



# June 2023

## Notes About Programming from Meris, Director of Senior Services

Nothing brings us more satisfaction than seeing a room filled with happy people, engaged in conversation over meals, crafts, or intellectual fodder at the Anchors. It is the reason we do the work we do here. Without you our days would be much less fulfilled.

As those of you whom we fondly refer to as 'regulars' know, we have had a heck of a lot of hurdles thrown our way in the past few years. But we move ahead undeterred because we believe passionately in our mission to serve as a community hub for older adults and the individuals and organizations who are as invested in their well-being as we are.

Through a pandemic and now our neighbor's construction project which hinders our parking and ability to run a carefree program, we have still been able to pivot quickly, adapt, and continue providing the same high quality of outreach, nutrition, and programming that Edgartown has come to expect from its Council on Aging. It's not always easy for our participants, and we hope you know how much your presence and continued patience means to us. \*For alternatives to parking at the Anchors, see the bottom of page 6 in this newsletter.

When planning a program, there is an enormous amount of care and consideration put into the details. We like to ensure the programming we offer is relevant to the people we serve, and diverse enough in content to reach a broad variety of needs and interests. We do this by taking suggestions seriously and encouraging honest feedback so we can try to get it 'just right'. Cont. pg. 6





## 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 at least 24 hours in advance to reserve your spot.

Please note that we will be hosting a Volunteer Appreciation lunch on Tuesday, June 20th. This event is by invitation only.

#### Tuesday Lunch ~ with soup & dessert

6/6 Ham Salad \$5  
6/13 Tuna Melt  
6/20 Volunteer Appreciation BBQ  
6/27 Chicken Caesar Wrap

#### Friday Café ~ with soup & dessert

6/2 Meatloaf \$7  
6/9 Frittata with Salad  
6/16 Burrito with Rice  
6/23 Chicken with Rice  
6/30 Pasta and Meatballs with Salad

In response to the historically high increases in food costs, the price of our meals has changed. As ever, no one will be turned away if they are unable to pay.

[Click here to read more about sticker shock at the grocery store.](#)



# June 2023

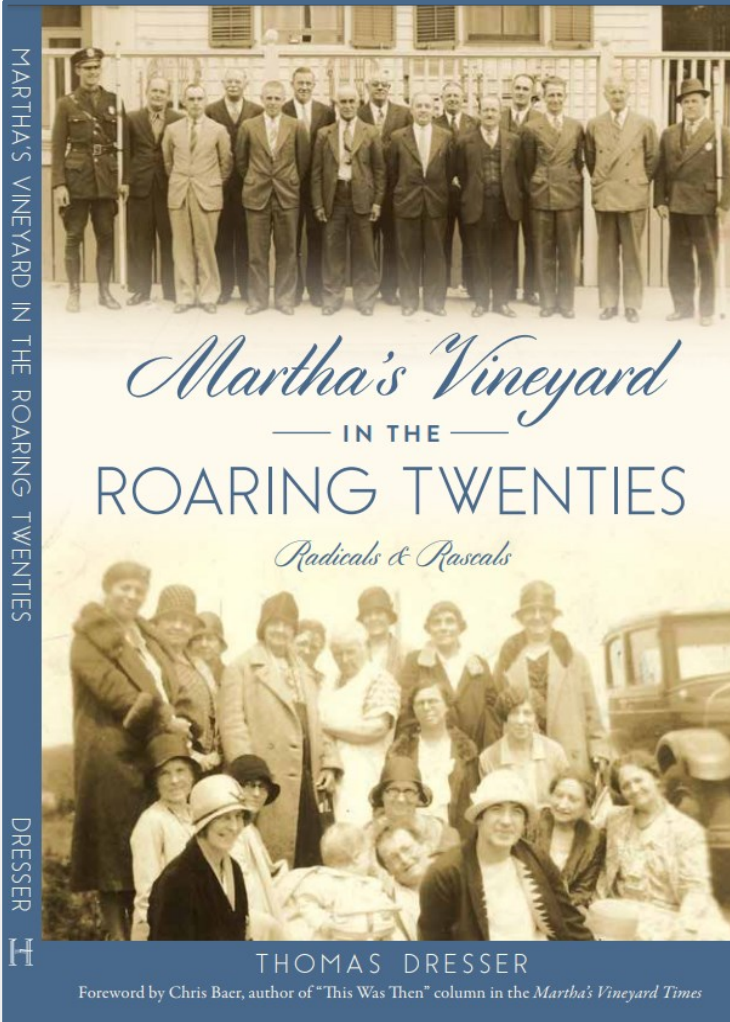
To register, or to learn more about programs at the Anchors, call 508-627-4368 or email [mkeating@edgartown-ma.us](mailto:mkeating@edgartown-ma.us)

