

THE ANCHORS 508-627-4368 P.O. Box 1295 Edgartown 02539

Edgartown Council on Aging



Dick Jennings' Bird Talk in August. Dick provided the audience a fascinating look into the world of osprey. The talk explored some of the technology used in tracking osprey migration, nesting habits, and their unique taste in building sites. We're looking forward to another talk in the fall.



A group of Opera fans listen to Susan Grunthal illustrating some of modern Opera's greatest singers. We thank Susan for sharing her passion for opera with us and look forward to next August, when she plans to present four more of the greats. Susan illustrates her talks with clips from the operas and singers being discussed.



Michael Quinlan gave two fascinating lectures to Anchors audiences this summer. Michael delivers complex global issues in a thorough yet digestible manner. Tune in next time for his excellent opportunity to gain understanding and awareness of history and current events. We very much look forward to his return next season.

www.edgartowncoa.com



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.

Brown Bag Lunch Pickup

Tuesdays and Fridays

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

Please call the week before to register. 508-627-4368

Tuesday SANDWICHES

~ with dessert

\$3

- 9/6 No lunch
- 9/13 Turkey Gobbler
- 9/20 Curried Chicken Salad
- 9/27 Veggie Wrap

Friday Café

~ with soup & dessert

\$5

- 9/2 No lunch
- 9/9 Meatloaf
- 9/16 Black Bean Burrito
- 9/23 Roast Pork
- 9/30 Chicken Marbella



September 2022

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

<p>Please note that the Anchors is closed for Labor Day.</p>		<p>BLUE = OTHER LOCATION PURPLE = ZOOM GREEN = ANCHORS</p>	<p>9:30 Poetry 11 Conversations 1 Card Group 1 Movie: 'Our Father'</p>	<p>1 9:30 Mindful Meditation 12 Friday Café 1 Mah Jong</p>
	<p>5 10 Knitting for Charity 11 Medications and Falls Talk 12 Tuesday Lunch 1 Mah Jong</p>	<p>6 9:30 Tai Chi 12:30 Bridge</p>	<p>7 9:30 Poetry 11 Conversations 1 Card Group 1 Bingo</p>	<p>8 9:30 Mindful Meditation 12 Friday Café 1 Mah Jong</p>
<p>9am Hearing Wellness with Shawn 12:30 Bridge 10 Genealogy 3:30 Knitting and Needlework</p>	<p>12 10 Knitting 11 Coffee w/ a Cop 12 Town Nurse 12 Tuesday Lunch 1 Mah Jong</p>	<p>13 9:30 Tai Chi 11 Tech Time with Rizwan 12:30 Bridge</p>	<p>14 9:30 Poetry 11 Conversations 1 Card Group 1 Movie: 'A Dog's Way Home'</p>	<p>15 ECO BOARD 9:30 Mindful Meditation 12 Friday Café 1 Mah Jong</p>
<p>19 10 Genealogy 12:30 Bridge 3:30 Knitting and Needlework</p>	<p>20 9 Yoga 10 Knitting for Charity 12 Tuesday Lunch 1 Mah Jong</p>	<p>21 8:30 Derby Fish Distribution 9:30 Tai Chi 11:00 Tips for Using Canes & Walkers 12:30 Bridge</p>	<p>22 9:30 Poetry 11 Conversations 1 Card Group 1 Bingo</p>	<p>23 9:30 Mindful Meditation 12 Friday Café 1 Mah Jong</p>
<p>26 8:30 Bonus! Fish Distribution 10 Genealogy 12:30 Bridge 3:30 Knitting and Needlework</p>	<p>27 9 Yoga 10 Knitting for Charity 12 Tuesday Lunch 1 Mah Jong</p>	<p>28 8:30 Derby Fish Distribution 9:30 Tai Chi 12:30 Bridge</p>	<p>29 9:30 Poetry 9:30 A Matter of Balance 11 Conversations 1 Card Group 1 Adele Dreyer ~ Jazzy American</p>	<p>30 9:30 Mindful Meditation 12 Friday Café 1 Mah Jong</p>

Programs and Services

Coffee with a Cop

Coffee with a Cop Tuesday, September 13th 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

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 resumes on Wednesday, September 7th at 9:30am and is held each Wednesday at 9:30am. Class meets for tea after their session. Please call to register or for more information. \$10 per class

Yoga with Carol Vega resumes Tuesday, September 20th at 9am. Class meets every Tuesday at 9am. \$10 per class

A Matter of Balance is an 8-week long evidence based program designed to reduce fear of falling. Classes meet Thursdays 9/29-11/17 from 9:30-11:30 at the Anchors. Registration for this class is filled but please call 627-4368 to be put on a waitlist and to be called for future offerings.

