

# January 2023

It was a holiday season to remember. And now let's bring on the New Year!



Jane and Shirley sort the beautifully handmade items from Tuesday's knitting group. Items are donated annually to raise money for Hospice and Palliative Care of MV. Nice work ladies!



What a delightful present to all of us who got to listen to the talented Minnesingers led by their dedicated instructor Abigail Chandler and pianist Nancy Rogers.



Bruce, Victoria, and Marvene at the Open House



Marcia, Janice, and Christine looking fabulously festive!



Sue Scrogin and Pat Bakke enjoying lunch.



Diners enjoying the annual Open House at the Anchors in December



Donna, Barbara, Meris, and Janice decorating cinnamon ornaments.



Trulayna, Haley, and Josh from the Edgartown Fire Department brought gifts for you all!







## 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**

- 1/3 Egg Salad
- 1/10 Fish Cake
- 1/17 Ham & Swiss
- 1/24 Lentil Salad Wrap
- 1/31 Tuna Melt

#### 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**

- 1/6 Meatball Lasagna
- 1/13 Turkey & Bacon
- 1/20 Eggplant Parmesan
- 1/27 Pork with Saurkraut

#### 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.



# January 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>The Anchors is CLOSED</p> <p>HAPPY NEW YEAR!</p> 	2	<p>9 Yoga</p> <p>10 Knitting</p> <p>12 Tues Lunch</p> <p>1 Mah Jong</p>	3	<p>9:30 Tai Chi</p> <p>12:30 Bridge</p>	4	<p>9:30 Poetry</p> <p>11 Conversations</p> <p>1 Bingo</p> <p>1 Spades</p>	5	<p>9:30 Mindful Meditation</p> <p>12 Friday Café</p> <p>1 Mah Jong</p>	6	
<p>9am Hearing Wellness with Shawn</p> <p>12:30 Bridge</p> <p>1 Journaling</p>	9	<p>9 Yoga</p> <p>10 Knitting</p> <p>11 Coffee w/ a Cop</p> <p>12 Tues Lunch</p> <p>1 Mah Jong</p>	10	<p>9:30 Tai Chi</p> <p>11 Tech Time with Rizwan</p> <p>12:30 Bridge</p>	11	<p>9:30 Poetry</p> <p>11 Conversations</p> <p>1 Movie "Rescued by Ruby"</p> <p>1 Spades</p>	12	<p>9:30 Mindful Meditation</p> <p>12 Friday Café</p> <p>1 Mah Jong</p>	13	
<p>The Anchors is CLOSED</p> 	16	<p>9 Yoga</p> <p>10 Knitting</p> <p>12 Tuesday Lunch &amp; Lecture ~Vineyard Power Home Audit</p> <p>1 Mah Jong</p>	17	<p>9:30 Tai Chi</p> <p>12:30 Bridge</p>	18	<p>9:30 Poetry</p> <p>11 Conversations</p> <p>1 Bingo</p> <p>1 Spades</p>	19	<p>ECO Board</p> <p>9:30 Mindful Meditation</p> <p>12 Friday Café</p> <p>1 Mah Jong</p>	20	
<p>12:30 Bridge</p> <p>1 Journaling</p>	23	<p>9 Yoga</p> <p>10 Knitting</p> <p>12 Tuesday Lunch &amp; Lecture ~Home Share Program</p> <p>1 Mah Jong</p>	24	<p>9:30 Tai Chi</p> <p>12:30 Bridge</p>	25	<p>9:30 Poetry</p> <p>11 Conversations</p> <p>1 Movie "Where the Crawdads Sing"</p> <p>1 Spades</p>	26	<p>9:30 Mindful Meditation</p> <p>12 Friday Birthday Café</p> <p>1 Mah Jong</p>	27	
<p>12:30 Bridge</p> <p>1 Journaling</p>	26	<p>9 Yoga</p> <p>10 Knitting</p> <p>12 Tues Lunch</p> <p>1 Mah Jong</p>	31	<p>"Be at War with your Vices, at Peace with your Neighbours, and let every New-Year find you a better Man." ~Quoted in Benjamin Franklin's 1755 Poor Richard's Almanack, December</p>				<p>BLUE = OTHER LOCATION</p> <p>PURPLE = ZOOM</p> <p>GREEN = ANCHORS</p>		



# Programs and Services

## Closings

**The Anchors will be closed on the following dates:** Monday, January 2 for New Year's. Monday, January 16 in honor of Martin Luther King Jr. Day.

## Coffee with a Cop

**Coffee with a Cop** is Tuesday, Jan 10 at 11am. Join us for a conversation with Will Bishop from the EPD. Catch up on the latest from the department.

