

# November 2021

Thanks to everyone who joined us on the Nantucket trip. It was a picture perfect day with a wonderful group of travelers. Already looking forward to our next visit.



Joan and Trudy taking in the view from the Museum's roof deck.



The 46-foot sperm whale skeleton welcomes visitors to the museum's Gosnell Hall.



Karen and Jean waiting for the Hyline to arrive in Oak Bluffs



Meris, Donna, and Carol enjoy the deck on the sunset cruise home.



Tim and Carol read up on island history.



Patricia and Cathy descend from the roof deck



Marvene reads about Nantucket's role in the Abolition of Slavery



# The Anchors Kitchen

We are committed to providing those in need with nutrition resources.

Please call 508-627-4368 to hear about more of the 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 \$3 \*includes dessert

- Nov. 2 Turkey and Bacon Sandwich
- Nov. 9 Egg Salad Sandwich
- Nov. 16 Meatloaf Sandwich
- Nov. 23 Veggie Quesadilla
- Nov. 30 Sausage & Peppers on a Hoagie Roll

### Friday Café ~ Lunch TO GO \$5 includes soup and dessert

- Nov. 5 Stuffed Collard Greens
- Nov. 12 Turkey Stroganoff
- Nov. 19 Black Bean Burrito
- Nov. 26 Closed ~ Happy Thanksgiving!



## **Attention Veterans:**

In honor of you, and the sacrifices you have made for our country, we hope you will allow us to treat you to a takeout meal from the Anchors kitchen during the month of November.

Please call ahead of time to let us know you are coming.

508-627-4368



# Programs and Services

## Advance Care Planning

### Advance Care Planning Zoom Workshop

Tuesday, November 16th @ 1pm. Workshops are held on the 3rd Tuesday of each month at 1pm via Zoom.

## Board Meeting

The **EOA Board** will meet on Friday, November 19th at 8:30am on Zoom.

## Conversation Group

**Conversations** Thursdays, November 4th & 18th, 11am-12noon. Come with an open mind and something of interest to share. Please call Meris for more info and to register.

## Exercise & Wellness

**Mindfulness Meditation with Ed Merck on Zoom** Fridays, 9:30-10:30am, is an experientially based study group that uses guided meditation, silence, and voluntary participant sharing to explore the principles and practices of mindfulness meditation. Students of all levels - including beginners - are welcome.

Email [mkeating@edgartown-ma.us](mailto:mkeating@edgartown-ma.us) to register.

**Tai Chi with Nan Doty** Wednesdays, at 9:30am. Masks required. \$10 session. Please call Meris to register.

**Yoga with Carol Vega** Tuesdays at 9am. Please call 508-627-4368 or email [mkeating@edgartown-ma.us](mailto:mkeating@edgartown-ma.us) to register.

## Games

**Spades** Tuesday, November 9th at 1pm.  
\*Tentatively on Nov 23rd.

**BINGO!** Thursday, November 4th, 1-3pm. Come and join us for some good old fashioned fun. Win prizes! Call 508-627-4368 to register.

**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](mailto:fligors@comcast.net).

**Scrabble** Tuesdays, November 2nd, 16th, & 30th at 1pm in the fireplace room.

**Mahjong** meets Tuesdays and Fridays from 1-3pm in the Great Room at the Anchors, beginning June 8th. Pre-registration is required. Please call 508-627-4368 to register.

## Knitting & Needlework

**Knitting and Needlework** meets Mondays at 3:30pm via Zoom. Email [mkeating@edgartown-ma.us](mailto:mkeating@edgartown-ma.us) for link.

**Knitting for Charity** returns on Tuesdays from 10am-12noon. Meets at the Anchors. **Come to the first session on Tuesday, November 2nd to discuss potential projects and charities along with materials available at the Anchors.**

## Movies

**Join us for a matinee!** Please call 627-4368 to register so we know that you're coming.

- **Three Identical Strangers** Thursday, November 18th at 1pm. (2018) 1 hr. 36 min. Documentary. In 1980 New York, three young men who were all adopted meet each other and find out they're triplets who were separated at birth. But their quest to find out why turns into a bizarre and sinister mystery.

