

# Edgartown Council on Aging



The lovely Jane Littell with a fresh French manicure.



Grateful for the gleaners and our local farms for the bounty of fresh produce we receive each week!



Susan Grunthal shared her passion and extensive knowledge of Opera with a group of engrossed enthusiasts at the Anchors in August.



Jane L., Donna H., and Pat T. display their beautiful nails.



Tim Connelly and Rick Lees chat over a game of backgammon after cribbage with Donald McGregor.





## **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.



## **Gleaned Produce**

Fresh from island farms.  
**Mondays from 1-3pm.**



### **Brown Bag Lunch Pickup**

Tuesdays 11am-12:30pm. Exact change is appreciated.

Please call by Friday afternoons to register.

# \$3

### SANDWICHES

- Sept 7 ~No sandwiches today~
- Sept. 14 Turkey and Bacon Sandwich
- Sept. 21 Egg Salad Sandwich
- Sept. 28 Roasted Eggplant and Parmesan Hoagie

## **Brown Bag Lunch**



### **Diane's Soups**

An assortment of healthy and delicious soups are available for pickup at the Anchors.

**\$3 each, or 2 for \$5**

Exact change is appreciated.

### **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 September 27th from 10am-12

# Programs and Services

## Advance Care Planning

### Advance Care Planning Zoom Workshop

Tuesday, September 21st @ 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.

## Art/ Craft Making

**Fall ornaments and garland making.** Please call to register in advance. Tuesdays, September 14th, 21st, and 28th at 10am. Listen to music, chat with friends, and make beautiful things. What could be better?



\*The photos of felt decorations above were borrowed from Pinterest. We will use these and others as inspiration for our craft projects through the fall.

## Current Events Discussion Group

**Discussion Group** meets Fridays in the fireplace room. Local papers available to take home. Come discuss current events and topics of interest locally and afar.

## Exercise & Wellness

**Please note: Exercise classes may be held on Zoom or in person. Please call to register and for up to date info on mode of instruction. Thank you for understanding.**

### Mindfulness Meditation with Ed

**Merck** Fridays, 9:30-10:30am, is an experiential-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, beginning September 15th at 9:30am, followed by tea. Please call Meris to register.

### Tai Chi Qigong for Octogenarians

Wednesdays, 11am. Sept 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

**Yoga with Carol Vega resumes 9/21. Tuesdays at 9am.** Please call 508-627-4368 or email [mkeating@edgartown-ma.us](mailto:mkeating@edgartown-ma.us) to register.

## Games

**The Anchors 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](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.

**Men's Card Group** meets Thursdays 1-3 at the Anchors. Gin, Backgammon, Cribbage. Please call or email to register. 508-627-4368 or [mkeating@edgartown-ma.us](mailto:mkeating@edgartown-ma.us)

## 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, hand-rails 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

## Movies

**Join us for a matinee!** Please call 627-4368 to register so we know that you're coming.  
Thurs, Sept 2nd, 1pm. "Queen Bees" 1hr, 40 min.  
Thurs, Sept 16th, 1pm. "Dream Horse" 1hr, 53 min.  
Thurs, Sept 30th, 1pm. "The Money Pit" 1hr, 31 min.

## Tech help

**Cell phone/ device/ laptop help.** Wednesday, September 8th at 1pm. Call to register.

## Trips

**\*Please note,** the staff at the Anchors, in collaboration with the town of Edgartown, continue to consider the developments of the covid-19 pandemic and how those could affect our operations. As with any program, we strive to minimize associated risks by following current guidance of local and state public health officials. Your safety is always our top priority.

**Boston's North End** Friday, September 24th. Please call to register ASAP. 508-627-4368

**Nantucket Whaling Museum** Thursday, October 7th. Day trip to Nantucket. See page 7 for more.

## Wellness Clinics

**Call 508-627-4368 to register.**

**Foot Care Non-Diabetic** with Grete Christiansen. Appointments held on the third Tuesday of the month from 1-3 pm. Call the Anchors for an appointment. 1/2 hour treatments \$30

**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 public health nurse** Wednesday, September 8th, 10:30am. Please call to register for a blood pressure screening and consultation with a public health nurse.

## Martha's Vineyard Bass and Bluefish Derby Fish Distribution At the Anchors 2021

Wednesday, Sept 15th

Wednesday, Sept 22nd

Monday, Sept 27th

Wednesday, Sept 29th

Wednesday, Oct 6th

Wednesday, Oct 13th

**You must call 627-4368 each week to register for 8:30am or 9:00am time slot. Pickup is outside at the rear entrance.**

Catch will be evenly distributed to registered individuals. There is no bass in the 2021 derby.

