

Edgartown Council on Aging



GOOD DAY SUNSHINE

The Anchors has been a gathering place and hub of activity for Edgartown seniors since 1984. For thirty-five years a good time has been had by all who come to enjoy our programs and the camaraderie of friends and neighbors.

If you were here when it happened one December day in 2014, you were delighted by a new warm glow of light shining through our building. Whatever your reason for coming, you soon learned the source of this light—our new Director of Senior Services, Wendy. You might remember the Anchors before Wendy arrived, but you cannot imagine the last five years without her.

Wendy, as you know, has a gift. Whether inherited from her parents, Bev and Tom, or a marvel of her own making, she carries it wherever she goes. Her enthusiasm, generous spirit, and kindness have touched us all.

As the Anchors Director of Senior Services and Volunteer Coordinator, she has been responsible for bringing you hundreds of events, activities, and programs. These

have included— to name a few— classes in tai chi, qigong, yoga, strength training and exercise. Also, poetry, bridge, book club, needlework for charity, and mindful knitting. She facilitates volunteer services, mah jong, conversation group, regular art exhibits, and monthly bowling. And there's more.

She arranges wellness visits from our public nurse, hearing specialist, podiatrist, dental care, and SHINE counselor. Wendy is also responsible for organizing our trips to Chappy, Boston, New Bedford, the Cape, and elsewhere. In addition, Wendy is our in-house bookkeeper, maintaining the ledgers for our Friends' donations and accounting for our lunch program special account.

She created and published the monthly newsletter over five years.

She is also a joker and a prankster. Beeping smoke detector duct taped under your desk?

Santa Claus dummy in a wheel chair outside your office peeking in the window?

Strange senior alien from another galaxy calling to reserve for lunch?

The perp? Wendy and her partners in crime.

Wendy's essence cannot be captured in a performance evaluation or a job description. She sparkles and shines for everyone she meets everywhere.

Wendy is leaving us the end of June to be closer to her family in Rhode Island. The dedicated Anchors staff will ensure our COA continues to flourish and be the best possible senior center it can be to serve you and all Edgartown citizens and seniors.

Wendy's spirit and all she has given us will forever bless the Anchors and those within it. She loves us and we love her back. Wendy, thank you for everything.

“There are no goodbyes for us. Wherever you are, you will always be in our hearts.”

~What's Happening at the Anchors and Beyond~



Conversation Group

Call to sign up, 508-627-4368. Conversation Group meets Friday June 7th, and Friday June 21st at 10 am.

Ear Wellness with Shawn Woodbrey, licensed hearing aid specialist, Monday, June 10th, appointments begin at 9 am. Hearing tests are 30 minutes; general ear check and hearing aid checks are 15 minutes. No cost. Call Wendy for appointment.

Book Group Wednesday, June 26th at 3 pm. Led by Jill Jupen. May's book TBA.

Health Screenings Public Health Nurse Tuesday, June 25th, 12-1 pm at the Anchors.

Tom Dresser's New Book

6/12, 1 pm join us to learn about: [A Travel History of Martha's Vineyard: from Canoes and Horses to Steamships and Trolleys](#). Refreshments. Call to sign up, 508-627-4368.

Get the Most from your iPad Wednesday, June 19th at 10:30am, become better acquainted with your iPad at the Edgartown library with Kathy Lavieri, a technology trainer with over 20 years experience working with adult learners. iPad terminology, organizing your apps, keeping your iPad up-to-date, becoming familiar with iCloud. Please register in advance by calling: 508-627-4368. Co-sponsored by Edgartown Council on Aging and Edgartown Library.

Coffee with a Cop Tuesday, June 25th, before lunch, 11am. Officer Will Bishop at the Anchors, Q and A, and trivia! Call to sign up, 508-627-4368.

June's Artist of the Month Ed Schulman

Ed is a self-taught, local Edgartown artist. He is a public space artist who focuses on figure work in an expressive style. He is a member of the Martha's Vineyard Artist's Association and the Falmouth Art Center.

Creatives and Games Mindful Knitting Mondays, 3:30-5:30, **Needlework for Charity** Tuesdays at 10, **Needlepoint** Thursdays at 2, **Mah Jong** Tuesdays & Fridays at 1, **Non-Sanctioned Duplicate Bridge** Mondays and Wednesdays, 12-3. **Call or email Carol for seating** at flogors@comcast.net, 508-627-4722.