## Conversation Group

**Conversations** Thursdays at 11am. Come with an open mind and something of interest to share. Please call for more info and to register.

## Exercise & Wellness

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

**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, January 5th and 19th 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.

**Bridge Teacher Wanted** for beginner lessons at the Anchors. Please contact Meris if you are interested. 508-627-4368.

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

**Spades** Thursdays in January at 1pm. We hope you'll join us if you play! 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

**MV Energy Home Audit** Tuesday, January 17th during lunch. Join us in welcoming Dion Wells as he explains some of the many potential benefits of receiving a home energy audit.

**Cindy Trish of Healthy Aging MV explains the Home Share pilot program** Tuesday, January 24th during lunch. Cindy will explain this exciting new concept in housing, and the ways it could be mutually beneficial to interested island residents.

## 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

## Technology

**Tech Time with Rizwan** Wednesday, January 11, 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.

**Elder Technology Fair** Saturday, January 21st 10am-12pm. Alex's Place at the YMCA of Martha's Vineyard. Having issues with your computer? Maybe your phone? iPad? The teens of Alex's Place can help! Bring in whatever you have and we can help!

# 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, January 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 in January from 1-2pm at the Anchors. Free and open to all. Materials provided. Call or email to register.



Mary Gentle admires the confectionary creations made by Carolyn O'Daly



Christine Trubiano wins the 'Christmas' themed gift basket.



Dynamic duo, Dave and Jean Brennan.



Patrice Donofrio wins the 'Pamper' gift basket.



Bridget at the Senior Dinner



Cookie baking in the Anchors kitchen with a great group of women!





Jay & Janet Sigler, Linda & Michael Smith, and Connie Perham enjoying lunch and each other's company.



Susan Brown and Gloria Wong



Marvene presents the 'Chocolate Lovers' gift basket lucky winner Dick Jennings.



Donna Javier wins the 'Gourmet' gift basket at the Open House.



Thembsa, Ethel, and Dave catching up during the holidays.



Adele leads a Christmas singing along on piano.



Janet and Linda baking hot chocolate cookies.





A special thanks to Joe Monteiro, owner of 19 Raw, and retired Officer Michael Gazaille. The two were responsible for the first rate cuisine served by the amazing men and women (and families!) of the Edgartown Patrolman's Association at the Senior Dinner in December.



Jean Bishop shares a smile with her great granddaughter Olivia.



Olivia gives a mint to Ernie Dewing. Victoria and Annette share a heart-warming hug in the background.



Martha and Jane sharing a mother daughter dinner date with friends.



Shirlee Miller enjoying the Senior Dinner with a table full of friends.



Meris' little elf Willow spreading some cheer at the Senior Dinner.



'Behind the Scenes' at the Senior Dinner. We are so proud of the Edgartown Police Department. Kudos to all of you!



A wonderful treat to see Joan Warchal and her daughter Laurie Mather.



**Serving Our Island Community  
For More Than 40 Years**



Hospice and Palliative Care of Martha's Vineyard provides care, compassion and community for individuals who are living with a life limiting disease or illness. We also offer bereavement support for loved ones of hospice patients, as well as people in our community living with non-hospice related loss. Our services are complimentary, regardless of the ability to pay and it's never too early to call us.

In September of 2022, we officially became Medicare certified and were granted accreditation through "Community Healthcare Accreditation Programs (CHAP) with absolutely no deficiencies found in our services. As a certified and accredited organization, it confirms the quality of HPCMV's services and ensures that the care we currently provide will continue and be strengthened. We strive for excellence in the care and services we provide to all patients and their families, and we're always here for our island community.

*Hospice  
Care*

*Palliative  
Care*

*Grief  
Counseling*

Visit us at [hospiceofmv.org](http://hospiceofmv.org) or call 508-693-0189 for info on patient care, grief support, volunteer, career, and donation opportunities.

ALEXS' PLACE AT THE YMCA PRESENTS

THE RETURN OF  
**ELDER  
TECHNOLOGY  
FAIR**



**SATURDAY JANUARY 21st  
10:00 AM- 12:00PM**

**HAVING ISSUES WITH YOUR COMPUTER?  
MAYBE YOUR PHONE? IPAD?  
THE TEENS OF ALEX'S PLACE CAN HELP!  
BRING IN WHATEVER YOU HAVE AND  
WE CAN HELP!**



**Journaling Workshop**

**Mondays 1pm-2pm in January  
at the Anchors**

**10 Daggett Street ~ Edgartown  
Free and open to all.**

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

**Why journal?**

- . Gain a stronger connection to and understanding of the self
- . Release blocks and tap into creativity
- . Therapeutic and general wellness benefits
- . Use journaling as a catalyst for change
- . Record autobiographical information

Maybe you want to write down your story and need some structure to get started. You will be given a variety of writing prompts and structure including guided imagery to support your process. Time is set aside for writing and discussion. Sharing your work is optional.



