

March 2020

Thank You!

We want to extend a heartfelt thank you to the generous supporters of our Friends organization. Because of you, we were recently able to purchase a new Samsung SmartTV, as well as a much needed upgrade to our speakers and media system.

This upgrade will allow us to provide you with current entertainment based programming. We now have access to Hulu, Amazon Prime, Acorn TV, PBS Masterpiece, YouTube, Ted Talks, and Netflix to name a few. We can also stream music, podcasts, and more. We are excited to explore the many ways this new system will enhance our programs.



Spent some time with a great bunch of kids, coloring, laughing, and learning a bit about homeschooling.

Thanks for the delicious chocolates Ethel!



Welcome Katie!

We are pleased to introduce our new part time outreach worker, Katie Vieira. She is thrilled to return to her hometown of Edgartown, where her family resided for many years. Katie now lives in Vineyard Haven with her husband, Sergeant Nate Vieira, and their 2 adorable sons, Charles and Corbin. Over the past decade, Katie has loved taking care of older adults in their homes, teaching in the island schools, unleashing drama on stage with Island Theatre Workshop, and splashing with some of you at the YMCA. She feels blessed to have the opportunity to get to know you all better, and is so thankful for the warm welcome.



THE ANCHORS NEWSLETTER

March 2020 *Monday–Friday from 9-4*

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Outreach M-F 2</p> <p><u>9:30</u> ASLL Lectures 13& 14: “Vague Symptoms and Fuzzy Diagnosis” & “Herbalism and Herbal Myths”</p> <p><u>11:30</u> Edgartown Bowlers</p> <p><u>1-3</u> Open Cupboard</p> <p><u>3:30</u> Mindful Knitting</p>	<p><u>10</u> Needlework for Charity 3</p> <p><u>12</u> \$3 Tuesday Lunch</p> <p><u>12</u> Cindy Sherman Edgartown Tax Exemption program overview</p> <p><u>1</u> Mah Jong</p> <p><u>1-3</u> SHINE appointments</p>	<p>4</p> <p><u>9:30</u> Tai Chi</p> <p><u>11</u> Meditation in Motion</p>	<p>5</p> <p><u>9:00</u> Yoga</p> <p><u>9:30</u> Poetry</p> <p><u>12:30</u> Bridge</p> <p><u>1</u> Landscape Painting</p> <p><u>2</u> Needlepoint and More!</p>	<p>6</p> <p><u>12</u> \$5 Friday Café</p> <p><u>12</u> Coffee with a Cop</p> <p><u>1</u> Mah Jong</p>
<p>9</p> <p><u>9am</u> Hearing Appt.</p> <p><u>9:30</u> ASLL Lectures 15 & 16: “Homeopathy–One Giant Myth” & “Facts about Toxins and Myths about Detox”</p>	<p>10</p> <p><u>10</u> Needlework for Charity</p> <p><u>12</u> \$3 Tuesday Lunch</p> <p><u>12</u> Josh from MV Nutrition</p> <p><u>1</u> Mah Jong</p> <p><u>1-3</u> SHINE</p>	<p>11</p> <p><u>9:30</u> Tai Chi</p> <p><u>11</u> Meditation in Motion</p>	<p>12</p> <p><u>9:00</u> Yoga</p> <p><u>9:30</u> Poetry</p> <p><u>12:30</u> Bridge</p> <p><u>1</u> Open Studio</p> <p><u>2</u> Needlepoint and More!</p> <p><u>3:30</u> Strength Training</p>	<p>13</p> <p><u>12</u> \$5 Friday Café</p> <p><u>12</u> Lunch and Lecture: MV Meditation</p> <p><u>1</u> Mah Jong</p>
<p>16</p> <p><u>9:30</u> ASLL Lectures 17 & 18: “Myths about Acupuncture’s past and Benefits” & “Myths about Magnets, Microwaves, Cell Phones”</p> <p><u>3:30</u> Mindful Knitting</p>	<p>17</p> <p><u>8:30</u> Strength Training</p> <p><u>10</u> Needlework for Charity</p> <p><u>12</u> \$3 Tuesday Lunch</p> <p><u>St Patrick’s Day with music by Sara Piazza</u></p> <p><u>1–3</u> Foot Clinic</p>	<p>18</p> <p><u>9:30</u> Tai Chi</p> <p><u>11</u> Meditation in Motion</p>	<p>19</p> <p><u>9:00</u> Yoga</p> <p><u>9:30</u> Poetry</p> <p><u>12:30</u> Bridge</p> <p><u>1</u> Open Studio</p> <p><u>2</u> Needlepoint and More!</p> <p><u>3:30</u> Strength Training</p>	<p>20</p> <p><u>ECOA Board Meeting</u></p> <p><u>12</u> \$5 Friday Café</p> <p><u>12:15</u> Team Trivia!</p> <p><u>1</u> Mah Jong</p>
<p>23</p> <p><u>9:30</u> ASLL Lectures 19 & 20: “All about Hypnosis” & “Myths about Coma and Consciousness”</p> <p><u>3:30-5:30</u>: Mindful Knitting</p>	<p>24</p> <p><u>8:30</u> Strength Training</p> <p><u>10</u> Needlework for Charity</p> <p><u>12</u> \$3 Tuesday Lunch</p> <p><u>12-12:30</u> Team Trivia!</p> <p><u>1</u> Mah Jong</p>	<p>25</p> <p><u>9:30</u> Tai Chi</p> <p><u>11</u> Meditation in Motion</p> <p><u>3pm</u> Book Group</p>	<p>26</p> <p><u>9:00</u> Yoga</p> <p><u>9:30</u> Poetry</p> <p><u>12:30</u> Bridge</p> <p><u>1</u> Open Studio</p> <p><u>2</u> Needlepoint and More!</p> <p><u>3:30</u> Strength Training</p>	<p>27</p> <p><u>12</u> \$5 Friday Birthday Café</p> <p><u>1</u> Mah Jong</p>
<p>30</p> <p><u>9:30</u> ASLL Lectures 21 & 22: “What Placebos Can and Cannot DO” & “Myths about Pregnancy”</p> <p><u>1-3</u> Open Cupboard</p> <p><u>3:30-5:30</u>: Mindful Knitting</p>	<p>31</p> <p><u>8:30</u> Strength Training</p> <p><u>10</u> Needlework for Charity</p> <p><u>12</u> \$3 Tuesday Lunch</p> <p><u>12</u> Blood Pressure Clinic</p> <p><u>1</u> Mah Jong</p> <p><u>1-3</u> SHINE</p>		<p><i>‘Indoors or out, no one relaxes in March, that month of wind and taxes, the wind will presently disappear, the taxes last us all the year.’ ~Ogden Nash</i></p>	



