

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

# Edgartown Council on Aging



Thursday Conversations group at 11am is going strong. What a great group of people!



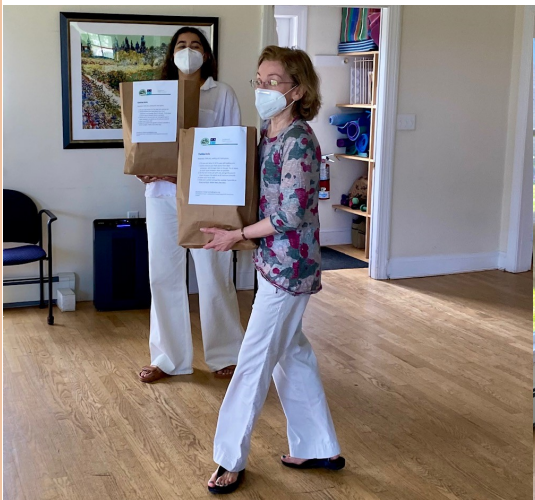
Rapt attention for Coffee with a Cop



Sergeant Will Bishop (right) was joined by Officer Tyler Moreis in June. Mark your calendar for the next one on Tuesday, July 12th at 11am.



E Michael Quinlan gave an exceptional talk on China at the Anchors in June. We highly recommend that you don't miss his next talk which will focus on Ukraine. Call to register for Monday, August 22 at 10am.



Victoria and Gabrielle give out some ready to go herb gardens courtesy of HAMV and IGI.

[www.edgartowncoa.com](http://www.edgartowncoa.com)





## 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

~ with dessert

\$3

- 7/5 No lunch today
- 7/12 Quinoa Salad Wrap
- 7/19 Turkey and Bacon
- 7/26 Curried Chicken Salad

### Friday Café

~ with soup & dessert

\$5

- 7/1 Turkey Stroganoff
- 7/8 No lunch today
- 7/15 Eggplant Parmesan
- 7/22 Ziti with Meatballs
- 7/29 Chicken Marbella



# July 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
<p><b>PURPLE= ZOOM</b></p> <p><b>GREEN= AT THE ANCHORS</b></p> <p><b>BLUE= OTHER LOCATION</b></p>				<p>1</p> <p><u>9:30</u> Mindful Meditation</p> <p><u>12</u> Friday Café</p> <p><u>1:00</u> Mah Jong</p>
	<p>5</p> <p><u>10</u> Knitting for Charity</p> <p><u>12</u> Tuesday Lunch</p> <p><u>1:00</u> Mah Jong</p>	<p>6</p> <p><u>12:30</u> Bridge</p>	<p>7</p> <p><u>9:30</u> Poetry</p> <p><u>11:00</u> Conversations</p> <p><u>1:00</u> Movie <i>Catwalk</i></p>	<p>8</p> <p><u>9:30</u> Mindful Meditation</p> <p><u>11</u> Dick Jennings Bird Talk</p> <p><u>12</u> Friday Café</p> <p><u>1:00</u> Mah Jong</p>
<p>11</p> <p><u>9:00</u> Hearing Wellness with Shawn</p> <p><u>12:30</u> Bridge</p> <p><u>1:00</u> Manicures</p> <p><u>3:30</u> Knitting and Needlework</p>	<p>12</p> <p><u>10</u> Knitting for Charity</p> <p><u>11</u> Coffee with a Cop</p> <p><u>12-1</u> Wellness Clinic with Lila Fischer</p> <p><u>12</u> Tuesday Lunch</p> <p><u>1:00</u> Mah Jong</p>	<p>13</p> <p><u>11</u> Tech Time</p> <p><u>12:30</u> Bridge</p> <p>1:00 Manicures</p>	<p>14</p> <p><u>9:30</u> Poetry</p> <p><u>11:00</u> Conversations</p> <p><u>1:00</u> Bingo</p>	<p>15</p> <p><u>9:30</u> Mindful Meditation</p> <p><u>12</u> Friday Café</p> <p><u>1:00</u> Mah Jong</p>
<p>18</p> <p><u>12:30</u> Bridge</p> <p><u>1:00</u> Manicures</p> <p><u>3:30</u> Knitting and Needlework</p>	<p>19</p> <p><u>10</u> Knitting for Charity</p> <p><u>10:30</u> iPad class at the library</p> <p><u>12</u> Tuesday Lunch</p> <p><u>1:00</u> Mah Jong</p>	<p>20</p> <p><u>10</u> Genealogy</p> <p><u>12:30</u> Bridge</p> <p>1:00 Manicures</p>	<p>21</p> <p><u>9:30</u> Poetry</p> <p><u>11:00</u> Conversations</p> <p><u>1:00</u> Vineyard Sound</p>	<p>22</p> <p><u>9:30</u> Mindful Meditation</p> <p><u>12</u> Friday Café</p> <p><u>1:00</u> Mah Jong</p>
<p>25</p> <p><b>Open Cupboard</b></p> <p><u>12:30</u> Bridge</p> <p><u>1:00</u> Manicures</p> <p><u>3:30</u> Knitting and Needlework</p>	<p>26</p> <p><u>10</u> Knitting for Charity</p> <p><u>12</u> Tuesday Lunch</p> <p><u>1:00</u> Mah Jong</p>	<p>27</p> <p><u>12:30</u> Bridge</p> <p>1:00 Manicures</p>	<p>28</p> <p><u>9:30</u> Poetry</p> <p><u>11:00</u> Conversations</p> <p><u>1:00</u> Bingo</p>	<p>29</p> <p><u>9:30</u> Mindful Meditation</p> <p><u>12</u> Friday Café</p> <p><u>1:00</u> Mah Jong</p>

