

July 2023

The volunteer appreciation lunch was a hit. We are grateful as ever for our small army of Anchors volunteers



ECO A board co-chair and chair of the 5 year committee, Marvene O'Rourke, with town administrator, James Hagerty, Carol Fligor, and Liz Villard.



ECO A Administrator Lyndsay Famariss presents select board member Art Smadbeck with a check in the amount of \$51,304.68, the value of hours our volunteers gave to the community since the beginning of 2022.





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 the day before lunch to reserve your spot.

Gleaning season is here! Sign up for our emails to be notified when IGI brings us fresh produce.

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.

Tuesday Lunch ~ with soup & dessert

7/4 No lunch ~ Happy 4th! \$5
7/11 Caprese
7/18 Turkey Zucchini Meatball Sub
7/25 Pastrami & Swiss

Friday Café ~ with dessert

7/7 No lunch \$7
7/14 Veggie Stir Fry
7/21 Summer Chili with Corn Bread
7/28 BBQ Pork with Mac n Cheese

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



July 2023

To register, or to learn more about programs at the Anchors, call 508-627-4368 or visit www.edgartowncoa.com

Monday	Tuesday	Wednesday	Thursday	Friday
3 <u>12:30</u> Bridge	CLOSED FOR 4 	5 <u>9:30</u> Tai Chi <u>12:30</u> Bridge	6 <u>9:30</u> Poetry <u>11</u> Ted Talks Conversations <u>1</u> Bingo	7 <u>9:30</u> Mindful Meditation No Lunch Today <u>1</u> Mah Jong
10 <u>9am</u> Hearing Wellness <u>12:30</u> Bridge <u>1</u> Manicures with Meris	11 <u>10</u> Knitting <u>11</u> Coffee w a Cop <u>12</u> Tues Lunch <u>11-12</u> Wellness Clinic with Town Nurse <u>1</u> Mah Jong	12 <u>9:30</u> Tai Chi <u>11</u> Tech Time with Rizwan <u>12:30</u> Bridge	13 <i>New Bedford Trip</i> <u>9:30</u> Poetry <u>11</u> Ted Talks Conversations <u>1</u> Movie: 'A Man Called Otto'	14 <u>9:30</u> Mindful Meditation <u>12</u> Friday Café <u>1</u> Mah Jong
17 <u>12:30</u> Bridge	18 <u>10</u> Knitting <u>12</u> Tues Lunch <u>1</u> Mah Jong	19 <u>9:30</u> Tai Chi <u>12:30</u> Bridge	20 <u>9:30</u> Poetry <u>11</u> Ted Talks Conversations <u>1</u> The Vineyard Sound & Ice Cream Social	21 <u>9:30</u> Mindful Meditation <u>12</u> Friday Café <u>1</u> Mah Jong
24 <u>12:30</u> Bridge <u>1</u> Manicures with Meris	25 <u>10</u> Knitting <u>12</u> Tues Lunch <u>1</u> Mah Jong	26 <u>9:30</u> Tai Chi <u>12:30</u> Bridge	27 <u>9:30</u> Poetry <u>11</u> Ted Talks Conversations	28 <u>9:30</u> Mindful Meditation <u>12</u> Birthday Café <u>1</u> Mah Jong
31 <u>12:30</u> Bridge			BLUE = OTHER LOCATION PURPLE = ZOOM GREEN = ANCHORS	The Anchors is open Mon-Fri 9am-4pm

Programs and Services

Closures

The Anchors is Closed Tuesday, July 4th for Independence Day.

Coffee with a Cop

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

Conversation Group

Conversations and Tedx Talks Thursdays from 11am-12pm. All are welcome.

Culture and Community

Volunteer Opportunity! Truth & Joy event at the Tabernacle in Oak Bluffs July 22, 12-5pm. Are you a fan of the Anchors? Do you want to help us represent at this wonderful event? We are looking for a few good people to help us at our table. It's as easy as handing out fun swag and talking to the general public about what we do. Please contact Meris if you are interested.

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 breaks for July & August.

Games

Bingo Thursday, July 6 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 Jong meets Tuesdays and Fridays at 1pm. Please call to register in advance 508-627-4368

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

Legal, Cont.

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>

Arthur P Bergeron 508-860-1470

abergeron@mirickoconnell.com

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.

Lifelong Learning

Michael Quinlan Presents: Taiwan– The Window is Closing Thursday, June 29 at 2pm.

*This is rescheduled from May 25. See ad on page 8 for more information.

