

THE ANCHORS 508-627-4368 P.O. Box 1295 Edgartown 02539

# Edgartown Council on Aging



# January 2024







## 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 please.

You must call by 12noon

#### Tuesday Lunch ~ with soup & dessert

1/2 Sausage, Peppers, & Onion Sub	
1/9 Brie & Apple Sandwich	\$5
1/16 Chicken Philly Cheese Steak	
1/23 Ham n Pickle Salad Sandwich	
1/30 Jumbo Hot Dog	

#### **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 assortment of dry, canned, frozen, and fresh food items as well as toiletries for anyone in need.

#### Friday Café ~ with dessert

1/5 Chicken Picatta	\$7
1/12 Wild Mushroom Risotto	
1/19 Shepherd's Pie	
1/26 Chris' Pancake Breakfast ~ with Sausage, Eggs, & Homefries	

**Frozen soups and meals are available every day for your convenience. Limit 4 per person.**  
**Soups: 2 for \$5**  
**Meals: \$5**



# January 2024

To register, or to learn more about programs at the Anchors, call 508-627-4368 or visit [www.edgartowncoa.com](http://www.edgartowncoa.com)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>We are closed</p>  <p>Happy New Year!</p>	<p><b>9 No Yoga</b> 2</p> <p><b>10 Knitting</b></p> <p><b>12 Town Nurse</b></p> <p><b>12 Tues Lunch</b></p> <p><b>1:15 Mah Jongg</b></p>	<p><b>9:30 Tai Chi</b></p> <p><b>12:30 Bridge</b></p>	<p><b>9:30 Introduction to Tai Chi</b> 4</p> <p><b>1 Bingo</b></p>	<p><b>9:30 Mindful Meditation</b> 5</p> <p><b>12 Friday Café</b></p> <p><b>1:15 Mah Jongg</b></p>
<p><b>9am Hearing Wellness</b> 8</p> <p><b>11:30 Bowling</b></p> <p><b>12:30 Bridge</b></p>	<p><b>9 Yoga</b> 9</p> <p><b>10 Knitting</b></p> <p><b>11 Coffee w a Cop</b></p> <p><b>12 Tues Lunch</b></p> <p><b>1:15 Mah Jongg</b></p>	<p><b>9:30 Tai Chi</b> 10</p> <p><b>12:30 Bridge</b></p>	<p><b>9:30 Introduction to Tai Chi</b> 11</p> <p><b>1 Archie, Episodes 1&amp;2</b></p>	<p><b>9:30 Mindful Meditation</b> 12</p> <p><b>12 Friday Café</b></p> <p><b>1:15 Mah Jongg</b></p>
<p>CLOSED for 15</p>  <p><b>MARTIN LUTHER KING DAY</b></p>	<p><b>9 Yoga</b> 16</p> <p><b>10 Knitting</b></p> <p><b>12 Tues Lunch</b></p> <p><b>1:15 Mah Jongg</b></p>	<p><b>9:30 Tai Chi</b> 17</p> <p><b>11 Tech Time with Rizwan</b></p> <p><b>12:30 Bridge</b></p>	<p><b>9:30 Introduction to Tai Chi</b> 18</p> <p><b>1 Bingo</b></p>	<p><b>ECO Board</b> 19</p> <p><b>9:30 Mindful Meditation</b></p> <p><b>12 Friday Café</b></p> <p><b>1:15 Mah Jongg</b></p>
<p><b>11:30 Bowling</b> 22</p> <p><b>12:30 Bridge</b></p>	<p><b>9 Yoga</b> 23</p> <p><b>10 Knitting</b></p> <p><b>12 Tues Lunch</b></p> <p><b>1:15 Mah Jongg</b></p>	<p><b>9:30 Tai Chi</b> 24</p> <p><b>12:30 Bridge</b></p>	<p><b>9:30 Introduction to Tai Chi</b> 25</p> <p><b>1 Archie, Episodes 3&amp;4</b></p>	<p><b>9:30 Mindful Meditation</b> 26</p> <p><b>12 Friday Café</b></p> <p><b>1:15 Mah Jongg</b></p>
<p><b>11:30 Bowling</b> 29</p> <p><b>12:30 Bridge</b></p>	<p><b>9 Yoga</b> 30</p> <p><b>10 Knitting</b></p> <p><b>12 Tues Lunch</b></p> <p><b>1:15 Mah Jongg</b></p>	<p><b>9:30 Tai Chi</b> 31</p> <p><b>12:30 Bridge</b></p>	<p><b>BLUE = OTHER LOCATION</b></p> <p><b>PURPLE = ZOOM</b></p> <p><b>GREEN = ANCHORS</b></p>	<p><b>The Anchors is open Mon-Fri 9am-4pm</b></p>

# Programs and Services

## Artist of the Month

**Mother-daughter duo Cindy Bonnell and Catherine Griffin's** handmade quilts will adorn the walls of the Anchors again this winter season. Please come and enjoy them from mid-November through February.

