

Edgartown Council on Aging



October 2020

Fish distribution at The Anchors looks a little different this year, but that's not stopping us!



Pat receiving some Derby deliciousness from Victoria



Part of the Anchors crew taking on fish distribution day with some new rules.. Missing the volunteers who have run this program for years, and hoping to have them back to distribute next year's catch.



An incredible bonus day!



The back of the Anchors is where you can pick up fish, fresh produce, and the MV Times.

Programs and Services

Advanced Care Planning

Advanced Care Planning Workshop - Tuesday, October 13, 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.

Book Talk

Tom Dresser speaks about his latest novel, "Ghosts of Martha's Vineyard". Tuesday, October 27th at 10am. Please email: mkeating@edgartown-ma.us Or call 508-627-4368 to register.

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

Strength Training Men's Class. If you would like to join a men's only strength training class with Lisa Amols, please call Meris at the Anchors. 508-627-4368.

Tai Chi with Nan Doty returns 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

Martha's Vineyard Center 4 Living is offering some wonderful remote programming to its clients and their families through Zoom. Please contact Mary Holmes at 508-560-6012.

Dementia Caregiver Support Group Please call Nancy at 508-498-1948. Fridays 10am-11:30am 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/>

- Brain Health: Keeping the Mind Active
Thursday, October 8 at 11 a.m.
- Dementia 360
Thursday, October 22 at 11 a.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

Zoom with Us!

Let's have virtual get together! Tuesday, October 13th, at 10am. We would *love* to see your faces, catch up, and talk about what's new at the Anchors. Please log in to say hi to each other and some of the Anchors staff.

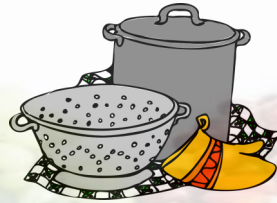
Email Meris at mkeating@edgartown-ma.us to register.



October 2020

To register or learn more about programs at The Anchors,
Call 508-627-4368

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			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
9am-1pm Soup Takeout	8:30 Strength Training	8:30 & 9 Fish Distribution 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
CLOSED FOR COLUMBUS DAY	8:30 Strength Training 1pm HAMV Advanced Care Planning Workshop	8:30 & 9 Fish Distribution 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	<i>EOCA Board Meeting</i> 9-3 MV Times Pickup 9:30 Mindful Meditation
9am-1pm Soup Takeout	8:30 Strength Training 10am Anchors Social ~Zoom	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
9am-1pm Soup Takeout 10-12 Open Cupboard	8:30 Strength Training 10 Thomas Dresser Book Talk– <i>Ghosts of Martha's Vineyard</i>	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



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 prepared at the Anchors are \$2 each.

Meal deliveries are now on Thursdays

Farm Fresh, Locally Gleaned Produce

Available for contactless pickup at the Anchors.

First come, first serve. Wednesdays 10-12noon.

Fish Distribution: Wednesdays, 9/16 - 10/14. Bonus day Mon., September 28th.

Please call on Thursdays to register for the following week. Safe pickup is at the back door of the Anchors building. Masks and social distancing required during pick up. Call or email Donna to register and for more information: 627-4368 ~or~ ecoa@edgartown-ma.us

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.



October's Artist of the Month Ethel Chapman



Farm, Brook and Hayfield
Waterville, Maine
Acrylic on canvas

Poet's Corner

*Thank you to these members of the
Anchors Poetry group for sharing their
talents with our community.*

Pastoral

When the roof's shadow
on a pale afternoon
reaches to cover
the cornflower, the Queen
Anne's lace, it's August
in the fields.
The winter oats
begin their struggle.
I take time for myself
like a thief.

~Jill Jupen

Summer Rain

Rain blurs the windows,
blown into rivulets by shuffling wind,
blistering the vision of the world outside.
The trees dance with each other
and the much-needed rain
pelts them with a promise
of sustenance,
Rain, saving the world
one drop at a time.

cgb 8/2020

Sweep

Slowly I walk to the end of the dock at Menemsha
rebuilt with cement after a fire several years ago

narrow channel between sea and pond on one side
safe harbor in all but the worst storms on the other

local fishermen's 40-foot boats tethered side by side
wait for crews, whose dreams rarely come true

only a handful of tourists, and me, coaxing along
at the end of her leash, my anxious dog, who's afraid

the water lurking below will sweep her away.

