



Good News From the Administrator's Desk!

Greetings from the Anchors!

This is the letter I've been wanting to write since I started in this position last September.

After 14 months of disappointments, adjustments, losses and uncertainty, we're thrilled to announce that **The Anchors will be open for programming beginning June 7!**

Once we open our doors, we hope to remain open, so we'll be taking a measured and deliberate approach to resuming activities in our building. We hope that you'll join us for some of our most-loved programs, including bridge, knitting, mahjong, poetry and movies. On alternate weeks, we'll also offer bingo for some good-natured, competitive fun. *"Please note that masks are required in all town buildings until the Town Administrator notifies us of a change in this policy."*

Beginning Tuesday, June 8th, we'll look forward to seeing those of you who will stop by to pick up our offering of \$3 brown bag lunches. Our talented cook Diane has plans to offer some tasty sandwiches on Tuesdays throughout the summer, and we'll welcome the chance to say hello to you. We'll keep you posted on when our in-house meals program will resume.

While we've been anticipating our re-opening with excitement, I want to acknowledge that the past year has been a tough one for all of us, our island community, and the world. Getting back to our former activities might take some adjustment as we navigate these new opportunities to gather and enjoy each other's company. Please know that I join our staff in offering you our assistance in stepping into this new phase. As always, we're in this together. If you have any questions, please don't hesitate to reach out to me at 508.627.4368, ext. 213, or at lfamariss@edgartown-ma.us.

We look forward to making new memories together and sharing good food and laughs with you!

Lyndsay Famariss, Administrator
The Edgartown Council on Aging





The Anchors Kitchen

We want to thank all of the people who have helped to make our meals delivery program such a great success over the last 15 months. We want to formally thank outreach worker Katie Vieira for her remarkable efforts, caring, and dedication. We couldn't have done it without you Katie! We would also be amiss not to acknowledge the true power of Diane Wall's food, which consistently provides comfort, nutrition, and happiness to our taste buds. As we begin to prepare for life after the covid-19 pandemic, we are shifting the focus of our nutrition program back to the Anchors building.

We are committed to providing those in need with nutrition resources.

Please call 508-627-4368 to hear about more of the nutrition programs you may be eligible for.

Brown Bag Lunch Pickup at the Anchors starts June 8th!

Tuesdays 11am-12:30pm

Please call by Friday afternoons to register.

\$3

SANDWICHES

June 8 ~ Curried Chicken Salad Sandwich

June 15 ~ Quinoa Caesar Salad Wrap

June 22 ~ Turkey Gobbler Sandwich

June 29 ~ Tuna and Egg Salad Sandwich

**Brown
Bag Lunch**



Diane's Soups

**Available for pickup at the Anchors on
Mondays, 10-12**

\$3 each, or 2 for \$5

Please call ahead for selection.

Exact change is appreciated.

Open Cupboard

The Edgartown Council on Aging is a partner of the Greater Boston Food Bank. Income eligible people may pickup at the Anchors on June 28th from 10am-12

Programs and Services



Estate Planning A Dialogue about Wills & Trusts Thinking about your estate plan? Join us for a workshop about building and preserving family wealth through estate planning. You will hear from an expert about common estate planning pitfalls, and receive information on wills and trusts. Thursday, June 3, 2021 6:00p -7:30p Register at: <https://aarp.cvent.com/finplan>

Clean It Out! A Lunchtime Offering A Decluttering the Home Workshop Are you downsizing from a home to an apartment? Do you need to clean out your parents' home? Does it all feel so overwhelming? This workshop will give you step-by-step suggestions and resources on how to declutter a home. Wednesday, June 9, 2021 12:00 p.m. - 1:00 p.m. Register at <https://aarp.cvent.com/cleanitout>

Employment/ Job Resources

The Senior Tax Work-off Program can help you to lower your property tax bill. Please contact Lyndsay: lfamariss@edgartown-ma.us or call 627-4368 ext. 213 for opportunities and more information.

Exercise & Wellness

Mindfulness Meditation with Ed Merck Fridays, 9:30-10:30am. Our regular attendees have been raving about the difference it has made in their lives. Please join us to see for yourself. Email mkeating@edgartown-ma.us to register.

Tai Chi with Nan Doty Wednesdays at 9:30am. Please note Tai Chi will break for July and August. Email Nan at chipocket62@gmail.com to register.

Tai Chi Qigong with Nan Doty will resume in the fall.

Vocal Toning as a Meditation Tool – Presentation by Heidi Carter Wednesday, May 19th at 1pm on Zoom. Please call 508-627-4368, or email mkeating@edgartown-ma.us to register.

Walking Group meets twice weekly, Wednesdays at 2pm and Fridays at 10am. For more information see page 6 of this newsletter. Call 508-627-4368 to register and to receive email updates.