Music

The Vineyard Sound & Ice Cream Social

Thursday, July 20 at 1pm. Come join us for this fun annual summer celebration. All are welcome. Please register in advance so we know how much ice cream and seating to provide!

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.

Technology

Tech Time with Rizwan Wednesday, July 12, 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.

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 select programs and local errands, including a Tuesday morning shopping shuttle to the Stop & Shop. If you live on Chappy and need a ride to the Boston Medivan on an upcoming Tuesday, please call the Anchors to schedule. Please call to reserve your Medivan ride after making your medical appointment.

Trips

Day Trip to New Bedford on the Seastreak
Thursday, July 13. \$50 cash or check payable to The Friends of the Edgartown COA. Last day to register, pay, or receive a refund is **Friday, July 7th.**

Wellness

Manicures with Meris Mondays July 10 and 24 from 1-2. Come chat with Meris and friends while having your nails buffed and polished. Space limited, you must register in advance.

Shawn Woodbrey hearing aid specialist from At Home Hearing Healthcare. Monday, July 10. 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 Clinic with Public Health Nurse
Tuesday, July 11 from 12-1pm. Come by and have your blood pressure checked, or consult with the nurse about your health.

Visit the Anchors crew at Truth & Joy 7/22!



JOIN THE MARTHA'S VINEYARD
DIVERSITY COALITION'S
2ND ANNUAL

Truth & Joy

A CELEBRATION OF
CULTURAL DIVERSITY ON
MARTHA'S VINEYARD ISLAND



Featuring Jazz & Gospel Vocalist Theresa Thomason

Food Vendors - Merchandise - Music - Art

plus a community Diversity Fair & more!