## Music

**Adele Dreyer on Piano via Zoom** Friday, November 19th 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](mailto:mkeating@edgartown-ma.us) for Zoom link.

## SHINE

**SHINE counselor Bill Glazier** is available by appointment for phone consultations. **Medicare open enrollment is October 15th through December 7th.** Call to register. 508-627-4368

## Wellness Clinics

**Shawn Woodbrey** 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

**Wellness Clinic with Town Nurse Lila Fischer** Wednesday, November 3rd from 11am-12noon. Please call to register. Wellness Clinics will be held on the first Wednesday of the month from 11am-12noon. 508-627-4368. Please note, in observation of National Diabetes Month, Lila will be offering a pre-diabetes screening to all registrants on Nov 3rd.



Gorgeous window boxes and planters abound.



Whimsical sculptures in downtown Nantucket



Brant Point Lighthouse bids us a bon voyage.

Special thanks to Geraldine Moriarty for contributing this beautiful shot along with some of the others in this newsletter.



# CAREGIVING in the U.S. 2020

The number of Americans providing unpaid care has increased over the last five years.\*

**43.5 million**  
2015  **53 million**  
2020



**18%**  
2015  **21%**  
2020

NEARLY ONE IN FIVE (19%) ARE PROVIDING UNPAID CARE TO AN ADULT WITH HEALTH OR FUNCTIONAL NEEDS.\*\*

More Americans are caring for more than one person.

 **18%**  
2015  **24%**  
2020

More family caregivers have difficulty coordinating care.

**19%**  
2015  **26%**  
2020 

More Americans caring for someone with Alzheimer's disease or dementia.

 **22%**  
2015  **26%**  
2020

More family caregivers report their own health is fair to poor.

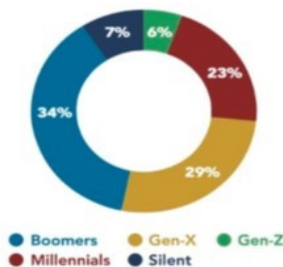
**17%**  
2015  **21%**  
2020 

23% OF AMERICANS SAY CAREGIVING HAS MADE THEIR HEALTH WORSE.

Who are today's family caregivers?

 **39%**  
MEN

 **61%**  
WOMEN



**45%**  
HAVE HAD AT LEAST ONE FINANCIAL IMPACT

 **61%**  
WORK



Family Caregiving™

\*Provided care to an adult or child with special needs.  
\*\*The remainder of this data is based on the 19% or 48 million caregivers caring for an adult.  
URL: [www.aarp.org/uscaregiving](http://www.aarp.org/uscaregiving) DOI: <https://doi.org/10.26419/ppi.00103.002>