## Depression is Not a Normal Part of Aging By Victoria Haeselbarth, ECOA Outreach Worker

As winter sets in, bringing the threat of uncomfortable weather and increased isolation, feelings of discouragement can rise. The added complications of Covid-19, and other circulating illnesses, are unsettling and disruptive to our routines, sometimes making it difficult to feel content. Feeling blue from time to time is normal but if these feelings persist, it may be a sign of clinical depression. Fortunately, depression is a treatable health condition for which primary care doctors now screen during routine physicals. It's important to treat the symptoms as one would any other medical condition to avoid complications and expedite a return to feeling well.

There are many things that can trigger its onset, including chronic health conditions or on-going pain which can make it difficult to accomplish normal activities and leave sufferers with a sense of hopelessness. The CDC reports that 80% of older adults have at least one health problem, elevating their risk. Other risks include a loss of independence, such as having mobility constraints or choosing not to drive, which can manifest in feelings of defeat. Losing dear friends and family members, or struggling to live on a meager fixed income can sometimes exert the highest toll.

It is good to be mindful of depressive symptoms because they vary. Disrupted sleep patterns, fatigue and loss of interest in favorite activities are among the most common. On-going sadness, feelings of guilt or worthlessness, irritability, slow speech, appetite changes and physical complaints are other markers.

To help avoid depression, there are simple things we can do to improve our state of mind. Finding ways to ensure a restful night's sleep, staying physically active in ways that accommodate our limitations, engaging with others through volunteering or in social gatherings, and making sure we eat a balanced diet while staying properly hydrated are all part of maintaining good mental health. Speaking with your doctor about your feelings is always a good place to start, particularly if you notice any of the symptoms mentioned above.



*If you are in need of mental health treatment, please do not delay in asking for the help you deserve.*

### • Mental Health Counseling MVCS

If you or someone you know is experiencing day-to-day difficulties, depression, mood disorder, trauma, loss, anxiety, eating disorders, or any other mental health-related concern, counseling can help. **508-693-7900 x290**

### • Substance Abuse and Peer Recovery

**MVCS Peer Recovery Support Center at the Red House.** Call: **508-693-2900** or visit <https://www.mvcommunityservices.org/services/peer-recovery-support-center/> to learn about the many support services available for those in recovery and those wishing to begin their journey.

### • Crisis Intervention

**Martha's Vineyard Community Services Island Intervention Center** provides outreach and urgent care services, brief interventions, assessments and immediate access to services for both mental health and substance use disorders.

**EMERGENCY SERVICES** If you or a loved one are experiencing a mental health emergency, the Island's Emergency Services is managed by Bay Cove Human Services and can be accessed 24 hours a day, 7 days a week, 365 days a year at **1-833-BAYCOVE** (1-833-229-2683).

**Or go to the Martha's Vineyard Hospital Emergency Room at 1Hospital Road Oak Bluffs, MA.**

If you have a mental health need that is not an emergency—but is immediate—you can reach out to our Enhanced Urgent Care team 8AM – 8PM, Monday – Friday, for same-day service at 1-508-693-7900, option 1.

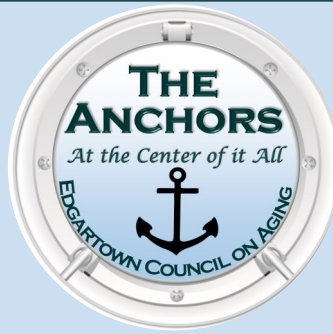
**Samaritans on Cape Cod and the Islands** The Samaritans on Cape Cod and the Islands was founded in 1977 on one simple, yet powerful premise: listening attentively and with unqualified respect offers hope to those in need. Listening without the intention of problem solving frees another person to talk openly about their feelings and experiences, so they might share their pain and complete the conversation feeling some relief. The overriding mission of The Samaritans is suicide prevention. The Samaritans provide support to people who are contemplating suicide or who have been affected by suicide personally. Our goal is to provide pathways to healing through caring, sincere, and attentive listeners. Call **508-548-8900** For a complete list of Samaritans programs and services visit: <https://capesamaritans.org/our-programs>

**National Suicide Prevention & Crisis Lifeline: Dial 988**



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



**Rescued by Ruby, 2022. Jan 12th at 1pm. 1hr 30min.** Chasing his dream to join an elite K-9 unit, a state trooper partners with a fellow underdog: clever but naughty shelter pup Ruby. Based on a true story.



**Where the Crawdads Sing, 2018. Jan 25th 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.

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.

