

—May 2019—

OLDER
AMERICANS
MONTH



CONNECT, CREATE, CONTRIBUTE MAY 2019

Communities that support and recognize older adults are stronger!

Each year, more and more older adults are making a positive impact on Martha's Vineyard — as volunteers, employees, employers, educators, mentors, advocates and more, they offer insight and experience that benefit our entire community. That's why Older Americans Month (OAM) has been recognizing the contributions of this growing population for 56 years.

This year's OAM theme, "*Connect, Create, Contribute*," encourages older adults and their communities to:

Connect with friends, family, and local services and resources.

Create through activities that promote learning, health, and personal enrichment.

Contribute time, talent, and life experiences to benefit others.



Visit <https://acl.gov/oam/2019/older-americans-month-2019> for ideas and inspiration.



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

Edgartown Council on Aging

The Anchors' website: www.edgartowncoa.com

~What's Happening at the Anchors and Beyond~

Please Call to Reserve 508-627-4368; Email wbenedetto@edgartown-ma.us



Conversation Group with High School Students Friday, May 17th, 10 am, meet with MVRH students for conversation and refreshments. It's "Give Back Day" for students, and they want to visit with Anchors seniors. Call to sign up, 508-627-4368. Also, regular Conversation Group meets Friday, May 3rd at 10 am.

Edgartown Bowlers Monday, May 6th, join Team Anchors to challenge TCOA, 11:30-1:30 at Barn Bowl & Bistro. Lunch included, \$10. Call to sign up, 508-627-4368. Resumes in October.

Learn the Effects of Hearing Loss With Shawn Woodbrey, licensed hearing aid specialist, May 7th, 12:30, during lunch. Call to sign up, 508-627-4368.

Ear Wellness with Shawn Woodbrey, licensed hearing aid specialist, Monday, May 13th, 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.

On Display in May the work of Kerry Hallam, a British born artist who has spent most of his life coloring the world with his music, writing, and impressionist paintings of the world's most beautiful shorelines. Kerry gives an encore talk on Tuesday, May 21st at lunch.

Book Group Wednesday, May 29th, 3 pm, led by Jill Jupen. May's book TBA.

Cell Phone Troubleshooting Wednesday, May 8th, 1 pm, with Wendy and Meris. Join us in a relaxed atmosphere and get answers to common cell phone/smartphone questions. Call to sign up, 508-627-4368.

Health Screenings Public Health Nurse Tuesday, May 28th, 12-1 pm at the Anchors.

Medical Marijuana — Is it for You? Friday, May 31st, 12:30 during lunch, please join Ray Whitaker, Manager of the Vineyard's soon-to-be opened Medical Cannabis Dispensary, for an information Q&A session. Call to sign up, 508-627-4368.

Name That Tune with Adele Dreyer Friday, May 24th, 12:30, during lunch. Please call to sign up, 508-627-4368. Prizes!

Trip to Heritage Gardens and Museums Thursday, May 30th. Spend the day in Sandwich exploring the 100 acres of gardens, outdoor art installations, carousel and antique car museums. Call to inquire about pricing and boat schedules, 508-627-4368.

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, 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
May 7th Fried Bologna Sandwich
May 14th Curried Chicken Salad
May 21st Tuna & Egg Salad
May 28th Veggie Quesadilla

\$5 Friday Cafe
Entrée with soup and dessert
May 3rd Eggplant Parmesan
May 10th Mac & Cheese
May 17th Turkey Chili
May 24th Ziti and Meatballs
May 31st Birthday Café
Chicken Cutlet

Anchors Open Cupboard (Surplus Food)
Tuesday, May 28th, 1-3 pm

~ Anchors Summer Parking ~

The Anchors parking lot is shared with the Kelley House and we have limited parking. This season, to avoid being towed and other unpleasanties, 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.

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 23rd and runs through September 3rd, from 11 am—6 pm daily.

Attorney Appointments

Thursday, May 16th, 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.

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

Dear Anchors Friends

Some of you know that I have resigned from my position at the Anchors and my last day will be at the end of June. I am ever so grateful for my tenure at the ECOA — it has been a second home to me and I will immensely miss my work and the people here.

My years at the Anchors created a venue for me to use my heart and people skills in a way that I hope helped and supported many. It was a privilege for me to be a part of this senior center's vibrant, fun, welcoming, and loving venue. I know the ECOA will continue on as a wonderful, informative, and friendly place to visit. I will miss you all very much!

~ All my love, Wendy



Health and Wellness — **Call to register prior to classes and clinics**

Foot Clinic Appointments Tuesday, May 21st, 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 with Lisa about walk-in pricing. Visit her website at www.lisasstudiomv.com.

Yoga with Carol Vega, Thursdays at 9 am. Check with Carol about pricing and punch cards. **No Yoga on May 2nd and May 9th.**

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.