

January 2022



Jay Sigler at the Open House



Janice, Lyndsay, and Carolyn looking festive.



Diane Wall and Margaret Steele preparing some scrumptious chicken pot pie for Friday Café to-go.



Patricia Correia with her brother Sam Hannigan



Cathy Lewis with her winter greens centerpiece.



Joyce Cornwall



Dorothy Dropick picks a winner for one of three gift baskets at the Open House. Congratulations to Pat Bakke, Jean Stone, and Melissa Kuehne!



Shirley Dewing



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.



Brown Bag Lunch Pickup

Tuesdays and Fridays

11am-12:30pm. Exact change is appreciated.

Please call the week before to register. 508-627-4368



Tuesday SANDWICHES ~ includes dessert

Jan. 4 No brown bag lunch today.

~Free IGI soups available for pickup~

Jan. 11 Egg Salad

Jan. 18 Veggie Quesadilla

Jan. 25 Turkey and Bacon

\$3

Friday Café ~ Lunch TO GO ~ includes soup and dessert

Jan. 7 No brown bag lunch today.

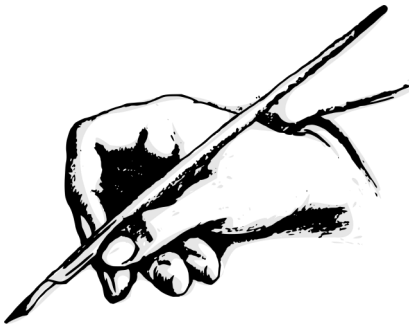
~Free IGI soups available for pickup~

Jan. 14 Chicken Cutlet

Jan 21 Almond Crusted Pork Roast

Jan. 28 Stuffed Collard Greens

\$5



A note from the administrator

I hope this finds you all well and that you're enjoying the holiday season.

Unfortunately, due to the continued rise in Covid infections on MV and across the state, beginning Monday, December 27, we will be pausing the Anchors' in-person programming for the next few weeks.

We've so enjoyed hearing the laughter and sounds of camaraderie that have filled the building since we re-opened in June, and it delights us to see you

and catch up in person. However, the latest Covid numbers point us in the direction of having to make the difficult decision to curb our in-person offerings until we feel that it is safe to welcome you back into the building.

Our staff will continue to work in the building and, as always, we will be available via email and phone. We will continue to offer our pick up meals on Tuesdays and Fridays. Wednesday food deliveries to our homebound friends will also continue.

We hope this pause will not be lengthy. Providing our participants clarity is important, so we've decided that all programming in January will be remote until further notice. We expect to alert you to any changes in this plan as more information becomes available from public health officials.

Best,

Lyndsay Famariss,
Administrator, Edgartown Council on Aging



Programs and Services

Advance Care Planning

Advance Care Planning Zoom Workshop

Tuesday, January 18th @ 1pm. Workshops are held on the 3rd Tuesday of each month at 1pm via Zoom. Email mkeating@edgartown-ma.us to register.

Bus Pass- Island Seniors 65+

VTA Senior Bus Passes are available at the Anchors for \$40. New this year, your pass is good for 365 days from the first time you swipe it, regardless of purchase date.

Conversation Group

Conversations (on Zoom for January)

Thursdays, December 30th, and January 13th & 27th, 11am-12noon. Come with an open mind and something of interest to share. Please call Meris for more info and to register.

Click link to join Conversations. <https://us02web.zoom.us/j/83487396005?pwd=djlNNlhwdXdkSTI3RTJKUEp5TVhLdz09>

Exercise & Wellness

Mindfulness Meditation with Ed Merck on Zoom

Fridays, 9:30-10:30am, is an experientially based study group that uses guided meditation, silence, and voluntary participant sharing to explore the principles and practices of mindfulness meditation. Students of all levels - including beginners - are welcome.

Email mkeating@edgartown-ma.us to register. See page 4 for more information.

Tai Chi with Nan Doty

Wednesdays, at 9:30am. \$10 session. Please call Meris regarding remote classes in January.