Games

Bingo Thursdays, September 8th & 22nd 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.

Lifelong Learning

Genealogy group moves to Mondays at 10am. Would you like to research your family tree further or finally transfer all of those handwritten

documents to a genealogical database? You never know what interesting things you might find! Call to register and contribute to your family tree.

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

Adele Dreyer performs on the piano at the Anchors Thursday, September 29 at 1pm. Jazzy American classical music, featuring George Gershwin's Rhapsody in Blue.

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.

Tech Time

Tech Time with Rizwan Wednesday, Sept 14th at 11am. Call to register. 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 with advanced notice by calling.

Older Adult Transportation Summit

brought to you by Healthy Aging Martha's Vineyard. Tues, Sept. 20 7-8:30pm. Learn about the transportation challenges Martha's Vineyard's Older Adults face in their aging journey. Hear what options are available today and what we are doing to address the growing need for alternative transportation options, both on-and off-Island. In person at the Martha's Vineyard Film Center Or attend by zoom by contacting ctrish@hamv.org to receive a zoom link

Trip

Trip to Nantucket via Hyline cruises. Monday, October 3rd. \$35 for round trip ferry tickets only. You must contact Meris to register and to receive the promo code and trip info.

Wellness

Shawn Woodbrey hearing aid specialist from At Home Hearing Healthcare. Monday, Sept 12. 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 Tues. Sept, 13th. 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.

Women's Club Membership

The Women's Club of Martha's Vineyard is seeking new members of all ages. Become a part of this wonderful fellowship of women who have been supporting and empowering each other and countless other island non-profits since 1898 through advocacy, collaboration, fundraising, and education. Call Carolyn for more information. 508-627-7308. Or email her at odaly1947@gmail.com Or email her at odaly1947@gmail.com



2021

Fish Distribution at The Anchors

Wednesday, Sept 14th

Wednesday, Sept 21st

BONUS: Monday, Sept 26th

Wednesday, Sept 28th

Wednesday, Oct 5th

Wednesday, Oct 12th

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

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



Get to know the Board of the Edgartown Council on Aging



**Rosemary Cunningham,
Board Chair**

I have served on the ECOA board since 2017, and am currently the Board Chair. I was born and raised in the Bronx, New York. After earning a BA in History with a minor in education from Hunter College, we moved to the Jersey Shore. I then received a Master's degree in Education from

Monmouth College. My first 15 years in education were spent teaching and supervising in the history departments from elementary through high school. The next 23 years of my career was spent as principal of both elementary and high school levels. During my tenure I worked with students and older adults to create and implement an intergenerational program. The goal was to provide opportunities to share ideas and experiences in the classroom and in the senior community – helping bridge the gap of understanding across generations.

In July of 2016, I moved to my home here in Edgartown, becoming a full time resident and embarking on a new phase of my life. I consider my appointment to the board of directors in 2017 a distinct privilege and honor that has enabled me to further my efforts in helping to make a positive contribution to Edgartown and the elder community of our island.

The Anchors is a very special place where the staff and participants have created a culture that welcomes all and provides numerous opportunities to join through various activities. Anyone who wishes to be a part of the Anchors community will find a place to share their knowledge and talents, receive support, or just come to be with others. People who come here will find a smile and someone who listens. I am proud to be part of the Anchors and will do my very best to continue to nurture that culture of welcoming.

Marvene O'Rourke, Co-Chair

I grew up in a small rural town in south central Pennsylvania. When I went to the University of Maryland, my father's alma mater, the campus had a population 15 times larger than my hometown! It was there that I received a Bachelor of Arts degree in communication and later, a Masters degree from

American University.

The Washington, D.C. area was my home for nearly 40 years. I enjoyed a 30+ year career in international relations working closely with management of four different agencies such as the State Department, other U.S. departments and representatives of foreign governments to develop and implement projects, programs and in some cases research. My work gave me an opportunity to travel to a dozen countries ranging from Europe to Malaysia and Pakistan with multiple trips to Russia. I used to joke, "they kept sending me to Siberia and it took me a while to 'get it.'" My husband often accompanied me on these trips after he retired. I recall with mixed emotions that he spent his days in Vienna's cafes while I was in meetings at the UN Crime Commission.

