

# Edgartown Council on Aging

# February 2023

## From the Administrator

The new year has started off with a lot of news at the Anchors. Diane Wall, our beloved cook for the past 14.5 years, will be retiring in April. While we couldn't be happier for her as she looks forward to spending time with her grandchildren, we'll miss her terribly. Diane has made an indelible mark on our food program, and she has worked tirelessly over her tenure to provide home-cooked, healthy, creative meals and soups for our guests. Diane's retirement will leave a hole in our hearts and will bring change to our meals program, but we remain committed to providing you with delicious food in a welcoming atmosphere at a reasonable price. Stay tuned for updates, and please join us in wishing Diane all the best in her new chapter!

Early in 2022, the ECOA board appointed a subcommittee led by Marvene O'Rourke to study and review how the Edgartown Council on Aging is addressing the needs of the population we serve in our current location. Members include Dianne Durawa, Carolyn O'Daly, Sarah Henderson, Nancy Ignacio, Janice Belisle, Shirley Dewing, Barbara Phillips, and me. The goal of this committee is to share its findings and make recommendations for future best practices to the Town.

This committee met monthly to review demographics, evaluate the positives and negatives of our current programs as well as the Anchors building itself, and review and learn from other COAs that are addressing similar challenges. The committee's research led to the conclusion that the Town should take steps to relocate the ECOA. The environmental threats facing the Dock Street area, the high cost of maintaining a 100-year-old building, and the limitations with accessibility, parking and programming space create too big a challenge to effectively meet the needs of Edgartown's fast growing older adult population in our

current location. We presented this information at a Select board meeting on January 19.

We're in the very early stages of investigating next steps with the Town and your voice will be an important part of the process. We're partnering with Cindy Trish of Healthy Aging MV to conduct multiple focus groups and other opportunities for community members to weigh in. Please let us know if you're interested in participating, and stay informed by checking our website and/or speaking with me or a Five-Year Committee member.

Best, Lyndsay



Lunch and Learn presentation on HAMV's Home Share pilot program. For more info go to: <https://www.hamv.org/home-sharing-pilot>



Dion Alley during a Lunch and Learn in January. Dion explained the many advantages of having a home energy assessment done. To learn more go to: <https://www.capelightcompact.org/home-energy-assessments/>



## The Anchors Kitchen

We are committed to providing those in need with nutrition resources.  
Please call 508-627-4368 to learn about nutrition programs you may be eligible for.

### **Tuesday and Friday Lunches**

Lunch is served at 12noon. Please come beforehand to find a seat.  
Exact change is appreciated. No walk-ins.

You must call at least 24 hours in advance to reserve your spot. 508-627-4368

Tuesday SANDWICHES  
~ with dessert      **\$3**

2/7 Smoked Tofu & Gouda  
2/14 Chicken Salad  
2/21 ~NO LUNCH~  
2/28 ~NO LUNCH~

### Fish Chowder & Stew



**Get it at the Anchors!**  
Thanks to the generosity of  
IGI and the MV Fishermen's  
Preservation Trust

### Friday Café

~ with soup & dessert      **\$5**

2/3 Fisherman's Stew  
2/10 Chicken Parmesan Sub  
2/17 Picadillo with Corn Bread  
2/24 ~NO LUNCH~

### Open Cupboard

The Edgartown Council on Aging is  
a partner of the Greater Boston  
Food Bank. Income eligible people  
may pickup at the Anchors.

Call Donna to request a pickup date  
and time. We always have an as-  
sortment of dry, canned, frozen,  
and fresh food items as well as  
toiletries for anyone in need.





# February 2023

To register, or to learn more about programs at the Anchors, call 508-627-4368 or email [mkeating@edgartown-ma.us](mailto:mkeating@edgartown-ma.us)