The Anchors Kitchen: Lunches served at 12:00
Reserve at least 24 hours in advance — 508-627-4368

\$2 Tuesday Lunch
Sandwich, soup, dessert
June 4th Spinach with Filo
June 11 NO LUNCH
June 18 Quinoa and Chickpea Wrap
June 25 Meatloaf Sandwich

\$5 Friday Cafe
Entrée with soup and dessert
June 7th Beef Stroganoff
June 14 NO LUNCH
June 21 Pan Pizza
June 28 Chicken Marbella

Anchors Open Cupboard (Surplus Food)
Tuesday, June 25th, 1-3 pm

~ 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 unpleasanties, 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.

The Anchors Welcomes Meris

We welcome Meris, as of July first, our new Director of Senior Services. Meris is a familiar face at the Anchors, presently our part-time Outreach Worker and assistant to the Director of Senior Services. She has proven herself a valuable addition to our COA family. Meris has extensive education, training, and experience in human services and working with seniors. She lives in West Tisbury with her handsome husband Bryan Begley, their daughter, the cutest one year-old EVER, Willow, and dog Fiona and cats Sig and Duke. When not working, they can likely be found in the garden or in the kitchen. Please read her bio on page 4 of this newsletter.

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.

Board Members

Jay Sigler, Chair
Rosemary Cunningham, Co-Chair
Heidi Boyd
Marvene O'Rourke
Stephen W. Miller, MD
Nancy Ignacio
Mary Jane Carpenter

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

ECOA Staff

Donna Paulson, Secretary
Diane Wall, Cook
Victoria Haeselbarth, Outreach Worker
Wendy Benedetto, Director of Senior Services
Paul Mohair, Administrator
Meris Keating, Part-time Outreach Worker

I'm happy to have this opportunity to introduce myself to the wonderful community here at the Anchors. I am a native Nantucketer, whose family goes back to the founders of the island. I never would have guessed that, a combination of love and an appetite for adventure would have me someday hopping islands over here to The Vineyard. It is a beautiful place and I am proud to call it my home.

When I first moved to the Vineyard I quickly learned The Anchors is the honor student of Councils on Aging. I feel a mix of emotions taking over after such a fantastic person as Wendy. As much as I am excited to take this next step in my own career, I also recognize that the Anchors is special *because* of her, and I will miss her dearly too. I will never fill the void left by Wendy, but I will provide my own unique brand of fun. My love for the arts began early. Life is for exploring and celebrating, and I quickly realized that music, travel, painting, knitting, dancing, cooking, theater, and writing were all really good ways to pass the time. Before becoming involved in gerontology I worked as an art teacher, an art therapist with at risk youth, a bartender, and a mental health counselor, to name a few. About 10 years ago I became the Life Enrichment director at an up-scale retirement community, which I pursued and enjoyed immensely.

I am a certified activities director, a certified dementia practitioner, and I recently received my master's degree in gerontology, with a specialization in aging services, from the University of Massachusetts Boston. I truly enjoy collaborating with older adults to provide inspired activities and relevant programs. I especially love the challenge presented by serving a diverse array of interests and needs. I look forward to learning from and growing with everyone at the Council on Aging. I will do my best to introduce myself personally to each of you. I am so looking forward to your ideas and input.

Very Sincerely ~Meris Keating



Health and Wellness — **Call to register prior to classes and clinics **

Foot Clinic Appointments Tuesday, June 18th, starting at 1:30 (1/2-hr treatments \$30). Call 508-627-4368 for an appointment.

Got Strength? Strength Training Class with Lisa Amols Tuesdays, 8:30 am; ***Please note no Thursday classes in June.** Call Lisa at 508-693-1009 before first class. Punch cards available, join anytime. Talk with Lisa about walk-in pricing. Visit her website at www.lisasstudiomv.com.

Yoga with Carol Vega, Thursdays at 9 am. Check with Carol about pricing and punch cards.

Tai Chi with Nan Doty: Wednesdays, "Tai Chi Form" from 9:30-10:30. Tea time after class. \$10/class. For more information, 508-627-4368.

Exercise classes subsidized by Friends of ECOA. Anchors' exercise instructors are trained, experienced, expert professionals.