

# October 2021



The yogis are back and we are delighted to see them in person. Pictured here in “Warrior Pose” with their instructor Carol Vega (back right). Yoga class meets each Tuesday morning at 9:00 am.



Jean Bishop is a long time volunteer and participant at the Anchors. She looks forward to the days when we can have lunch together again. In the meantime she gets her Anchors fix by visiting the center twice a week for Bingo, movies, and just to soak in the view. “Just look out that window. You have water, boats, and the lighthouse. Does it get any better than this?”



Bingo! Pat Johnson, Janice Belisle, Adele Dreyer, Marcia Beeman, Pat Tyra (caller), Ethel Chapman, Bridget Patti, and Joan Yale all enjoying some good company and a bit of fun. Join us for the next round on Thursday, October 7th at 1pm.



Peter Dreyer looks over the Gazette during a recent discussion group. Discussion Group resumes Thursday, Oct 14th at 11am.





# 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 Beginning in October!

11am-12:30pm.

Exact change is appreciated.

Please call the week before to register.

508-627-4368



### Tuesday SANDWICHES

# \$3

\*includes dessert

- Oct. 5 Ham and Cheese Sandwich
- Oct. 12 Chickpea and Quinoa Caesar Wrap
- Oct. 19 Chicken Salad Sandwich
- Oct. 26 Veggie Wrap

### Friday Café ~ Lunch TO GO

\*includes soup and dessert

# \$5

- Oct. 1 Pasta Primavera
- Oct. 8 Chicken Cutlet
- Oct. 15 Lasagna Roll-Ups
- Oct. 22 Meatloaf & Mashed Potatoes
- Oct. 29 Chicken Marbella

The Greater Boston  
**FOOD BANK**

**PROUD  
MEMBER AGENCY**

Did you know that the Edgartown Council on Aging is a partner of the Greater Boston Food Bank?

Each month we receive a generous shipment of fresh, frozen, non-perishable, and personal care items. If you would benefit from any of these, please call 508-627-4368 to arrange for pickup.

## **SNAP**

Get help applying for the Supplemental Nutrition Assistance Program (SNAP), formerly food stamps, which helps people buy the food needed for good health. SNAP benefits are put on an electronic card that is used like an ATM or bank card, and can be used at most supermarkets, convenience stores, and some farmers' markets. To apply online, visit: <https://www.gbfb.org/what-we-do/our-programs/snap/>



For assistance in applying, call Victoria at the Anchors.  
508-627-4368

# Programs and Services

## Advance Care Planning

### Advance Care Planning Zoom Workshop

Tuesday, October 19th @ 1pm. Workshops are held on the 3rd Tuesday of each month at 1pm via Zoom. Be prepared. Learn to communicate your wishes and navigate sensitive conversations. You will learn about standard and personalized forms used to document your directives, and where or with whom they should be kept. Give yourself and your loved ones peace of mind. Email [mkeating@edgartown-ma.us](mailto:mkeating@edgartown-ma.us) to register.

## Board Meeting

**The ECOA Board** will meet on Friday, October 29th at 8:30am. \*Please note the change from our usual schedule.

## Discussion Group

**Discussion Group moves to new day and time!** Beginning Thursday, October 14th from 11am-12noon. Come prepared with a topic of your choosing. 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. A sampling of recently examined spiritual themes includes 1) Waking up to the fullness of who we are; 2) Embracing forgiveness and gratitude; 3) Finding deeper connections with self and others; 4) Coming into stronger alignment with our own truth; and 5) Releasing judgment so that we may rest in stillness, spaciousness, limitless love, and silent awareness. 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.

**Tai Chi Qigong** Wednesdays, 11am. Oct 15 - Dec

15. Perfect for those wanting gentle exercise and connectedness with others. Sitting or standing, with an emphasis on the empowerment of movement and well being benefitting our bodies, ourselves. \$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. Please note there will be no class on 10/5.

## Games

**Let's Play! Beginning in October we are inviting you to come in and play some old favorites with us. Mark your calendars. Call to register.**

**Spades** Tuesday, October 12th at 1pm

**Scrabble** Tuesday, October 19th at 1pm.

**Rummy** Tuesday, October 26th at 1pm.

**BINGO!** Thursday, October 7th & 21st, 1-3pm. Come and join us for some good old fashioned fun. Win prizes! Call 508-627-4368 to register.

