

October 2022

Lunches are back!

Call to register for Tuesday and Friday lunches at the Anchors beginning Tuesday, October 11 at 12noon.



A lunchroom scene from 2019 now feels like a lifetime ago.

Back in March of 2020, the Anchors was getting ready to host a St Patrick's Day luncheon with live music and a corned beef dinner. Suddenly the world was immersed in a pandemic which would close our doors for longer than we could have imagined.

Along with the staff, volunteers and community members jumped in to assist our fearless cook, Diane Wall, in creating and implementing a meals delivery program for community members in need of meals and regular visits. Deliveries eventually morphed into a grab and go meals program.

We won't soon forget the remarkable way in which our community came together to ensure those who were most vulnerable would receive the nutrition they needed. Local grocery stores and banks, scallopers, foundations, trusts, fisherman, farmers, non-profits, individual community members and volunteers came forward to assist the Council on Aging in upholding their mission, which has always been to provide the older adults of Edgartown access to the resources they

need to live as comfortably as they can. In the time since the pandemic began, the Edgartown Council on Aging has provided over 12,000 meals to islanders. While our cook created the overwhelming majority of those meals, we were also able to offer fresh seafood, local vegetables, chowder, and holiday meal deliveries through local small businesses and human service organizations.

Throughout the pandemic we were challenged daily trying to meet the social needs of our community. We hosted an array of Zoom programs and checked in with people over the telephone and through email. We arranged light-hearted holiday deliveries where costumed staff and volunteers brought sweet treats to the doorsteps of our participants.

Closing the lunchroom at the Anchors created a void which could only be filled by reopening. The pickup lunches have been a great convenience and we were happy to lighten the load for many of you. The truth is, we simply do not have the resources to run both programs simultaneously and so we will return to our traditional lunches and all of the value they bring to those who come to them week after week and year after year.

Of all of the lessons we've learned in recent years, there is no replacement or creative alternative to being together. We need each other, plain and simple. Life would be so boring without all of you and we are just so excited to welcome you back!



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 resume in person on 10/11/22!

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

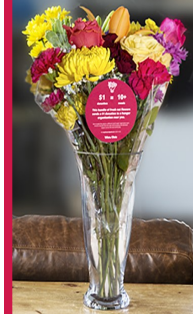
\$3

10/4 *To Go* Fish Cake

10/11 First In-Person Lunch! Egg Salad

10/18 Turkey Bacon

10/25 Eggplant Parmesan



The next time you buy flowers, you could be supporting the Anchors Open Cupboard!

Stop n Shop Gives \$1 to our program for every \$10.99 "Bloomin' 4 Good" bouquet you purchase at the Edgartown store through October.

Friday Café

~ with soup & dessert

\$5

10/7 *To Go* Pasta Primavera

10/14 Ziti & Meatballs

10/21 Stuffed Collard Greens

10/28 Chicken Cutlet

Open Cupboard

The Edgartown Council on Aging is a partner of the Greater Boston Food Bank. Income eligible people may pickup at the Anchors on Monday, October 24, 9-11am.

Or, 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.