Yoga with Carol Vega Tuesdays at 9am. \$10 session. Please call Meris regarding remote classes in January.

Games

All games are on hold during our in-house programming pause. Please sign up for ECOA email updates or call the Anchors for the latest.

Informational Talk

Jay Deyette, Dispensary Manager of Fine Fettle in West Tisbury joins us for an informational session and Q&A on Friday, January 28th from 11am to 12 noon. Discover the natural benefits of Cannabis use for a variety of ailments. Fine Fettle Dispensaries focuses on expertise, education, research, and outreach on the use of cannabis for the greater health of Massachusetts. You must call to register in advance. Please note, our hope is to host this talk in-person at the Anchors. In the event of an extended pause in programming, we will provide a Zoom link to all registrants.

Knitting & Needlework

Knitting and Needlework meets Mondays at 3:30pm via Zoom. Click link to join.
<https://us02web.zoom.us/j/88227741144?pwd=bXdHRDJmMG85N2lWai1RtK2RaRnJYUto9>

Knitting for Charity Tuesdays from 10am-12noon. Meeting on Zoom until BOH guidance changes. <https://us02web.zoom.us/j/85817900648?pwd=TFdRUDNOVTAxeUFPVG5DWXNuaHNDZzo9>

Music

Michael Haydn Piano Voice Guitar. Zoom performance on Friday, January 7th from 1-2pm. Please join us as we welcome Michael to perform a small selection from his extensive repertoire.
<https://us02web.zoom.us/j/84917763401?pwd=U3VBUmVuYXNxcWZ2UTFRaFJyWVN2UTo9>

Adele Dreyer on Piano via Zoom Join us on Friday, January 28th at 2pm 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.
<https://us02web.zoom.us/j/86051857111?pwd=SodxWHR4aWsxVWt6cERWNCttWldLUTo9>

SHINE

SHINE counselor Bill Glazier is available by appointment for phone consultations. 508-627-4368

Studio Art

Oil Pastels with Meris Wednesdays in February from 1-3pm. Over the course of four weeks, you will learn about color, composition, and some basic techniques for working with oil pastels. This workshop is free to attend and all necessary supplies will be provided. You must register in advance by calling or emailing mkeating@edgartown-ma.us

Tax Work Off

The Senior Tax Work-off Program can help you to lower your property tax bill. Please contact Lyndsay: lfamariss@edgartown-ma.us or call 627-4368 ext. 213 for opportunities and more information.

Wellness Clinics

Shawn Woodbrey hearing aid specialist. *January's clinic has been postponed until Monday, February 14th.* 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 Meris to schedule an appointment. 508-627-4368


Wellness Clinic with Town Nurse Lila Fischer *January's clinic has been postponed until Wednesday, February 2nd from 11am-12noon.* Please call to register. Wellness Clinics will be held on the first Wednesday of the month from 11am-12noon. 508-627-4368.





January 2022

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	
	3		4		5		6		7
3:30 Knitting and Needlework		9:00 Yoga with Carol Vega 10 Knitting for Charity NO BROWN BAG LUNCH TODAY IGI soups for pickup		9:30 Tai Chi		9:30 Poetry		9:30 Mindful Meditation NO BROWN BAG LUNCH TODAY IGI soups for pickup 1:00 Michael Haydn	
	10		11		12		13		14
3:30 Knitting and Needlework		9:00 Yoga with Carol Vega 10 Knitting for Charity 11-12:30 Brown Bag Lunch Pickup		9:30 Tai Chi		9:30 Poetry 11:00 Conversations		9:30 Mindful Meditation 11-12:30 Friday Café To-Go	
THE ANCHORS IS CLOSED	17		18		19		20		21
HAPPY MARTIN LUTHER KING JR. DAY 		9:00 Yoga with Carol Vega 10 Knitting for Charity 11-12:30 Brown Bag Lunch Pickup 1:00 Advance Care Planning		9:30 Tai Chi		9:30 Poetry		8:30 ECOA Board 10:00 Mindful Meditation 11-12:30 Friday Café	
	24		25		26		27		28
3:30 Knitting and Needlework		9:00 Yoga with Carol Vega 10 Knitting for Charity 11-12:30 Brown Bag Lunch Pickup		9:30 Tai Chi		9:30 Poetry 11:00 Conversations		9:30 Mindful Meditation 11 Fine Fettle Talk 11-12:30 Friday Café To-Go 2:00 Adele Dreyer Piano Lounge Hour	
10-12 Open Cupboard	31	<i>Man must evolve for all human conflict a method which rejects revenge, aggression and retaliation. The foundation of such a method is love. ~Martin Luther King, Jr., Nobel Peace Prize acceptance speech, 1964</i>					PURPLE= ZOOM GREEN= AT THE ANCHORS BLUE= OTHER LOCATION		
3:30 Knitting and Needlework									



