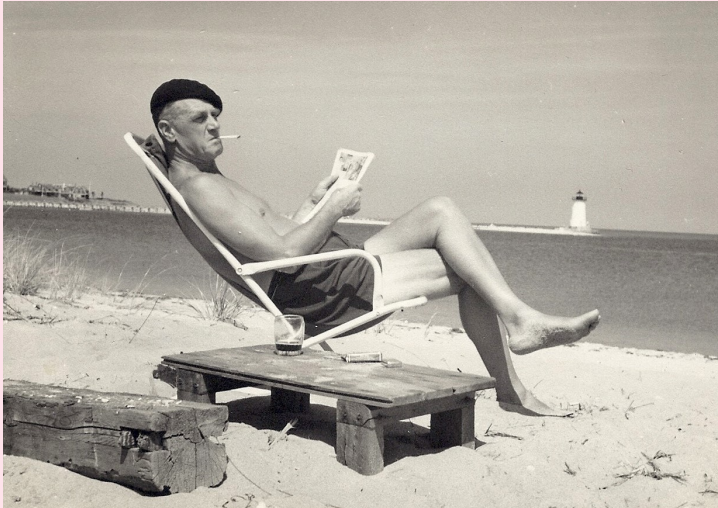


July 2020

This month's newsletter is largely dedicated to Martha's Vineyard summers gone by, and all of the people who made them even better just by being here. Thanks to all who submitted photographs.



Dudley Harmon. Grandfather of Betsy Kaden, 1940's Chappaquiddick



Eddie Belisle



Katie Vieira, Menemsha, 1992



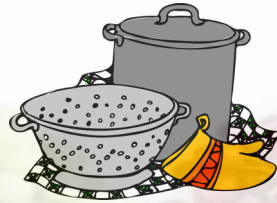
Some members of the EHS Class of '59, aboard Bill Brine's electric boat. Laurie Doucette, Janice Belisle, Pat Tyra. July 11, 2009.



Carolyn O' Daly introducing daughter Katie to the Vineyard. Summer of '81, South Beach.



Elisha Smith, Howard Andrews, Jean Andrews, Mark Lovewell, and Edwin Tyra.



The Anchors Kitchen:

We continue to deliver frozen soups and single serving entrees to older Edgartown adults in need while we remain closed to the public. All food from the Anchors is delivered to the doorstep.

**For more information please call
508-627-4368 or email kvieira@edgartown-ma.us**

**Meals and soups prepared at the Anchors are \$2 each.
*You may also receive a soup or meal from the Edgartown Yacht Club or Slough Cove Farm, which are no cost to you.***

Coming soon from a farm near you..

The Gleaners are coming! Thanks to this fabulous group, we will once again have **farm fresh local produce to offer through our delivery program.**

Other Food Resources on MV

Martha's Vineyard Community Services has created an amazing resource guide to address critical needs during Covid.

Please visit their website for a comprehensive guide to accessing food, mental health support, substance abuse support, and other important resources.

<https://www.mvcommunityservices.org/coronavirus-covid-19-updates/>

Resources to help you stay informed, connected, and engaged while at home.

Advanced Care Planning

Advanced Care Planning Workshop - Tuesday, July 14 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 to register.

Covid-19 resources

To register for Covid-19 Testing at the MV High School You must call to register before your drive-thru test. **877-336-9855** For more info, visit the Island Health Care website at <http://www.ihimv.org/#welcome-alert>

Martha's Vineyard Community Services has put together a comprehensive listing of supports and services available to islanders during this unprecedented time. Look on their website to familiarize yourself with the resources available. <https://www.mvcommunityservices.org/coronavirus-covid-19-updates/>

Martha's Vineyard Hospital is keeping the island up to date on Covid-19 as it pertains to the island via their website. <https://www.mvhospital.com/health-resources/resources-and-information-on-coronavirus-covid-19>

Education & Entertainment

The Edgartown Public Library website provides a large amount of FREE resources. Load up your Kindle, read the NY Times, or binge watch some great shows, all for FREE! You can also sign up for a new card or reset your pin via their website: <https://www.edgartownlibrary.org/>

Metropolitan Opera Live Streams, Followed by Opera Appreciation Discussion, led by Susan Grunthal. For more information and to sign up, please email mkeating@edgartown-ma.us. All are welcome to join.