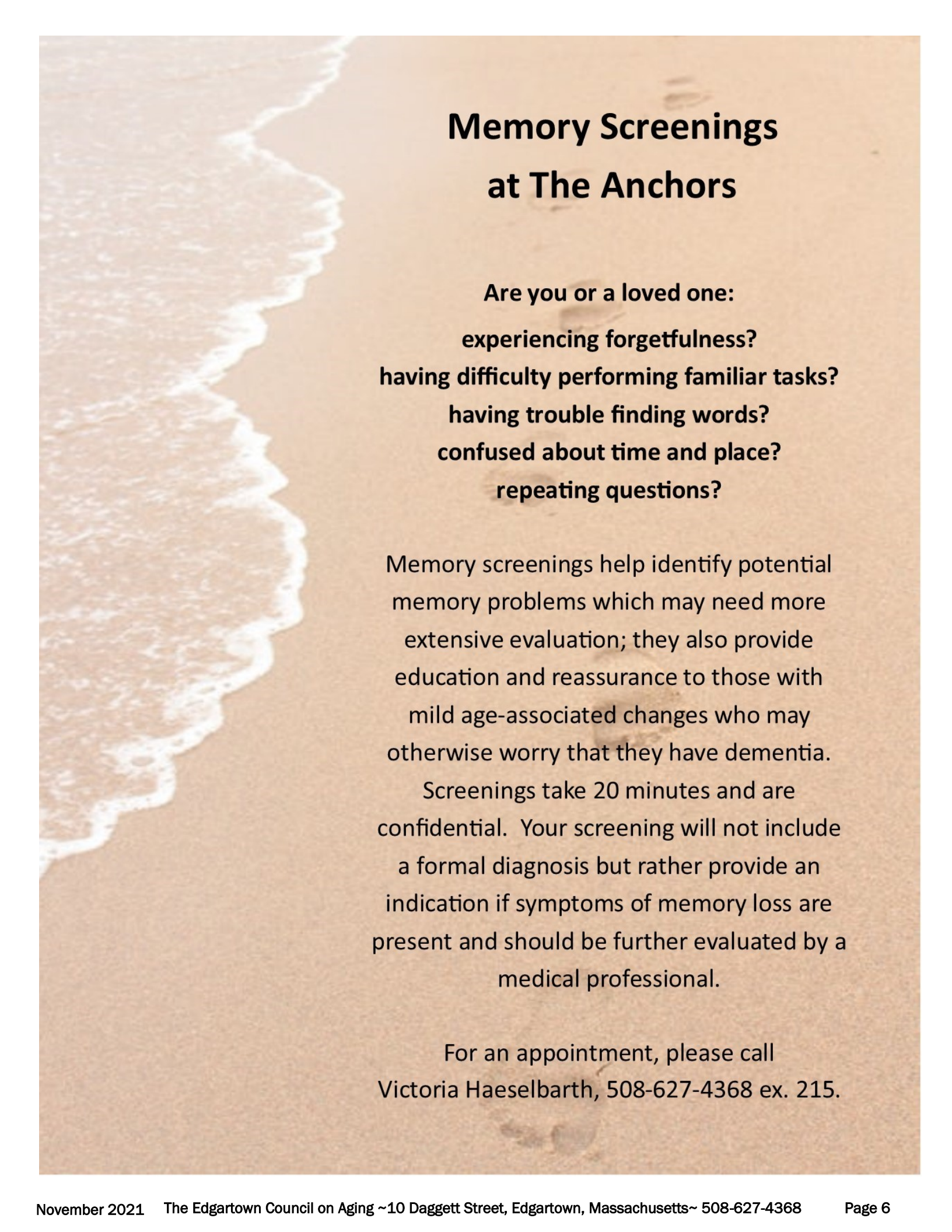


Caregiving in the U.S. 2020,  
National Alliance for Caregiving and AARP  
For media inquiries, contact [Media@aarp.org](mailto:Media@aarp.org)

## November is Caregiver Appreciation Month.

This is a great opportunity for us all to thank a caregiver for their incredibly valuable contributions. Think about what you can do to let them know you appreciate them. Bring a meal, lend an ear, run an errand, help get them a break to do something for *themselves*.

Do you know a caregiver who you would like to receive some special recognition?  
We would love to know who they are. Call us at 508-627-4368



## **Memory Screenings at The Anchors**

**Are you or a loved one:  
experiencing forgetfulness?  
having difficulty performing familiar tasks?  
having trouble finding words?  
confused about time and place?  
repeating questions?**

Memory screenings help identify potential memory problems which may need more extensive evaluation; they also provide education and reassurance to those with mild age-associated changes who may otherwise worry that they have dementia.

Screenings take 20 minutes and are confidential. Your screening will not include a formal diagnosis but rather provide an indication if symptoms of memory loss are present and should be further evaluated by a medical professional.

For an appointment, please call  
Victoria Haeselbarth, 508-627-4368 ex. 215.



