

November 2022

October's birthday café with Sean Fullerton was a feel good event! Thanks to all who joined us. If you missed him this time, join us in welcoming Sean back in June.



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

Edgartown Council on Aging



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.

Tuesday and Friday Lunches at The Anchors

Lunch is served at 12noon. Please come beforehand to find a seat.

Exact change is appreciated. No walk-ins.

You must call at least 24 hours in advance to reserve your spot. 508-627-4368

Tuesday SANDWICHES
~ with dessert \$3

- 11/1 Chicken Salad
- 11/8 Ham Salad
- 11/15 Pan Pizza ~ Meat Lovers
(Vegetarian Option)
- 11/22 Meatloaf Sandwich
- 11/29 Veggie Quesadilla

Happy Thanksgiving!

If you are alone or unable to go out, please call your local Council on Aging to reserve your meal no later than November 14.

Sponsored by your local Councils on Aging and the Martha's Vineyard Center for Living. Meals are prepared by the MV Hospital kitchen and delivered by staff and volunteers island wide.

Friday Café
~ with soup & dessert \$5

- 11/4 Beef Stew
- 11/11 CLOSED
- 11/18 Lasagna Roll-up
- 11/25 CLOSED

Open Cupboard

The Edgartown Council on Aging is a partner of the Greater Boston Food Bank. Income eligible people may pickup at the Anchors. Just call Donna to request a pickup date and time. We always have an assortment of dry, canned, frozen, and fresh food items and toiletries for anyone in need.



November 2022

To register, or to learn more about programs at the Anchors, call 508-627-4368 or email mkeating@edgartown-ma.us

<p>BLUE = OTHER LOCATION PURPLE = ZOOM GREEN = ANCHORS</p>	<p>1 9 Yoga 10 Knitting for Charity 12 Tues Lunch 1 Mah Jong</p>	<p>2 9:30 Tai Chi 12:30 Bridge</p>	<p>3 9:30 Poetry 9:30 A Matter of Balance 11 Conversations 1 Bingo</p>	<p>4 12 Friday Café 1 Mah Jong</p>
<p>7 12:30 Bridge 3:30 Mindful Knitting</p>	<p>8 9 Yoga 10 Knitting 11 Coffee w/ a Cop 12 Town Nurse 12 Tues Lunch 1 Mah Jong</p>	<p>9 9:30 Tai Chi 11 Tech Time with Rizwan 12:30 Bridge</p>	<p>10 9:30 Poetry 9:30 A Matter of Balance 11 Conversations 1 Movie "My Octopus Teacher"</p>	<p>The Anchors is CLOSED In honor and recognition of our Veterans</p>
<p>14 9am Hearing Wellness with Shawn 12:30 Bridge 3:30 Mindful Knitting</p>	<p>15 9 Yoga 10 Knitting for Charity 12 Veterans Lunch 1 Mah Jong</p>	<p>16 9:30 Tai Chi 12:30 Bridge</p>	<p>17 9:30 Poetry 9:30 A Matter of Balance 11 Conversations 1 Bingo</p>	<p>ECO Board 18 9:30 Mindful Meditation 12 Friday Birthday Café & Tri the Resource 1 Mah Jong</p>
<p>21 12:30 Bridge 3:30 Mindful Knitting</p>	<p>22 9 Yoga 10 Knitting for Charity 12 Tuesday Lunch ~ Michael Haydn Performs 1 Mah Jong</p>	<p>23 9:30 Tai Chi 12:30 Bridge</p>	<p>The Anchors is closed Nov 24 & 25</p>	
<p>28 12:30 Bridge 3:30 Mindful Knitting</p>	<p>29 9 Yoga 10 Knitting for Charity 12 Tues Lunch 1 Mah Jong</p>	<p>30 9:30 Tai Chi 12:30 Bridge</p>	<p>Daylight Saving Time Ends</p> <p>2022 6th November</p>	

Programs and Services

Closings in November

The Anchors is closed Friday, November 11 in observance of Veterans Day. The building will also be closed on Thursday and Friday, November 24 & 25 for the Thanksgiving holiday.

Coffee with a Cop

Coffee with a Cop will not be held in November. See you Dec 13!

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.

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 9:30.

Call to register if you would like to join the class.

Yoga with Carol Vega Tuesdays at 9am.

Please call to register if you would like to join us.

Games

Bingo Thursdays, November 3rd and 17th at 1pm.

Mah Jong meets Tuesdays and Fridays at 1pm.

Please call to register in advance 508-627-4368

Bridge Group meets Mondays and Wednesdays from 12:30-3:30pm. To join, please call 508-627-4368.

Bridge Teacher Wanted for beginner lessons at the Anchors. Please contact Meris if you are interested. 508-627-4368.

Knitting & Needlework

Mindful Knitting meets at the Anchors Mondays at 3:30pm. Please call ahead to let us know if you plan on coming.

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

Legal

The following attorneys all have their main offices on the mainland and frequently come to Martha's Vineyard to meet with clients. They all specialize in elder and estate law. These are not legal aid

Legal cont.

attorneys; they 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

Lunch n Lecture

Tri The Resource Friday, Nov 18 12noon. Join us for an informational session with Tri-The Resource. Learn more about this block grant funded loan program which provides qualified families and individuals forgivable loans to be used for home improvement. See page 7 of this newsletter for more.

Memory Support

The Martha's Vineyard Center for Living is the island's only supportive day program for caregivers and their care partners. Contact Mary Holmes for more information. Please call (508) 939-9440 or email maryh@mvcenter4living.org

Dementia Caregiver Support Group Please call Nancy at 508-498-1948.

