

March 2021

Hope Springs Eternal... What are you hopeful for this spring?

That the light at the end of the COVID tunnel is getting bigger and brighter with each vaccine shot.

~Ann Tyra

The warmer weather and having had the vaccine makes me very hopeful and thankful.

~Janice Belisle

Now that I've had my shot, I'm just beginning to want to be with people again. I'm really looking forward to being at the Anchors again when they reopen. Have my popcorn and movie ready, and I'll be there 5 minutes after you call.

~Jean Bishop

What makes me hopeful is that I've had both my vac shots, and I may be able to see some of my children and grandkids in the coming weeks. Springtime indeed!

~Paddy Moore

I have this quote from Mallory Kelley at my desk:

"HOPE is the ability to hear the music. FAITH is the courage to dance to it today."

I am filled with hope and reassured by the many, many acts of kindness I see around me every day.

~Mary Gentle

Yes, I'm hopeful. Why? Because I didn't realize how important the social activities I was engaged in were to me. Only when I was denied was I aware of how depressing that loss was.

~Dick Biros

Noticing signs of early Spring make me hopeful - blossoms on the witch hazel and snowdrops, daffodils starting to send up bright green shoots, the birds are singing again.

~Janet Sigler

Getting my second dose! Now for my children and grandchildren. My daughter's family gives me hope.

~Carolyn O'Daly



The Anchors Kitchen

We continue to deliver frozen soups and single serving entrees to older Edgartown adults in need while we remain closed to the public. Meals are delivered to the doorstep Thursdays, weather permitting.

For more information please call

508-627-4368 or email kvieira@edgartown-ma.us

Meals and soups are \$3 each, or 2 for \$5.

Soup Takeout

We are now offering soups for pick up. Call Donna ahead of time for weekly selection, and to place an order. 508-627-4368
Takeout window is at the back of the Anchors building.
Mondays, 10am-12pm. Please wear a mask and bring exact change.

\$5 for 2 soups

508-627-4368

To Connect to Additional Island Food Resources:

***Please contact Katie Vieira at 627-4368 ext. 12
Or email: kvieira@edgartown-ma.us***

***Additionally, you can go to:
<https://www.mvcommunityservices.org/foodresources/>***

Programs and Services

Advanced Care Planning

Advance Care Planning Workshop - Tuesday, March 16 at 1pm. Healthy Aging Martha's Vineyard invites you to attend an informational Zoom session, which we hope will empower you to have "the conversation" with those who care about you. Learn how to speak openly about this delicate topic so that you may do so with loved ones and your physician. You will be provided with a packet of resources, including advance directives to fill out when ready. You will also learn who needs a copy of those forms so they are available when needed. Please email mkeating@edgartown-ma.us to register.

Covid-19 Resources

Martha's Vineyard Community Services continues to be a great resource and referral agency for all families on the island. Please reach out to them right away if you are struggling with mental health, caregiver burnout, food insecurity, substance abuse, or other personal challenges you may be experiencing at this time. Their caring team of clinicians are there to help. <https://www.mvcommunityservices.org/coronavirus-covid-19-updates/> or call: **508-693-7900**

Covid-19 testing and vaccine information for Martha's Vineyard can be found on the MV Hospital website at: <https://www.mvhospital.com/health-resources/vaccine-information>

The Edgartown Council on Aging- Please get in touch if you or an older adult you know needs assistance with the registration process. 627-4368.

Edgartown Library

Home delivery is now being offered on Thursdays and is available for free for any library patron living in Edgartown who is unable to visit the library. To sign up, fill out the [Home Delivery](#)

[Application](#) and they will contact you. For more information call 508-627-4221.

Check out a mobile WiFi hotspot from the Edgartown Library. WiFi hotspots are wallet sized devices that broadcast wireless internet in a 30 foot radius and can connect up to 10 devices. They work anywhere with Verizon coverage, so you can take it on the go. For full details on checking out a WiFi hotspot, click [here](#).

Chromebook laptops are now available to check out for two-week loans. To place a hold, either visit the online catalog or contact them at 508-627-4221 or email info@edgartownlibrary.org, to place one on hold. To check out a Chromebook, patrons must be 18 years or older and have a library account in good standing.

Exercise & Wellness

Tai Chi with Nan Doty Wednesdays at 9:30am. Please email Nan at chipocket62@gmail.com to register.

Tai Chi Qigong with Nan Doty Wednesdays at 11am.

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.

Yoga with Carol Vega Tuesdays 1pm. Please email mkeating@edgartown-ma.us to register.

Knitting

Knitting and Needlepoint on Zoom, every Monday at 4pm. <https://us02web.zoom.us/j/89310613621?pwd=Y1BkQWN2WDVXL3d2cTdNWnlodVIyZz09>

Email Meris- mkeating@edgartown-ma.us with questions or additional meeting information.