**Masks required.**

**We look forward to seeing you!**







# September 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>Noons are sunny, warm, and still; A golden haze o'erhangs the hill; Amber sunshine 's on the floor Just within the open door; In September. ~Elizabeth Cole</p>	<p>1 12:30 Bridge 1 Manicures with Meris</p>	<p>2 9:30 Poetry 1:00 Men's Cards 1:00 Movie "Queen Bees"</p>	<p>3 9:30 Mindful Meditation 10:00 Discussion Group 1:00 Mahjong</p>
 <p>6</p>	<p>7 <b>NO BROWN BAG LUNCH TODAY</b> 1:00 Mahjong</p>	<p>8 10:30 Wellness Clinic 12:30 Bridge 1:00 Cell Phone and Device Help</p>	<p>9 9:30 Poetry 1:00 Men's Cards 1:00 BINGO</p>	<p>10 9:30 Mindful Meditation 10:00 Discussion Group 1:00 Mahjong</p>
<p>9 Heating Wellness 12:30 Bridge 1:00 Gleaning Produce available 3:30 Knitting and Needlework</p> <p>13</p>	<p>14 10:00 Felt craft ~Autumn Decor 11:00 BBB Scams and Fraud 11-12:30 Brown Bag Lunch Pickup 1:00 Mahjong</p>	<p>15 8:30, 9am Fish Distribution 9:30 Tai Chi 11:00 Qigong 12:30 Bridge 1:00 Manicures with Meris</p>	<p>16 9:30 Poetry 1:00 Men's Cards 1:00 Movie "Dream Horse"</p>	<p>17 8:30 ECOA Board Meeting 10:00 Mindful Meditation 10:00 Discussion Group 1:00 Mahjong</p>
<p>12:30 Bridge 1:00 Gleaning Produce available 3:30 Knitting and Needlework</p> <p>20</p>	<p>21 9:00 Yoga with Carol Vega 10:00 Felt craft ~Autumn Decor 11-12:30 Brown Bag Lunch Pickup 1:00 Advance Care Planning -HAMV 1:00 Mahjong</p>	<p>22 8:30, 9am Fish Distribution 9:30 Tai Chi 11:00 Qigong 12:30 Bridge</p>	<p>23 9:30 Poetry 1:00 Men's Cards 1:00 BINGO</p>	<p>24 <b>NORTH END TRIP</b> 9:30 Mindful Meditation 10:00 Discussion Group 1:00 Mahjong</p>
<p>8:30, 9am Fish Distribution 10-12 Open Cupboard 12:30 Bridge 1:00 Gleaning Produce available 3:30 Knitting and Needlework</p> <p>27</p>	<p>28 9:00 Yoga with Carol Vega 10:00 Felt craft ~Autumn Decor 11-12:30 Brown Bag Lunch Pickup 1:00 Mahjong</p>	<p>29 8:30, 9am Fish Distribution 9:30 Tai Chi 11:00 Qigong 12:30 Bridge</p>	<p>30 9:30 Poetry 1:00 Men's Cards 1:00 Movie "The Money Pit"</p>	 <p>SEPTEMBER</p>

## Falls Prevention week is September 20-24th



### Falls are *not* a normal part of aging.

From the National Council on Aging:

### Debunking the Myths of Older Adult Falls

<https://www.ncoa.org/article/debunking-the-myths-of-older-adult-falls>

### Maintain Good Eye Health.



Have regular check ups  
with your eye doctor

### Keep Feet Healthy.



Maintain your  
foot health by  
wearing supportive foot-  
wear with a proper fit.  
Also keep in mind that  
as you age, you may lose  
sensation in your feet.

### Many commonly used medications can increase your risk for falls.

Be sure you know the side effects and drug interactions of your prescription and over the counter medications. Taking certain medications increases your risk for falling. Discuss any concerns and risks with your doctor, as well as your pharmacist.



### Use a home audit tool.

You can also reach out to a local agency who will perform a home safety audit for free to assess your home's safety and help you to make necessary safety improvements.

- **Home self audit, AARP Checklists and Templates to make your home safer**—<https://www.aarp.org/livable-communities/housing/info-2020/homefit-worksheets.html>
- **HAMV Home Safety Modification Program** will help you identify areas of concern in your home and install safety equipment to address your needs. Call your local COA to participate.
- **The Anchors EMT Outreach Program** will come to your home to assess its safety and make recommendations. Call Victoria for more information.

### Get Moving!

Regular exercise is one of the best prevention tools for falls.

The Anchors offers Tai Chi, Qigong, Yoga, & Walking Group. Join us! Call Meris for more info.

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/fall-prevention-exercises>



*Compiled for you by the Edgartown Council on Aging  
10 Daggett Street Edgartown, MA 02539 ~ 508-627-4368*





# Edgartown Council on Aging Trip

Nantucket Whaling Museum and historic downtown.