Fridays 10am-11:00am on Zoom

Discreet and Confidential Memory Screenings available at the Anchors

If you have concerns about your memory, call to schedule a memory screening with Victoria Haeselbarth today. 508-627-4368

Music

Michael Haydn Piano Voice Guitar Tuesday, November 22 at 12noon. Join us for lunch and a performance by Michael Haydn. Please call to register so we know you are coming.

SHINE

SHINE counselor Bill Glazier is available by appointment for phone consultations to help you navigate the world of Medicare and prescription plans. *Reminder: Medicare open enrollment is from October 15th through December 7th. Call for an appointment 508-627-4368. Medicare.com

Tech Time

Tech Time with Rizwan Wednesday, November 9, beginning at 11am. Call to register for a 20 minute 1-1 session. Do you have questions about using your laptop, smartphone, iPad, or other devices? We are partnering with the Edgartown Library to provide Tech Time sessions every 2nd Wednesday of the month at the Anchors.

Transportation

Transportation Thanks to a partnership with the VTA, the Anchors now has a van. We are currently using the van to bring people to our Thursday morning programs, as well as on local errands. If you are in need of a ride, please let us know. You must call at least 24 hours in advance to reserve. 508-627-4368 . We are actively seeking volunteer drivers so that we may expand our program. Please contact us if you would like to be part of making a real difference in the lives of your fellow community members. Training and insurance provided.

Wellness

Shawn Woodbrey hearing aid specialist from At Home Hearing Healthcare. Monday, November 14. 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
Wellness Clinic and Consultations with Public Health Nurse Lila Fischer on Tuesday, November 8. Come to the Anchors for a blood pressure screening and to discuss any health related concerns you may have. Second Tuesday of each month from 12-1pm.



A Matter of Balance workshop coaches and participants

Mindfulness Meditation with Ed Merck for the Anchors. Fridays at 9:30am via zoom.

A meditation study group that uses guided meditation, silence and participant sharing to explore the principles and practices of mindfulness.

Come experience why modern research points to many benefits from meditation such as relaxation, greater buoyancy, less reactivity, mental clarity, a sense of peace; and even medical advantages such as lower blood pressure, better sleep, and less pain.

Read about Ed's class in the October 20th issue of the MV Times!

<https://www.mvtimes.com/2022/10/24/mind-matters/>

Thanks to Anne Sylvester for shining a light on this special weekly offering, and to our participants for their feedback.



Space is limited,
You must call
508-627-4368
Or email Meris
TO RESERVE!

Attention Veterans!
We invite you to join us for
a lunch in your honor.
Where? The Anchors,
When? Tuesday, Nov 15th
12 noon



Please join us for a Lunch n' Lecture on Friday, November 18, 12noon. Melissa and Kaitlyn of Tri Resource will explain the program.

Call to register
508-627-4368



MARTHA'S VINEYARD MA DHCD HOUSING PROGRAMS BLOCK GRANT FUNDED HOUSING REHABILITATION PROGRAM

The Housing Rehabilitation Loan Program has been created as a "Moderate Housing Rehabilitation Program" whose grant priorities are to:

Address the health and safety repairs in single-family, owner occupied properties. Increase and maintain the supply of affordable, year round rental housing.

*DEFERRED FORGIVEABLE Loans of up to \$40,000.00 at 0% interest may be available to income-qualified applicants.

If you make at or below the qualifying income listed for your household size and funds are available, you may qualify for a Deferred, forgivable Loan of up to \$40,000.00 for Moderate Housing Rehabilitation.

If you are interested in this program, believe that you meet the income qualifications based upon the [Income Eligibility Chart](#), and would like to apply please click on and download the [Martha's Vineyard Housing Rehabilitation Program](#) overview and application and attach all supporting documentation.

Please return all of the information to Program Manager, Melissa Vincent, at P.O. Box 4548, Tisbury MA 02568.

Melissa can be reached via email at melissa@theresource.org

Kaitlyn can be reached via email at madmin@theresource.com and via telephone at (508) 696-3285.

Michael Haydn Piano Voice Guitar.

**Live at the Anchors
Tuesday, November 22, during
lunch at 12noon.**

Please call 508-627-4368
or email mkeating@edgartown-ma.us to register in advance.

Michael has had a varied career, including many years of classical and jazz study. He attended the Berklee School of Music. He enjoyed a two-year stint as lead guitarist in the 113th Army Band in Fort Knox, KY. Over the past several decades he has given performances throughout Massachusetts, the majority of which were in Boston and on Martha's Vineyard. Along the way, Michael has performed in rock bands and at folk clubs, accompanied singer/songwriters, taught piano, guitar, and drums, composed for live theatre, and even enjoyed a cameo film performance in *Jaws*.

These days, he performs classical, jazz, folk-jazz, folk-blues, bossa nova, and flamenco in a variety of venues and for special events.

Join us in welcoming this versatile musician for a performance of some of his favorites.



Board Members

Rosemary Cunningham, Chair
Marvene O'Rourke, Co-chair
Nancy Ignacio
Heidi Boyd
Jay Sigler
John Dropick
Janice Belisle, Friends of ECOA rep



ECOA Staff

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



My Octopus Teacher, 2020. 1hr 30min. Documentary. Thursday, November 10th at 1pm. A filmmaker forges an unusual friendship with an octopus living in a South African kelp forest, learning as the animal shares the mysteries of her world.



Two of our four fabulous MOB instructors, Nan Doty and Lori Perry.



Such a fun group of people!



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.