	<p>1</p> <p><b>9:30</b> Tai Chi</p> <p><b>12:30</b> Bridge</p>	<p>2</p> <p><b>9:30</b> Poetry <i>*No conversations today</i></p> <p><b>1</b> Bingo <b>1</b> Spades</p>	<p>3</p> <p><b>9:30</b> Mindful Meditation</p> <p><b>12</b> Friday Café</p> <p><b>1</b> Mah Jong</p>	
<p><b>10</b> Salsa with Christina</p> <p><b>12:30</b> Bridge</p> <p><b>1</b> Journaling</p>	<p>6</p> <p><b>9</b> Yoga</p> <p><b>10</b> Knitting</p> <p><b>11</b> Coffee w/ a Cop</p> <p><b>12</b> Tues Lunch</p> <p><b>1</b> Mah Jong</p>	<p>7</p> <p><b>9:30</b> Tai Chi</p> <p><b>11</b> Tech Time with Rizwan</p> <p><b>12:30</b> Bridge</p> <p><b>1</b> Dementia Friends</p> <p><b>Presentation-Mary Holmes</b></p>	<p>8</p> <p><b>9:30</b> Poetry</p> <p><b>11</b> Conversations</p> <p><b>1</b> Movie "Where the Crawdads Sing"</p> <p><b>1</b> Spades</p>	<p>9</p> <p><b>9:30</b> Mindful Meditation</p> <p><b>12</b> Friday Café</p> <p><b>12</b> Tri The Resource</p> <p><b>1</b> Mah Jong</p>
<p><b>9am</b> Hearing Wellness with Shawn</p> <p><b>10</b> Salsa with Christina</p> <p><b>12:30</b> Bridge</p> <p><b>1</b> Journaling</p>	<p>13</p> <p><b>9</b> Yoga</p> <p><b>10</b> Knitting</p> <p><b>12</b> Tuesday Lunch Valentines Prelude with Adele</p> <p><b>1</b> Mah Jong</p>	<p>14</p> <p><b>9:30</b> Tai Chi</p> <p><b>12:30</b> Bridge</p>	<p>15</p> <p><b>9:30</b> Poetry</p> <p><b>11</b> Conversations</p> <p><b>1</b> Bingo</p> <p><b>1</b> Spades</p>	<p>16</p> <p><b>ECO Board</b></p> <p><b>9:30</b> Mindful Meditation</p> <p><b>12</b> Friday Birthday Café</p> <p><b>1</b> Mah Jong</p>
<p>The Anchors is CLOSED for Presidents Day</p>	<p>20</p> <p><b>9</b> Yoga</p> <p><b>10</b> Knitting</p> <p><b>NO LUNCH</b></p> <p><b>1</b> Mah Jong</p>	<p>21</p> <p><b>9:30</b> Tai Chi</p> <p><b>12:30</b> Bridge</p>	<p>22</p> <p><b>9:30</b> Poetry</p> <p><b>11</b> Conversations</p> <p><b>1</b> Movie "Ticket to Paradise"</p> <p><b>1</b> Spades</p>	<p>23</p> <p><b>9:30</b> Mindful Meditation</p> <p><b>NO LUNCH</b></p> <p><b>1</b> Mah Jong</p>
<p><b>10</b> Salsa with Christina</p> <p><b>12:30</b> Bridge</p> <p><b>1</b> Journaling</p>	<p>27</p> <p><b>9</b> Yoga</p> <p><b>10</b> Knitting</p> <p><b>10</b> AARP Tax packets to the library</p> <p><b>NO LUNCH</b></p> <p><b>1</b> Mah Jong</p>	<p>28</p> <p><i>With life as short as a half-taken breath, do not plant anything but love. ~Rumi, interpreted by Coleman Barks</i></p>	<p><b>BLUE = OTHER LOCATION</b></p> <p><b>PURPLE = ZOOM</b></p> <p><b>GREEN = ANCHORS</b></p>	

# Programs and Services

## Closings

**The Anchors will be closed on the following dates:** Monday, February 20 for Presidents'

## Coffee with a Cop

Day. **Coffee with a Cop** is Tuesday, February 14 at 11am. Join us for a conversation with Sergeant Will Bishop from the EPD. Catch up on the latest from the department.

## Conversation Group

**Conversations** Thursdays at 11am. (No meeting 2/2) Come with an open mind and something of interest to share. Please call for more info and to register.

## Exercise & Wellness

**Bowling is back!** You must call the Anchors each week to register. Every Monday, beginning February 6th. Get to the Barn early enough to pay and get your shoes; the clock starts counting down at 11:30 sharp! Edgartown players pay \$10 for bowling and lunch thanks to the Friends of the ECOA. Price for non-Edgartown is \$20 per person.

**Mindfulness Meditation with Ed Merck on Zoom** Fridays at 9:30am on Zoom! Please call or email if you would like to join us.

**Salsa with Christine Montoya** Mondays 10am-11am. Learn some of the basic rhythms and movements of Salsa dancing. Call to register for this fabulous 4-week session. \$60 per person for the series. 2/6, 2/13, 2/27, & 3/6.

**Tai Chi with Nan Doty** Wednesdays at 9:30. Call to register if you would like to join the class.

**Yoga with Carol Vega** Tuesdays at 9am. Please call to register if you would like to join us.

## Games

**Bingo** Thursdays, February 2nd and 16th at 1pm. Come and have some good clean fun!

**Bridge Group** meets Mondays and Wednesdays from 12:30-3:30pm. To join, please call 508-627-4368.

**Mah Jong** meets Tuesdays and Fridays at 1pm. Please call to register in advance 508-627-4368

**Spades** Thursdays in February at 1pm. We hope you'll join us! Want to learn how to play? Adele Dreyer has offered to teach this fun card game to anyone who is interested. Learning something new is a great way to maintain mental acuity! Call to register.

