

Edgartown Council on Aging

May 2022

To our Volunteers,
 You are the heart of the Anchors,
 and for that we are grateful.



Thank you for all you do!

- | | | | |
|----------------------------|---------------------------|-------------------------|--------------------------|
| <i>Marcia Beeman</i> | <i>Dorothy Dropick</i> | <i>Jill Jupen</i> | <i>Kevin Ryan</i> |
| <i>Janice Belisle</i> | <i>John Dropick</i> | <i>Jane Keenan</i> | <i>Jay Sigler</i> |
| <i>Cheryl Best</i> | <i>Diane Edwards</i> | <i>Anne McCarron</i> | <i>Annette Smith</i> |
| <i>Heidi Boyd</i> | <i>Robert Edwards</i> | <i>Ed Merck</i> | <i>Carol Smith</i> |
| <i>Anthony Carestia</i> | <i>Madeline Fisher</i> | <i>Shirlee Miller</i> | <i>Linda Smith</i> |
| <i>Danielle Cleary</i> | <i>Barbara Flanders</i> | <i>Stephen Miller</i> | <i>Margaret Steele</i> |
| <i>Louise Clough</i> | <i>Carol Fligor</i> | <i>Juliet Mulinare</i> | <i>Jean Tatelbaum</i> |
| <i>Rosemary Cunningham</i> | <i>Mary Gentle</i> | <i>Carolyn O'Daly</i> | <i>Ann Tyra</i> |
| <i>Patricia Dean</i> | <i>William Glazier</i> | <i>Marvene O'Rourke</i> | <i>Patricia Tyra</i> |
| <i>Shirley Dewing</i> | <i>Susan Grunthal</i> | <i>Chelsea Peruccio</i> | <i>Elizabeth Villard</i> |
| <i>Bruce DiRuggiero</i> | <i>Nancy Ignacio</i> | <i>Barbara Phillips</i> | <i>Martha Weiss</i> |
| <i>Thomas Dresser</i> | <i>Albert Jamgochian</i> | <i>Ellen Reynolds</i> | <i>David Willoughby</i> |
| <i>Adele Dreyer</i> | <i>Barbara Jamgochian</i> | <i>Joanne Ryan</i> | <i>Marge Willoughby</i> |
| | <i>Patricia Johnson</i> | | |



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.

Brown Bag Lunch Pickup

Tuesdays and Fridays

11am-12:30pm. Exact change is appreciated.

Please call the week before to register. 508-627-4368

Tuesday SANDWICHES

~ with dessert

\$3

- 5/3 Ryebein
- 5/10 Turkey Gobbler
- 5/17 Sausage and Pepper
- 5/24 Curried Chicken Salad
- 5/31 Veggie Quesadilla

Friday Café

~ with soup & dessert

\$5

- 5/6 Pasta Primavera
- 5/13 Almond Crusted Pork
- 5/20 Jambalaya
- 5/27 Meatloaf



We are pleased to announce that we will be resuming in person meals in the very near future. We will send out an email as soon as we determine the exact date. (We will call those of you who don't do email) You may continue to call in weekly to register for pickup until then. Thank you!

We CAN'T WAIT to see you!

Programs and Services

Arts

Museum of Fine Arts Discounted Tickets

Thanks to the Friends of the Edgartown Council on Aging, we are now a member of the MFA's Institutional Pass Program. Contact Meris for a coupon code which you can use at online checkout for 2 \$10 tickets. Each \$10 ticket includes admission to a special exhibit and general admission.

Studio Painting with Meris Mondays in May from 1-3pm. You must call to register in advance.

Conversation Group

Conversations Thursdays at 11am. Come with an open mind and something of interest to share. Please call for more info and to register.

Culture

Martha's Vineyard Museum Guided Tour

Friday, May 13 at 1pm. Please join us for a docent led private tour of the island's highly acclaimed museum. Cost is \$9. You must register in advance by calling 508-627-4368.