Exercise

Strength Training with Lisa Amols on Tuesday and Thursday mornings 9-9:45am. To register and for Zoom meeting info please call Lisa at 508-693-1009

For more information: Lisasstudiomv.com

Tai Chi with Nan Doty will be taking a break for the summer. Please stay tuned for information on when classes resume.

Food Resources

The Edgartown Council on Aging continues to provide frozen soup and meal deliveries to its older and more vulnerable community members during the Covid-19 pandemic. If you or someone you care for would benefit from this program, please email Katie at: kvieira@edgartown-ma.us

The Edgartown Council on Aging is providing expanded surplus food delivery via the Greater Boston Food Bank. If you or someone you care for is an older Edgartown adult who would benefit from this program, please email: ecoa@edgartown-ma.us

The Animal Shelter of Martha's Vineyard. During the uncertain times of Covid, shelter staff are there. Call if you need food, bedding, or have other needs for your pet. Tues-Sat by appointment. Call 508-627-8662

The Supplemental Nutrition Assistance Program (SNAP), formerly known as food stamps, is offering consumers more benefits and more options on how and where to use them. <https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program>

Food Resources Cont.

- Consumers can use their EBT cards to shop online at Walmart.com or Amazon.com.
- On Martha's Vineyard, you can use your EBT card at Morning Glories Farms in Edgartown, as well as at the Island Grown Initiative's Mobile Market. The mobile market will be visiting island towns on a rotating basis. Please visit their website for schedules and to place an order.
- **HIP Benefit-** Use your SNAP card to purchase fresh produce and you will receive a dollar for every dollar spent, through the Healthy Initiative Program (HIP). Island Grown Initiative's mobile market is a participating vendor. For more information on HIP visit: <https://www.mass.gov/service-details/healthy-incentives-program-hip-for-clients>
- To find a farm or market to use your HIP benefit at, go to: <https://massnrc.org/farmlocator/map.aspx?Program=HIP>

Memory Programs

Martha's Vineyard Center 4 Living is offering some wonderful remote programming to its clients and their families through Zoom. Please **Martha's Vineyard Center 4 Living** is offering some wonderful remote programming to its clients and their families through Zoom. Please contact Mary Holmes at 508-560-6012. For the **Dementia Caregiver Support Group** Please call Nancy at 508-498-1948. Fridays 10am-11:30am on Zoom.

Alzheimer's Cape Cod has created a page of rich and uplifting, useable information for those suffering dementia and their care partners. <https://www.alzheimerscapecod.org/memory-madness-what-to-do-while-you-are-flattening-the-curve.html>

Virtual Education Series with a focus on Memory Care. Presented by Dementia Expert Alicia Seaver of Bridges by Epoch. <https://www.bridgesbyepochmemorycare.com/webinar/>

- Art & Music Therapies for Memory Loss
Thursday, July 9 at 11 a.m.
- Signs & Stages of Alzheimer's
Thursday, July 23 at 11 a.m.

**Reach out to someone if you're feeling isolated...
We are all in this together.**

The Staff at the Anchors is here for you. If you need to reach out and just talk to someone, or if you need a referral, call us at 508-627-4368.

Friendship Line by Institute on Aging - The Friendship Line is both a crisis intervention hotline and a warm-line for non-emergency emotional support calls. It is a 24-hour toll-free line and the only accredited crisis line in the country for people aged 60 years and older, and adults living with disabilities. Toll-Free Line: (800) 971-0016

Lifetime Connections Without Walls by Family Eldercare - Telephone activities program providing opportunities for older adults to connect with others in their community and across the country using a telephone conference call system. (888) 500-6472
lcww@familyeldercare.org

Volunteers Needed

Are you looking for a meaningful way to give back to your community?

The Edgartown Council on Aging is seeking volunteers to fill the following roles:

- Meals program delivery
- Grocery shopping/ run errands
- Wellness checks/ friendly phone calls
- Zoom program leader/ educator

Contact our volunteer coordinator, Meris Keating:
mkeating@edgartown-ma.us

Zoom with Us!

Let's have virtual get together! Tuesday, July 21st at 1pm. We would *love* to see your faces and catch up. Please log in to say hi to each other and some of the Anchors staff. Email Meris at mkeating@edgartown-ma.us to register.