## Chappaquiddick Community Center

**The Chappaquiddick Community Center**  
For a calendar of events and programs, visit them online: [chappycommunitycenter.org](http://chappycommunitycenter.org)

## Closures

**The Anchors will be closed on Monday, January 1, New Year's Day. And Monday, January 15, Martin Luther King Jr. Day.**

## Coffee with a Cop

**Coffee with a Cop** Tuesday, January 9 at 11am. Join us for a conversation with Sergeant Will Bishop from the EPD. Catch up on the latest from the department and meet some of the other officers.

## Elder Services of Cape Cod & The Islands

**Supportive Services & Care Management by Elder Services of Cape Cod & The Islands**  
As we age, our bodies, minds, and priorities change. Learn about some of the low or no-cost programs available locally to help us age safely and with dignity in the community, including programs designed to support our families and caregivers. Call to find out more about services which may benefit you or your loved one today.  
508-394-4630

## Exercise & Wellness

**Bowling at the Barn** Mondays at 11:30am. All are welcome, please register in advance through the Anchors if you plan to bowl this season. Bowling and lunch for non-Edgartown residents is \$20. Edgartown residents pay \$10 thanks to the Friends of the Edgartown Council on Aging.  
**Mindfulness Meditation with Ed Merck on Zoom** Fridays at 9:30am on Zoom! Please call or email if you would like to join us.

## Exercise & Wellness cont.

**Tai Chi with Nan Doty** Wednesdays at 9:30. Call to register if you would like to join the class.  
**Introduction to Tai Chi Qigong with Nan Doty** Thursdays at 9:30am. If you have always wanted to learn Tai Chi and develop more balance, we hope you'll take advantage of this perfect opportunity to do so. Please get in touch to register in advance.  
**Yoga with Carol Vega** Tuesdays at 9am. First class? Please call to let us know you're coming. *\*Please note there is no class on Tuesday, January 2.*

## Games

**Bingo** Thursdays, January 4th and 18th 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 Jongg** \* *Please note new start time.* meets Tuesdays and Fridays at 1:15pm. Please call to register in advance 508-627-4368

## Knitting & Needlework

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

## Legal Aid

**Massachusetts Attorney General's Office**  
Consumer Hotline provides information about consumer concerns and issues specific to immigrants, veterans, homeless, and elderly residents. <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, contact Ms Rasheda Dickerson directly at 774-487-3251.

## Memory Support

**The Martha's Vineyard Center for Living** is the island's only supportive day program for caregivers and their care partners. Contact Mary Holmes for more information. Please call (508) 939-9440 or email [maryh@mvcenter4living.org](mailto:maryh@mvcenter4living.org)  
**Dementia Caregiver Support Group** Please call Nancy at 508-498-1948.  
Fridays 10am-11:00am on Zoom  
**Discreet and Confidential Memory Screenings available at the Anchors**



## Memory Support cont.

If you have concerns about your memory, call to schedule a memory screening with Victoria Haeselbarth today. 508-627-4368

**SHINE counselor Bill Glazier** is available by

## SHINE

appointment for phone consultations to help you navigate the world of Medicare and prescription plans. Call for an appointment.

## Support Communities

**The Martha's Vineyard Cancer Support Group** hosts Zoom meetings every Wednesday at 5 pm. Participation is voluntary and everyone that plans to attend will get an invite via email. All meetings are moderated and confidential. Interested participants should send their email address to [mvcancersgroup@gmail.com](mailto:mvcancersgroup@gmail.com).

**Vineyard Isles Parkinsonian Group** meets every second and fourth Tuesday at 1pm at the Howes House in West Tisbury. Drop in or contact Sue Merrill for more information. 508-693-2896.

**Aging Greatfully Coffee Chat With Dr. Michael Jacobs at the YMCA** of Martha's Vineyard every other Wednesday at 10:15. This is an informal group of seniors sharing the challenges of aging here on the Vineyard. This warm and compassionate group is open to anyone who identifies as a senior. Wide ranging conversations about the physical, medical and emotional challenges of aging and sharing of Information about resources on the Vineyard to meet those challenges. Humor, empathy and companionship are shared as the group explores different topics at each meeting.

## Technology

**Tech Time with Rizwan** Wednesday, January 10, beginning at 11am. Call to register for a 20 minute 1-1 session. Rizwan will help answer your questions about using your laptop, smartphone, iPad, or other devices.