Games

BINGO! Thursday, June 17th at 1pm. Come and join us for some good old fashioned fun! Win prizes! Call 508-627-4368 to register.

The Anchors Bridge Group will resume meeting in person beginning June 7. Mondays and Wednesdays from 12:30-3:30pm. To join, call Carol Fligor at 508-627-8811 or email her at fligors@comcast.net.

Mahjong meets Tuesdays and Fridays from 1-3pm in the Great Room at the Anchors, beginning June 8th. Pre-registration is required. Please contact Shirlee Miller at 508-627-6706 to sign up.

Gardening

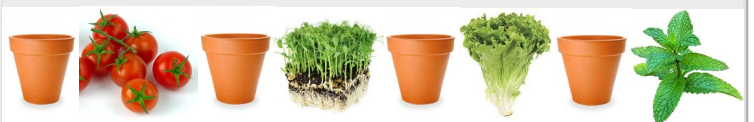
You Can Garden For Life! Zoom workshop co-sponsored by the Edgartown Library. Friday, June 11th at 7pm. Email mkeating@edgartown-ma.us to register. See page 7 for more info.

Plant Swap at the Anchors ongoing throughout the growing season. Bring a plant, take a plant.

The Happiness Project—HAMV and IGI are teaming up again to bring you this wonderful, feel good gardening program. Please call if you would like to register to receive a gardening kit, delivered to your doorstep by one of our fabulous volunteers. Tuesdays in June.

Knitting & Needlework

Knitting and Needlepoint meets every Monday at 4pm at the Anchors. Call 508-627-4368 or email mkeating@edgartown-ma.us to register.



Knitting for Charity Tuesdays 10am-12pm.

Needlework Thursdays 2pm.

*For more information about the Anchors Knitting and Needlework groups, please contact Shirley Dewing at 508-627-9650

Memory Programs

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 or call :

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/>

- **Brain Health & Wellness Tips**
Thursday, June 3 at 11 a.m.
- **Is It Normal Aging or Memory Loss?**
Thursday, June 17 at 11 a.m. or 7 p.m.

Music

Adele Dreyer on Piano via Zoom Join us on Friday, June 18th at 1pm, for your listening and lounging pleasure. Bring a project, your pet, or a cup of tea and just relax while listening to the musical stylings of this lovely pianist. Email mkeating@edgartown-ma.us for Zoom link.

Private Attorneys Specializing in Elder Law

The following attorneys all have their main offices on the mainland but frequently see clients on Martha's Vineyard. 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

Wifi—Emergency Broadband Benefit

What is the Emergency Broadband Benefit Program?

The Emergency Broadband Benefit Program is a Federal Communications Commission (FCC) program that provides a temporary discount on monthly broadband bills for qualifying low-income households. If your household is eligible, you can receive:

Up to a \$50/month discount on your broadband service and associated equipment rentals

Up to a \$75/month discount if your household is on qualifying Tribal lands

A one-time discount of up to \$100 for a laptop, tablet, or desktop computer (with a co-payment of more than \$10 but less than \$50)

Only one monthly service discount and one device discount is allowed per household.

The FCC has announced that consumers can begin applying for and enrolling in the Emergency Broadband Benefit Program on May 12, 2021. The program will end when the fund runs out of money, or six months after the Department of Health and Human Services declares an end to the COVID-19 health emergency, whichever is sooner.

Wellness Clinics

Shawn Woodbrey hearing aid specialist. 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 Meris to schedule an appointment. 508-627-4368

Foot Care Non-Diabetic with Grete Christian-sen. Appointments held on the third Tuesday of the month from 1-3 pm. Call the Anchors for an appointment. (1/2 hour treatments \$30)



