

Edgartown Council on Aging



This is dedicated to the ones we love!



Stephen and Mary Gentle loving time spent with their family.



Nancy Ignacio sends her love out to daughter Natalie, an Army major, NP, & mother of daughters Sabine and Josephine. She also sends her love out to grandsons Pete and big brother Sam, who live here on MV!



Cate and Sinclair Hitchings on their wedding day in June of 1964



Back row: Left: Anne Claire, son Benjamin and below their daughter Emma; Back row, right: son Hamilton, Catherine and in front row their daughter Ashley; surrounding their beloved matriarch Cate, in middle.



Trudy's dog Teddy, awaiting his afternoon walk about Sheriff's Meadow.



Doc the cat, at Olga Church's home. She fondly recounts the way he surveyed his surroundings with an air of nobility.





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. Meals are delivered to the doorstep Thursdays, weather permitting.

For more information please call

508-627-4368 or email kvieira@edgartown-ma.us

Meals and soups are \$3 each, or 2 for \$5.

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, 10am-12pm. Please wear a mask and bring exact change.

\$5 for 2 soups

508-627-4368

To Connect to Additional Island Food Resources:

***Please contact Katie Vieira at 627-4368
Or email: kvieira@edgartown-ma.us***

***Additionally, you can go to:
<https://www.mvcommunityservices.org/foodresources/>***

Programs and Services

Advanced Care Planning

Advance Care Planning Workshop - Tuesday, February 16 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.

Book Talk

Book Talk with Carolyn O'Daly on Friday, February 26th at 1pm. Join us in welcoming Carolyn to discuss her book "Deep Thoughts from a Shallow Mind". You'll be sure to get a kick out of her relatable musings. Email mkeating@edgartown-ma.us to register

Covid-19 Resources

Martha's Vineyard Community Services continues to be a great resource and referral agency for all families on the island. Please reach out to them right away if you are struggling with mental health, caregiver burnout, food insecurity, substance abuse, or other personal challenges you may be experiencing at this time. Their caring team of clinicians are there to help. <https://www.mvcommunityservices.org/coronavirus-covid-19-updates/> or call: **508-693-7900**

Covid-19 testing and vaccine information for Martha's Vineyard can be found on the MV Hospital website at: <https://www.mvhospital.com/health-resources/vaccine-information>

The Edgartown Council on Aging has attestation forms available for those who are not using the patient gateway through Mass General and Martha's Vineyard Hospital. If you are eligible

under the current vaccination phase, and need assistance in filling out the attestation form, please call **627-4368**. Our staff will help you to fill out the form and get it to the MV Hospital if needed. Filling out the attestation form is necessary in order to register for your vaccine. We understand this is a frustrating time and appreciate your patience. At this time demand for the vaccine is significantly higher than the supply.

Edgartown Library

Home delivery is now being offered on Thursdays and is available for free for any library patron living in Edgartown who is unable to visit the library. To sign up, fill out the [Home Delivery Application](#) and we will contact you. For more information call 508-627-4221.

Check out a mobile WiFi hotspot from the Edgartown Library. WiFi hotspots are wallet sized devices that broadcast wireless internet in a 30 foot radius and can connect up to 10 devices. They work anywhere with Verizon coverage, so you can take it on the go. For full details on checking out a WiFi hotspot, click [here](#).

Chromebook laptops are now available to check out for two-week loans. To place a hold, either visit the online catalog or contact us at 508-627-4221 or email info@edgartownlibrary.org, and we'll be happy to place the hold for you. To check out a Chromebook, patrons must be 18 years or older and have a library account in good standing.

Remote Tech Time: Sign up for a one-on-one session with our tech savvy library staff, and upgrade your tech literacy. You can learn how to access e-books, audio books, language learning software and streaming movies, all with the power of your library card, all for free. Sessions are available every Tuesday-Saturday afternoon.

Exercise & Wellness

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.