# Programs and Services

## Coffee with a Cop

**Coffee with a Cop Tuesday, July 12** Join Sergeant Will Bishop on the second Tuesday of each month at 11am. Hear about what's new at the EPD and have the chance to express any concerns or just get answers to questions you might have. You must call to register. 508-627-4368

## 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** will resume in the fall.

**Yoga with Carol Vega** will resume in the fall.

## Games

**Bingo** Thursdays, June 2nd, 16th, 30th at 1pm.

**Mah Jong** meets Tuesdays and Fridays at 1pm.

New players are always welcome. Please call to register in advance if you are interested in learning to play. 508-627-4368

**Bridge Group** meets Mondays and Wednesdays from 12:30-3:30pm. To join, call Carol Fligor at 508-627-8811 or email her at fligors@comcast.net.

**Card Group** meets Thursdays 1-3 at the Anchors. Gin, Backgammon, Cribbage. Please call or email to register. 508-627-4368 or mkeating@edgartown-ma.us

## Knitting & Needlework

**Mindful Knitting** meets at the Anchors Mondays at 3:30pm. Please call ahead to let us know if you plan on coming.

**Knitting for Charity** at the Anchors meets Tuesdays from 10am-12noon.

## Legal

**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

**ARE YOU 60+ AND IN NEED OF LEGAL HELP? The Helpline** is a project of the Volunteer Lawyers Project of Boston. We provide free legal information and referral services to Massachusetts residents who are 60 years old or older. The Helpline is open Monday through Friday 9AM-12PM .

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 and 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)

## Lifelong Learning

**Bird Talk with Dick Jennings Friday, July 8th at 11am** come and learn about Osprey recovery, migration and hear the latest updates on a very special bird named Belle.

**iPad classes at the Edgartown Library with Kathy Lavieri** Tuesday, July 19 at 10:30 am. Please go to the library website to register. <https://www.edgartownlibrary.org/adult-programs/calendar>

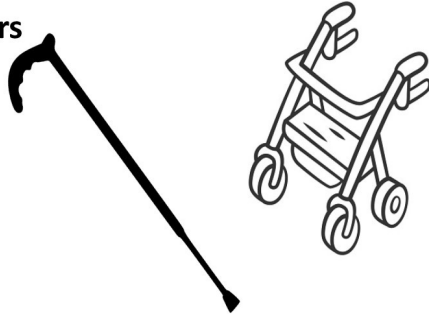
**Genealogy—learn to use Familysearch.org to create a free family tree.** Wednesday, July 20th at 10am. Please call in advance to register. If you would like help creating a family tree, please bring your tablet or laptop computer along with the following information if you have it: Full names of your maternal and paternal parents and grandparents. Include places and dates of births and deaths. We will set you up with a free account and get you started on your family tree journey. Depending on the interest in this group, we may choose to continue meeting once a month.



## Medical Equipment

We have a large supply of the following medical items at the Anchors to give away or loan out FREE. Many of our items are brand new. We only accept gently used, thoroughly sanitized items for donation.

- Standard Walkers
- Rolling Walkers
- Commodes
- Crutches
- Shower chairs
- Transfer Chairs
- Over-bed tables
- Bed rails
- Falls mat
- Canes
- Kneerover
- Grabbers



Let us know if you need something before you buy it!



## 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

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

- **Challenges of Sundowning**  
Thursday, July 7 | 11 a.m.
- **Managing Challenging Symptoms**  
Thursday, July 21 | 11 a.m. or 7 p.m.

## Memory Support cont.

### Discreet and Confidential Memory Screenings available at the Anchors

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

## Music

The Vineyard Sound performs at the Anchors on Thursday, July 21st at 1pm. All are welcome! You must call to register in advance. 508-627-4368



## Plant Swap

### Plant Swap at the Anchors

~Now through summer~

Take a plant. Leave a plant.

Garden. Repeat.



## Raffle

### Enter our Raffle!

In order to be entered, just sign in at the Kiosk each time you come to the Anchors. The winner receives their choice of a manicure or pedicure from *Anneta Nails MV*. If you are the winner, you'll receive a call with the details to set up your spa treatment.

