

# September 2020

## Planting Seeds of Happiness



Cindy Trish of Healthy Aging MV, and Victoria Haeselbarth, pausing briefly with 10 herb kits. The kits were an offering from “**The Happiness Project**”, a collaboration between HAMV and Island Grown Initiative. Each week, ten new recipients were chosen to receive a gardening kit, complete with planting and care instructions, and a recipe. Special thanks to Emily Armstrong of IGI for putting together the gardening kits each week.



We would like to thank our “Happiness Project Ambassadors” for delivering 40 garden kits to older adults of Edgartown this summer. It was a true pleasure working with mother-daughter duo, Pat and Isabella Garbutt. Isabella is a junior in Riverdale Country School. She lives in NYC during the year and spends time in Martha’s Vineyard during the summer. Outside of school, Isabella loves to dance and spend time working with little kids. She loved working on the Happiness Project this summer and thoroughly enjoyed meeting a bunch of different people on the island! We wish Isabella the best of luck in the coming school year and hope to see her again next summer.



Janice Belisle’s pea shoots, ready to eat!



Steve Saxonis is loving his little herb garden.

# Resources to help you stay informed, connected, and engaged while at home.

## Advanced Care Planning

**Advanced Care Planning Workshop - Tuesday, September 8, 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](mailto:mkeating@edgartown-ma.us) to register.

## Exercise

**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](http://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](mailto:chipocket62@gmail.com) to register.

**Interested in learning Tai Chi?** Email Nan at [chipocket62@gmail.com](mailto:chipocket62@gmail.com) to discuss introductory class offerings.

## Memory Programs & Caregiver Resources

**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.

**Alzheimer's Cape Cod** has created a page of rich and uplifting, useable information for those suffering dementia and their care partners. <https://www.alzheimerscapecod.org/memory-madness-what-to-do-while-you-are-flattening-the-curve.html>

**Virtual Education Series** with a focus on Memory Care. Presented by Dementia Expert Alicia Seaver of Bridges by Epoch. <https://www.bridgesbyepochmemorycare.com/webinar/>

- Humor & Caregiving  
Thursday, September 10 at 11 a.m.
- Coordinating a Caregiving Team  
Thursday, September 24 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.

To make the most of your appointment, please be ready to email the following information to Bill beforehand:

- A list of your prescription medications. Name, Address, date of birth, and your current prescription plan.

Call to register. 508-627-4368

## Zoom with Us!

**Let's have virtual get together!** Tuesday, September 15th, at 1pm. We would *love* to see your faces and catch up. Please log in to say hi to each other and some of the Anchors staff.

Email Meris at [mkeating@edgartown-ma.us](mailto:mkeating@edgartown-ma.us) to register.





# Scams, Fraud, and Identity Theft:

Resources to avoid becoming a victim. Where to go if you've become one.

Compiled for you by the Edgartown Council on Aging. 8/13/20



## The Office of Consumer Affairs

Is there to help people resolve issues or concerns regarding everything from a cable bill to insurance and more. Please call their hotline M-F, 9:00am-4:30pm. 617-973-8787

## Local Numbers:

- The Edgartown Council on Aging  
508-627-4368
- Edgartown Police Department  
508-627-4343

*If it seems to good to be true, it probably is!  
Don't answer unknown numbers.*

## The Better Business Bureau

The Better Business Bureau urges people to call their hotline for info on businesses they plan on using, have used, or to file a complaint. Hotline open Mon-Fri, 9am-3pm. 508-652-4800 or [bbb.org](http://bbb.org)

Scam Tracker allows you to see scams reported in your area.