The Anchors Kitchen:

Lunches served at 12:00. Reserve at least 24 hours in advance – 508-627-4368

\$3 Tuesday Lunch

Sandwich, soup, dessert

- ♣ Mar 3rd: Tofuloaf
- ♣ Mar 10th: Chicken Salad
- ♣ Mar 17th: Ruben
- ♣ Mar 24th: Open Face Tuna
- ♣ Mar 31st: Peanut Butter & Veggie

\$5 Friday Cafe

Entrée with soup and dessert

- ♣ Mar 6th: Picadillo
- ♣ Mar 13th: Shepherds Pie
- ♣ Mar 20th: Pasta Primavera
- ♣ Mar 27th: Black Bean Burrito

Anchors Open Cupboard (Surplus Food)

Monday, March 2nd & 30th 1-3 pm

March Lunch Programs

- ♣ *Cindy Sherman Talks Edgartown Tax Exemption– Tuesday, March 3rd*
- ♣ *Joshua Levy Talks Nutrition– Tuesday, March 10th*
- ♣ *MV Mediation– Friday, March 13th*
- ♣ *St Patrick's Day with Music by Sara Piazza– Tuesday, March 17th*
- ♣ *Team Trivia– Friday, March 20th*
- ♣ *Public Health Nurse– Tuesday, March 24th*

~What's Happening at the Anchors and Beyond~

Please Call to Reserve 508-627-4368; Email mkeating@edgartown-ma.us

Arts and Creativity

Mindful Knitting Mondays, 3:30- 5:30
Needlework for Charity Tuesdays at 10am
Needlepoint Thursdays at 2 pm
Open Studio at the Anchors
Thursdays, March 12th, 19th, & 26th from 1-3pm.
Come enjoy some creative time with an incredible view. Free to bring your own supplies. \$5 for a canvas and use of acrylic paints. Table easels provided to all. Call to register. 508-627-4368.

Educational

The Anchors Society for Lifelong Learning presents: A Great Course: "Medical Myths, Lies, and Half-Truths: What We Think We Know May Be Hurting Us" Call The Anchors to register. 508-627-4368
Mondays at 9:30am.
3/2, "Vague Symptoms and Fuzzy Diagnosis" & "Herbalism & Herbal Medicine"
3/9, "Homeopathy- One Giant Myth" & "Facts about Toxins and Myths about Detox"
3/16, "Myths about Acupuncture's Past and Benefits" & "Myths about Magnets, Microwaves, Cell Phones"
3/23, "All about Hypnosis" & "Myths about Coma and Consciousness"

Entertainment

Traditional Irish Music with Sara Piazza during our St Patrick's Day lunch on Tuesday, March 17th at 12noon. Call to register. 508-627-4368

Exercise, Fitness

Strength Training with Lisa Amols Tuesdays @ 8:30am, Thursdays @ 3:30pm. Call Lisa at 508-693-1009 before first class. Punch cards available, join any time. Talk to Lisa about walk-in pricing. www.lisasstudiomv.com
Tai Chi with Nan Doty Wednesdays at 9:30 am. Please call The Anchors to sign up.
Meditation in Motion with Nan Doty Wednesdays at 11am. From March 4th-May 6th. Please call the Anchors to sign up for this special Qigong offering. 508-627-4368.
Yoga with Carol Vega Thursdays from 9-10 am. Call the Anchors to register. 508-627-4368
Edgartown Bowlers Monday, March 2nd, 11:30-1:30 at the Barn Bowl and Bistro. Lunch included, \$10. Call 508-627-4368 to sign up.

