

# January 2021

## Happy New Year!

Friends from the Anchors share their hopes for 2021

“May New Year 2021 help usher in the end of this pandemic and allow Americans to once again return to a life of “normalcy “ and good health for our Nation and the entire World Community.

I anxiously await the moment when the Anchors’ Board and Staff will be able to welcome back our members and together enjoy our Tuesday and Friday Lunches—without masks!”

Happy New Year 2021!

Rosemary Cunningham  
Chairman:  
Anchors Board  
of Directors



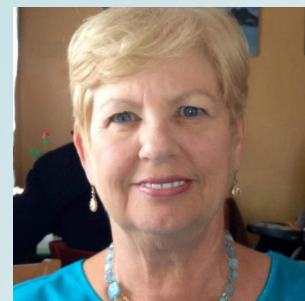
“My New Year's wish is for health and happiness for everyone. Each year is a new beginning. Hopefully, we will be able to come together for activities, lunches and socializing at the Anchors and enjoy the things we took for granted in the past.”

~Janet Sigler

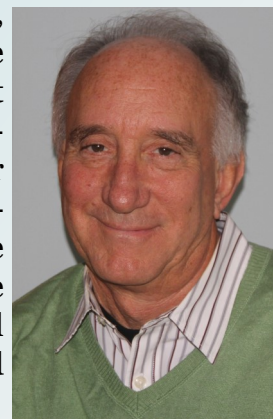


“Going to get the Covidvac the moment it's available for me then try to shed these Covidpounds!”

~Carolyn O’Daly



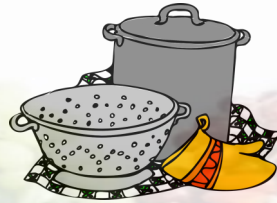
“My wish for 2021 is that we realize - each and every one of us -how amazing and wonderful we are. That we are not alone; rather we are totally interconnected with each other, the birds, the trees, even the entire universe. And that the joy of connectivity is ours just for recognizing and living out of that place of Unity, that place where oneness is all there is.” ~Ed Merck



“Keep away from Covid-19, and be grateful for the things I’m lucky enough to have, like living on this island where people really care about each other . Be grateful for one positive thing Covid has taught us, which is to slow down and smell the roses...”

~Janice Belisle





## **The Anchors Kitchen!**

**We continue to deliver frozen soups and single serving entrees to older Edgartown adults in need while our building remains closed to the public. Meals are delivered to the doorstep on Thursdays weather permitting...**

**For more information please call**

**508-627-4368 or email [kvieira@edgartown-ma.us](mailto:kvieira@edgartown-ma.us)**

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

***\*If you or someone you care for is concerned about food security, please get in touch with our outreach department, who can connect you to local food resources.***

***Free Oysters, in bags of 2 dozen, available for pickup. Weekly sign up initially limited to first 20 registrants. Tuesdays, beginning 11/8, at 1 and 1:30pm by appointment. Please call to register.***

### **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**

# Programs and Services

## Advanced Care Planning

**Advance Care Planning Workshop - Tuesday, January 19 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](mailto:mkeating@edgartown-ma.us) to register.

## Book Club

**If you are interested in joining a book club** through the Anchors, led by Jill Jupen via Zoom, please get in touch with Meris at [mkeating@edgartown-ma.us](mailto:mkeating@edgartown-ma.us)

## 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> or call: **508) 693-0410**

**Mass.gov** offers up to date information and recommendations from the governor's office on Covid-19 and its impact on residents of Massachusetts. <https://www.mass.gov/info-details/covid-19-updates-and-information>

## Exercise & Wellness

**Strength Training with Lisa Amols** on Tuesday and Thursday mornings 8:30-9:30am. To register please call Lisa at 508-693-1009. For more information: [Lisasstudiomv.com](http://Lisasstudiomv.com)

**Tai Chi with Nan Doty** Wednesdays at 9:30am. Please email Nan at [chipocket62@gmail.com](mailto:chipocket62@gmail.com) to register.

**Tai Chi Qigong with Nan Doty** Wednesdays at 11am.

**Mindfulness Meditation with Ed Merck** Fridays, 9:30-10:30am. Resumes, after a holiday break, on January 8th. Give yourself and your loved ones the gift of meditation this holiday season! Your family and friends may even comment about how peaceful and relaxed you've become... Our regular attendees have been raving about the difference it has made in their lives. Please join us

## Knitting

Mindful Knitting on Zoom, every Wednesday at 2pm. <https://us02web.zoom.us/j/89310613621?pwd=Y1BkQWN2WDVXL3d2cTdNWnlodVIyZz09>

Email Meris- [mkeating@edgartown-ma.us](mailto:mkeating@edgartown-ma.us) with questions or additional meeting information.

