

THE ANCHORS 508-627-4368 P.O. Box 1295 Edgartown 02539

Edgartown Council on Aging

May 2021

Have you hugged an Alpaca today?

Thank you to Island Alpaca for bring these beautiful creatures to the lawn of the Anchors in April. Hotshot (brown) and Leonardo (tan) are two male Alpaca who spend their days siring prize winning cria (baby alpaca), growing luxurious coats to be sheared for yarn, eating grass and frolicking. They are also gifted at receiving hugs and making people smile.



www.edgartowncoa.com



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. Pickup available by calling ahead. Thursdays 12 noon.

For more information please call

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

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

The Island Food Pantry

Is now located at the PA Club ~ 137 Vineyard Ave, Oak Bluffs

<http://islandfoodpantry.org/> ~ 508-693-4764

Open shopping is back! Mon. 12-2pm, Wed. 1-6pm, & Sat 10am-1pm. Qualifying older adults can sign up for deliveries every other Thursday by calling or going online.

Thanks to the Martha's Vineyard Fishermen's Preservation Trust, the Food Pantry has chowder, fish stew, and oysters available.

The IFP is dedicated to providing island households with nutritious foods. They prioritize having a wide variety of fresh produce in stock. They also have dairy, meats, as well as dry and canned goods available.

Programs and Services

Covid-19 Resources

Centers for Disease Control and Prevention
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Mass.gov for Covid-19 state regulations and guidance. <https://www.mass.gov/info-details/covid-19-updates-and-information>

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 registering for the Covid-19 vaccine. 627-4368.

Employment/ Job Resources

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. 213 for opportunities and more information.

Exercise & Wellness

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.

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.

Vocal Toning as a Meditation Tool – Presentation by Heidi Carter Wednesday, May 19th at 1pm on Zoom. Please call 508-627-4368, or email mkeating@edgartown-ma.us to register.

Yoga with Carol Vega Tuesdays 1pm. Please

email mkeating@edgartown-ma.us to register.

Walking Group meets twice weekly, Wednesdays at 2pm and Fridays at 10am. For more information see page 6 of this newsletter. Call 508-627-4368 to register and to receive email updates.

Knitting

Knitting and Needlepoint meets every Monday at 4pm at the Anchors via Zoom. Email mkeating@edgartown-ma.us to register.

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

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, please call Victoria in outreach at 627-4368 ext. 215 for help in connecting to legal aid.

Mediation

MV Mediation Productive Conversations Course Families with Older Adults Conflict Resolution with Multigenerational Families – Life-long Conflict Concepts. Saturday, May 22, 10-11:15 AM.

- Learn about Conflict Resolution
- Reflect on Family Conflict History
- Use Conflict Resolution Tools to Plan as a Family

You and your family will have time during each class session to chat together. You can schedule a longer family discussion session with a Conversation Guide at a convenient time. Conversation Guides are fully trained and qualified as mediators and facilitators and have experience

Mediation

working with older adults and families using neutral and supportive discussion techniques. Email info@mvmediation.org to register. **The Martha's Vineyard Center for Living**

Memory Programs

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/>

- **Bridges® Information Session**
Thursday, May 6 at 11 a.m.
- **Managing Challenges of Changing Environments**
Thursday, May 20 at 11 a.m. or 7 p.m.

Adele Dreyer on Piano via Zoom Join us on

Music

Friday, May 21st 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. Email mkeating@edgartown-ma.us for Zoom link.

The following attorneys all have their main offices

Private Attorneys Specializing in Elder Law

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

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
2021 Special and Annual Town Meeting

Special and Annual Town Meeting

Warrant are Saturday May 22, 2021 at the Edgartown School field.

The Special Town Meeting will be held at 1:00 P.M. The Annual Town Meeting will be held at 1:30 P.M. The deadline to register to vote for the Special Town Meeting is Saturday May 15, 2021 2:00P.M. to 4:00P.M. and 7:00P.M to 8:00 P.M.