Edgartown Harbor Walking Tour ending with a look at displays in the Carnegie.

Thursday, May 26 @ 1pm

\$5 per person. Call 508-627-4368 to register.

Exercise & Wellness

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 9:30am. \$10 session.

Yoga with Carol Vega Tuesdays at 9am. \$10 session.

Games

Bingo Thursdays, April 7th and 21st at 1pm.

Mah Jong meets Tuesdays and Fridays at 1pm. New players are always welcome. Please call to register in advance if you are interested in learning to play. 627-4368

Bridge Group meets Mondays and Wednesdays from 12:30-3:30pm. To join, call Carol Fligor at 508-627-8811 or email her at fligors@comcast.net.

Knitting & Needlework

Mindful Knitting meets at the Anchors Mondays at 3:30pm.

Knitting for Charity at the Anchors meets Tuesdays from 10am-12noon.

Lifelong Learning

Lecture- China Dream 2049 - 11 Invisible Barriers. Thursday, June 9th at 10am.

Please join us At The Anchors for this special 90 minute lecture by E. Michael Quinlan, Esq. 30 minute Q&A after the lecture. See page 7 of this newsletter for a full description.

SHINE

SHINE counselor Bill Glazier is available by appointment for phone consultations. 508-627-4368



*Susan and Bill Glazier stop for a photo in front of the jeep they used for off-roading in the Ozarks in April.

Tech Time



TECH TIME AT THE ANCHORS

Do you have questions about using your laptop, smartphone, iPad, or other devices? The Edgartown Library is partnering with the Edgartown Council On Aging to provide tech time sessions every month at the Anchors. Call 508-627-4368 to register.

TUESDAY, MAY 10, 11AM-12PM
EDGARTOWN COUNCIL ON AGING



Transportation

The Edgartown Council on Aging is thrilled to announce that we have a van! Thanks to a collaboration with HAMV and the VTA, with startup support from the MV Community Foundation, we are developing a transportation program to meet the social and practical needs of those we serve. If you are an older adult in Edgartown who could benefit from transportation, we would love to hear from you, so that we can learn how to best provide you with this valuable service.

Van Rides Thursdays beginning in May.

Would you like to come to our Thursday programs at the Anchors but need a ride? Call Meris to arrange for a pickup and drop off. We will also be offering rides to Stop n Shop and other local errands each Thursday afternoon. Space is limited. You must call at least 24 hours in advance to reserve.

508-627-4368

HAVE FUN DOING TAXES!

Volunteer Opportunities

Do you enjoy people? Do you think numbers can be fun? If yes, then we're looking to share the fun with you.

Since 1968 AARP Foundation TAX-Aide Volunteers have been helping low and moderate income taxpayers complete their Federal and State income tax returns free of charge.

New volunteers are trained in the process of completing tax returns each Fall and, upon passing the required test, are assigned to various centers across the Cape and Islands. Preference is given to centers near their homes. From February through April 15 wonderful people are met and needed help is given. Schedules are flexible and allow for vacation time.

If volunteering interests you but you are not sure about preparing tax returns, our Tax-Aide teams are also looking for volunteers with technology and administrative skills to support our tax counselors.

Find out more about the **fun** you can have by being a Tax-Aide Volunteer Counselor. For more info contact: Paul O'Keefe, Volunteer Coordinator at: pokeefe15@hotmail.com or (203)-249-1846. *Training for this program begins in November 2022.

Anchors Van Driver The ECOA is currently looking for a special volunteer who has 2-3 hours per week which they could give to help others in need of a ride. Required training is provided by the VTA as well as the ECOA. For more information and to apply for a volunteer position, please call 508-627-4368 and speak to Meris.

Wellness




My Life, My Health Wellness classes for the management of a variety of chronic diseases. Classes are held via Zoom on Wednesdays. Begins 5/18 through 6/29. See page 6 of this newsletter for more information.