October 2022

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

<p>3</p> <p>9:05 Nantucket Trip 12:30 Bridge 3:30 Knitting and Needlework</p>	<p>4</p> <p>9 Yoga 10 Knitting for Charity 12 Tuesday Lunch *To-go 1 Mah Jong</p>	<p>5</p> <p>8:30 Derby Fish Distribution 9:30 Tai Chi 12:30 Bridge</p>	<p>6</p> <p>9:30 Poetry 9:30 A Matter of Balance 11 Conversations 1 Card Group 1 Bingo</p>	<p>7</p> <p>9:30 Mindful Meditation 11 RMV 'Real ID' -Explained 12 Friday Café *To-go 1 Mah Jong</p>
<p>10</p> <p><u>HOLIDAY</u> <u>The Anchors is CLOSED</u></p>	<p>11</p> <p>9 Yoga 10 Knitting 11 Coffee w/ a Cop 12 Town Nurse 12 Tues Lunch IN PERSON! 1 Mah Jong</p>	<p>12</p> <p>8:30 Derby Fish Distribution 9:30 Tai Chi 11 Tech Time with Rizwan 12:30 Bridge</p>	<p>13</p> <p>9:30 Poetry 9:30 A Matter of Balance 11 Conversations 1 Card Group 1 Movie: <i>Love and Loyalty</i></p>	<p>14</p> <p><i>*Medicare Part D open enrollment begins</i> 9:30 Mindful Meditation 12 Friday Café 1 Mah Jong</p>
<p>17</p> <p>9am Hearing Wellness with Shawn 12:30 Bridge 3:30 Mindful Knitting</p>	<p>18</p> <p>9 Yoga 10 Knitting for Charity 12 Tuesday Lunch 1 Mah Jong</p>	<p>19</p> <p><u>The Anchors is CLOSED for regular programs</u></p>	<p>20</p> <p>9:30 A Matter of Balance <u>The Anchors is CLOSED for regular programs</u></p>	<p>21</p> <p><u>ECO</u> BOARD 9:30 Mindful Meditation 12 Friday Café 1 Mah Jong</p>
<p>24</p> <p>12:30 Bridge 3:30 Mindful Knitting</p>	<p>25</p> <p>9 Yoga 10 Knitting for Charity 12 Tuesday Lunch 1 Mah Jong</p>	<p>26</p> <p>9:30 Tai Chi 12:30 Bridge</p>	<p>27</p> <p>9:30 Poetry 9:30 A Matter of Balance 11 Conversations 1 Card Group 1 Bingo</p>	<p>28</p> <p>9:30 Mindful Meditation 12 Friday Birthday Café with Sean Fullerton 1 Mah Jong</p>
<p>31</p> <p>12:30 Bridge 3:30 Mindful Knitting</p>				<p>BLUE = OTHER LOCATION PURPLE = ZOOM GREEN = ANCHORS</p>

Programs and Services

Closings in October

The Anchors is closed Monday, October 10, in observance of Columbus and Indigenous People's Days. The building will also be closed for regular programming on Wednesday, October 19 and Thursday, October 20 as ECOA staff will be attending the annual Massachusetts Councils on Aging Conference.

Coffee with a Cop

Coffee with a Cop Tuesday, October 11th at 11am. Join Sergeant Will Bishop on the second Tuesday of each month. Hear about what's new at the EPD and have the chance to express concerns or just get answers to questions you might have. You must call to register. 508-627-4368

Community Education

Real ID Workshop with the MA RMV at the Anchors Friday, October 7 at 11am. REAL ID compliance begins May 3, 2023, which means that a REAL ID compliant driver's license or identification card, or a valid (and unexpired) Passport, will be required to fly domestically and to enter secure federal buildings, such as federal courthouses and certain Social Security offices. The RMV's REAL ID workshop helps people understand what a REAL ID is, identifies who will need to have a REAL ID, provides detailed instruction on how to apply for one, and answers pressing questions like, "Does everyone need to have a REAL ID?" (Answer: No, not everyone will need or want a REAL ID)

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, August 11th and 25th at 1pm.
Mah Jong meets Tuesdays and Fridays at 1pm. New players are always welcome. Please call to register in advance if you are interested in learning to play. 508-627-4368

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.

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.

Fabric and Yarn Sale at the Vineyard Haven Library Saturday, October 15th, 10:30-3:30 & Sunday, October 16th, 1-3:30 or until materials last. Yarns, fabrics, and needles at bargain prices. All proceeds benefit the VH library. Thanks to the ECOA knitting group for donating to this great fundraiser!

Legal

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

ARE YOU 60+ AND IN NEED OF LEGAL HELP? The Helpline is a project of the Volunteer Lawyers Project of Boston. Provides free legal information and referral services to Massachusetts residents who are 60 years old or older. The Helpline is open Monday through Friday 9AM-12PM . Senior

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

Legal cont.