The deadline to register to vote for the Annual Town Meeting is Saturday May 1, 2021 2:00P.M. to 4:00P.M. and 7:00P.M to 8:00 P.M.

Ear Wellness with Shawn Woodbrey, licensed

Wellness Clinics

hearing aid specialist. 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 Meris to schedule an appointment. 508-627-4368

Blood Pressure/ Wellness Clinic Tuesday, May 25th. Private health consultations with the town nurse. Held on the fourth Tuesday of the month from 11am-12pm. Call to 508-627-4368 register.



Trust the **FACTS** Get the **VAX**

For more information visit
<https://www.mass.gov/info-details/trust-the-facts-get-the-vax>





May 2021

To register, or learn more about programs at
The Anchors,

Call 508-627-4368

~or email~ mkeating@edgartown-ma.us

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>10-12 Soup Takeout</p> <p>4pm Knitting and Needlework</p> <p>3</p>	<p>1pm Yoga with Carol Vega</p> <p>4</p>	<p>9:30 Tai Chi 11:00 Tai Chi Qigong</p> <p>2 Walking Group - Huckleberry Barrens</p> <p>5</p>	<p>9:30 Poetry</p> <p>10:30 Meals Delivery 12 noon Meals Pickup</p> <p>6</p>	<p>9:30 Mindful Meditation</p> <p>10 Walking Group - Short Cove West Tisbury</p> <p>7</p>
<p>9am Hearing checks with Shawn</p> <p>10-12 Soup Takeout</p> <p>4pm Knitting and Needlework</p> <p>10</p>	<p>1pm Yoga with Carol Vega</p> <p>11</p>	<p>9:30 Tai Chi 11:00 Tai Chi Qigong</p> <p>2 Walking Group - Caroline Tuthill Preserve</p> <p>12</p>	<p>9:30 Poetry</p> <p>10:30 Meals Delivery 12 noon Meals Pickup</p> <p>13</p>	<p>9:30 Mindful Meditation</p> <p>10 Walking Group - Ocean Park Gazebo to Camp Association</p> <p>14</p>
<p>10-12 Soup Takeout</p> <p>4pm Knitting and Needlework</p> <p>17</p>	<p>1pm Yoga with Carol Vega</p> <p>18</p>	<p>9:30 Tai Chi 11:00 Tai Chi Qigong</p> <p>1pm Vocal Toning with Heidi Carter</p> <p>2 Walking Group - Fulling Mill Brook</p> <p>19</p>	<p>9:30 Poetry</p> <p>10:30 Meals Delivery 12 noon Meals Pickup</p> <p>20</p>	<p>ECO Board</p> <p>9:30 Meditation</p> <p>10 Walking Group - Anchors to the Edgartown Lighthouse</p> <p>1pm Adele Dreyer</p> <p>21</p>
<p>10-12 Soup Takeout</p> <p>4pm Knitting and Needlework</p> <p>24</p>	<p>1pm Yoga with Carol Vega</p> <p>1-2pm Wellness Clinic with public health nurse- by appointment</p> <p>25</p>	<p>9:30 Tai Chi 11:00 Tai Chi Qigong</p> <p>2 Walking Group - Cove Meadow Preserve, Chappy</p> <p>26</p>	<p>9:30 Poetry</p> <p>10:30 Meals Delivery 12 noon Meals Pickup</p> <p>27</p>	<p>9:30 Mindful Meditation</p> <p>10 Walking Group - Felix Neck</p> <p>28</p>
<p>The Anchors is CLOSED</p>  <p>MEMORIAL DAY ★★★★★ REMEMBER AND HONOR</p> <p>31</p>	 <p>Hello May</p>	<p>Zoom Programs are in PURPLE</p> <p>Other location BLUE</p> <p>In-house programs are in GREEN</p>	<p>Sunday, May 9th</p> <p>We wish you a</p> <p>happy Mother's Day</p> 	



The Anchors' Walking Group

Commit to a walking routine!

Beginning in May, The Anchors Walking Group meets

Wednesdays at 2pm, and Fridays at 10am.