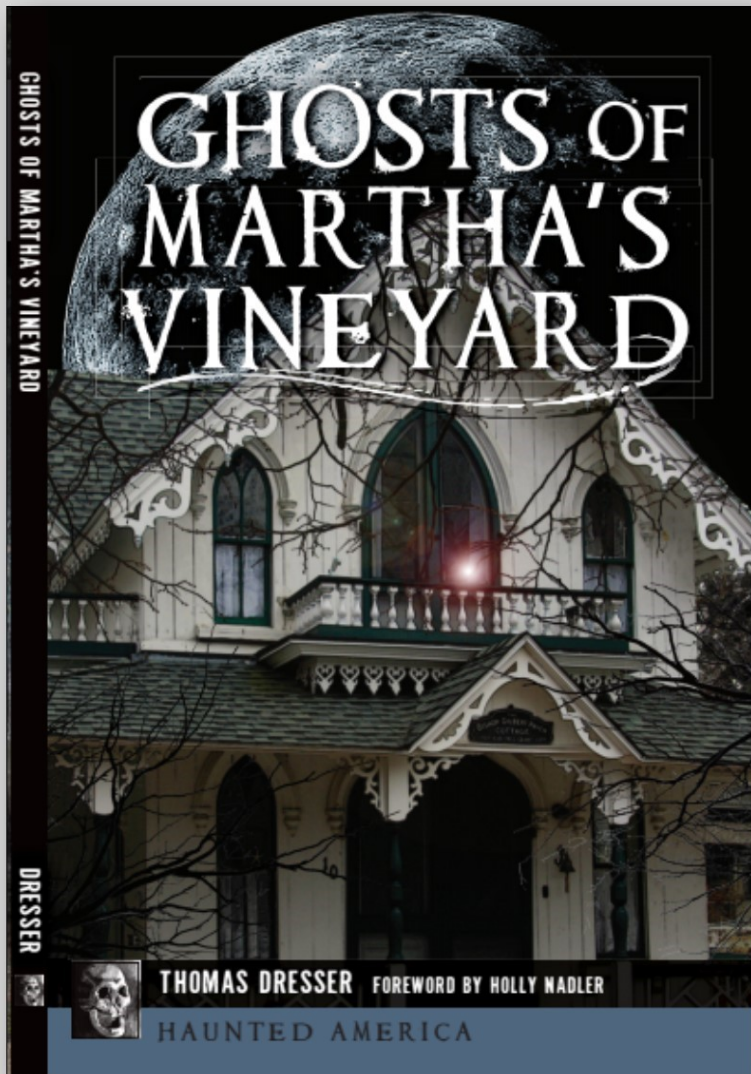
I don't blame her, she's small, her legs too short

but she and I are bound as one. I lean on the guardrail
faith it will keep us safe stronger than doubt.

The implacable tide grabs my gaze as it surges
out to sea, a force that sweeps my mind clean

erases however briefly the frightening world that traps me
in its mesh like a naïve fish caught in an unyielding net.

~Ann Lees



The Anchors Presents:

A Zoom Book Talk by Thomas Dresser

Tuesday, October 27th, at 10:00am

Please join us to hear all about Tom's newest book.

Register by emailing Meris at: mkeating@edgartown-ma.us



Attention Service Men and Women:

Seeking photos of our Veterans in uniform for a special November issue of the ECOA newsletter. You can email them to

mkeating@edgartown-ma.us

Or call 508-627-4368 and arrange to have them digitized.

Mindfulness Meditation

Sponsored by the Edgartown Council on Aging "The Anchors"

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.

The Anchors
(Initially on Zoom)
Fridays, 9:30-10:30 am
Starting October 2, 2020

Free and open to all
experience levels.

Sign up in advance
(limited to 20)
Call 508-627-4368
to reserve your spot.

*"Stress is caused by being 'here'
while wanting to be 'there.'"*

Eckhart Tolle

Instructor

Ed Merck has been a full-time resident of the Vineyard since 2013. Prior to that he worked in Higher Education as a strategic planning/finance executive. Ed is a certified yoga instructor, Reiki Master, on-island meditation teacher, Tai Chi student, and performing musician.

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!

COA Staff

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

Attention Edgartown Seniors:

Hot off the press!

MV Times



Pick up a free copy of the MV Times at the Anchors. Newspapers will be kept in a clearly marked bin on the back steps. Grab one for yourself, or bring one to a friend who may not be getting out much.

Thursdays from 12noon-3pm.

Fridays from 9am-3pm.

Thank you to the MV Times for this generous donation.



Clara Marshall's father-in-law, George Marshall, receiving the prize for winning the 1947 MV Bluefish and Bass Derby. Does anyone know who the film star handing him the prize is?



Dedicated Fish Distribution Volunteers at the Anchors back in the fall of 2014.

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.