And the people stayed home. And read books, and listened, and rested, and exercised, and made art, and played games, and learned new ways of being, and were still. And listened more deeply. Some meditated, some prayed, some danced. Some met their shadows. And the people began to think differently. And the people healed. And, in the absense of people living in ignorant, dangerous, mindless, and heartless ways, the earth began to heal. And when the danger passed, and the people joined together again, they grieved their losses, and made new choices, and dreamed new images, and created new ways to live and heal the earth fully, as they had been healed.

KITTY O'MEARA



Jean Brennan enjoying a day at the beach. We miss you Jean!



Marcia Beeman's son bought her a great squirrel proof bird feeder. The turkeys are delighted with it.



Welcome back Reno and Christine! Looks like Reno hasn't lost his touch with the Stripers.

Summertime.. and the Livin' is Easy...



Mary Gentle, Janice Belisle, Jane Norton, Jane Chittick . May 2016



"This was a very happy day for me and my sister Maureen when we got to take our little Rosie home in June 2011 from West Tisbury where she was born. She is just 8 weeks old." ~Rosemary Cunningham



Henry Foley and Betsy Kaden, 1950's Chappaquiddick



Carolyn O'Daly's daughters, Katie and Liz. 1983, Flying Horses.



Welcome back to the administrator's desk, Dianne! We are all so lucky to have your experience and leadership, even if briefly.

Thanks to Pat Tyra for finding this great throwback to the Anchors days of yore. April of '97.

July's Artist of the Month - Teresa Yuan



Teresa Yuan is an artist in the truest sense of the word. She has a deep connection to the natural world which she nurtures and strengthens through gardening, travel, meditation, and cooking with ingredients grown herself. Her impressionist style paintings pay beautiful homage to the richness she sees in the world around her each day. We are proud to call her one of our own Anchors members and very pleased to highlight these new paintings from her collection. You can see more of her work, as well as her contact information at:

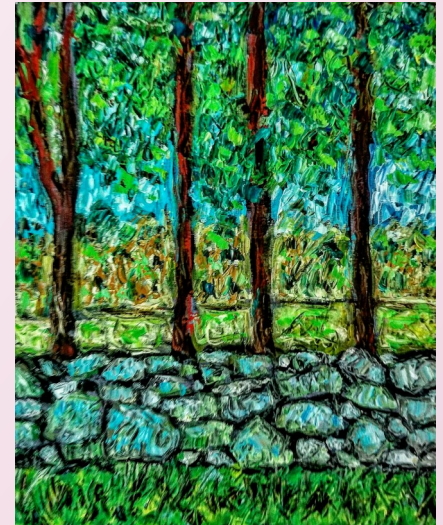
<https://www.artworkbyteresayuan.com/>



Betsy's purple garden 12x16



Pink and green at Polly Hill 18x18



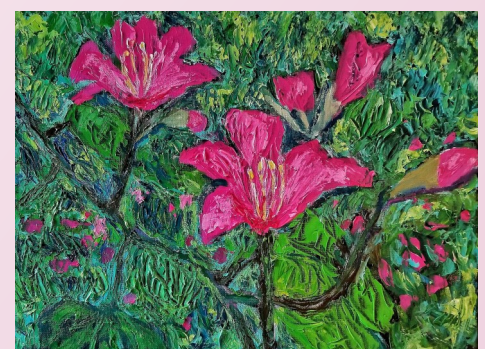
Polly Hill 16x20



Iceland poppies 12x16



Cherry blossoms 18x18



Purple irises 11x14



Ginger flowers 11x14



California poppies 12x16



Why do chickens cross the street 16x20

Board Members

Rosemary Cunningham, Chair
Heidi Boyd
Marvene O'Rourke
Stephen W. Miller, MD
Nancy Ignacio
Mary Jane Carpenter
John Dropick

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

ECOA Staff

Katie Vieira, Outreach Worker
Donna Paulson, Secretary
Diane Wall, Cook
Victoria Haeselbarth, Outreach Worker
Meris Keating, Director of Senior Services
Dianne Durawa, Interim Administrator



Marcia's granddaughter Abbey Beeman on Saturday of Memorial Day weekend.



Congratulations to Diane and her family as they welcome sweet baby girl Skyler Rose. Skyler is at home in West Tisbury, settling in beautifully with her parents Hilary and Brian Wallcox.



Carolyn O'Daly's wisteria



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.