

November 2019

Edgartown Council on Aging

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

A Note from Our New Administrator. Welcome, Greg!

My name is Greg Rollins and I have recently been chosen to succeed Paul Mohair as the Administrator for the Council on Aging. I greatly appreciate the warm welcome I have received from the staff and look forward to learning everything there is to know about the services the Council provides the seniors of Edgartown. I know some of the people that have benefited from the Anchors programs as well as the off - site outreach and I'm enjoying getting a real firsthand look at how important and necessary these services are and hopefully will meet as many of the seniors as possible.

My previous experiences include working as the Executive Director of the Martha's Vineyard Boys and Girls Club for 11 years after working in 3 different Boys and Girls Clubs in Boston for 12 years prior to that. I started in the Boys and Girls Clubs as a part - time worker while I was in college and became a full time employee after graduation. While continuing to work I went back to Graduate School part-time and graduated with a Master's Degree in Non - Profit management from the Boston College Graduate School of Social Work. After being out of the field and working in a job that provided the necessary flexibility to raise 2 sons I am

grateful to be returning to Social Services which is where I feel I belong.

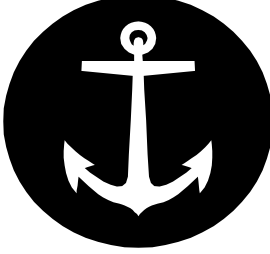



I live in Edgartown with my wife of 21 years, Suzanne, who is a Special Education teacher at the Oak Bluffs School. My older son Sam is a sophomore at Boston College and my younger son Kyle is a junior at a Prep School called the Tilton School in Tilton, New Hampshire.



The Anchors' Website: www.edgartowncoa.com

THE ANCHORS NEWSLETTER

November 2019 *Monday–Friday from 9-4*

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Outreach M-F</p> 	<p>Daylight Savings 2019 is Sunday November 3rd</p> 		<p>November is Alzheimer's Awareness Month</p>	<p>1</p> <p>9:00 Hearing tests with Shawn- by appt.</p> <p>12 \$5 Friday Café</p> <p>1 Mah Jong</p>
<p>4</p> <p>9:30-11:30 Great Courses; "Aging and Brain Function" & "Emotional Aging"</p> <p>11:30 Edgartown Bowlers</p> <p>3:30-5:30 Mindful Knitting</p>	<p>5</p> <p>8:30 Strength Training</p> <p>10 Needlework for Charity</p> <p>12 \$3 Tuesday Lunch & Team Trivia</p> <p>1 Mah Jong</p> <p>1-3 SHINE appointments</p>	<p>6</p> <p>9:30 Tai Chi</p> <p>11 Tai Chi Easy</p> <p>1-3 SHINE appointments</p>	<p>7</p> <p>9:00am Yoga</p> <p>9:30am Poetry</p> <p>12:30-3:30 Bridge</p> <p>2 Needlepoint and More!</p> <p>3:30 Strength Training</p>	<p>8</p> <p>12 \$5 Friday Café</p> <p>12:15 Melissa Norton Vincent of Tri The Resource</p> <p>1 Mah Jong</p>
<p>The Anchors is CLOSED</p> 	<p>11</p> <p>8:30 Strength Training</p> <p>10 Needlework for Charity</p> <p>12 \$3 Tuesday Lunch Honoring Edgartown Veterans</p> <p>1 Mah Jong</p> <p>1-3 SHINE appointments</p>	<p>12</p> <p>9:30 Tai Chi</p> <p>11 Tai Chi Easy</p> <p>1pm Movie: "The Green Book" (2hrs 10min)</p> <p>1-3 SHINE appointments</p>	<p>13</p> <p>9am Yoga</p> <p>9:30 Poetry Group</p> <p>12:30-3:30 Bridge</p> <p>2 Needlepoint and More!</p> <p>3:30 Strength Training</p>	<p>14</p> <p>15</p> <p>ECOA Board Meeting</p> <p>12 \$5 Friday Café</p> <p>1 Mah Jong</p>
<p>18</p> <p>9:30-11:30 Great Courses; "Strategies for an Aging Memory" & "Dementia and Alzheimer's Disease"</p> <p>1-3 Open Cupboard</p> <p>3:30-5:30 Mindful Knitting</p>	<p>19</p> <p>8:30 Strength Training</p> <p>10 Needlework for Charity</p> <p>12 \$3 Tuesday Lunch</p> <p>1-3pm Foot Clinic by Appt.</p> <p>1 Mah Jong</p>	<p>20</p> <p>9:30 Tai Chi</p> <p>11 Tai Chi Easy</p> <p>3 Book Group "Buddha's Little Finger"</p>	<p>21</p> <p>9am Yoga</p> <p>9:30 Poetry Group</p> <p>12:30-3:30 Bridge</p> <p>2 Needlepoint and More!</p> <p>3:30 Strength Training</p>	<p>22</p> <p>12 \$5 Friday Birthday Café</p> <p>1 Mah Jong</p>
<p>25</p> <p>9:30-11:30 Great Courses: "Parkinson's Disease and Stroke" & "Aging Well: Staying Active"</p> <p>3:30-5:30 Mindful Knitting</p>	<p>26</p> <p>8:30 Strength Training</p> <p>10 Needlework for Charity</p> <p>12 \$3 Tuesday Lunch</p> <p>12-1 Blood Pressure Clinic</p> <p>1 Mah Jong</p>	<p>27</p> <p>9:30 Tai Chi</p> <p>11 Tai Chi Easy</p> <p>1pm Movie: "My Cousin Vinny"</p> <p>1-3 SHINE appointments</p>	<p>The Anchors is CLOSED</p> <p>28</p>	<p>The Anchors is CLOSED</p> <p>29</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

- ♦ Nov 5th: *Curried Chicken Salad*
- ♦ Nov 12th: *Pan Pizza*
- ♦ Nov 19th: *Mushroom Quiche*
- ♦ Nov 26th: *Open Faced Tuna Sandwich*

\$5 Friday Cafe

Entrée with soup and dessert

- ♦ Nov 1st: *Manicotti*
- ♦ Nov 8th: *Stuffed Cabbage*
- ♦ Nov 15th: *Chicken Stew with Biscuits*
- ♦ Nov 22nd: *Paella*

Anchors Open Cupboard (Surplus Food)

Monday, November 18th, 1-3 pm



For our Edgartown Veterans,

Please allow us to treat you to

lunch at the Anchors on Tuesday, November 12th at 12 noon.

