

October 2019

SMILE BECAUSE IT HAPPENED

"Aren't you the hippie who lives in the basement and comes up once a month to play 'Happy Birthday' on the ukulele?" –actual quote from a perceptive luncheon guest.

That's quite a legacy, though I hope your recollection of our COA's Administrator suggests something a tad more generous by way of contribution to the Anchors' operation and success.

For the last eight plus years I have been privileged and blessed to work with our energetic talented staff who have individually and collectively dedicated themselves to providing programs, events, and services to the good people of Edgartown. It is no exaggeration to say this has been the most rewarding and gratifying experience of my life [winning the 1964 New Jersey State High School football championship, notwithstanding].

Yes, I got locked in our bathroom on a hot summer day for over an hour. And, OK, I once ran around the building at lunch for twenty minutes to locate some weird beeping sound (which, apparently, was coming from the cordless phone in my apron pocket). Also, I once set up the whole lunch room on a day for which we had no lunch.

But these are trivial matters of which we shall no longer speak.

No words, written or spoken, could express my deep appreciation for the warmth, fun, and joy you have all given me and the impossible way my life has been enriched thereby.

This cannot and will not be goodbye. I can say (as learned in Spanish class), "hasta luego," which means, I will see you later!

Thank you for everything.

And now I think of my life as vintage wine

From fine old kegs

From the brim to the dregs

And it poured sweet and clear

It was a very good year....



Thanks to Bob Laskowski and HAMV for a highly informative workshop on Advanced Care Planning. Here with Jean Bishop



Congratulations to these fabulous "Slip and Falls" members for their sweeping win at September's Falls Prevention Awareness trivia game.

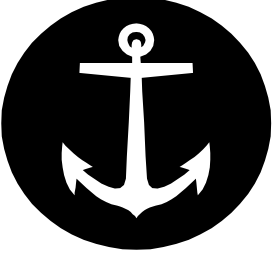



THE ANCHORS 508-627-4368 P.O. Box 1295 Edgartown 02539

Edgartown Council on Aging

The Anchors' Website: www.edgartowncoa.com

THE ANCHORS NEWSLETTER

October 2019 *Monday–Friday from 9-4*

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Outreach M-F</p> 	<p>1</p> <p>8:30 Strength Training</p> <p>10 Needlework for Charity</p> <p>12 \$3 Tuesday Lunch</p> <p>1 Mah Jong</p> <p>1-3 SHINE appointments</p>	<p>Fish Distribution 2</p> <p>9:30 Tai Chi</p> <p>11 Tai Chi Easy</p> <p>12:30-3:30 Bridge</p> <p>1-3 SHINE appointments</p>	<p>3</p> <p>9am Yoga</p> <p>9:30 Poetry Group</p> <p>2 Needlepoint and More!</p> <p>3:30 Strength Training</p>	<p>4</p> <p>12 \$5 Friday Café</p> <p>1 Mah Jong</p>
<p>7</p> <p>9:00 Hearing tests with Shawn- by appt.</p> <p>11:30 Edgartown Bowlers</p> <p>12-3 Bridge</p> <p>3:30-5:30 Mindful Knitting</p>	<p>8</p> <p>8:30 Strength Training</p> <p>10 Needlework for Charity</p> <p>12 \$3 Tuesday Lunch</p> <p>1 Mah Jong</p> <p>1-3 SHINE appointments</p>	<p>Fish Distribution 9</p> <p>9:30 Tai Chi</p> <p>11 Tai Chi Easy</p> <p>12:30-3:30 Bridge</p> <p>1-3 SHINE appointments</p>	<p>10</p> <p>No Yoga today</p> <p>No Poetry today</p> <p>1pm Movie "Miss Potter"</p> <p>2 Needlepoint and More!</p> <p>3:30 Strength Training</p>	<p>11</p> <p>11:30 Preludes with Adele</p> <p>12 \$5 Friday Café</p> <p>1 Mah Jong</p>
<p>The Anchors is CLOSED</p> 	<p>15</p> <p>8:30 Strength Training</p> <p>10 Needlework for Charity</p> <p>12 \$3 Tuesday Lunch</p> <p>1 Mah Jong</p> <p>1-3pm Foot Clinic by Appt.</p>	<p>Fish Distribution 16</p> <p>9:30 Tai Chi</p> <p>11 Tai Chi Easy</p> <p>12:30-3:30 Bridge</p> <p>1-3 SHINE appointments</p>	<p>17</p> <p>9am Yoga</p> <p>9:30 Poetry Group</p> <p>2 Needlepoint and More!</p> <p>3:30 Strength Training</p>	<p>18</p> <p><u>ECOA Board Meeting</u></p> <p>12 \$5 Friday Birthday Café</p> <p>1 Mah Jong</p>
<p>21</p> <p>9:30 Great Courses; "The Aging Mind: What Changes?" & "Why Don't We Live Forever?"</p> <p>12-3 Bridge</p> <p>3:30-5:30 Mindful Knitting</p>	<p>22</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>1-3 SHINE appointments</p>	<p>23</p> <p>9:30 Tai Chi</p> <p>11 Tai Chi Easy</p> <p>12:30-3:30 Bridge</p> <p>1-3 SHINE appointments</p>	<p>24</p> <p>9am Yoga</p> <p>9:30 Poetry Group</p> <p>1pm Movie "On the Basis of Sex"</p> <p>2 Needlepoint and More!</p> <p>3:30 Strength Training</p>	<p>25</p> <p><i>Vineyard Smiles</i></p> <p><i>Dental Clinic by Apt.</i></p> <p>12 \$5 Friday Café</p> <p>12 Sendoff for Paul</p> <p>1 Mah Jong</p>
<p>28</p> <p>9:30 Great Courses: "Is Aging a Disease?" & "Aging and Brain Functure"</p> <p>12-3 Bridge</p> <p>1-3 Open Cupboard</p> <p>3:30-5:30 Mindful Knitting</p>	<p>29</p> <p>8:30 Strength Training</p> <p>10 Needlework for Charity</p> <p>12 \$3 Tuesday Lunch</p> <p>12:15 David Carron Talks Vaccines</p> <p>1 Mah Jong</p> <p>1-3 SHINE appointments</p>	<p>30</p> <p>9:30 Tai Chi</p> <p>11 Tai Chi Easy</p> <p>12:30-3:30 Bridge</p> <p>3 Book Group "Impossible Vacation"</p>	<p>31</p> <p>Paul's Last Day ★</p> <p>9am Yoga</p> <p>9:30 Poetry Group</p> <p>2 Needlepoint and More!</p> <p>3:30 Strength Training</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