<https://myfamilyestateplanning.com>

Patricia Mello & Associates 508-477-0267

<https://attorneymello.com/>

Arthur P Bergeron 508-860-1470

abergeron@mirickoconnell.com

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

Sean Fullerton performs "Acoustic Memories" at the Anchors on Friday, October 28 at 12:30pm during lunch. Call to register if you'd like to join us for lunch and a show. Sean is a Massachusetts based solo Acoustic musician with 27 years of professional experience, specializing in Blues, Soul, Rock 'n' Roll, Folk, Irish, Sea Shanties, and Instrumental Fingerstyle & Classical Guitar. Let's celebrate the fall season with feel good music in the company of friends.

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, October 12. 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, October 17. 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, August 11. 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.

Volunteers

The Edgartown Council on Aging currently has two openings on its Board. The board of the ECOA supports our programs and operations and is critical in our mission as a Town of Edgartown human service organization. We seek dynamic and diverse Edgartown residents with a commitment to the aging population. and who wish to play an active role supporting and advocating for the Anchors community while in the present and looking ahead. If you are an Edgartown resident and are interested in this rewarding volunteer position, please send a letter of interest and to administrator Lyndsay Famariss at: lfamariss@edgartown-ma.us



Please join us for
“Acoustic Memories” with
Sean Fullerton
 Live at the Anchors on
 Friday, October 28 at 12:30.
 You must call to register for
 lunch and the show!
 508-627-4368

2022 Fish Distribution at the Anchors

Wednesday, Oct 5th

Wednesday, Oct 12th

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

**You’ll be given a
 number when you
 arrive.**



A yoga retreat and luncheon
 in support of dementia care services.

**JOIN MV CENTER FOR LIVING ON
 Saturday, October 1st
 8:30 AM – 2 PM**

A heart-opening fundraiser with some
 of the Vineyard’s favorite yoga instructors.

INSTRUCTORS:

Lora Ksieniewicz
 Halley Mechanic
 Jason Mazar-Kelly
 Bonnie Menton
 Sian Williams

THANK YOU TO OUR SPONSORS:



Space is limited – register or donate today!

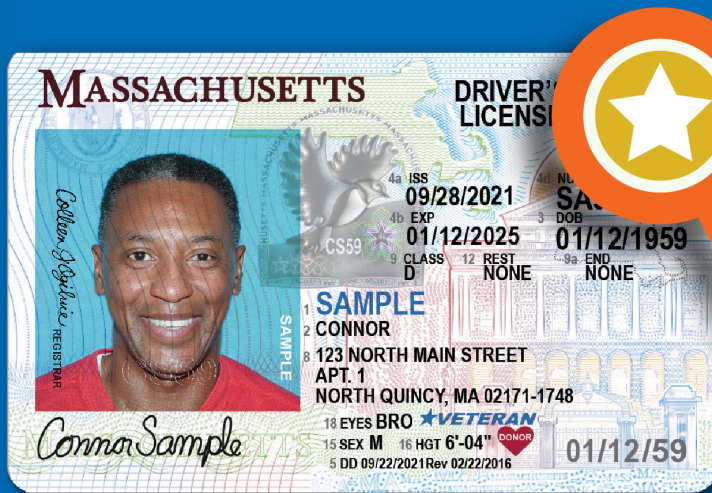
***All registrations and donations are tax deductible.**

mvcenter4living.org | 508-939-9440
 29 Breakdown Lane, Vineyard Haven



What you need to travel is changing.

WILL YOUR DRIVER'S LICENSE FLY?



*Look for the star.
Beginning
May 3, 2023,
you will need a
REAL ID or other
acceptable ID such
as a valid passport
to fly within the U.S.*

Get the facts about REAL ID at [Mass.Gov/ID](https://www.mass.gov/id)



Michelle Ellicks from Mass RMV will speak at the Anchors on Friday, October 7 at 11am. Call to register 508-627-4368

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

*Elizabeth & Margaret
Love and Loyalty*



Elizabeth and Margaret: Love and Loyalty, 2020. 1hr 30min. Thursday, October 13th at 1pm. This documentary takes an intimate look at the complex, widely misunderstood relationship between Queen Elizabeth II and her sister, Princess Margaret.



Part of the 'Dream Team' bagging up bluefish for distribution during this year's derby.



Tasked with sorting decades of donated yarn, we are happy to report these fabulous women triumphed!

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.