Thursday, October 7th

## Itinerary

**9:05am** Depart *Oak Bluffs*

**10:15am** Arrive *Nantucket*

**11:00am** Whaling Museum self-guided tour. 13 Broad St.

**12-5pm** Take the afternoon to explore, shop, dine, enjoy!

## Return trip

**5:30pm** Depart *Nantucket*

**6:40pm** Arrive *Oak Bluffs*

## Pricing

Round trip Hyline ticket:  
**\$30** cash, or check payable to The Friends of the Edgartown Council on Aging. **Check or cash must be received by 10/1/21**

The Nantucket Whaling Museum has generously provided free admission to our entire group, welcoming us as their guests.

## Recommendations

### Art

- The Gallery at 4 India Street
- The Four Winds Craft Guild
- Nantucket Looms

### Restaurants

- Dune
- The Gaslight
- Backyard BBQ
- Charlie Noble
- Town

- Tacos Tacos

### Sites to check out

- First Congregational Church Tower Tour—62 Centre St
- St Paul's Church, Tiffany Windows- 20 Fair Street
- Brant Point Lighthouse

### Adventures out of town, by Taxi or The Wave

- Cisco Brewery
- Bartlett Farm
- Madaket

## Emergencies

If you need to get in touch with trip staff for any reason, please call the Anchors.

**508-627-4368**

Someone will call you right away.

Staff attending trip:  
Lyndsay Famariss &  
Meris Keating

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!

EOA 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, September 2nd @ 1pm  
2021. 1hr 40 min



ELLEN BURSTYN JAMES CAAN ANN-MARGRET JANE CURTIN CHRISTOPHER LLOYD and LORETTA DEVINE

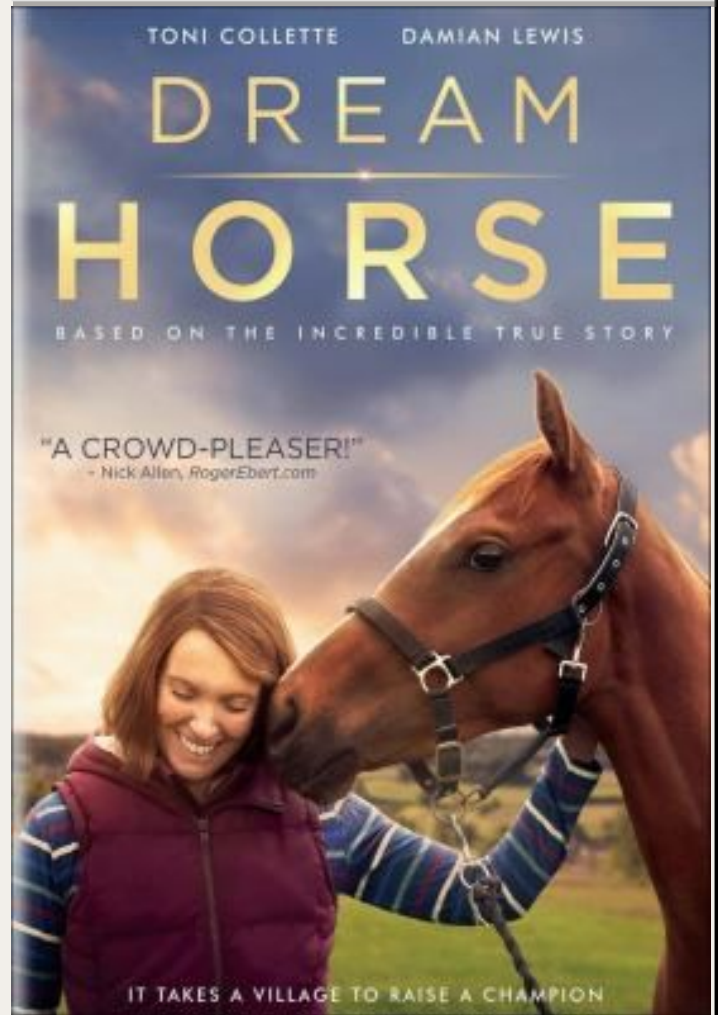
QUEEN BEES

A COMEDY ABOUT THE YOUNG AT HEART



~MOVIE AT THE ANCHORS~

Thursday, September 16th @ 1pm  
2020. 1hr 53min



TONI COLLETTE DAMIAN LEWIS

DREAM HORSE

BASED ON THE INCREDIBLE TRUE STORY

"A CROWD-PLEASER!"  
- Nick Allen, RogerEbert.com

IT TAKES A VILLAGE TO RAISE A CHAMPION

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.