- ♦ Oct 1st: Ham and Swiss
- ♦ Oct 8th: Chicken Curry Sandwich
- ♦ Oct 15th: Falafel
- ♦ Oct 22nd: Chicken Quesadilla
- ♦ Oct 29th: Turkey Gobbler

\$5 Friday Cafe

Entrée with soup and dessert

- ♦ Oct 4th: Cottage Pie
- ♦ Oct 11th: Turkey Meatball Stroganoff
- ♦ Oct 18th: Chicken Marbella
- ♦ Oct 25th: Eggplant Parmigiana

Anchors Open Cupboard (Surplus Food)

Monday, October 28, 1-3 pm



Attention Foodies:

Do you have a great recipe you'd like to share? Please email it to Meris at:
mkeating@edgartown-ma.us

Or just bring in a copy.

We look forward to seeing what you've been cooking!



~What's Happening at the Anchors and Beyond~

Please Call to Reserve 508-627-4368; Email mkeating@edgartown-ma.us

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

The Anchors Bridge group meets weekly throughout the year. Mondays from 12-3; Wednesdays 12:30-3:30. To join, call Carol Fligor at 508-627-8811 or email her at fligors@comcast.net.

Book Group Wednesday, October 30th, at 3pm. Led by Jill Jupen. October's book is "*Impossible Vacation*" by Spalding Gray

Ear Wellness with Shawn Woodbrey, licensed hearing aid specialist, Monday, October 7th, 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 Tuesday, October 15th, from 1-3pm. Call the Anchors for appointment. (1/2-hr treatments \$30).

Edgartown Bowlers Monday, Oct. 7th 11:30-1:30 at Barn Bowl & Bistro. All for fun! Lunch included, \$10. Call to sign up, 508-627-4368.

Fish Distribution — Donated by Striped Bass and Bluefish Derby Fishermen and Women Wednesdays, September 18th, to October 16th. Doors open at 8 am. In order of arrival, each person receives a number. As soon thereafter as possible, fish will be cheerfully distributed to each as his/her number is called. Coffee and snacks.

Mah Jong Tuesdays & Fridays at 1 pm.

SHINE Appointments with Bill Glazier Expanded times during Medicare open enrollment. Call the Anchors to schedule your appointment. Bill will be available from 1-3 on the following dates: 10/1, 10/2, 10/8, 10/9, 10/16, 10/23, 10/29

Vineyard Smiles Dental Clinic Friday, October 25th, free oral health screening, cleaning, oral hygiene. Call Vineyard health Care Access at 508-696-0020, x 14 for apt.

Thursday Movies at The Anchors

October 10th at 1pm, "Miss Potter". October 24th at 1pm, "On the Basis of Sex". Snacks and good company. Call to reserve.

Hospital Pharmacist David Carron Talks Vaccines during lunch on Tuesday Oct. 29th, at 12:15pm. Addressing the Concerns of a Vaccine-Hesitant Island". Vaccine Confidence: How our island leads the Commonwealth with childhood vaccination exemptions; how this level of compliance has community implications; how seniors can influence vaccine confidence for future generations. Review the adult immunization schedule, and discuss the hot topic of the shingles vaccine. Call to register for lunch and talk.

