  12 \$5 Birthday Friday Cafe  1 Mah Jong