

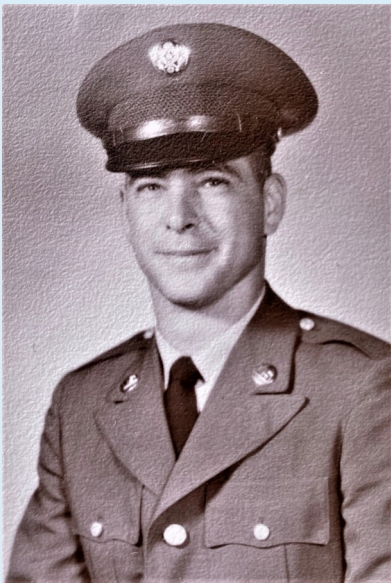
November 2020

To Our Brave and Beloved Veterans

We
thank
you



We
salute
you



Harold Smith II, 1967.
Ft Gordon, Georgia. Photo
submission by daughter
Heidi Boyd.



Richard Biros, 1955.



Herbert Foster, 1946.
Basic training at Camp
Crowder, in Joplin,
Missouri



Conrad Kurth, marching in the
annual Fourth of July parade.



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. All food from the Anchors is delivered to the doorstep.

For more information please call

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

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

Please note return to original prices. Thank you.

Thanksgiving is Thursday, November 26th.

Please note, there will be no deliveries from the Anchor's kitchen this week. Please get in touch if you are in need of a holiday meal.

****If you or someone you care for is concerned about food security, please get in touch with our outreach department, who can connect you to local food resources.***

The last day to pick up gleaned vegetables at the Anchors is Wednesday, November 4th, and the last produce delivery of the season is Thursday Nov. 5th. Thank you to our local farms, the Gleaners, and IGI!

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, 9 am– 1pm. Please wear a mask and bring exact change.

Programs and Services

Advanced Care Planning

Advanced Care Planning Workshop - Tuesday, November 17, 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.

Board Opening

The Edgartown Council on Aging Board of Directors is always looking for volunteers. If you're interested in learning more, please contact ECOA Administrator Lyndsay Famariss at 508.627.4368, ext 13 or lfamariss@edgartown-ma.us

Exercise & Wellness

Strength Training with Lisa Amols on Tuesday and Thursday mornings 8:30-9:30am. To register please call Lisa at 508-693-1009. Cost: 12 classes taken in 6 consecutive weeks: \$144 (\$12/class) 10-class punch card good for 10 consecutive weeks from date of purchase: \$150. (\$15./class) For more information: Lisasstudiomv.com

Tai Chi with Nan Doty Wednesdays at 9:30am. If you are a new student, Please email Nan at chipocket62@gmail.com to register.

Interested in learning Tai Chi? Email Nan at chipocket62@gmail.com to discuss introductory class offerings.

Mindfulness Meditation with Ed Merck Fridays, 9:30-10:30am, beginning October 2nd. Email mkeating@edgartown-ma.us to register.

Memory Programs

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/>

- **Legal & Financial Planning Considerations for Alzheimer's** Thursday, November 5 at 11 a.m.
- **Ethics of Fibbing** Thursday, November 19 at 11 a.m. or 7 p.m.

SHINE

SHINE counselor Bill Glazier is available by appointment for phone consultations. The SHINE program will continue through the fall as a non-contact program. Call to register. 508-627-4368

Support

Grandparents Raising Grandchildren

10/12, 10/26, & 11/2. Encourage support, exchange information and ideas, discuss various topics and receive free resources. To register call Chrissie Laury at 508-693-7900 x 402 or claury@mvcommunityservices.org

Discussion Group

Join us for a Ted Talk Discussion group. Tuesdays, November 10th and 24th at 10:30am. Each session will Email Meris at mkeating@edgartown-ma.us to register.