June 2021

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>Zoom Programs are in PURPLE Other location BLUE In-house programs are in GREEN</p>	 	<p>9:30 Tai Chi</p> <p>No Walking Group today</p>	<p>9:30 Poetry</p>	<p>9:30 Mindful Meditation</p> <p>No Walking Group today</p>
<p>10-12 Soup Takeout</p> <p>12:30 Bridge</p> <p>4pm Knitting and Needlework</p>	<p>10 Knitting for Charity</p> <p>11:30 Brown Bag Pickup</p> <p>1 Mahjong</p> <p>2 Happiness Project</p>	<p>9:30 Tai Chi</p> <p>12:30 Bridge</p> <p>1 Vocal Toning</p> <p>2 Walking Group - Anchors to Cooke House and Legacy Gardens</p>	<p>9:30 Poetry</p> <p>1:00 Movie "A Good Year"</p> <p>2:00 Needlework</p>	<p>9:30 Mindful Meditation</p> <p>10 Walking Group - Ocean Park Gazebo to Camp Association</p> <p>1pm Mahjong</p> <p>7pm Garden for Life</p>
<p>9am Hearing checks with Shawi</p> <p>10-12 Soup Takeout</p> <p>12:30 Bridge</p> <p>4pm Knitting and Needlework</p>	<p>10 Knitting for Charity</p> <p>11:30 Brown Bag Pickup</p> <p>1 Mahjong</p> <p>2 Happiness Project</p>	<p>9:30 Tai Chi</p> <p>12:30 Bridge</p> <p>1 Vocal Toning</p> <p>2 Walking Group - Bend in the Road</p>	<p>9:30 Poetry</p> <p>1:00 BINGO</p> <p>2:00 Needlework</p>	<p>8:30 ECOA Board</p> <p>9:30 Meditation</p> <p>10 Walking Group - Mytoi</p> <p>1pm Adele Dreyer</p> <p>1pm Mahjong</p>
<p>10-12 Soup Takeout</p> <p>12:30 Bridge</p> <p>4pm Knitting and Needlework</p>	<p>10 Knitting for Charity</p> <p>11:30 Brown Bag Pickup</p> <p>1 Mahjong</p> <p>2 Happiness Project</p>	<p>9:30 Tai Chi</p> <p>12:30 Bridge</p> <p>1 Vocal Toning</p> <p>2 Walking Group - Anchors to Ox Pond Meadow</p>	<p>9:30 Poetry</p> <p>1:00 Movie "51 Birch Street"</p> <p>2:00 Needlework</p>	<p>9:30 Mindful Meditation</p> <p>10 Walking Group - Polly Hill</p> <p>1pm Mahjong</p>
<p>10-12 Soup Takeout</p> <p>10-12 Open Cupboard</p> <p>12:30 Bridge</p> <p>4pm Knitting and Needlework</p>	<p>10 Knitting for Charity</p> <p>11:30 Brown Bag Pickup ~</p> <p>1 Mahjong</p> <p>2 Happiness Project</p>	<p>9:30 Tai Chi</p> <p>12:30 Bridge</p> <p>1 Vocal Toning</p> <p>2 Walking Group - Downtown loop-Meet at Anchors</p>		

Pictures of some of our wonderful walkers on various trails around this beautiful island. Join us Wednesdays at 2pm and Fridays at 10am!



~ Anchors Summer Parking ~

The Anchors parking lot is shared with the Kelley House 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.

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 23rd and runs through September 3rd, from 11 am—6 pm daily.

You CAN Garden for Life!

Co-Sponsored by the Edgartown Public Library and the Edgartown Council on Aging.

Friday, June 11th at 7pm on Zoom

This informative and inspirational seminar delivers dozens of tips, tools, and techniques enabling gardeners of all ages and abilities to adapt and be resilient, so you can garden for life in comfort and safety, with ease and joy. Please email programs@edgartownlibrary.org or mkeating@edgartown-ma.us to register.



This seminar was the basis for her book: *The Lifelong Gardener, Garden with Ease & Joy at Any Age*. www.tonigattone.com/book

Take home tips:

- Cultivate new ways to garden to save time, money, and above all, energy.
- Re-envision your garden's size and accessibility for greater comfort.
- Re-think your garden to include containers, raised beds and vertical gardens for no-bend gardening.
- Adapt your favorite garden tools for little or no cost.
- Discover new ergonomic tools that are easier on your hands, back, hips, and your entire body.

Toni Gattone is a Master Gardener, entrepreneur, and a speaker with a passion to help gardeners comfortably garden for life. Toni knows from experience that physical limitations are the reason we need to re-evaluate how and when we garden, and how we can re-work our gardens for greater comfort and safety.

With grace and humor, Toni speaks to audiences at garden clubs, national flower and garden shows, Master Gardener symposiums, as well as to women and senior groups. Her clients agree: Toni's enthusiasm and deep love of gardening is contagious and inspirational.