Exercise & Wellness

Mindfulness Meditation with Ed Merck

Fridays, 9:30-10:30am. Our regular attendees have been raving about the difference it has made in their lives. Please join us to see for yourself.

Email mkeating@edgartown-ma.us to register.

Yoga with Carol Vega Mondays, 9am. Please email mkeating@edgartown-ma.us to register:

Knitting

Knitting and Needlepoint on Zoom, every Monday at 4pm. <https://us02web.zoom.us/j/89310613621?pwd=Y1BkQWN2WDVXL3d2cTdNWNlodVIyZz09>

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

Legal Aid

Massachusetts Attorney General's Office

Consumer Hotline provides information about consumer concerns such as

- Defective products;
- Car sales and financing;
- Auto repossession issues;
- Debt collection;
- Mortgage servicing and loan modification;
- Home improvement contracts;
- Business closures;
- Utility bill disputes;
- Shut off of unregulated utilities; and

Issues specific to immigrants, veterans, homeless, and elderly residents.

You can also file a complaint to report anti-competitive mergers, price-fixing agreements, and other illegal practices.

<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, please reach out to Victoria for help in connecting to legal aid.

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/>

- Winter Woes
Thursday, February 4 at 11 a.m.
- Caring for the Caregiver
Thursday, February 18 at 11 a.m.
- Caring for the Caregiver
Thursday, February 18 at 7 p.m.

Music

Adele Dreyer on Piano via Zoom Join us on Friday, February 19th at 1pm, for your listening and lounging pleasure. Bring a project, your pet, or a cup of tea and just relax while listening to the musical stylings of this lovely pianist. Time will be held for a bit of discussion after the music. Email mkeating@edgartown-ma.us for Zoom link

Private Attorneys Specializing in Elder Law

The following attorneys all have their main offices on the mainland but frequently see clients on the Martha's Vineyard. They all specialize in elder and estate law. These are not legal aid attorneys and charge for their services.

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

Patricia Mello & Associates 508-477-0267
<https://attorneymello.com/>

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



February 2021

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
9am Yoga 10-12 Soup Takeout 4pm Knitting and Needlework		9:30 Tai Chi 11:00 Tai Chi Qigong	9:30 Poetry 11:30 Meals Delivery 12-3 MV Times Pickup	9-3 MV Times Pickup 9:30 Mindful Meditation
9am Yoga 10-12 Soup Takeout 4pm Knitting and Needlework		9:30 Tai Chi 11:00 Tai Chi Qigong	9:30 Poetry 11:30 Meals Delivery 11-2 Valentines Special Delivery 12-3 MV Times Pickup	9-3 MV Times Pickup 9:30 Mindful Meditation
CLOSED FOR PRESIDENTS DAY	1pm Advanced Care Planning	9:30 Tai Chi 11:00 Tai Chi Qigong	9:30 Poetry 11:30 Meals Delivery 12-3 MV Times Pickup	ECOA Board Meeting 9-3 MV Times Pickup 9:30 Mindful Meditation 1pm Adele Dreyer
9am Yoga 10-12 Soup Takeout 10-12 Open Cupboard 4pm Knitting and Needlework		9:30 Tai Chi 11:00 Tai Chi Qigong	9:30 Poetry 11:30 Meals Delivery 12-3 MV Times Pickup	9:30 Mindful Meditation 1pm Book Talk with Carolyn O'Daly "Deep Thoughts from a Shallow Mind"
	 HISTORY MONTH			