## Knitting & Needlework

**Knitting** at the Anchors meets weekly on Tuesdays from 10am-12noon.

## Legal

The following attorneys all have their main offices on the mainland and frequently come to Martha's Vineyard to meet with clients. They all specialize in elder and estate law. These are not legal aid attorneys; they charge for their services:

**Suprenant and Beneski** 508-994-5200

<https://myfamilyestateplanning.com>

**Patricia Mello & Associates** 508-477-0267

<https://attorneymello.com/>

**Arthur P Bergeron** 508-860-1470

[abergeron@mirickoconnell.com](mailto:abergeron@mirickoconnell.com)

## Lunch & Learn

**Tri The Resource** Friday, February 10th . Join us in welcoming Melissa Vincent and Kaitlin Seaton who can tell you everything you need to know about this home improvement program.

## Music

**Valentine Prelude with Adele Dreyer**

Tuesday, February 14 during lunch.

## SHINE

**SHINE counselor Bill Glazier** is available by appointment for phone consultations to help you navigate the world of Medicare and prescription plans. Call for an appointment 508-627-4368. Medicare.com

## Tax Prep

**Tax Aide Program 2023-Edgartown** If you would like to take advantage of this wonderful annual program, do not delay in calling to register. Once registered you will pick up a tax packet at the Anchors. You will then bring the completed packet to the community room at the Edgartown library on the date you were given, either February 28 or March 21. Call the Anchors to register.

## Technology

**Tech Time with Rizwan** Wednesday, February 8, beginning at 11am. Call to register for a 20 minute 1-1 session. Do you have questions about using your laptop, smartphone, iPad, or other devices? We are partnering with the Edgartown Library to provide Tech Time sessions every second Wednesday of the month at the Anchors.



## Transportation

**Transportation** Thanks to a partnership with the VTA, the Anchors now has a van. We are currently using the van to bring people to our Thursday morning programs, as well as on local errands. If you are in need of a ride, please let us know. You must call at least 24 hours in advance to reserve. 508-627-4368. We are actively seeking volunteer drivers so that we may expand our program. Please contact us if you would like to be part of making a real difference in the lives of your fellow community members. Training and insurance provided.

## Wellness

**Shawn Woodbrey** hearing aid specialist from At Home Hearing Healthcare. Monday, February 9. Second Monday of the month, beginning at 9 am. Hearing tests are 30 minutes; general ear check and hearing aid checks are 15 minutes. No cost. Call to schedule an appointment. 508-627-4368

## Writing

**Journaling Workshop** Mondays from 1-2pm at the Anchors. Free and open to all. Materials provided. Call or email to register.



Cindy Trish and Beth Kramer of Healthy Aging Martha's Vineyard, working hard to make the island more age friendly and responsive to the needs of older adults. To learn more about their work, check out their website: <https://www.hamv.org/>



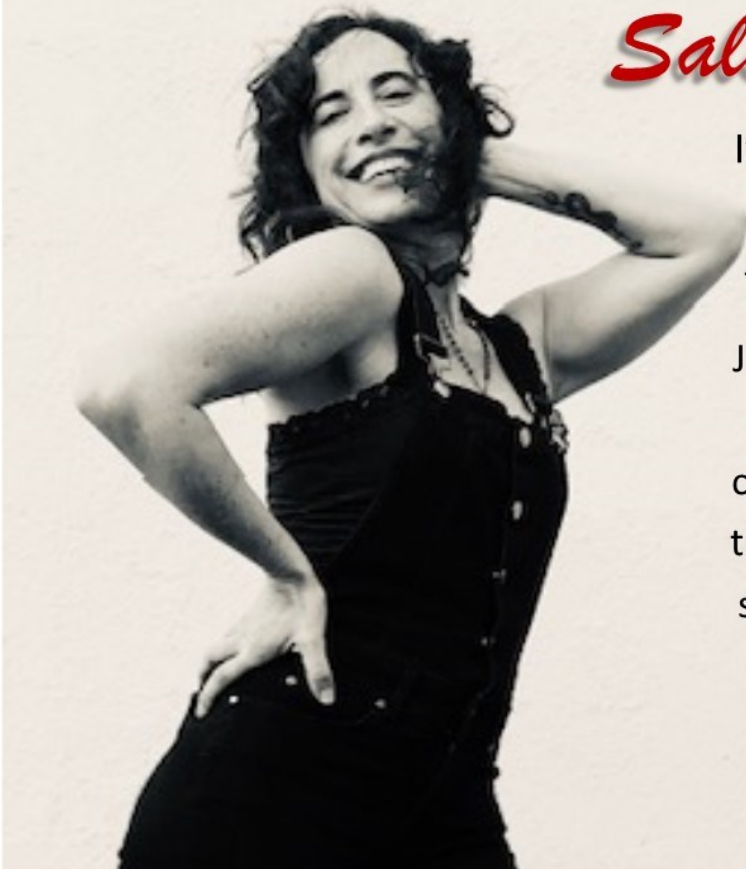
## *Salsa at the Anchors*

If you are looking for ways to bring more joy into your life and spice the winter up, you have found it!