**The Anchors Bridge Group** meets Mondays and Wednesdays from 1-3:30pm. To join, call Carol Fligor at 508-627-8811 or email her at [fligors@comcast.net](mailto:fligors@comcast.net).

**Mahjong** meets Tuesdays and Fridays from 1-3pm in the Great Room at the Anchors, beginning June 8th. Pre-registration is required. Please contact Shirlee Miller at 508-627-6706 to sign up.

## Home Modification

**Healthy Aging Martha's Vineyard Home Safety Modification** If you are over the age of 65 and in need of safety modifications for your home, we may be able to help! The Home Safety Modification Program provides grab bars, handrails and other equipment to help keep you safe. Participants pay on a sliding scale with some installations at no-cost. Please call the Anchors for more information. 508-627-4368

## Knitting & Needlework

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

## Legal Aid

**Massachusetts Attorney General's Office** Consumer Hotline provides information about consumer concerns and issues specific to immigrants, veterans, homeless, and elderly residents. <https://www.mass.gov/get-consumer-support> or call: (617) 727-8400

**South Coastal Counties Legal Services, Inc.** offers legal aid to qualified clients after reviewing their case. If you need legal help and are experiencing financial hardship, please call Victoria in outreach at 627-4368 ext. 215 for help in connecting to legal aid.

## Movies

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

- **The Magic of Belle Isle** (2012) Thursday, Oct 14th at 1pm. 1hr 49 min. A retired and disabled writer moves to a remote village in an effort to regain his strength and passion for words. He soon meets a single mother with three children, and with their help and inspiration he rejuvenates his life and work.
- **All of Me** (1984) Thursday, Oct 28th at 1pm. 1hr 33 min. While on her deathbed, the rich Edwina Cutwater (Lily Tomlin) has her lawyer Roger Cobb (Steve Martin) add the odd stipulation to her will that her soul will be inherited by the young Terry Hoskins (Victoria Tennant). The plan backfires when Edwina dies. She ends up inhabiting Roger's body and controlling only its right side. Edwina and Roger are forced to work together to find a way to get her soul out his body and into the body she originally intended.

## Music

**Adele Dreyer on Piano via Zoom** After a busy

summer season, she's back and ready to share the music with us again. Join us on Friday, October 15th 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.

## Private Attorneys Specializing in Elder Law

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 attorneys and 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](mailto:abergeron@mirickoconnell.com)

## 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, October 6th from 11am-12noon. Please call to register. Wellness Clinics will continue to be held on the first Wednesday of the month from 11am-12noon. 508-627-4368.



Would you like bluefish, bluefish, or bluefish? Donna, Kit, Marcia, and Pat pause for a photo on distribution day.



Pat Tyra, Marcia Beeman, Diane Edwards, Meris Keating, and Bob Edwards on a distribution day in September. Happy to be back in the kitchen. Thank you to the fishermen and women and the wonderful staff and volunteers of the MV Striped Bass and Bluefish Derby for making this program possible.

# 2021 Fish Distribution at The Anchors

Wednesday, Oct 6th

Wednesday, Oct 13th

**Doors open at 8:30am.**

**Masks required.**

**You must call in  
advance to register.**

**508-627-4368**

## Nantucket Fish

Helen S. Tyra's recipe. (Thank you to Pat Tyra for sharing!)

Filet of Bluefish

(or any fish but great with bluefish)

1 1/2 C sour cream

1/2 C mayonnaise

3 Tbsp chives, chopped

3 Tbsp lemon juice

Salt & Black pepper

Rub fish filet with salt and pepper.

Mix other ingredients

together. Pour over and around

fish. Bake at 375 for 30 minutes.

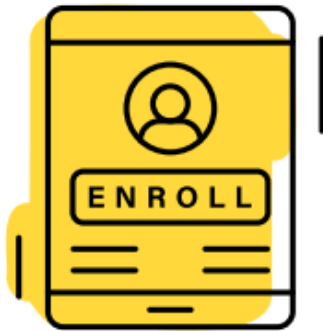
Put under broiler to brown.



# NEWS FROM SHINE

## SEPTEMBER 2021

# MEDICARE OPEN ENROLLMENT



**Oct. 15 -  
Dec. 7**

### Look for Important Mail from your Drug and Health Plans

It's that time of year... if you have a Medicare Part D Prescription Drug or Medicare Advantage plan, your plan will mail you a document called the **Annual Notice of Change (ANOC)** by the end of September.