Memory Programs

The Martha's Vineyard Center for Living

continues to offer a robust Zoom-based supportive day program for caregivers and their care partners. Contact Mary Holmes: 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/>

- Benefits of Early Detection
Thursday, March 4 at 11 a.m.
- When Is Memory Care Assisted Living Appropriate?
Thursday, March 18 at 11 a.m.
- When Is Memory Care Assisted Living Appropriate?
Thursday, March 18 at 7 p.m.
- Bridges Information Session
Tuesday, March 23 at 11 a.m.

Music

Adele Dreyer on Piano via Zoom Join us on Friday, March 19th 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. Time will be held for a bit of discussion after the music. Email mkeating@edgartown-ma.us for Zoom link

Nutrition

Josh Levy of Vineyard Nutrition will give a talk on nutrition via Zoom. Tuesday, March 23rd at 1pm. <https://us02web.zoom.us/j/81894606062?pwd=dkRFLy9JWFE1NmZVdVJLOWY5Wk9qQT09>

Private Attorneys Specializing in Elder Law

The following attorneys all have their main offices on the mainland but frequently see clients on the Martha's Vineyard. They all specialize in elder and estate law. These are not legal aid attorneys and charge for their services.

Suprenant and Breneski 508-994-5200
<https://myfamilyestateplanning.com/>

Patricia Mello & Associates 508-477-0267
<https://attorneymello.com/>

Arthur P Bergeron 508-860-1470
abergeron@mirickoconnell.com

Senior Tax Work off Program

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. 13 for opportunities and more information.

SHINE

SHINE counselor Bill Glazier is available by appointment for phone consultations. The SHINE program will continue as a non-contact program until it is safe to resume in person. Call to register. 508-627-4368

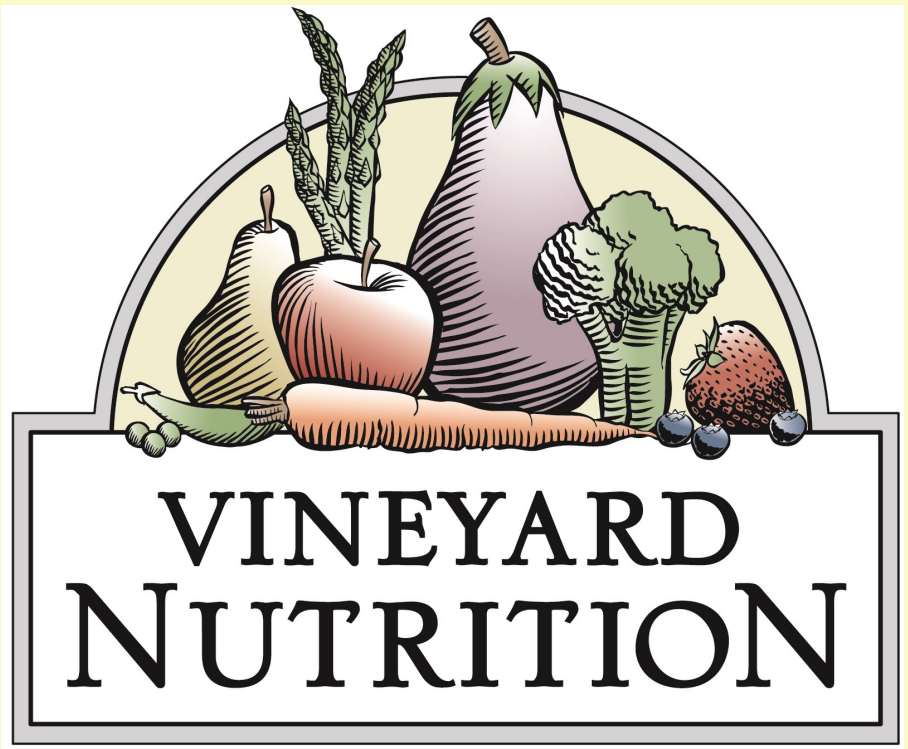


Tuesday, March 23rd at 1pm.

Email mkeating@edgartown-ma.us to register.

Guest Speaker:

Josh Levy of Vineyard Nutrition



Please join us for an information filled hour all about nutrition.

**[https://us02web.zoom.us/
j/81894606062?](https://us02web.zoom.us/j/81894606062)**

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CLICK LINK TO JOIN

March's Artist of the Month

Shirlee Miller

Shirlee began rug hooking in the early 1970's and has hooked over 30 rugs since. She learned to hook from a woman named Alice Beatty in New Jersey. Later, she would meet her favorite teacher, Barbara Brown from Maine, where Shirlee fondly visits each Fathers Day weekend.