## Legal

### 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-

## Legal Cont.

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/>

- Dementia and Sleep  
Thursday, January 7 at 11 a.m.
- Dementia and Depression  
Thursday, January 21 at 11 a.m.
- Dementia and Depression  
Thursday, January 21 at 7 p.m.

## Music

**Adele Dreyer on Piano via Zoom** Join us on Friday, January 15th at 2pm, for your listening and lounging pleasure. Bring a project, your cat, 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](mailto:mkeating@edgartown-ma.us) for Zoom link

## 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

2021  
Personal Planner

THE ANCHORS  
Edgartown Council On Aging  
PO Box 1295  
10 Daggett Street  
Edgartown, MA 02539  
(508) 627-4368  
[www.edgartowncoa.com](http://www.edgartowncoa.com)

**We still have 2021  
Planners to give  
away!**

Call 508-627-4368.  
Voicemails are  
checked regularly.  
Or, email [mkeating@edgartown-ma.us](mailto:mkeating@edgartown-ma.us).

“In 2021, Every day I will try to perform an act of kindness toward someone, have positive thoughts when possible and stop using my exercise bike as a clothes hanger.”

~Ann Tyra



Ann's cats,  
Smokey and  
Sparky

“Write more letters. Clean the attic. Share more.”

~Susan Brown



“Resolutions: Laugh more, sing more, play more. Complain less!”

~Mary Gentle





# January 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
<b>2021 VTA bus passes are here!</b> \$40 for people over 65. Call ahead to purchase at the Anchors.				1 The Anchors is closed New Year's Day
4 <b>10am-12pm</b> Soup Takeout	5 <b>8:30</b> Strength Training	6 <b>9:30</b> Tai Chi <b>11:00</b> Tai Chi Qigong  <b>2:00</b> Mindful Knitting	7 <b>8:30</b> Strength Training <b>9:30</b> Poetry <b>11:30</b> Meals Delivery <b>12-3</b> MV Times Pickup	8 <b>9-3</b> MV Times Pickup  <b>9:30</b> Mindful Meditation
11 <b>9am</b> Yoga  <b>10am-12pm</b> Soup Takeout	12 <b>8:30</b> Strength Training <b>1:00</b> Oyster Pickup <b>1:30</b> Oyster Pickup	13 <b>9:30</b> Tai Chi <b>11:00</b> Tai Chi Qigong  <b>2:00</b> Mindful Knitting	14 <b>8:30</b> Strength Training <b>9:30</b> Poetry <b>11:30</b> Meals Delivery <b>12-3</b> MV Times Pickup	15 <b>ECOA Board Meeting</b> <b>9-3</b> MV Times Pickup <b>9:30</b> Mindful Meditation <b>2pm Adele Dreyer</b>
 Happy Martin Luther King Day I HAVE A DREAM <b>CLOSED FOR MLK DAY</b>	19 <b>8:30</b> Strength Training <b>1:00</b> Oyster Pickup <b>1:30</b> Oyster Pickup <b>1pm</b> Advanced Care Planning	20 <b>9:30</b> Tai Chi <b>11:00</b> Tai Chi Qigong  <b>2:00</b> Mindful Knitting	21 <b>8:30</b> Strength Training <b>9:30</b> Poetry <b>11:30</b> Meals Delivery <b>12-3</b> MV Times Pickup	22 <b>9-3</b> MV Times Pickup  <b>9:30</b> Mindful Meditation
25 <b>9am</b> Yoga  <b>10am-12pm</b> Soup Takeout  <b>10-12</b> Open Cupboard	26 <b>8:30</b> Strength Training <b>1:00</b> Oyster Pickup <b>1:30</b> Oyster Pickup	27 <b>9:30</b> Tai Chi <b>11:00</b> Tai Chi Qigong  <b>2:00</b> Mindful Knitting	28 <b>8:30</b> Strength Training <b>9:30</b> Poetry <b>11:30</b> Meals Delivery <b>12-3</b> MV Times Pickup	29 <b>9-3</b> MV Times Pickup  <b>9:30</b> Mindful Meditation

# Mindfulness Meditation

Sponsored by the Edgartown Council on Aging *"The Anchors"*

A meditation study group that uses guided meditation, silence and participant sharing to explore the principles and practices of mindfulness. Come experience why modern research points to many benefits from meditation such as relaxation, greater buoyancy, less reactivity, mental clarity, a sense of peace; and even medical advantages such as lower blood pressure, better sleep, and less pain.