Special Guest Composer of "MOSES" Walter Robinson

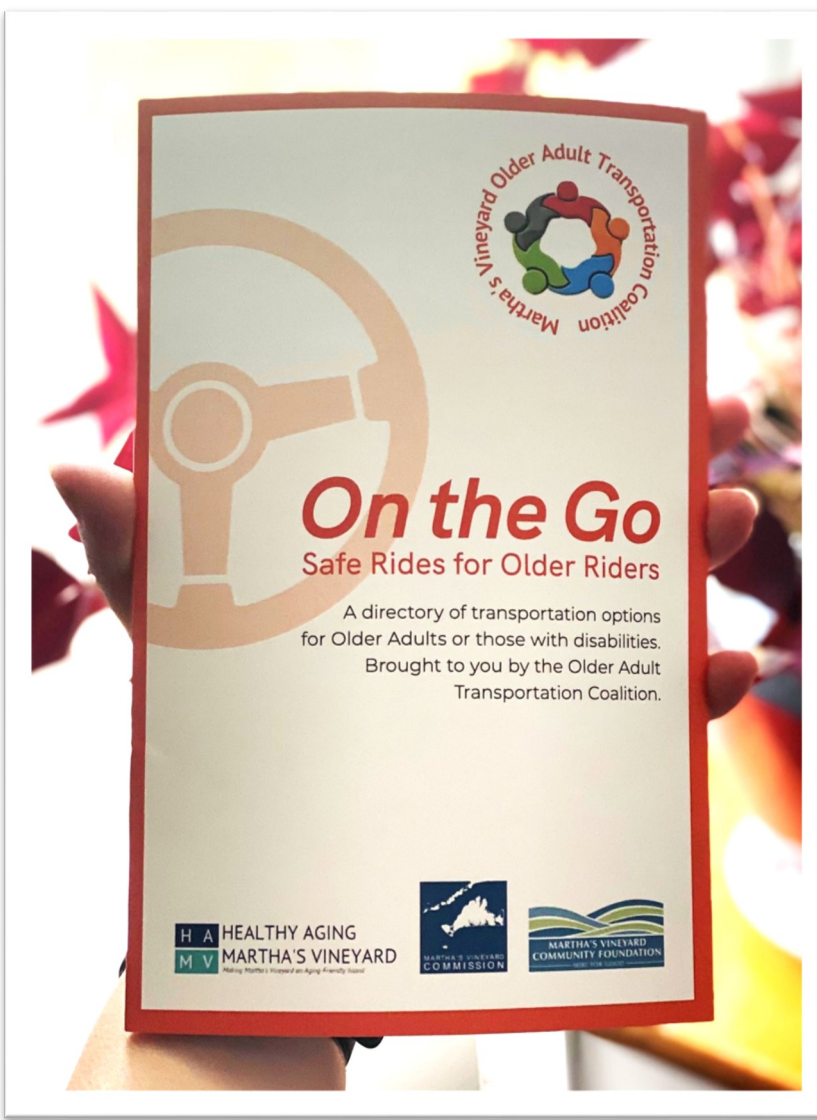
JULY 22, 2023



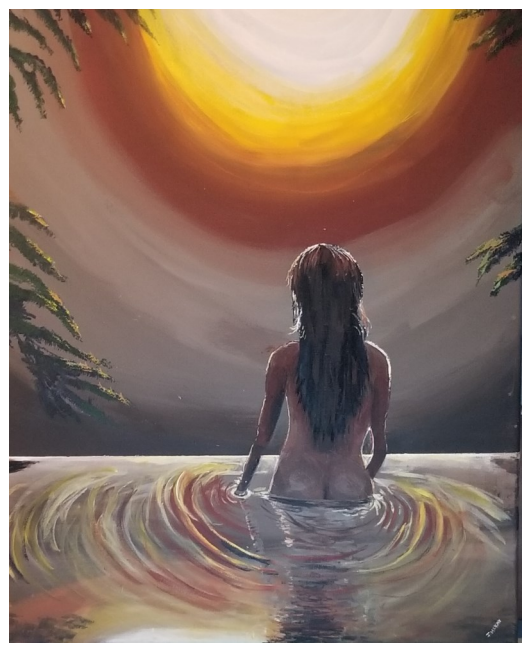
11 AM WAMSUTTA AVE - 12 NOON TO 8 PM
OAK BLUFFS TABERNACLE - 80 TRINITY PARK
VISIT WWW.MVDIVERSITYCOALITION.ORG



Seeking Volunteers for the ECOA table!



Edgartown summer resident and painter, Jim McKay is the Anchors Artist of the Month for July. Meet Jim and hear about his work during lunch on Friday, July 14th.



Need a ride? On island or off, **“On the Go”** is THE transportation resource for older adults on Martha’s Vineyard. Click [here](#) for a pdf, or stop by the Anchors to pick up a copy. To learn more about Healthy Aging Martha’s Vineyard, their coalitions, and all of the important work they are doing for older adults living on the Vineyard, check out their website at: <https://www.hamv.org/>

~ Anchors Summer Parking ~

The Anchors parking lot is shared with the Faraway and we have limited parking. This season, to avoid being towed and other un-pleasantries, please park only in the areas that are clearly designated as “Council on Aging Parking.” There are 2 spaces in the corner next to the hedges on the Dock Street side of the lot. There are 7 spaces around the back in the area adjacent to our door by the kitchen entrance. *Please note: These spots are available only during our business hours. Towing will be enforced.

Your best summer strategy is to car pool or use the convenient Park and Ride bus which leaves from the lot across from the Triangle behind Edgartown Pizza every 20 minutes and takes you to Among the Flowers one block away. This bus service begins June 9th and runs through September 3rd, from 7:35am-10pm daily. [Click here](#) for complete schedule

Growing up in Edgartown Panel #5 was a hit!



The fifth panel in MVTV's Growing up in Edgartown series consisted of four well-known and beloved members of the community. Left to right: Dick Kelly, Stan Mercer, Leo Convery, and Tom Teller. Special thanks to Ann Bassett and Madeline Fisher for organizing the event.



To watch this, and archived panel discussions, go to the MVTV website <https://mvtv.vod.castus.tv/vod/?nav=recent> and search: "Growing up in Edgartown"



Board Members

Rosemary Cunningham, Chair
Marvene O'Rourke, Co-chair
Nancy Ignacio
John Dropick
Lisa Sherman
Janice Belisle, Friends of ECOA rep



ECO A Staff

Lyndsay Famariss, Administrator, 213
Meris Keating, Director of Senior Services, 214
Victoria Haeselbarth, Outreach Worker, 215
Donna Paulson, Receptionist, 210
Chris McMahon, Cook
Bill Glazier, Part-time Outreach Worker, 212



A Man Called Otto. 2022. Thursday, July 13, 1pm. 2hr 6 min. When a lively young family moves in next door, grumpy widower Otto Anderson meets his match in a quick-witted, pregnant woman named Marisol, leading to an unlikely friendship that turns his world upside down. **This has been rescheduled from June.*



The Board of the ECOA treated the staff to a wonderful luncheon at Farm Neck as a thank you for all they do.



Presented by Chris: Peanut Butter Cookie Perfection!

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.