As our way of saying,

Thank you for your service

Adele Dreyer will be on the piano, playing some favorite classics from the
Greatest Generation



~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

Call The Anchors for more information or to request or start a new creative program.

Educational

The Anchors Society for Lifelong Learning presents: The Great Courses- "The Aging Brain"

Growing older may be inevitable, but mental decline is not. Learn what science has to say about how your brain changes over time.

- Mon., Nov. 4th at 9:30 am, Lectures 5 & 6: "Aging and Brain Function", "Emotional Aging"
- Mon., Nov. 18th at 9:30 am, Lectures 7 & 8: "Strategies for an Aging Memory", "Dementia and Alzheimer's Disease."
- Mon., Nov. 25th 9:30 am, Lectures 9 & 10: "Parkinson's Disease and Stroke", "Aging Well, Staying Active"

Entertainment

Wednesday Movies at the Anchors

Wed., Nov. 13th @ 1 pm: "The Green Book" 2hrs 10 mins.

Wed., Nov 27th @ 1 pm: "My Cousin Vinny" 2hrs Snacks and good company. Call to reserve.

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.lisastudiomv.com

Tai Chi with Nan Doty Tai chi for those with some experience; Wednesdays at 9:30 am. Tai Chi Easy, Wednesdays 11 am– 12 noon. Please call The Anchors to sign up.

Yoga with Carol Vega Thursdays from 9-10 am. Call the Anchors to register. 508-627-4368

Edgartown Bowlers Monday, November 4th 11:30-

1:30 at the Barn Bowl and Bistro. All for fun! Lunch included, \$10. Call 508-627-4368 to sign up.

Games

The Anchors Bridge *Please note new day Group meets weekly throughout the year. Mondays and 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 Tuesday, November 5th during lunch. Each table is a team.

Health and Wellness

Ear Wellness with Shawn Woodbrey, licensed hearing aid specialist. Friday, November 1st, 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 Non-Diabetic with Grete Christiansen. Appointments Tues, Nov., 19th from 1-3 pm. Call the Anchors for an appointment. (1/2 hour treatments \$30)

Blood Pressure Clinic with the town nurse during lunch on Tuesday, Nov 26th.

Memory Support Group meets Wednesdays, at 9:30 am and 11 am, at Featherstone Center for the Arts. Please call Victoria Haeselbarth for more information, 508-627-4368 ext. 15

Ideas, Books, Writing

Book Group Wednesday, November 20th, at 3pm. Led by Jill Jupen. November's book is "Buddha's Little Finger" by Victor Pelevin.

Poetry Group meets Thursdays at 9:30 am. Call the Anchors for more information.

Services, Information

Melissa Norton Vincent of Tri The Resource will speak during lunch on Friday November 8th, about the no-interest deferred housing rehabilitation

Services, Information cont.

loans her organization grants to income qualified individuals.

SHINE appointments with Bill Glazier Offering expanded times during Medicare open enrollment. Call the Anchors to schedule your appointment. Bill will be available from 1-3 on the following dates: 11/5, 11/6, 11/12, 11/13, 11/27.

Legal Aid with Katie Wibbey of South Coastal Counties Legal Services. Tuesday, December 3rd. Appointments begin at 9:30am. Please call the Anchors to reserve.

Attorney Appointments Thurs., Nov 21st, by appt. from 1-3pm. Arthur Bergeron, a private attorney who has his office on the mainland, will provide free consultations at the Anchors monthly, the third Thursday of the month. Arthur is a private attorney – not legal aid. After your free consultation, if you choose to retain him in any matter for any reason, he will charge you and it will cost you money. Whatever those arrangements are will be between you and Mr. Bergeron. Call 508-627-4368 for appointments.

Trips, Community Outings

Trip to Kam Man Asian Marketplace & the South Shore Plaza Thursday, November 21st. Leave on the 8:15 am ferry, return on the 6:15 pm. \$40 for round trip coach service, including driver gratuity. Checks payable to Friends of the ECOA. Deadline for sign-up is Fri., Nov. 15th. Call Meris at The Anchors to register and request full itinerary.

On Display in November:
Artwork by
Trudy Williams



Poet's Corner

NATURE'S GIFT

Our side yard is a joy to behold
species of birds stop by daily,
to enjoy the bath and feeders.

Cardinals, bluebirds,
goldfinches,
mourning doves, chickadees,
robins,
and a multitude of sparrows.

Two cat birds, one skinny,
one plumb,
stop by for their daily raisin fix.
and if not there, squawking
fills the air.

Squirrels, crows, wild
turkey's show up,
to enjoy seed droppings
from the feeder
A skunk looks interested – he is
not welcome

Colorful monarchs fly by
now and then
landing on a zinnia, or a
black-eyed Susan.
Their flight is graceful, and
beautiful to see.

We thoroughly enjoy this
show of nature,
starting each day with God's
precious gift.

Lorraine St. Pierre

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!

EOCA Staff

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