The ANOC is a summary of changes to your plan for 2022. Your costs (premiums, deductibles, and copays), covered medications, and provider networks may change from year-to-year. Make sure you read this important document and think about whether your plan will continue to meet your needs. If you do not receive it in the mail, call your plan and request another copy.

If you would like to change your plan for 2022, you may do so during the annual **Medicare Open Enrollment Period**. You may make changes to your coverage between **October 15th and December 7th**, and the changes will take effect January 1st. SHINE counselors can help you to understand changes to your current plan, as well as discuss other options you may have. Don't wait: if you would like to meet with a SHINE counselor during open enrollment, make your appointment early!



SHINE (Serving the Health Insurance Needs of Everyone) has certified counselors to help you with questions about Medicare. Our services are free and unbiased: we are available to discuss all options related to Medicare and additional coverage, and we do not sell any plans.

To make an appointment, call your local Senior Center, or contact the Central Mass SHINE Regional Office at **508-422-9931** or by email at [info@shinema.org](mailto:info@shinema.org). A certified SHINE counselor will return your call. Counselors assist clients through in-person appointments, phone, video conferencing (such as Zoom or FaceTime), email, or postal mail. We also offer excellent resources online through our website at [www.shinema.org](http://www.shinema.org) and our introductory Medicare 101 webinars.



Call the Anchors  
today to schedule  
a phone  
consultation with  
our SHINE  
counselor  
Bill Glazier



508-627-4368

508-422-9931

[info@shinema.org](mailto:info@shinema.org)

[shinema.com](http://shinema.com)



# October 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
<p>PURPLE= ZOOM GREEN= AT THE ANCHORS BLUE= OTHER LOCATION</p>			<p><i>A grandparent pretends he doesn't know who you are on Halloween.</i> ~Erma Bombeck, "Love Is a Grandparent," 1974</p>	<p><u>9:30</u> Mindful Meditation</p> <p><u>11-12:30</u> Friday Café To-Go</p> <p><u>1:00</u> Mahjong</p>
<p><u>1:00</u> Bridge</p> <p><u>1:00</u> Gleaning Produce available</p> <p><u>3:30</u> Knitting and Needlework</p>	<p>No yoga today</p> <p><u>11-12:30</u> Brown Bag Lunch Pickup</p> <p><u>1:00</u> Mahjong</p>	<p><u>11:00</u> Wellness Clinic</p> <p><u>8:30, 9am</u> Fish Distribution</p> <p><u>9:30</u> Tai Chi</p> <p><u>1:00</u> Bridge</p>	<p><u>9:30</u> Poetry</p> <p><b>Trip to Nantucket Whaling Museum</b></p> <p><u>1:00</u> BINGO</p>	<p><u>9:30</u> Mindful Meditation</p> <p><u>11-12:30</u> Friday Café To-Go</p> <p><u>1:00</u> Mahjong</p>
<p><b>CLOSED for Columbus Day</b></p> <p>Happy Indigenous People's Day</p>	<p><u>9:00</u> Yoga with Carol Vega</p> <p><u>11-12:30</u> Brown Bag Lunch Pickup</p> <p><u>1:00</u> Spades</p> <p><u>1:00</u> Mahjong</p>	<p><u>8:30, 9am</u> Fish Distribution</p> <p><u>9:30</u> Tai Chi</p> <p><u>11:00</u> Qigong</p> <p><u>1:00</u> Bridge</p> <p><u>1:00</u> Manicures with Meris</p>	<p><u>9:30</u> Poetry</p> <p><u>11:00</u> Discussion Group</p> <p><u>1:00</u> Movie "The Magic of Belle Isle"</p>	<p><u>10:00</u> Mindful Meditation</p> <p><u>11-12:30</u> Friday Café To-Go</p> <p><u>1:00</u> Adele Dreyer Piano Lounge Hour</p> <p><u>1:00</u> Mahjong</p>
<p><u>9</u> Hearing Wellness</p> <p><u>1:00</u> Bridge</p> <p><u>1:00</u> Gleaning Produce available</p> <p><u>3:30</u> Knitting and Needlework</p>	<p><u>9:00</u> Yoga with Carol Vega</p> <p><u>11-12:30</u> Brown Bag Lunch Pickup</p> <p><u>1:00</u> Advance Care Planning -HAMV</p> <p><u>1:00</u> Scrabble</p> <p><u>1:00</u> Mahjong</p>	<p><u>9:30</u> Tai Chi</p> <p><u>11:00</u> Qigong</p> <p><u>1:00</u> Bridge</p>	<p><u>9:30</u> Poetry</p> <p><u>11:00</u> Discussion Group</p> <p><u>1:00</u> BINGO</p>	<p><u>9:30</u> Mindful Meditation</p> <p><u>11-12:30</u> Friday Café To-Go</p> <p><u>1:00</u> Mahjong</p>
<p><u>10-12</u> Open Cupboard</p> <p><u>1:00</u> Bridge</p> <p><u>1:00</u> Gleaning Produce available</p> <p><u>3:30</u> Knitting and Needlework</p>	<p><u>9:00</u> Yoga with Carol Vega</p> <p><u>11-12:30</u> Brown Bag Lunch Pickup</p> <p><u>1:00</u> Rummy</p> <p><u>1:00</u> Mahjong</p>	<p><u>9:30</u> Tai Chi</p> <p><u>11:00</u> Qigong</p> <p><u>1:00</u> Bridge</p>	<p><u>9:30</u> Poetry</p> <p><u>11:00</u> Discussion Group</p> <p><u>1:00</u> Movie "All of Me"</p>	<p><u>8:30</u> ECOA Board Meeting</p> <p><u>10:00</u> Mindful Meditation</p> <p><u>11-12:30</u> Friday Café To-Go</p> <p><u>1:00</u> Mahjong</p>