<https://www.bbb.org/scamtracker/>

## Mass.gov

### Warning Signs of Identity Theft:

[https://www.mass.gov/info-details/recovering-from-identity-theft#warning-signs-of-identity-theft-](https://www.mass.gov/info-details/recovering-from-identity-theft#warning-signs-of-identity-theft)

### Consumer Guide to Scams:

<https://www.mass.gov/guides/a-consumer-guide-to-scams>

### Avoiding Scams and Fraud after a disaster:

<https://www.mass.gov/service-details/avoiding-scams-and-frauds>

### Massachusetts Do Not Call Registry:

<https://www.mass.gov/how-to/register-your-number-on-ma-do-not-call-list>

ma. 866-339-1475

Nat'l 888-382-1222

## Healthcare, Medicare, and Medicaid Fraud Resources:

Senior Medicare Patrol Program— Empowering Seniors to Prevent Healthcare Fraud 800-892-0890 or visit [www.masmp.org](http://www.masmp.org).

To Report Suspected Healthcare Fraud and Abuse call 978-946-1243 or via email at [ReportAScam@MASMP.org](mailto:ReportAScam@MASMP.org)

Massachusetts Attorney General's Office, Elder Hotline 888-AG-ELDER (888-243-5337)

Mass Dept. of Public Health 617-624-6000 • TTY/TTD 617-624-6001 or visit [www.mass.gov/dph](http://www.mass.gov/dph)

Executive Office of Elder Affairs: To report elder abuse, neglect and/or financial exploitation, call 800-922-2275.

## Credit Bureaus:

Check your credit regularly to monitor for fraud and identity theft.

- [Annualcreditreport.com](http://Annualcreditreport.com)
- Experian.com 888-397-3742
- TransUnion.com 800-916-8800
- Equifax.com 888-548-7878

## The Federal Trade Commission (FTC) website helps consumers:

- Sign up for the Do Not Call Registry
- Report Identity theft
- Report International Scams
- Get their money back, including their rights to a refund.

<https://www.ftccomplaintassistant.gov/#crnt&panel1-1>

The FTC encourages consumers to file a complaint whenever they have been the victim of fraud, identity theft, or other unfair or deceptive business practices. They can do it online, or by calling the FTC's Consumer Response Center at:

1-877-FTC-HELP (1-877-382-4357)



## **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](mailto:kvieira@edgartown-ma.us)**

**Meals and soups prepared at the Anchors are \$2 each.**

*\*You may also receive a soup or meal from the Edgartown Yacht Club or Slough Cove Farm, which are no cost to you.*

*\*Starting 9/10, deliveries will move from Wednesdays to Thursdays*

### **Farm Fresh, Locally Gleaned Produce**

Please contact Katie at [kvieira@edgartown-ma.us](mailto:kvieira@edgartown-ma.us) if you would like to receive gleaned produce through our delivery program.

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

Please call in advance to register for safe pickup, during one of two morning time slots, 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](mailto: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.





“Our 11 week old Pup is named FRANKIE - he seems to have the run of the house - destroying this and that along the way. There are times we think *how cute is he, isn't he adorable*. But really - right now he's a handful - can't wait until he's trained. Our fenced in backyard is a Godsend.” ~Jean Brennan



Margaret (Teller) Boyd and her husband Curtis Boyd were married on December 29, 1951 in Edgartown. It was her parent's 25th anniversary the same day, so they celebrated together.

Margaret and her husband then took her parent's brand new Chevy to Times Square to participate in the New Year's Eve festivities.



Feeling grateful to Morning Glory, Slip Away, and Slough Cove Farms, and of course, the Gleaners, without whom we wouldn't be able to offer this beautiful produce to our community.



The outreach department at the Anchors would like to remind you,  
**September is Falls Prevention Month**

Many people believe they are immune to falling, or minimize the potential consequences. Surprisingly, falls are the number one cause of fatal injury, and the top cause of trauma-related hospital admissions, among older adults. They can lead to life threatening complications, putting an emotional and financial burden on health care providers and family members, and create tremendous suffering among those who sustain injury.

