

March 2023

Seeking Artists of the Month



Are you an older adult visual artist looking to display your work? Well then you are in luck! The Artist of Month program is ready to come back in full force so dust off those paintings, drawings, mixed media, and other 2 dimensional works of art and give us a call. Not an artist but know someone whose work deserves to be seen? Nominate them!



The bowlers have been meeting up at the Barn in OB every Monday for some friendly competition and lunch together. Join us!

Trips off-Island

With spring just around the corner we are dreaming of sunnier days and of course, travel! One place on our collective bucket list is the [Harvard Museum of Natural History](#) in charming nearby Cambridge, Massachusetts. Pending a response from the transportation company, we hope to open registration very soon and head to Harvard Square in May.

Another trip which was recently requested is a visit to the [New Bedford Whaling Museum](#). We hope to take a day trip there this summer via the Seastreak.

Our receptionist Donna suggested we might consider going to [Wolf Hollow](#)—a wolf sanctuary in Ipswich, MA.

There are so many places to explore nearby. Please contact Meris or Donna if you have ideas, requests, or are interested in any of the above mentioned trips. We can't wait to get back to taking day trip adventures with you all!





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.

You must call at least 24 hours in advance to reserve your spot. 508-627-4368

Tuesday SANDWICHES

~ with dessert

\$3

3/7 Curried Chicken Salad

3/14 Quesadilla

3/21 Fish Cake

3/28 Turkey Gobbler

Fish Chowder & Stew



Get it at the Anchors!

Thanks to the generosity of
IGI and the MV Fishermen's
Preservation Trust

Friday Café

~ with soup & dessert

\$5

3/3 ~NO LUNCH~

3/10 Sausage and Pepper Sub

3/17 Boiled Dinner Corned Beef
and Cabbage

3/24 Meatloaf Sandwich

3/31 Black Bean Burrito

Open Cupboard

The Edgartown Council on Aging is
a partner of the Greater Boston
Food Bank. Income eligible people
may pickup at the Anchors.

Call Donna to request a pickup date
and time. We always have an
assortment of dry, canned, frozen,
and fresh food items as well as
toiletries for anyone in need.



March 2023

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

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| <p>BLUE = OTHER LOCATION PURPLE = ZOOM GREEN = ANCHORS</p> | <p>SPRING FORWARD Change Your Clocks March 13th</p>  | <p>1 9:30 Tai Chi 12:30 Bridge</p> | <p>2 9:30 Poetry 1 Bingo 1 Spades</p> | <p>3 9:30 Mindful Meditation 12 NO LUNCH 1 Mah Jong</p> |
| <p>6 11:30 Bowling at the Barn in OB 12:30 Bridge 1 Journaling</p> | <p>7 9 Yoga 10 Knitting 12 Tues Lunch 1 Mah Jong</p> | <p>8 9:30 Tai Chi 11 Tech Time with Rizwan 12:30 Bridge</p> | <p>9 9:30 Poetry 1 Movie : "Where the Crawdads Sing" 1 Spades</p> | <p>10 9:30 Mindful Meditation 12 Friday Café 1 Mah Jong</p> |
| <p>13 9am Hearing Wellness with Shawn 11:30 Bowling at the Barn in OB 12:30 Bridge 1 Journaling</p> | <p>14 9 Yoga 10 Knitting 11 Coffee with a Cop 12 Tues Lunch 1 Mah Jong</p> | <p>15 9:30 Tai Chi 12:30 Bridge</p> | <p>16 9:30 Poetry 1 Bingo 1 Spades</p> | <p>17 ECO Board 9:30 Mindful Meditation 12 Friday St Patrick's Day Café 1 Mah Jong</p>  |
| <p>20 11:30 Bowling at the Barn in OB 12:30 Bridge 1 Journaling</p> | <p>21 9 Yoga 10 Knitting 10 AARP Tax packets to the library 12 Tues Lunch 1 Mah Jong</p> | <p>22 9:30 Tai Chi 12:30 Bridge</p> | <p>23 9:30 Poetry 1 Movie: "Ticket to Paradise" 1 Spades</p> | <p>24 9:30 Mindful Meditation 12 Friday Birthday Café 1 Mah Jong</p> |
| <p>27 11:30 Bowling at the Barn in OB 12:30 Bridge 1 Journaling</p> | <p>28 9 Yoga 10 Knitting 10 AARP Tax packets to the library 12 Tues Lunch 1 Mah Jong</p> | <p>29 9:30 Tai Chi 12:30 Bridge</p> | <p>30 9:30 Poetry 1 Bingo 1 Spades</p> | <p>31 9:30 Mindful Meditation 12 Friday Café Lunch n Learn—Social Security 1 Mah Jong</p> |

Programs and Services

Coffee with a Cop

Coffee with a Cop is Tuesday, March 14 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 takes a break during the month of March. See you again on Thursdays in April at 11am.

Exercise & Wellness

Bowling Every Monday. Please arrive at 11:30. 60 minutes of bowling begins at 11:45am. Edgartown players pay \$10 for bowling and lunch thanks to the Friends of the ECOA. Price for non-Edgartown residents is \$20 per person.

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. Please call to register if you would like to join us.