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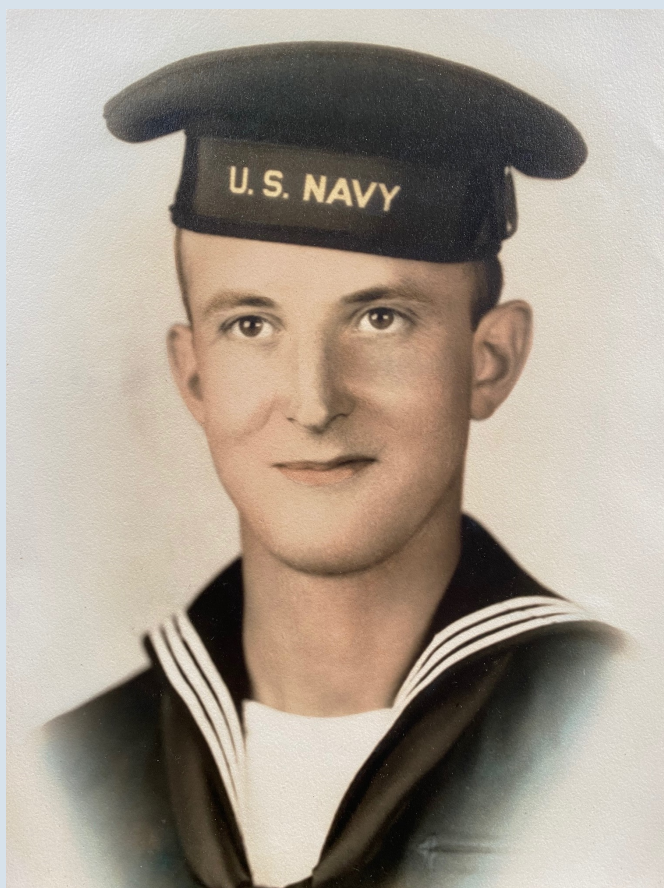
To register, or learn more about programs at
The Anchors,

Call 508-627-4368

~or email~ mkeating@edgartown-ma.us

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			
	2		3		4		5		6		
9am-1pm Soup Takeout		8:30 Strength Training		9:30 Tai Chi 10-12 Gleaned Produce Pickup		8:30 Strength Training 9:30 Poetry 11:30 Meals Delivery 12-3 MV Times Pickup		9-3 MV Times Pickup 9:30 Mindful Meditation			
	9		10				11		12		13
9am-1pm Soup Takeout		8:30 Strength Training 10:30 Ted Talk Discussion Group				8:30 Strength Training 9:30 Poetry 11:30 Meals Delivery 12-3 MV Times Pickup		9-3 MV Times Pickup 9:30 Mindful Meditation			
	16		17		18		19		20		
9am-1pm Soup Takeout		8:30 Strength Training 10:30 Ted Talk Discussion Group 1pm HAMV Ad- vanced Care Planning		9:30 Tai Chi		8:30 Strength Training 9:30 Poetry 11:30 Meals Delivery 12-3 MV Times Pickup		ECOA Board Meeting 9-3 MV Times Pickup 9:30 Mindful Meditation			
	23		24		25		26		27		
9am-1pm Soup Takeout		8:30 Strength Training 10:30 Ted Talk Discussion Group		9:30 Tai Chi					The Anchors will be closed for the holiday on the 26th & 27th.		
	30	<p style="text-align: center;">Giving Thanks...</p> <p>We are beyond grateful to the many volunteers who have helped us get through these past months <i>together</i>. A special thanks to everyone at the MV Bluefish and Bass Derby for another great fish distribution. We are also grateful to IGI, the Gleaners, and all of the island farms who contributed an incredible amount of beautiful produce to the Anchors community this season.</p>									
9am-1pm Soup Takeout 10-12 Open Cupboard											

Veterans' Stories and Photos from our Community



Edwin Tyra, 1944-45, U.S. Navy. Carpenter's Mate, 3rd class. Honorable discharge. Photo submitted by daughter, Pat Tyra.



Col Ross Evered Annis, Jr., 1943. US Army Air Force. Photo taken in Wellesley Hills at the bride, Selene Harmon Annis' home on their wedding day. Photo submission by daughter Betsy Kaden.