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!

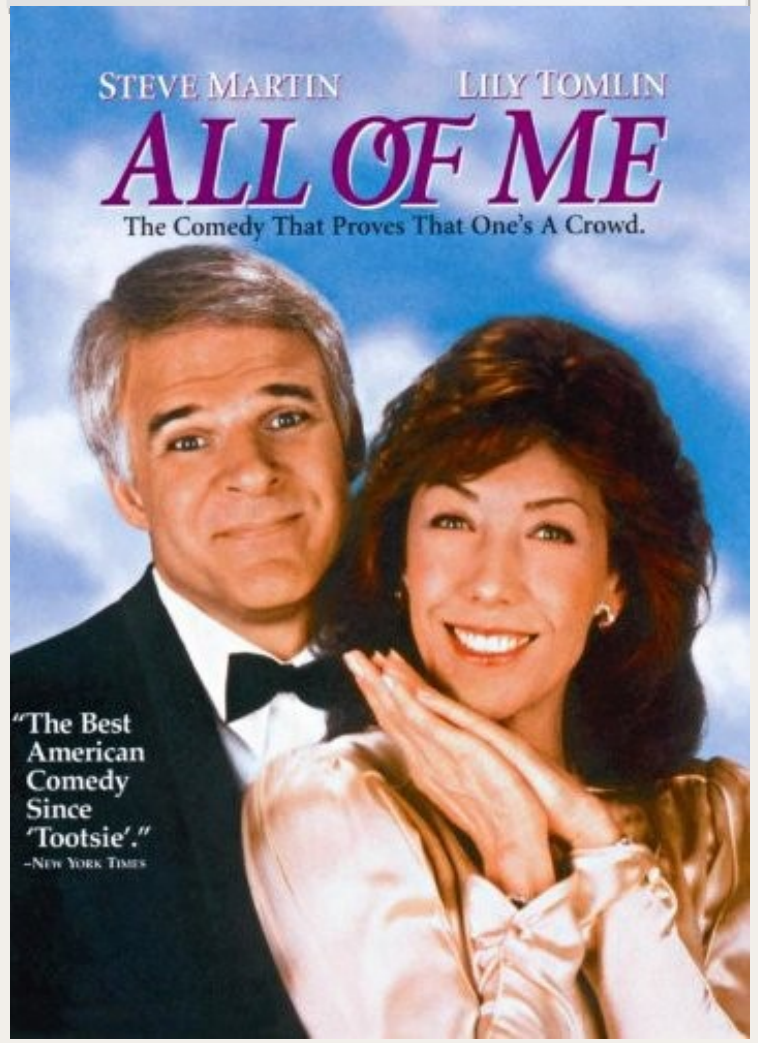
ECO Staff

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, October 14th @ 1pm  
2012. 1hr 49min



~MOVIE AT THE ANCHORS~  
Thursday, October 28th @ 1pm  
1984. 1hr 33 min



**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.