<p><b>BLUE = OTHER LOCATION</b> <b>PURPLE = ZOOM</b> <b>GREEN = ANCHORS</b></p>			<p><b>1</b> <b>9:30</b> Poetry <b>11</b> Ted Talks Conversations <b>1</b> Bingo</p>	<p><b>2</b> <b>9:30</b> Mindful Meditation <b>11</b> Tom Dresser <b>12</b> Friday Café <b>1</b> Mah Jong</p>
<p><b>5</b> <b>12:30</b> Bridge</p>	<p><b>6</b> <b>9</b> Yoga <b>10</b> Knitting <b>12</b> Tues Lunch <b>12</b> Kelly McCarron talks about Narcan <b>1</b> Mah Jong</p>	<p><b>7</b> <b>9:30</b> Tai Chi <b>12:30</b> Bridge</p>	<p><b>8</b> <b>9:30</b> Poetry <b>11</b> Ted Talks Conversations <b>1</b> Movie: 'A Man Called Otto'</p>	<p><b>9</b> <b>9:30</b> Mindful Meditation <b>12</b> Friday Café <b>12</b> Music by Michael Haydn <b>1</b> Mah Jong</p>
<p><b>12</b> <b>9am</b> Hearing Wellness <b>12:30</b> Bridge</p>	<p><b>13</b> <b>9</b> Yoga <b>10</b> Knitting <b>11</b> Coffee w a Cop <b>12</b> Tues Lunch <b>12</b> Lunch n Learn 'My Life My Health' <b>1</b> Mah Jong</p>	<p><b>14</b> <b>9:30</b> Tai Chi <b>11</b> Tech Time with Rizwan <b>12:30</b> Bridge</p>	<p><b>15</b> <b>9:30</b> Poetry <b>11</b> Ted Talks Conversations <b>1</b> Bingo</p>	<p><b>16</b> <b>9:30</b> Mindful Meditation <b>11-12</b> Wellness Clinic with Town Nurse <b>12</b> Friday Café <b>1</b> Mah Jong</p>
<p><b>CLOSED FOR</b> <b>19</b> <b>JUNE TEENTH FREEDOM DAY</b> <b>JUNE 19</b></p>	<p><b>20</b> <b>9</b> Yoga <b>10</b> Knitting <b>12</b> Volunteer Appreciation BBQ <b>1</b> Mah Jong</p>	<p><b>21</b> <b>9:30</b> Tai Chi <b>12:30</b> Bridge</p>	<p><b>22</b> <b>9:30</b> Poetry <b>11</b> Ted Talks Conversations <b>1</b> Growing up in Edgartown</p>	<p><b>23</b> <b>ECO Board</b> <b>9:30</b> Mindful Meditation <b>12</b> Birthday Café <b>1</b> Mah Jong</p>
<p><b>26</b> <b>12:30</b> Bridge</p>	<p><b>27</b> <b>9</b> Yoga <b>10</b> Knitting <b>12</b> Tues Lunch <b>1</b> Mah Jong</p>	<p><b>28</b> <b>9:30</b> Tai Chi <b>12:30</b> Bridge <b>2</b> Dance for Life at Edgartown Public Library</p>	<p><b>29</b> <b>9:30</b> Poetry <b>11</b> Ted Talks Conversations <b>2pm</b> Taiwan—The Window is Closing</p>	<p><b>30</b> <b>9:30</b> Mindful Meditation <b>12</b> Friday Café <b>12</b> Music by Chris Fullerton <b>1</b> Mah Jong</p>

# Programs and Services

## Book Talk

**Tom Dresser presents his latest book.** Friday, June 2, 11am. Please let us know if you'd like to stay for lunch following the talk.



## Closures

**The Anchors is Closed Monday, June 19 for Juneteenth.**

## Coffee with a Cop

**Coffee with a Cop** is Tuesday, June 13 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

**Growing up in Edgartown** Thursday, June 22 beginning at 1pm. Join co-hosts Ann Bassett and Madeline Fisher for a panel discussion on the days of yore. More info on page 7.