All are welcome!

Please call 627-4368, or email mkeating@edgartown-ma.us to register *before* joining your first walk.

Once you're registered, just look at the schedule and meet us at the entrance to the designated walking place. If it rains, or the temperature is close to freezing, we'll cancel by sending an automated message to your phone one hour before the scheduled walk.

Wednesday Walks are at 2pm

- **May 5th:** Huckleberry Barrens ~ Heading south on the Katama Road, turn left onto Edgartown Bay Road. Trailhead is located on the right; look for the kiosk.
- **May 12th:** Caroline Tuthill Preserve ~ From the Triangle intersection in Edgartown, travel 0.4 miles west on the Edgartown-Vineyard Haven Road to roadside parking and a kiosk.
- **May 19th:** Fulling Mill Brook ~ Travel on the Middle Road in the direction of Beetlebung Corner; preserve is on the left 0.5 miles after the road's intersection with the Tabor House Road.
- **May 26th:** Cove Meadow Preserve, Chappy ~ Turn left off the Chappaquiddick Road 2.2 miles past the ferry slip; this is Jeffers Lane. Proceed up Jeffers Lane 0.5 miles and park at the cemetery.

Friday Walks are at 10am

- **May 7th:** Short Cove, West Tisbury ~ Travel 0.75 miles down New Lane — it changes its name to Tiah's Cove Road, but just stay on the asphalt throughout — and turn right into the trailhead.
- **May 14th:** Ocean Park Gazebo to Camp Association ~ Ocean Park, 2 Seaview Ave Oak Bluffs
- **May 21st:** The Anchors to the Edgartown Lighthouse ~ 10 Daggett Street Edgartown
- **May 28th:** Felix Neck ~ 100 Felix Neck Dr, Edgartown, MA 02539

Reach your Wellness goals

Socialize!

Vocal Toning as a Meditation Tool Presentation by Heidi Carter

A spiritual approach to learning how to use your voice as a meditation tool while learning how to truly enjoy the natural beauty of your voice.

**Introduction to Vocal Toning:
MAY 19th @ 1:00pm
Hosted by
The Edgartown Council on Aging**

⇒ Vocalizing on a single tone for an extended period has a healing effect on the body, mind, emotions, and overall sense of well-being.

⇒ Frequencies generated from the vocal chords cause the bones of the body to vibrate, inducing a sonic massage and sense of inner peace.

What you will learn:

- The ancient history and modern uses of toning as a healing modality.
- The mechanics of how to produce healthy and beautiful vocal tones.
- How to find “sweet spots” in your voice that help to transform vocal tones into tones that nurture and refresh the body in a sonic bath of resonance.
- How to breathe and prolong tones for extended periods of time.
- Improve your meditation practice as the toning brings you naturally to a place of quiet and balance.

No experience necessary.

To register for Vocal Toning Programs

Contact Meris:
508-627-4368 Ext. 214
mkeating@edgartown-ma.us

4-week Vocal Toning workshop, led by Heidi Carter.

Register now to take a deeper dive and learn to use this wonderful meditative practice as part of your own wellness journey.

Pre-registration is required.

**Workshops:
Wednesdays, June 9, 16, 23, and
30 at 1pm.**

All are welcome to attend this free offering.

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 ~Please note our new extensions~

Katie Vieira, Outreach Worker, 212
Donna Paulson, Receptionist, 210
Diane Wall, Cook
Victoria Haeselbarth, Outreach Worker, 215
Meris Keating, Director of Senior Services, 214
Lyndsay Famariss, Administrator, 213

May is American Stroke Awareness Month

For more information visit the American Stroke Association:
<https://www.stroke.org/en/about-stroke/stroke-symptoms>

Use the letters in "F.A.S.T." to spot stroke signs and know when to call 9-1-1.

F

Face Drooping

Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven or lopsided?

A

Arm Weakness

Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

S

Speech

Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence.

T

Time to Call 9-1-1

If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get them to the hospital immediately.

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.