Francis "Sandy" Fisher was born and raised in Edgartown as was his father and many generations before him. He enlisted in the Army and was stationed at Fort Devons in Massachusetts. During training Sandy and his fellow troops landed at Cow Bay in Edgartown on barges carrying tanks which they transported over the Edgartown Golf Course to the Airport for preparation and training for the European invasion. Their barracks were at the airport and they trained on South Beach where a bunker was built for this purpose. Sandy was also stationed at Governor's Island prior to heading overseas. When his division headed over to Europe they were stationed in London during the blackouts. They then took part in the Battle of the Bulge. He was engaged to his beautiful Julianne during his service and they waited until the war ended to marry happily ever after. They had five children and spent the rest of their lives raising family and living in Edgartown. Thank you for your service Francis "Sandy" Fisher. Photo submission by daughter Madeline Fisher.

November's Artist of the Month

Dick Biros



Dick pictured here with his beloved wife, Martha. Dick Biros has been the artist of the month at the Anchors in the past, but always for his beautiful photographs of birds. Now, the retired biology teacher shares a handful of the many pieces of furniture he has built over the years.

For Dick, building furniture was born out of a need to furnish his home (including the one he and his family built themselves, which is a story for another time). What began as a necessity grew into a passion. Dick spent many rewarding years in his shop, honing his craft and reaping the personal rewards of this labor of love. He should be proud of this impressive collection of handcrafted original furniture. Thanks for sharing your talent with us, Dick.



Sideboard. Faux drawers are actually the decorative front for cabinet doors. A favorite 'trick' of the builder.



Child's wooden bench



Wooden Mantlepiece



One from a pair of hutches which face each other in the Biros' dining room.



This unique piece shows a playful and creative side of the furniture maker.



Two piece hutch

Thank you to all of our wonderful volunteers and staff. "Reverse Trick or Treating" was a success!



Marcia Beeman braved the rain, with her natural good cheer, to deliver meals, candy, and laughs.



Edie, Gracie, and Gonzo's pumpkin. Thanks to Jane Chittick for the great photo!



Nancy "Box 'O Donuts" Langman, and Victoria "Alien Robot" Haeselbarth, brought their usual warmth and laughter, along with sweet treats.



In a brief moment of good conscience, a couple of scrappy pirates turn over their Halloween spoils to the Durawas.



Left to right: Katie V., Jack R., Meris K., Lyndsay F., and Victoria H. pose quickly before heading out to deliver candy and laughs across Edgartown.

Board Members

Rosemary Cunningham, Chair
Marvene O'Rourke, Co-chair
Stephen W. Miller, MD
Nancy Ignacio
Heidi Boyd
John Dropick

Thank you, Board Members, for your hard work and dedication!

ECO.A Staff

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

From the Martha's Vineyard Hospital's website:

<https://www.mvhospital.com/health-resources/vaccine-information>



Flu Vaccinations

2020-21 Season

Getting a flu vaccine is more important than ever to protect yourself and the people around you from flu, and to help reduce the strain on healthcare systems responding to the COVID-19 pandemic.

The Centers for Disease Control recommends that everyone six months of age and older should get a flu vaccine, and this year the Massachusetts Department of Public Health is requiring the influenza vaccine for all children 6 months of age or older who are attending Massachusetts child care, pre-school, and K-12 schools.

Martha's Vineyard Hospital is currently offering flu vaccinations to our primary care and pediatric patients. There are two ways to receive your flu shot:

- Schedule an in-person appointment with your provider by calling 508-684-4500 for primary care or 508-693-3732 for pediatrics. Those who already have an upcoming appointment will have the opportunity to receive their flu shot at that time.
- Schedule a drive through flu shot. Call 508-684-4500 to speak to someone about scheduling your drive-through flu shot. between the hours of 4pm-7pm Monday through Thursday.

Drive Through Hours:

Monday: 4pm - 7pm
Tuesday: 2:30pm - 7pm
Wednesday: 2:30pm - 7pm
Thursday: 12:30pm - 7pm
Friday - Sunday: Closed

To ensure the safety of our patients and staff, as well as efficient service at the drive-through:

- Flu shots will be given in your car
- MVH staff will be wearing masks, gloves, and eye shields
- Patients are required to wear face coverings
- Make sure your upper arm is accessible to the medical staff

The Island Wide Flu Clinic will be held at the MVR High School on **Saturday, November 7th from 9am- 1pm.**

Shots available on a first come, first served basis. No out of pocket cost. Bring your insurance card. Please note, high dose shots for 65+ not available at the MVRHS clinic

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.