Board Members

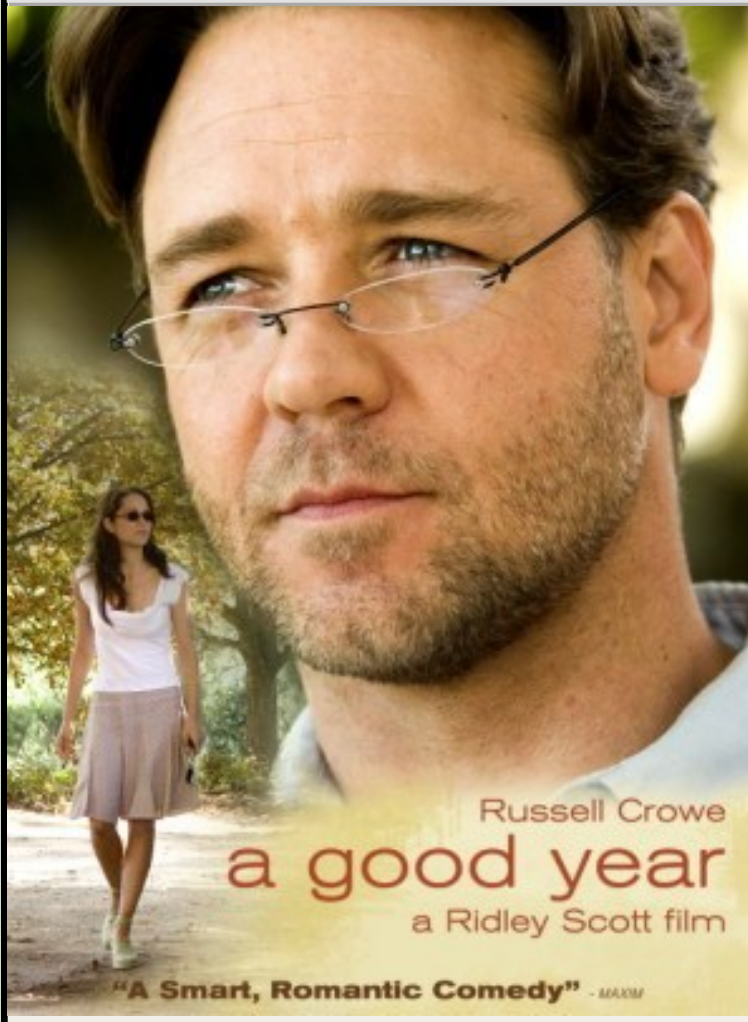
Rosemary Cunningham, Chair
Marvene O'Rourke, Co-chair
Stephen W. Miller, MD
Nancy Ignacio
Heidi Boyd
Jay Sigler
John Dropick

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

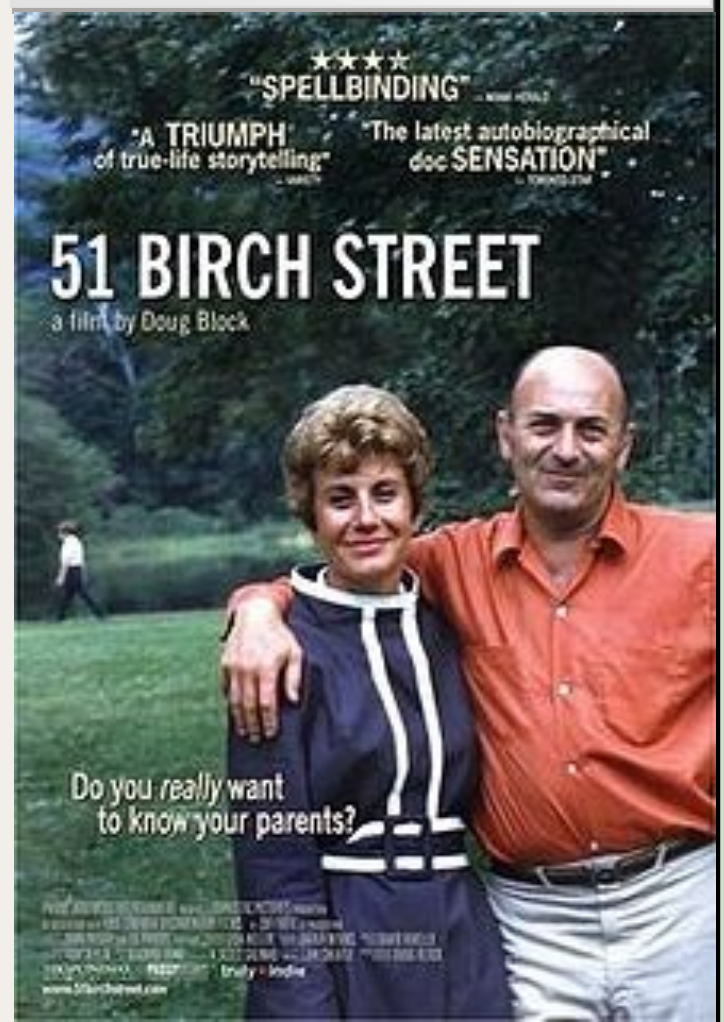
ECO Staff

Katie Vieira, Outreach Worker, 212
Donna Paulson, Receptionist, 210
Diane Wall, Cook
Victoria Haeselbarth, Outreach Worker, 215
Meris Keating, Director of Senior Services, 214
Lyndsay Famariss, Administrator, 213

~MOVIE AT THE ANCHORS~
Thursday, June 10th at 1pm,
"A Good Year"



~MOVIE AT THE ANCHORS~
Thursday, June 24th at 1pm,
"51 Birch Street"



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.