One in four adults over 60 experience a fall every year, a risk that can be greatly reduced by making simple household changes and by altering daily habits. Most falls happen in the home, commonly the result of slipping in the bathroom, poor lighting conditions, or instability when getting out of bed. No matter what stage of life we are in, installing grab bars in the bathrooms and adding secondary handrails to stairwells can be a life saver. Throw rugs should be removed or secured to the floor with double-sided tape, and automatic nightlights, or motion activated lighting fixtures, should be installed to provide long term safety.

Another way to mitigate risk is through exercise, an important daily habit to cultivate. Inactivity leads to muscle weakness and balance problems, escalating the likelihood of a fall. Targeted exercises can improve strength and balance, and greatly enhance safety. Thankfully, exercise can be started at any age and lead to renewed strength and flexibility. Secure footwear is essential when embarking on any exercise routine, whether it be simple walking or more ambitious activities such as yoga or tai chi.

Some medications may increase the risk of falling and it is important to speak with your physician about each medication's potential side effects. Scheduling an annual eye exam is another important component to long range safety and independence. Vision tends to change as we age and changes are often so gradual that the problem is not identified until a mishap occurs.

The Anchors offers several programs and classes which can help you stay safer at home. Our EMT Outreach Program will identify common household safety hazards and Healthy Aging's Home Modification Program will install grab bars, handrails and other safety equipment at no-cost or reduced cost for many families.

The Anchors offers exercise programs such as Strength Training and Tai Chi which can help participants achieve the fitness level they need to remain healthy and age safely in place. Please feel free to call the COA for further details.

Most older adults have the goal of remaining comfortably in their homes for the duration of their lives and the Council on Aging is here to support this goal through its programming and supportive outreach programs. By making simple changes, long term safety and independence can be better assured.

To assess your fall risk, the National Council on Aging created a Falls Prevention Check-up which can be accessed through the link below. You'll be asked twelve questions and then presented with an evaluation which may be printed and shared with your physician.

<https://www.ncoa.org/healthy-aging/falls-prevention/falls-free-checkup/>

For additional information about preventing falls, the National Council on Aging provides an additional link: [www.ncoa.org/FallsPrevention](http://www.ncoa.org/FallsPrevention).

**Enjoy a happy and fall-free autumn!**



# September's Artist of the Month

## Susan Sellers



I was born and raised in Washington, DC. I studied at the Hawthorne School, George Washington University, and the Corcoran School of Art before attending the Maryland Institute of Art in Baltimore. My early emphasis was on Fine Art. When life necessitated earning a living, I decided to follow in the footsteps of both my paternal

grandfather, who was a sign painter in Washington, DC, and my maternal grandfather, who was a successful Architect in Silver Spring, Maryland. I naturally inherited a technical art background which I put to good use in the Engineering and Architectural fields, culminating in Sellers Signs, Inc. -a Sign Arts and Graphic Design business for the past 30 years. Visit <http://sellerssignsinc.com/>



*Menemsha from Alex's Deck, 10 x 20, oil on canvas.*



*Gas Pump, North Road Jenkinson's, 12 x 24, oil on canvas.*



*Lynn's Tractor, 9 x 12, oil on canvas.*



*View of Gay Head from Cedar Tree Neck, 12 x 24.*



*Fisherman's Delight (Cape Pogue Light from East Beach)*



*Trudy's Shed, 12 x 16, oil on canvas.*



*Sengekontacket at Bend-in-the-Road, 10 x 20, oil on canvas.*



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Thank you, Board  
Members, for your  
hard work and  
dedication!

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Thanks to Joan Yale for sharing this picture of the Edgartown School, class of 1954, probably taken during the 1946-47 school year. Grade 5, Miss Santos.



Top row: Peter Look, George Searle, Steven Gentle, Marven Burnham, Elsie Gross, Allen Norton, Henry Gale, Leland Searle. Middle row: Betsy Rudolph, Roberta Gilluly, Joan Dube, Emma Gross, Carole Smith, Donna Klingensmith, Joan Levinson, Judy Connors. Front row: William Searle, Lawrence Myer.

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.