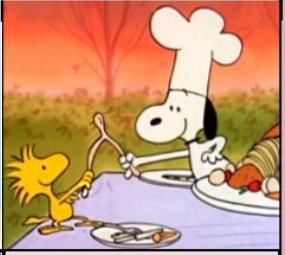


# November 2021

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	
	1	9 Yoga with Carol Vega 10 Knitting for Charity 11-12:30 Brown Bag Lunch Pickup 1 Scrabble 1 Mahjong	2	11:00 Wellness Clinic 9:30 Tai Chi 1:00 Fall décor craft 12:30 Bridge	3	9:30 Poetry 11:00 Conversations 1:00 BINGO	4	9:30 Mindful Meditation 11-12:30 Friday Café To-Go 1:00 Mahjong	5
12:30 Bridge 3:30 Knitting and Needlework									
9 Hearing Wellness 12:30 Bridge 3:30 Knitting and Needlework	8	9:00 Yoga with Carol Vega 10 Knitting for Charity 11-12:30 Brown Bag Lunch Pickup 1:00 Spades 1:00 Mahjong	9	9:30 Tai Chi 1:00 Fall décor craft 12:30 Bridge	10	 <i>Thank You VETERANS</i> The Anchors is Closed Nov. 11th *except Dental Clinic		9:30 Mindful Meditation 11-12:30 Friday Café To-Go 1:00 Mahjong	12
12:30 Bridge 3:30 Knitting and Needlework	15	9:00 Yoga with Carol Vega 10 Knitting for Charity 11-12:30 Brown Bag Lunch Pickup 1:00 Scrabble 1:00 Mahjong	16	9:30 Tai Chi 12:30 Bridge	17	9:30 Poetry 11:00 Conversations 1:00 Movie	18	8:30 ECOA Board 10:00 Mindful Meditation 11-12:30 Friday Café 1:00 Adele Dreyer Piano Lounge Hour 1:00 Mahjong	19
12:30 Bridge 3:30 Knitting and Needlework	22	9:00 Yoga with Carol Vega 10 Knitting for Charity 11-12:30 Brown Bag Lunch Pickup 1:00 *Spades 1:00 Mahjong	23	9:30 Tai Chi 12:30 Bridge	24	<i>The Anchors is Closed Nov. 25th &amp; 26th</i>			
									
10-12 Open Cupboard 12:30 Bridge 3:30 Knitting and Needlework	29	9:00 Yoga with Carol Vega 11-12:30 Brown Bag Lunch Pickup 1:00 Scrabble 1:00 Mahjong	30	PURPLE= ZOOM GREEN= AT THE ANCHORS BLUE= OTHER LOCATION		"Gratitude is the inward feeling of kindness received. Thankfulness is the natural impulse to express that feeling." - Henry Van Dyke		Gratitude is as important for feeding your soul as eating is important for feeding your body. ~J.L.W. Brooks	

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!

EOA Staff

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

~MOVIE AT THE ANCHORS~  
Thursday, November 18th @ 1pm  
2018. 1hr 36min

THE MOST AMAZING, INCREDIBLE, REMARKABLE TRUE STORY EVER TOLD.

# THREE IDENTICAL STRANGERS



**PG**

Mild themes and coarse language

## November is Alzheimer's Disease Awareness Month

### FACTS ABOUT ALZHEIMER'S DISEASE

Alzheimer's is a progressive brain disorder, **NOT** a normal part of aging<sup>1</sup>



**MORE THAN 6.2 MILLION AMERICANS** are living with Alzheimer's<sup>1</sup>



The number of Americans with Alzheimer's is projected to surpass **13.8 MILLION** by 2060<sup>2</sup>



**MORE THAN 11 MILLION** American caregivers provide **OVER 15.3 BILLION** hours of unpaid care<sup>1</sup>



Connect with information and support.

Contact AFA's Helpline

Phone: 866-232-8484 • Text: 646-586-5283 • Web: [www.alzfdn.org](http://www.alzfdn.org)

<sup>1</sup> Centers for Disease Control and Prevention (CDC)  
<sup>2</sup> National Institutes of Health (NIH)



### 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.