Congratulations to our June winner:  
**Sarah Henderson!**

## SHINE

**SHINE counselor Bill Glazier** is available by appointment for phone consultations to help you navigate the world of Medicare and prescription plans. 508-627-4368

## Tech Time

**Tech Time with Rizwan** Wednesday, July 8th at 11am. Call to register. 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 2nd Wednesday of the month at the Anchors.

## Transportation

**Van Rides Thursdays** Would you like to come to our Thursday programs at the Anchors but need a ride? Call to arrange for a pickup and drop off. We will also be offering rides to Stop n Shop and other local errands Wednesday afternoon. Space is limited. You must call at least 24 hours in advance to reserve. 508-627-4368

## Wellness

**Manicures with Meris** Mondays in July starting at 1pm. Come to have your nails polished, rings cleaned, and spirits lifted. Call for an appointment as space is limited. 508-627-4368.

**Shawn Woodbrey** hearing aid specialist from At Home Hearing Healthcare. Monday, July 11. 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

**Wellness Clinic and Consultations with Public Health Nurse Lila Fischer on Tuesday, July 12** Come to the Anchors for a blood pressure screening and to discuss any health related concerns you may have. Second Tuesday of each month from 12-1pm.

# STAY COOL STAY HYDRATED

## HEAT STROKE SAFETY TIPS

### KEEP CHILL

Stay in air-conditioned buildings as much as possible. **Do not** rely on a fan as your only source of cool air.



### THINK LIGHT

Wear loose, lightweight, and light-colored clothing

### COOL OFF

Take a cold shower or bath. If unavailable, use cold compresses



### STAY HYDRATED

Drink more water throughout the day than usual and **don't wait** until you are thirsty



### KNOW THE SIGNS

**seek medical care immediately** if you have:

- muscle cramps
- headaches
- nausea
- vomiting



### TAKE IT EASY

Do not engage in strenuous activities and get plenty of rest

Find out more safety tips at:

[HTTPS://WWW.CDC.GOV/AGING/EMERGENCY-  
PREPAREDNESS/OLDER-ADULTS-EXTREME-  
HEAT/INDEX.HTML](https://www.cdc.gov/aging/emergency-preparedness/older-adults-extreme-heat/index.html)



# OLDER DRIVER SAFETY



## DRIVING TIPS FOR SENIORS



### KNOW YOUR TRAVEL OPTIONS

- If you don't feel comfortable driving, consider public transportation, like the VTA or community shuttles services
- Some local transportation services may also have reduced pricing for older adults



### CHECK YOUR VISION

- Have your eyes check every year, and avoid driving at night if you have trouble seeing in the dark
- Make sure your glasses or contact lenses are up-to-date and correct



### CHECK YOUR HEARING

- Have your hearing checked at least every 3 years after age 50
- Try to keep the inside of your car as quiet as possible while driving



### ALWAYS BE MINDFUL

- Never text and drive; it can save you and someone else's life.
- If you have to take a call, pull off to the side of the road



### LIST YOUR MEDICINES

- Make a list of all of your medicines, and talk to your doctor about how it can affect your driving
- Do not drive when the label says, "Do not use while operating machinery."



### CHECK YOUR REFLEXES

- Talk to your doctor if you have arthritis that makes your reflexes slower or reacting difficult
- Always leave enough room between you and the car in front of you to have enough time to react



### OBSERVE BEHAVIORAL CHANGES

- Speak to your doctor if you have problems with memory, judgement, or decision-making that affects your driving



### SAFETY CHECK YOUR CAR

- Keep your car in good condition to avoid problems on the road
- Check your windshield wipers if they need to be replaced



FOR MORE INFORMATION, VISIT US AT [BPHC.ORG/INJURYPREVENTION](http://BPHC.ORG/INJURYPREVENTION)



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Donna Paulson, Receptionist, 210

Diane Wall, Cook

Victoria Haeselbarth, Outreach Worker, 215

Meris Keating, Director of Senior Services, 214

Lyndsay Famariss, Administrator, 213

# CATWALK

TALES FROM THE CAT SHOW CIRCUIT



**Catwalk—Tales from the Cat Show Circuit, 2021. 2h 36min. Thursday, July 7th at 1pm.**

Meet the fascinating felines and the people who pamper them in this whimsical look at the ins and outs of Canada's competitive cat show circuit, where the claws come out when a Turkish Angora and an adorable fluffy red Persian face off to take home the national award for Best in Show.



**Little Miss Sunshine, 2006. 1hr 41min. Thursday, July 21st at 1pm.** The Hoover family -- a man (Greg Kinnear), his wife (Toni Collette), an uncle (Steve Carell), a brother (Paul Dano) and a grandfather (Alan Arkin) -- puts the fun back in dysfunctional by piling into a VW bus and heading to California to support a daughter (Abigail Breslin) in her bid to win the Little Miss Sunshine Contest. The sanity of everyone involved is stretched to the limit as the group's quirks cause epic problems as they travel along their interstate route.

**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.