The ECOA's *Knitting for Charity* group; crafty and caring. Handmade items being displayed before donation to the annual "Handmade from the Heart" artisans fair at the Daniel Fisher House. All proceeds from the sale go directly to the care of patients and their families by the caring staff and volunteers from Hospice of MV. There is no charge for their services.



The thoughtful and caring people of the Edgartown Fire Department have put together some lovely little gift bags just for you.

Please call ahead and let us put one aside for you.



Michael Haydn Piano Voice Guitar.

Zoom Performance hosted by the Anchors

Friday, January 7th, 1-2pm.

Please call 508-627-4368,
or email mkeating@edgartown-ma.us
to register in advance.

Michael has had a varied career, including many years studying classical and jazz. He attended the Berklee School of Music. He enjoyed a two-year stint as lead guitarist in the 113th Army Band in Fort Knox, KY. Over the past several decades he has given performances throughout Massachusetts, the majority of which were in Boston and on Martha's Vineyard. Along the way, Michael has performed in rock bands and at folk clubs, accompanied singer/songwriters, taught piano, guitar, and drums, composed for live theatre, and even enjoyed a cameo film performance in *Jaws*.

These days, he performs classical, jazz, folk-jazz, folk-blues, bossa nova, and Spanish guitar in a variety of venues and for special events. Join us in welcoming this versatile musician for a Zoom performance of some of his favorites on piano.



Meditation at the Anchors

It's that time of year – **making our resolutions for the New Year.** Give yourself the gift of meditation and feel the inner peace, increased vitality, and improved mood that our members report. Other potential benefits documented by modern research include greater ease of relaxation, increased buoyancy, less reactivity, improved mental clarity; and even medical advantages such as lower blood pressure, better sleep, and less pain. It's as easy as showing up on **Zoom, Fridays at 9:30am.**

At the Anchors, our practice is grounded in both learning meditation techniques and the exploration of inspirational themes.

A sampling of recent focal points includes 1) Waking up to the fullness and magnificence of who we are;

2) Exploring forgiveness and gratitude; 3) Trusting in our own goodness 4) Releasing judgment so that we may rest peacefully in stillness, spaciousness, and limitless love.

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.

Free and open to all experience levels.

“Stress is caused by being ‘here’ while wanting to be ‘there.’”

~Eckhart Tolle

**Zoom
Fridays
9:30am**

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

Board Members

Rosemary Cunningham, Chair
Marvene O'Rourke, Co-chair
Nancy Ignacio
Heidi Boyd
Jay Sigler
John Dropick

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

COA Staff

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



Shirley Dewing and Pat Bakke



Bridget Patti creating while Fiona naps.



Francine Agnoli and Cathy Lewis



Janice working on her centerpiece



Carol Faini's finished string of lights



Scallop Shells ready to be made into beautiful strings of lights.



Donna Paulson and Carol Faini



Centerpiece Workshop in Dec.

“Be at War with your Vices, at Peace with your Neighbours, and let every New-Year find you a better [Person] Man.”
~Quoted in Benjamin Franklin's 1755 Poor Richard's Almanack



Cookie Perry and Jane Keenan

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.