Shawn Woodbrey hearing aid specialist. Monday, May 9. 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



May 2022

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><u>12:30</u> Bridge 2</p> <p><u>1:00</u> Studio Painting</p> <p><u>3:30</u> Knitting and Needlework</p>	<p><u>9:00</u> Yoga with Carol Vega 3</p> <p><u>10</u> Knitting for Charity <u>11-12:30</u> Brown Bag Lunch Pickup <u>1:00</u> Mah Jong</p>	<p><u>9:30</u> Tai Chi 4</p> <p><u>12:30</u> Bridge</p>	<p><u>9:30</u> Poetry 5</p> <p><u>11:00</u> Conversations</p> <p><u>1:00</u> Bingo</p>	<p><u>9:30</u> Mindful Meditation 6</p> <p><u>11-12:30</u> Friday Café To-Go</p> <p><u>1:00</u> Mah Jong</p>
<p><u>12:30</u> Bridge 9</p> <p><u>1:00</u> Studio Painting</p> <p><u>3:30</u> Knitting and Needlework</p>	<p><u>9:00</u> Yoga with Carol Vega 10</p> <p><u>10</u> Knitting for Charity <u>11</u> Tech Time <u>11-12:30</u> Brown Bag Lunch Pickup <u>1:00</u> Mah Jong</p>	<p><u>9:30</u> Tai Chi 11</p> <p><u>12:30</u> Bridge</p>	<p><u>9:30</u> Poetry 12</p> <p><u>11:00</u> Conversations</p> <p><u>1:00</u> Movie "Good Will Hunting"</p>	<p><u>9:30</u> Mindful Meditation 13</p> <p><u>11-12:30</u> Friday Café To-Go <u>1:00</u> No Mah Jong <u>1:00</u> MV Museum Group Tour</p>
<p><u>9:00</u> Hearing Wellness with Shawn 16</p> <p><u>12:30</u> Bridge</p> <p><u>1:00</u> Studio Painting</p> <p><u>3:30</u> Knitting and Needlework</p>	<p><u>9:00</u> Yoga with Carol Vega 17</p> <p><u>10</u> Knitting for Charity <u>11-12:30</u> Brown Bag Lunch Pickup <u>1:00</u> Mah Jong</p>	<p><u>9:30</u> Tai Chi 18</p> <p><u>12:30</u> Bridge</p> <p><u>2:00</u> My Life, My Health ~"Week 0" Introductions</p>	<p><u>9:30</u> Poetry 19</p> <p><u>11:00</u> Conversations</p> <p><u>1:00</u> Bingo</p>	<p><u>8:30</u> ECOA Board 20</p> <p><u>9:30</u> Mindful Meditation</p> <p><u>11-12:30</u> Friday Café To-Go <u>1:00</u> Mah Jong</p>
<p><u>10-12</u> Open Cupboard 23</p> <p><u>12:30</u> Bridge</p> <p><u>1:00</u> Studio Painting</p> <p><u>3:30</u> Knitting and Needlework</p>	<p><u>9:00</u> Yoga with Carol Vega 24</p> <p><u>10</u> Knitting for Charity NO LUNCH <u>1:00</u> Mah Jong</p>	<p><u>9:30</u> Tai Chi 25</p> <p><u>12:30</u> Bridge</p> <p><u>2:00</u> My Life, My Health ~ "Week 1"</p>	<p><u>9:30</u> Poetry 26</p> <p><u>11:00</u> Conversations</p> <p><u>1:00</u> Movie "The African Queen"</p> <p><u>1:00</u> Carnegie & Walking Tour</p>	<p><u>9:30</u> Mindful Meditation 27</p> <p><u>11-12:30</u> Friday Café To-Go</p> <p><u>1:00</u> Mah Jong</p>
 <p>MEMORIAL DAY ★★★★★★ Honor and Remember</p>	<p><u>9:00</u> Yoga with Carol Vega 31</p> <p><u>10</u> Knitting for Charity <u>11-12:30</u> Brown Bag Lunch Pickup <u>1:00</u> Mah Jong</p>		<p>PURPLE= ZOOM</p> <p>GREEN= AT THE ANCHORS</p> <p>BLUE= OTHER LOCATION</p>	

Regain control of your health, feel better, and connect with others!