Join island dancer and dance teacher Christina Montoya for a series of 4 classes, where you will learn some of the basic rhythms and movements of salsa dancing. No partner necessary, all levels welcome.

**Mondays 10-11: 2/6, 2/13, 2/27, & 3/6**

**Call 508-627-4368 to register**





## VTA-OCB Ophthalmology Transportation Pilot Program



**Organized by:** Healthy Aging Martha's Vineyard Older Adult Transportation Coalition, Vineyard Transit Authority and Dr. Hu

**Eligibility:** residents of Martha's Vineyard who are patients of Dr. Hu or other medical providers operating out of the same offices - 282 Route 130 & Cotuit Road, Sandwich, MA 02563 - on the days when the Medivan is offered; older adults (60+) are given preference for seats.

Dates offered (all Tuesdays): **-February 7th- -March 7th- -April is FULL- -May 9th- -June 13th-**  
\*\*additional dates may be added in March\*\*

**Departure:** Vineyard Haven Steamship Terminal, no later than 6:30 am to then board the 7 am ferry. Arrival at Sandwich OCB around 8:30 am.

The VTA offers a free Park N Ride shuttle from the VH Steamship Terminal to the Park N Ride parking lot on High Point Lane. The OCB van will also make a stop at the Park N Ride lot at 6:10 am, while the Park N Ride shuttle leaves the parking lot at 5:45 am.

**Return:** 3:15 pm at Vineyard Haven Steamship Terminal (boat departs Woods Hole at 2:30 pm)

**Cost:** \$20 Roundtrip. \$10 One-Way (includes ferry ticket) – remaining costs are subsidized by the Vineyard Transit Authority. One escort/PCA can accompany the customer at no additional charge.

### More Details

Dr. Hu's office and other participating providers will alert MV patients who call the office that this service is available and will schedule their appointments accordingly.

No more than 4-5 patients will be transported on a single day to ensure patient arrival times and admission is practical. Patients should be made aware they could be in the office for anywhere between 2-4 hours as there will likely be staggered admissions, along with surgery start times. Each patient is permitted to bring a companion support/escort though companions should be made aware there may be times when they will need to wait in the van depending on the amount of space in the waiting room.

Surgeries and Evaluations are typically the types of appointments this service is best suited for.

After making the appointment with Dr. Hu's office, a reservation must also be made on the VTA OCB van. To make a reservation on the VTA OCB van, call 508-693-9440 and select Option 1 no later than 12 noon the Thursday before the appointment. Customers must [register with the VTA](#) prior to making a van reservation. VTA will reconfirm all appointments and van reservations the Friday prior to the scheduled trips.



Muchas gracias to G and Christina for their excellent teaching skills in the Salsa class!



G and Christina talking to the group about clave rhythms and the origins of Salsa.



Board Members

Rosemary Cunningham, Chair  
Marvene O'Rourke, Co-chair  
Nancy Ignacio  
Jay Sigler  
John Dropick  
Janice Belisle, Friends of ECOA rep



ECOA Staff

Donna Paulson, Receptionist, 210  
Diane Wall, Cook  
Victoria Haeselbarth, Outreach Worker, 215  
Meris Keating, Director of Senior Services, 214  
Lyndsay Famariss, Administrator, 213



**Where the Crawdads Sing, 2018.**  
**Rescheduled- Feb 9th at 1pm. 2hr 5 min.**  
Abandoned as a girl, Kya raised herself in the dangerous marshlands of North Carolina. For years, rumors of the marsh girl haunted Barkley Cove, isolating the sharp and resilient Kya from her community. Drawn to two young men from town, she opens herself to a new and startling world. However, when one of them is found dead, Kya immediately becomes the main suspect. As the case unfolds, the verdict as to what happened becomes increasingly unclear, threatening to reveal many secrets.



**Ticket to Paradise, 2022. 1 hr 44 min.** A man and his ex-wife race to Bali, Indonesia, to stop their daughter from marrying a seaweed farmer. As they desperately try to sabotage the wedding, the bickering duo soon find themselves rekindling old feelings that once made them happy together.

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.