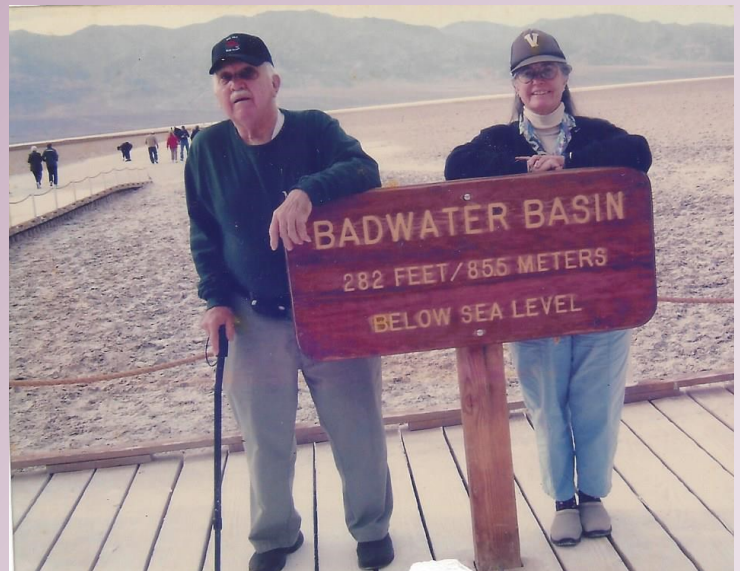


Robert and Marvene O'Rourke in Rodin's Sculpture Garden, Inspired by "The Kiss"



Adele Dreyer, sitting with grandsons Donovan, and Parker. "Donovan is always alive and loved within us".

You have to walk carefully in the beginning of love. The running across fields into your lover's arms can only come later when you're sure they won't laugh if you trip. ~Jonathan Carroll



Pat Tyra and husband, Harold Bauld enjoy retirement traveling.



Katie and George Oskan. Daughter and son in law of Carolyn O'Daly. Married on 5/15/15 at 5:15 pm by the late John Alley.

If grass can grow through cement, love can find you at every time in your life.

~Cher



Donna Arold with her newest loved one, black lab puppy Reggie, who was 4 months old in the picture, now 9 mos,



Joanne Adamowicz and Darrell King dance close to the tunes. — Peter Simon

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Joanne Adamowicz and Darrell King sharing a sweet moment.



Happiness is having everything you've worked for and someone for whom you'd give it all up who would never ask you to. ~Robert Brault

Laurie Schreiber, former Director of Senior Services for the Edgartown Council on Aging. Laurie is pictured here with husband Rich. The two were married on September 12th, 2020 and are enjoying their life together in both Tennessee and Wisconsin. They hope to make a visit to the Vineyard soon. Congratulations! Laurie you are missed by many.

Board Members

Rosemary Cunningham, Chair
Marvene O'Rourke, Co-chair
Stephen W. Miller, MD
Nancy Ignacio
Heidi Boyd
Jay Sigler
John Dropick

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

ECO Staff

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

Senior Tax Work off Program

The Senior Tax Work-Off Program can help you to lower your property tax bill. Please contact Lyndsay Famariss for opportunities and more 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

Free Tax Preparation

The Free Tax Preparation from AARP Foundation Tax Aide is filled for the 2020 tax season. The program has been forced to operate in a limited capacity this season. If you are already registered, call 627-4368 to schedule a time to come to the Anchors to pick up your tax info packet, which you must prepare ahead of your contactless appointment with tax prep volunteers.

Community Action Committee of Cape Cod and the Islands offers free tax preparation to residents of Martha's Vineyard. Please call to register and for more information. <http://www.cacci.cc/> 508-771-1727 ext. 200 372 North St., Hyannis, MA

VOLUNTEER OPPORTUNITIES

Special Deliveries, Meal Deliveries, and Errands The Edgartown Council on Aging continues to deliver meals each Thursday. We are seeking drivers who can fill in when needed. We also do larger "Special Deliveries" every month of two. We typically need 10-16 volunteers at a time to accomplish these large distributions. Lastly, we can always use 'on-call' volunteers to run occasional errands such as grocery shopping, pharmacy and mail pick up. Please email mkeating@edgartown-ma.us, or call the Anchors at 508-627-4368 to apply.



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.