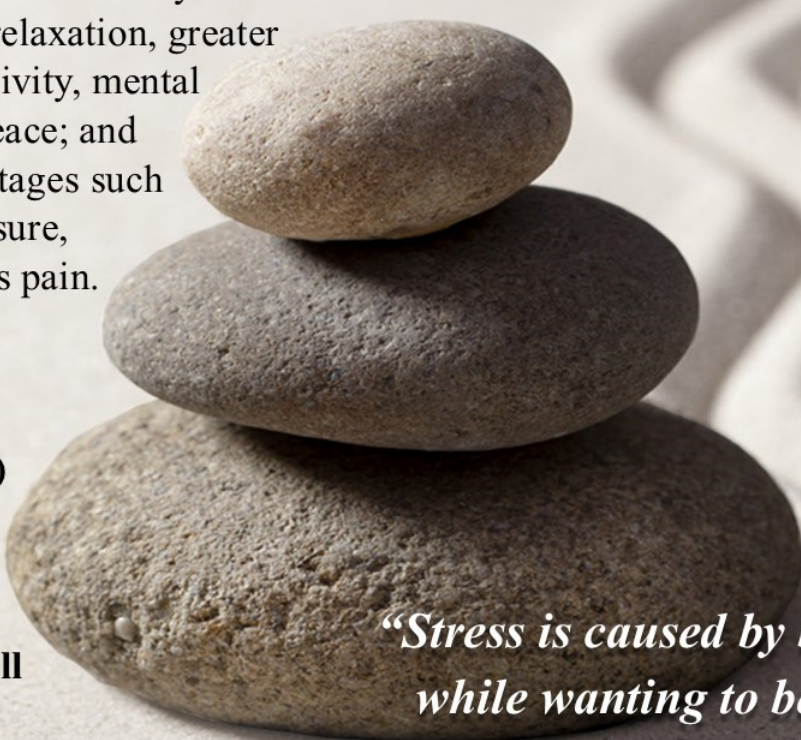
**The Anchors  
(Initially on Zoom)  
Fridays,  
9:30-10:30 am**

**Free and open to all  
experience levels.**

**Call 508-627-4368, or email:  
mkeating@edgartown-ma.us  
to reserve your spot.**

## **Instructor**

Ed Merck has been a full-time resident of the Vineyard since 2013. Prior to that he worked in Higher Education as a strategic planning/finance executive. Ed is a certified yoga instructor, Reiki Master, on-island meditation teacher, Tai Chi student, and performing musician.



*"Stress is caused by being 'here' while wanting to be 'there.'"*

*~Eckhart Tolle*


## Free Oysters for Pickup at the Anchors! Tuesdays, beginning January 12th.

Please call in advance to sign up for a 1pm or 1:30pm contactless pickup.

# 508-627-4368

Oysters are being donated through the Sengekontacket Aquaculture Program. A big thanks to Warren Gaines for offering to get this program going, along with Rob Morrison and Jason Mallory for their time and efforts growing and harvesting the oysters. To read more about the background of this exciting program, you can read about its origins in this 2015 MV Gazette article:

<https://vineyardgazette.com/news/2015/11/12/success-half-shell-aquaculture-boosts-pond-health>



Call ahead to reserve  
2 dozen oysters  
FREE! Ongoing, Tuesdays  
Through winter

### Board Members

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

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

### EOA Staff

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

## Warning: Beware of COVID-19 Vaccination Scam Offers

As the first Americans line up for COVID-19 vaccine injections, so also are the scammers preparing to use this opportunity to scam you.

**Don't get scammed! You should know the following:**

- Most Medicare beneficiaries will not have to pay to get this vaccine during this public health emergency.
- If someone offers to put you on a vaccination list in exchange for money, you are being scammed. You cannot pay to get on a list.
- If someone offers to get you early access to the vaccine in exchange for your credit card or Medicare number, you are being scammed. You cannot pay to get early access to the vaccine.
- No one from Medicare or your municipal or state health department will contact you and offer you the vaccine.
- No one from a vaccine distribution site or a private insurance company will call you asking for your Social Security number, your credit card number, or bank account information to sign you up to get the vaccine. If you get such a call you are being scammed.
- If you get a call, text, email, or even someone knocking on your door claiming they can get you early access to the vaccine, you are being scammed. You can report scams by calling the Massachusetts Senior Medicare Patrol Program's Report-A-Scam line at 978-946-1243 or email to ReportAScam@MASMP.org.

**Remember: Never give your Medicare number, your bank account information, your credit card numbers, your Social Security number, or any other personal information to anyone you do not know and trust. Don't get scammed.**

For additional guidance call the Massachusetts Senior Medicare Patrol (SMP) Program at 800-892-0890 or visit [www.MASMP.org](http://www.MASMP.org).



#### 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.