Games

The Anchors Bridge Group meets weekly throughout the year. Thursdays 12:30-3:30 pm. To Join, Call Carol Fligor at 508-627-8811 or email her at: fligors@comcast.net
Mah Jong Tuesdays and Fridays at 1 pm.
Team Trivial Pursuit Friday, March 20th during lunch. Each table is a team.

Health and Wellness

Call The Anchors to register. 508-627-4368
Ear Wellness with Shawn Woodbrey, licensed hearing aid specialist. Monday, March 9th, appointments begin at 9 am. Hearing tests are 30 minutes; general ear check and hearing aid checks are 15 minutes. No cost. Call Meris for appointment.
Foot Care with Grete Christiansen. Appointments Tues, March 17th from 1-3 pm. Call the Anchors for an appointment. (1/2 hour treatments \$30)
Health Screenings with Lila Fischer, community health nurse, during lunch on Tuesday, March 25th, 12-1pm.
Memory Support Group meets Wednesdays, at 10:00 am, at Featherstone Center for the Arts. Please call Victoria Haeselbarth for more information, 508-627-4368 ext. 15

Ideas, Books, Writing

Book Group Meets on Wednesday, March 25th, at 3pm. Led by Jill Jupen. "The Door" by Magda Szabo. Translated from the Hungarian by Len Rix
Poetry Group meets Thursdays at 9:30 at The Anchors. Call to register 508-627-4368

Services, Information

SHINE appointments with Bill Glazier Tuesdays from 1-3, by appointment. Call the Anchors to schedule. 508-627-4368
Coffee with a Cop is Back! Friday, March 6th at 11:00am. Please join us in welcoming back our favorite man in blue, Will Bishop. He will be talking about the new 'hands free driving law', sprinkled with a little fun and maybe some updates about what's going on at the EPD. Call the Anchors at 508-627-4368 to sign up.
MV Mediation joins us during lunch on Friday, March 13th to discuss their organization and how they can help people better navigate the many

Services, Information cont.

challenges families often face during long term planning. Please call to reserve for lunch and lectures.

Registered Dietician Josh Levy of Vineyard Nutrition joins us during lunch on Tuesday, March 10th to talk about the work he and his wife are doing here on the Vineyard, as well as share what's new in the world of nutrition. Please call to reserve .

Legal Aid with Katie Wibbey of South Coast Legal Services. Katie will be providing legal aid here at the Anchors on Tuesday, April 7th. Call for appt.

Cindy Sherman from the Edgartown Assessor's office will join us at lunch on Tuesday, March 3rd to give a brief overview of tax exemptions available to veterans, those who are blind, and older adults. Cindy will be available for private consults through the lunch hour. Call 508-627-4368 to reserve.

\$10 per class

Meditation in Motion with Nan Doty

**Wednesday, 11am -12noon,
March 4 - May 6, 2020. 10 sessions.**

At the Anchors in Edgartown

***Please call to register**

508-627-4368



**Lunch and Lecture
At The Anchors**

Tuesday, March 10th at 12 noon. Lunch is a Chicken Salad Sandwich. Call 508-627-4368 to register.

Guest Speaker: Josh Levy of Vineyard Nutrition



**St Patrick's
Day Lunch**

At the Anchors

Tuesday, March 17th, 12noon

\$3 Rubeen Sandwiches



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BY

SARA PIAZZA

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Friday, March 13th at 12 noon. Lunch is Shepherd's Pie.

Call 508-627-4368 to register.

Guest speakers from:

MVMP MV MEDIATION PROGRAM

Director of MVMP, Sara Barnes, Program Coordinator, Nancy Grundman, and Mediator, Sarah Safford present:

- Overview of the services offered by Martha's Vineyard Mediation Program.
- How can mediation, conflict coaching or facilitation help older adults and their families to make decisions and resolve conflicts?
- What are some tools that can be used by older adults and their family members when conflicts arise?

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

Rosemary Cunningham, Chair

Jay Sigler, 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!

EOA Staff

Katie Vieira, Department Assistant

Donna Paulson, Secretary

Diane Wall, Cook

Victoria Haeselbarth, Outreach Worker

Meris Keating, Director of Senior Services

Greg Rollins, Administrator