Games

Bingo Thursdays, March 2, 16, 31 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

Spades Thursdays in March at 1pm. We hope you'll join us! Want to learn how to play? Adele Dreyer has offered to teach this fun card game to anyone who is interested. Learning something new is a great way to maintain mental acuity! Call to register.

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:

Legal cont.

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

Lunch & Learn

Social Security Information and Q&A with Delia De Mello Friday, March 31 during the Friday Café.

Music

Molly and Mark Perform Friday, March 17 during the St Patrick's Day lunch. Please join us in welcoming this island duo. They are sure to please with a generous repertoire of traditional and Irish folk tunes and sea shanties.

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 508-627-4368. Medicare.com

Tax Prep

Tax Aide Program 2023-Edgartown Registration is now filled. Those registered to have their taxes prepared in March should have collected their tax packets at the Anchors. You will bring this and all required documents to the Edgartown library at 10am on Tuesday, March 21 at 10am.

Technology

Tech Time with Rizwan Wednesday, March 8, beginning at 11am. Call to register for a 20 minute 1-1 session. Do you have questions about using your laptop, smartphone, iPad, or other devices? We are partnering with the Edgartown Library to provide Tech Time sessions every second Wednesday of the month at the Anchors.

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 and local errands. 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.

Wellness

Shawn Woodbrey hearing aid specialist from At Home Hearing Healthcare. Monday, March 13. 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. 508-627-4368

Writing

Journaling Workshop Mondays from 1-2pm at the Anchors. Free and open to all. Materials provided. Call or email to register.



Island Health Care Martha's Vineyard Produce Prescription Program

COMMUNITY COOKING CLASS

- Island Health Care R.D. Jeanne Shumrak -

Island Health Care, 245 Edgartown-Vineyard Haven Rd.

Sat, Mar. 4 | 10:30 AM - 12:00 PM | Program for All



Call (339) 215 - 3948

Email tjackson@ihimv.org



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

A Matter of Balance is an award winning evidence-based program designed to reduce fear of falling and improve activity levels in older adults. The program includes eight two-hour classes presented to a small group of 8-12 participants led by trained coaches.

What the Program Offers

- Learn to view falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks at home
- Exercise to increase strength and balance

Who Should Attend? Anyone who:

- Is concerned about falls
- Is interested in improving balance, flexibility and strength
- Has fallen in the past
- Has restricted activities because of falling concerns

Class Location and Schedule

Classes held at the Howes House, Up-Island Council on Aging
Tuesdays 9:30-11:30 am
April 4, 11, 18, 25
May 2, 16, 23, 30

To register: Call Susan Merrill
Phone: 508-693-2896

Email: coaoutreach@westtisbury-ma.gov

Brought to you by:



HA HEALTHY AGING
MV MARTHA'S VINEYARD
Making Martha's Vineyard an Aging-Friendly Island



St Patrick's Day Celebration

at the Anchors. Friday, March 17th at 12 noon.

You must call 508-627-4368 to register.



Boiled Dinner
with Corned Beef
and Cabbage



Featuring
MOLLY & MARK
Folk & Sea Chantey
Singer-Songwriters
from Martha's Vineyard



Social Security Talk

Friday, March 31st 12noon

Call to register
508-627-4368

With you through life's journey...



Securing today
and tomorrow



Presented by Delia De Mello, Public Affairs Specialist

- Learn about important updates for 2023
- Learn about our current office status
- COLA increase
- Medicare premiums
- How to qualify for the Extra Help Program with Medicare Part D costs
- Learn how to use *my* Social Security online account and other online services. Go to www.socialsecurity.gov/myaccount to create a *my* Social Security account and print out your *Social Security Statement*
- *Learn about how to protect yourself from Fraud & Scams*



Thinking about retirement?

Attend the Social Security Benefits Information Session at the Edgartown Free Public Library from 10-11:30am on 3/31/23. No registration required.

When are you eligible to receive retirement benefits? How does early retirement affect your benefits? Do you qualify for disability, survivors, and spouse benefits? How do you get the most from your benefit? What's the best age to retire? If you have questions like these about retirement and your social security benefits, Public Affairs Specialist Delia De Mello from the Social Security Administration will be here to give a presentation and answer all your questions.

Board Members

Rosemary Cunningham, Chair
Marvene O'Rourke, Co-chair
Nancy Ignacio
Jay Sigler
John Dropick
Janice Belisle, Friends of ECOA rep



ECOA Staff

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



Where the Crawdads Sing, 2018. Rescheduled– March 9th at 1pm. 2hr 5 min.
Abandoned as a girl, Kya raised herself in the dangerous marshlands of North Carolina. For years, rumors of the marsh girl haunted Barkley Cove, isolating the sharp and resilient Kya from her community. Drawn to two young men from town, she opens herself to a new and startling world. However, when one of them is found dead, Kya immediately becomes the main suspect. As the case unfolds, the verdict as to what happened becomes increasingly unclear, threatening to reveal many secrets.



Ticket to Paradise, 2022. Rescheduled– Thurs, March 23rd at 1pm 1 hr 44 min.
A man and his ex-wife race to Bali, Indonesia, to stop their daughter from marrying a seaweed farmer. As they desperately try to sabotage the wedding, the bickering duo soon find themselves rekindling old feelings that once made them happy together.

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.