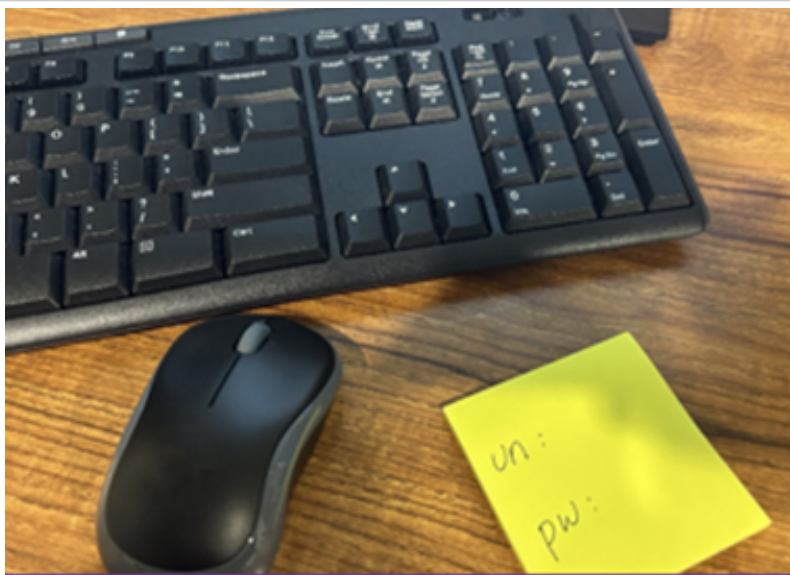
## Wellness

**Shawn Woodbrey** hearing aid specialist from At Home Hearing Healthcare. Monday, Jan 8. 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.

## Wellness cont.

**Wellness Clinic with Public Health Nurse** Tuesday, January 2 from 12-1pm. Come by and have your blood pressure checked, or consult with the nurse about your health.





# Healthy Aging Martha's Vineyard **CALL THE TECH PRO** **Pilot Program**

## What is it?

A program to provide technology support when and where you need it.

## What does that mean?

- If you have a technology-related question, the TECH PRO will answer.
- If you have a new smart phone and want help learning how to use it, the TECH PRO can come to your home and help you use it.
- If you forget your password, call THE PRO.
- The TECH PRO can show you how to "post, tweet, & – best of all – lurk!" on social media
- If your iPad is frozen, call THE PRO.
- If you think you've been hacked, call the TECH PRO and don't give personal info to anyone you don't know and trust.

[www.hamv.org](http://www.hamv.org)



## Who is Eligible?

Any MV resident over 60 years of age.

## What does it cost?

There currently is no charge, thanks to a MA Executive Office of Elder Affairs grant and all four Island Councils of Aging.

Town	COA
Oak Bluffs	508-693-4509 x3
Up-Island	508-693-2896
Edgartown	508-627-4386
Tisbury	508-696-4205

## Can the PRO come to my house?

Yes, every TECH PRO is fully CORI\* checked. When hired, they are available to meet with you in-person, by Zoom and/or phone.

## What if I want to take a class?

Contact your local library and/or COA to see what they're offering. Also check the free AARP classes at [seniorplanet.org](http://seniorplanet.org)

## What if my computer is old and doesn't work?

The TECH PRO can help diagnose the problem and recommend best next step.

## Where do I start?

Call 508-693-7900 ext. 246 or email [ctrish@hamv.org](mailto:ctrish@hamv.org)

\* CORI stands for Criminal Offender Record information.









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Victoria Haeselbarth, Outreach Worker, 215  
Donna Paulson, Receptionist, 210  
Chris McMahon, Cook  
Bill Glazier, Part-time Outreach Worker, 212

**Watch the entire 'Archie' miniseries in January at the Anchors**



*He was one of the twentieth century's most iconic figures, who touched the world with his charm, wit and grace. Yet, few truly knew him. Jason Isaacs stars as Archie Leach, who would go on to become Hollywood's greatest leading man, in this remarkable, little-known story from BAFTA-winner Jeff Pope.*

**Thursday, January 11 at 1pm. Watch Episodes 1 & 2.**

**Episode 1:** Young Archie Leach escapes his troubled childhood in Bristol and journeys to America while the 58-year-old Cary Grant falls in love with Dyan Cannon. 46 min.

**Episode 2:** Archie Leach escapes from New York and heads to Hollywood where his good looks are spotted by screen icon Mae West. 45 min.

**Thursday, January 25 at 1pm. Watch Episodes 3 & 4.**

**Episode 3:** Cary's and Dyan's relationship falters as he becomes more controlling and she objects to taking LSD with him. Dyan surprises him with some news. 46 min.

**Episode 4:** Elsie still doesn't approve of Dyan, and Cary and Dyan's relationship with her stays rocky, but fatherhood provides the family security Cary has been searching for.



Thanks to Pat Tyra for the thoughtful gift of oranges. As you can see they are being thoroughly enjoyed!

**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.