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.

Monday, October 21st 9am-11am. Join us for two 30 minute lectures, followed by discussion. Lecture 1: "*The Aging Mind: What Changes?*" Lecture 2: "*Why Don't We Live Forever?*"

Monday, October 28th 9am-11am. Join us for two 30 minute lectures, followed by discussion. Lecture 3: "*Is Aging a Disease?*" Lecture 4: "*Aging and Brain Function*".

This course was created by Dr. Thad Polk of the University of Michigan, who received an interdisciplinary Ph.D. in Computer Science and Psychology from Carnegie Mellon University. He has been named to The Princeton Review's list of the Best 300 Professors in the United States.

Call for more information and to register.

Paul's Send-off Luncheon Friday, October 25th 12 noon. We invite you to join us in wishing a fond Bon Voyage to our treasured Captain. Please call ahead to reserve.

Team Trivial Pursuit Friday, October 4th during lunch. Each table is a team. Come eat some cottage pie and test your trivia skills.

Health and Wellness —Call to register prior to classes and clinics

Got Strength? Strength Training Class with Lisa Amols Tuesdays @ 8:30 am & Thursdays @3:30pm. Call Lisa at 508-693-1009 before first class. Punch cards available, join anytime. Talk with Lisa about walk-in pricing. Visit her website at www.lisasstudiomv.com.

Tai Chi with Nan Doty Tai Chi for those with 'some experience', Wednesdays at 9:30am. Tai Chi Easy 10/2-11/20, 11am-12noon. *see page 3 of this newsletter for more info. Please call the Anchors to sign up. 508-627-4368

Yoga with Carol Vega returns! Thursdays from 9 am – 10am

Creatives: Mindful Knitting Mondays, 3:30-5:30, **Needlework for Charity** Tuesdays at 10, **Needlepoint** Thursdays at 2, **Poetry Group** on Thursdays at 9:30am. Call The Anchors for more information or to request a new creative group

**On Display in
October:**
Paintings by
Teresa Yuan



Big Sur, California by Teresa Yuan

Artists Wanted!
Are you an Edgartown artist
over 55? We would love to
display your work here at the
Anchors. Contact Meris for
more info.

Tai Chi Easy
October 2 - November 20, 2019
Wednesdays: 11am - 12 noon
Nan Doty, M.Ed, IIQTC

**TRY
SOMETHING
NEW!**

Tai Chi Easy introduces a shorter form of simple movements that include many aspects of a longer form of Tai Chi. It is pleasant to learn as it gently strengthens and invigorates balance, breath, movement and focus, while increasing creative energy.

Nan's teaching goes beyond learning a series of movements in a form, although there is a Tai Chi form that is learned. She combines a sense of awareness with meditative movement, to encourage integration of this gentle learning into daily life activities and habits. This shorter form can become a brief daily practice to enhance overall vitality and spirit.

Nan was drawn to further studies of Tai Chi and Qigong after experiencing Lyme disease. She became certified in 2003 and has been continuously teaching these profound practices since then. She has found these practices joyful, healing, invigorating and life-changing.



Concerned about your memory?

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

Attorney Appointments

Thursday, Sept 19th, by appointment, from 1-3 pm. 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.

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
Paul Mohair, Administrator

Ferry To Chappaquiddick

Three cars, three minutes
each time, on time,
just in time
until midnight.

The metronome
for the separate island
releases trios of cars which drive
twenty-five on one paved road
and less on dirt washboards
of rhythmed bumps that punctuate
as fishermen, construction crews
returning shoppers buck and heave
on sand bunched like bedclothes
on a humid night when unquiet
blows southwest and sleepers
wrestle unbidden chimera
when morning is far and night
herons rasp in the silence
between steepled intonations
from the Old Whaling Church.

And again in the morning
at quarter-to-seven
when captains key trusted diesels
to take tousled sleepers
to Edgartown, each time
on time, just in time.

-Donald McLagan

Poet's Corner

Found Poems on Martha's Vineyard

I found a poem along beach road
where the last of the flowering rosa rugose
mingled with the rose hips already formed
wild beauty that keeps giving
us joy and sustenance

I found a poem in the afterglow
of Menemsha's sunset
sky held pink ribbons over the breakwater
embraced people
casting their lines for one last catch

I found a poem in the night sky
crescent moon, a dory
in the sea of purple and gray
waves of clouds

I found a poem on the West Tisbury Road
my car's headlights shone in the eyes of a doe
her sleek amber body poised
she stopped the dance, looked with guarded fear
I stared back, overcome
as she gracefully leapt into the safe woods

~Ellie Bates



Leo is Boston Strong and ready for Meris' trivia!



Annette and Diane having a laugh



Dick, Martha, and Reno get ready to crush the competition at trivia!