What is “My Life, My Health”?

A credible, evidence-based program developed by Stanford University with broad experience and demonstrated results in a variety of settings, populations, and chronic conditions.

This course aims to address the specific concerns of those living with chronic health conditions such as: High Blood pressure, high cholesterol, arthritis, cancer, chronic pain, chronic fatigue, diabetes and Parkinson’s. Friends, caregivers, and family members are encouraged to attend as well. Each week’s class runs for 2.5 hours. This 6-week program is co-facilitated by Doreen Anderson and Karen Dowd, Community Health Specialists for MVH. Each participant will receive a book with resources and information on managing their chronic illness.

- **Week 1:** Principles of Self-Management, Mind Body Connection and quality Sleep
- **Week 2:** Problem Solving, Managing Emotions, exercise and Action Plans (goals)
- **Week 3:** Decision Making Strategies, reduce Pain and Fatigue, Relaxation
- **Week 4:** Better Breathing, Nutrition, Effective Communication, and Group Support
- **Week 5:** Medication and Depression Management and Positive Thinking
- **Week 6:** Effective Strategies with Healthcare Providers, Weight Management and Future Planning

**Please note: Classes are entirely on Zoom. If you cannot access this program on a computer, contact Meris at Anchors to arrange for accommodations. 508-627-4368.*

**Classes begin Wednesday, May 18 at 2pm,
through Wednesday, June 29**



To register please email:
mkeating@edgartown-ma.us

For questions or more info about the
course call Doreen at 508-957-0185



Lecture at the Anchors:

China Dream 2049 - 11 Invisible Barriers



Thursday, June 9th at 10am

Please join us At The Anchors for this special 90 minute lecture by E. Michael Quinlan, Esq. 30 minute Q&A after the lecture.

China/Russia/Ukraine - current events necessitate tying in China's position with regard to the current crisis in Ukraine. Russia and China are not allies, but China needs Russia and Russia needs China. Ukraine is a partner in China's Belt and Road initiative, along with 141 other countries. Considered the "Breadbasket of Eurasia, China relies on food products not available from its very limited arable land.

The China Dream - 2049 is not complicated. Taiwan will no longer be a renegade province of the People's Republic of China. China intends to displace the United States as the globally dominant economy and the most powerful and far-reaching military. President Xi Jinping is committed to building a Chinese military capable of not only fighting wars but winning them. China also intends to dominate geopolitics - Taiwan will be reunited with China mainland - one way or the other. Yet, achieving these goals is not a certainty. Oddly, most of the barriers standing in Xi's way are the direct consequence of shortsighted decisions by government officials. In this, the fourth in a series of "China" lectures, we will closely examine each of

these "mistakes," explain the reasoning behind each one and explain the inevitable consequences. The Chinese Communist Party (i.e. the CCP, State, or the Party) is not to be confused with the great Chinese people who stand on the shoulders of the survivors of the greatest man-made famine in human history.

Up until the year 1840, China was indeed the most powerful nation on earth. Marked by countless and extraordinary innovations in science, technology, and medicine, China is also known for its philosophy and culture. Nevertheless, China turned its back on the Industrial Revolution and quickly became a weakened nation and suffered greatly at the hands of the West during the Century of Humiliation. President Xi Jinping intends to look beyond its recent past and bring China back to its former glory. At least eleven invisible barriers stand in the way. We intend to examine - in detail - each.

Yes, the People's Republic of China may collapse under the crushing weight of the Chinese Communist Party, but we must be careful of what we wish for. We may get it! Here, we will examine several scenarios explaining how a crumbled China will play out on the world stage.