## 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** Tuesdays at 9am.

**Modern Dance for Life** at the Edgartown Public Library. Co-sponsored by the Friends of the ECOA. [Click here to learn more.](#)

## Games

**Bingo** Thursdays, June 1 and 15 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 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](mailto: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

## Legal Aid, Cont.

### 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.

## Lunch & Learn

**Harm Reduction Specialist, Kelly McCarron** talks **Narcan**, and how carrying it with you might help save a life. Tuesday, June 6.

**My Life, My Health** Learn more about this evidence based chronic disease management program from Doreen Anderson and Karen Dowd. The two certified trainers will be running the 6-week workshop at the Oak Bluffs library beginning June 20th. [Click here for more info.](#)

## Music

**Michael Haydn** performs from his extensive repertoire of original, classical, and musical favorites during lunch on Friday, June 9th.

**Sean Fullerton** returns on Friday, June 30th during lunch. We welcome this easy going and enjoyable singer and guitarist back to the island. Join us in kicking off the summer season with some good music and great vibes.

## 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, June 14, 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

## Transportation

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. Call at least 24 hours in advance to reserve.

## Trips

**Trip to New Bedford** on Thursday, July 13 via the Seastreak in Oak Bluffs. See website for details.

## Wellness

**Shawn Woodbrey** hearing aid specialist from At Home Hearing Healthcare. Monday, June 12. 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** Friday, June 16 from 12-1pm. Come by and have your blood pressure checked, or consult with the nurse about your health.



A surprise visit from our dear friend Jean!



Cathy finishing her lovely decoupage piece



What kind of mischief are Jacquie and Donna up to...?!

Continued from cover page.

There is a sort of ‘secret sauce’ when it comes to planning a successful program, and as far as we can tell, there isn’t anyone out there who has perfected the recipe. Sometimes we are convinced something will be a big hit and it’s just not. Maybe everyone happened to be on vacation when we planned an event, or we didn’t get the memo that underwater basket weaving isn’t cool anymore and now ice fishing is all the rage.

Please register! We need to know how many people are coming so we can purchase enough supplies for everyone. Our chef needs to know how much food to buy in advance. Other times we need to meet a certain number of registrants or it’s not worth it for the instructor/ lecturer/ under water basket weaving professor to come. If you haven’t registered and we have to cancel for some reason, [insert your choice of bad luck scenario here] we don’t know you are coming, so we won’t be in touch. We do our best to communicate well. We don’t always get it right, but we do try.

Speaking of communication, have you checked out our new website? It’s the best thing that has happened to registration for the Anchors! You can register for special events right on the home page. With respect to those who aren’t interested in joining the tech world, we do find it incredibly useful for things like registration and simple info sharing. Of course, we love to hear your voices, and even better -see your faces! If you have a well trained carrier pigeon, feel free to send them down with a note. We love animals too.

Whatever way you want to be in touch, we are here and looking forward to connecting.

Have a wonderful summer season out there!



~ 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.**

**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 for Route #11—Park n Ride to Mayhew Lane**

**Come to another chapter of the 'Growing Up in Edgartown' Panels** and hear what the town was like in the 1930s and '40s...the people, the shops, the waterfront, the school...and the games kids played after school, from Marbles to Capture the Flag. Hear first-hand from the people who lived it!

**Thursday June 22nd, from 1 to 3pm, at The Anchors.**

Call 508-627-4368

or email [mkeating@edgartown-ma.us](mailto:mkeating@edgartown-ma.us) to register



To see past panels, numbers one through four, go to [mvtv.org](http://mvtv.org), click Video on Demand, type in Growing Up in Edgartown or Elders Panel

Edgartown Kids, 1936. photo courtesy Leo Convery

Board Members

Rosemary Cunningham, Chair  
Marvene O'Rourke, Co-chair  
Nancy Ignacio  
Jay Sigler  
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, June 8, 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.

Join E Michael Quinlan for this first talk in his popular summer lecture series. *Michael takes a careful and considerate deep-dive into some of the most complex issues playing out on the world stage today.*

**“Taiwan–The Window is Closing”**

**This program is rescheduled from its original date in May.**



**Thursday, June 29th, 2-4pm.**

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.