When her children were young, Shirlee's knitting was utilitarian in that she made sweaters and the like for her children. After moving to the Vineyard 23 years ago, she started a knitting group at the Anchors. She recalls the group would order large bags of yarn from a farm in Canada. Shirlee still knits the occasional hat here and there but is more focused on needlepoint these days.



The pillow to the left is a memento from the year when the Shifter house was moved. The ferry was frequently crowded with concrete trucks, which created lines for Chappy residents. The image marks one glorious day when Shirlee's red jeep was allowed passage.



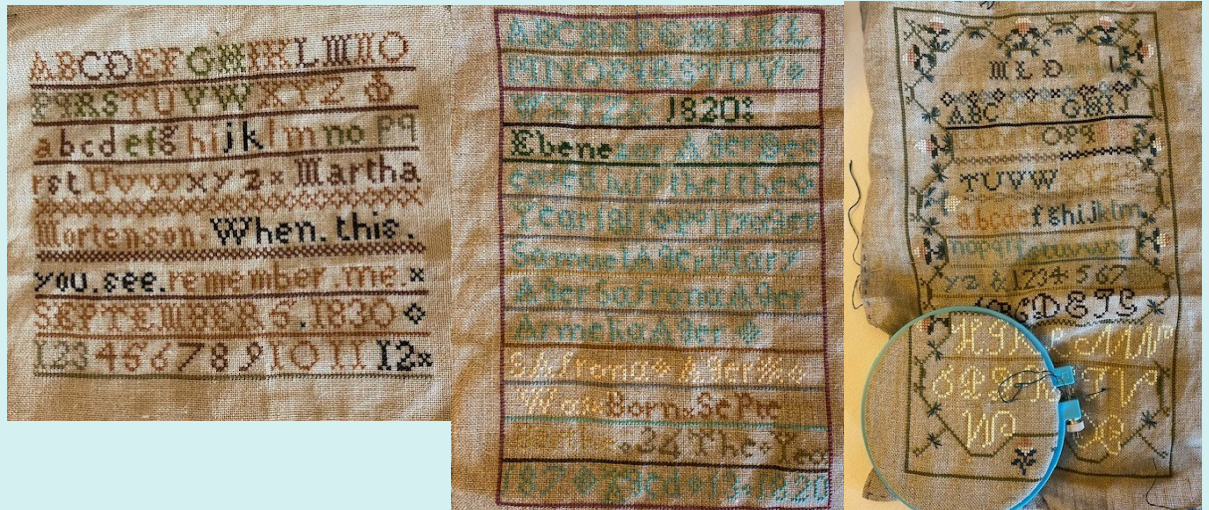
This rug was designed for Shirlee by a Nova Scotia artist. Shirlee took classes a couple of classes there over the years.



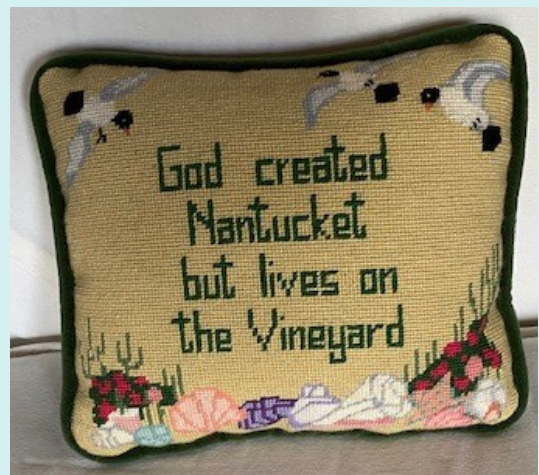
The needlepoint pillows above are all from different designers. Shirlee enjoyed traveling to shops throughout new England and beyond. Shirlee believes each pillow takes hundreds of hours to complete.



The three Samplers to the right were started years ago. Shirlee has taken to finishing them now to be hung ascending the stairs. This type of needlework is more intricate than rug hooking, but Shirlee says is good for this stage of her life.



Shirlee designed this rug with a teacher and hooked it in honor of the infamous Vineyard "Chicken Lady".



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
Donna Paulson, Secretary
Diane Wall, Cook
Victoria Haeselbarth, Outreach Worker
Meris Keating, Director of Senior Services
Lyndsay Famariss, Administrator

“We Have Your Number” is a program run by the Dukes County Sheriff's Department that provides island residents with reflective street numbers to ensure their homes are clearly marked. Clearly marked addresses help EMS to find you in an emergency. (They also help us when we are bringing you goodies!) For more information about this very important program, and to get a complimentary street number, please call Major Sterling Bishop at (508)338-7591.



Major Sterling Bishop

Before bed on Saturday, March 13th Remember to set your clocks ahead one hour.



Spring Forward 1 Hour



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.