To learn more about E. Michael Quinlan and his lecture series, please visit his website: <https://edmpublishers.com/>

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Marvene O'Rourke, Co-chair

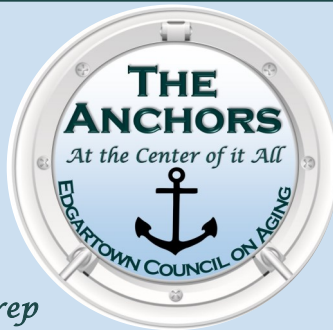
Nancy Ignacio

Heidi Boyd

Jay Sigler

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Janice Belisle, Friends of ECOA rep



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Diane Wall, Cook

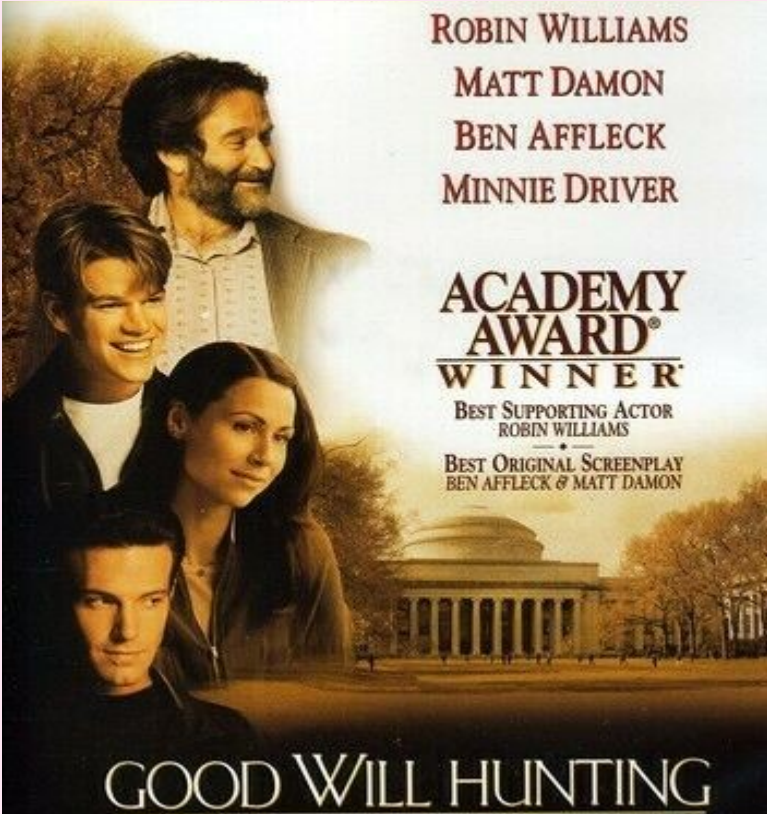
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Meris Keating, Director of Senior Services, 214

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GOOD WILL HUNTING

Good Will Hunting, 1997. 2h 6min.

Thursday, May 12th at 1pm. Will Hunting (Matt Damon) has a genius-level IQ but chooses to work as a janitor at MIT. When he solves a difficult graduate-level math problem, his talents are discovered by Professor Gerald Lambeau (Stellan Skarsgard), who decides to help the misguided youth reach his potential. When Will is arrested for attacking a police officer, Professor Lambeau makes a deal to get leniency for him if he will get treatment from therapist Sean Maguire (Robin Williams).

Humphrey BOGART Katharine HEPBURN

THE
AFRICAN QUEEN



The African Queen, 1952. 1hr 45min.

Thursday, May 26th at 1pm. After religious spinster's (Katharine Hepburn) missionary brother is killed in WWI Africa, dissolute steamer captain (Humphrey Bogart) offers her safe passage. She's not satisfied so she persuades him to destroy a German gunboat. The two spend most of their time fighting with each other rather than the Germans. Time alone on the river leads to love.

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.