We have been coming to the Vineyard since 1977. We built our house on Chappaquiddick in '89 and have been living here year round for 20 years now. Life on the Vineyard has never been dull.

I have spent much of my retirement involved in volunteering for various organizations on the island. I volunteered at the Museum with Linsey Lee to preserve memories and stories of Vinyarders for future generations. I was then a member of Friends of the Library for several years.

In 2010 I became a member of the Board of Directors of the Chappaquiddick Community Center (CCC). A year later I was elected President. Together with the board we raised money to repair the aging building, oversee construction projects and implement improvements. We organized a full schedule of programs year round, from potluck dinners to Pilates, as well as a wide range of cultural offerings and special events. Although I still participate in CCC activities, my tenure as President concluded in August 2016.

My current role at the ECOA offers a meaningful opportunity to be of service to the community and make a positive contribution to a large and growing population. I am particularly happy to be part of the 5-Year Planning Committee as we look to the future and seek ways to enrich the lives of the ECOA population.

The pandemic slowed us all down, but I hope to get back to riding my bicycle, painting and swimming while I continue with yoga 3 to 4 times a week.

Nancy Ignacio

I was born in Boston Mass. and graduated from Boston University with a BA in Soviet and East European Studies. I received a Master's in Teaching

from Rhode Island College while raising the three kids. While we lived in Tiverton, RI, I taught Remedial Reading at Bristol Community College. We then moved to Buffalo NY, where I taught English as a second language (ESL) to Immigrants migrants and refugee adults. After many years in Buffalo, we moved to Milwaukee, WI, where for two years I was Director of the ESL program at Literacy Services of Wisconsin. Then off to Van, Texas for two years raising grass fed beef on a fifty-acre farm in East Texas. Our son married an island girl and when they had a baby, we moved to the island (about six years ago), and built a little house in our son's backyard. (Yes, we have moved a lot!)

I wouldn't call them talents but I do enjoy crosswords, knitting, and reading. I am also passionate about chickens. What is most important to me concerning the Senior Center, is to continue to have a welcoming home-like environment for our seniors, and the ability to take care of the ones in need. It's a wonderful organization that I'm proud to be a part of.

Jay Sigler was born in Paterson, New Jersey in 1933. He was raised, schooled and played in Newark, New Jersey until going to college in 1951. He earned a B.A., J.D. (law); and Ph.D. degree from Rutgers University. After a brief law practice, he began as a college teacher at Kent State University. Subsequently he taught at the University of Vermont and Rutgers University. Jay wrote six books and numerous articles. He married his wife Janet in 1984. They honeymooned in Edgartown and retired there in 1998. His hobby is play reading. I deeply respect the ECOA staff's ability to reach out to those who need help and also the efforts the staff makes to provide the highest levels of service. It's more than just a job - it is a commitment.



John Dropick

Having obtained his law degree from the University of Connecticut School of Law, John is currently a member of the Massachusetts Bar, Federal Bar, and the Connecticut Bar. His legal career spanned over 30 years, where his work as a Senior Assistant State's Attorney, involved heading up the Statewide Prosecution Unit for the Environment, the Chief State's Attorney's Arson Unit, and work on the Chief State's Attorney's Special Investigation Unit of the Statewide Organized Crime Investigative Task Force.

After raising two sons and a daughter in Simsbury CT, John and his wife Dorothy have lived year-round on Chappaquiddick for over 20 years, and are the proud grandparents of two brilliant and kind granddaughters.

Having served on the Good Shepherd Parish Finance Committee, trained and volunteered as an EMT for the Edgartown Fire Department, served as Treasurer of the Chappaquiddick Island Association, John currently is a board member of the Chappaquiddick Community Center, and is a 15 year volunteer with the AARP Tax Aide Program here on Martha's Vineyard, in addition to his volunteer work as a board member of the Edgartown Council on Aging.

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We are grateful for the commitment of time and energy we receive from each and every one of our board members. And we feel lucky to be supported by such a unique breadth of skills and experience.

If you are interested in becoming a member of our board, please contact administrator Lyndsay Famariss at lfamariss@edgartown-ma.us or by calling 508-627-4368

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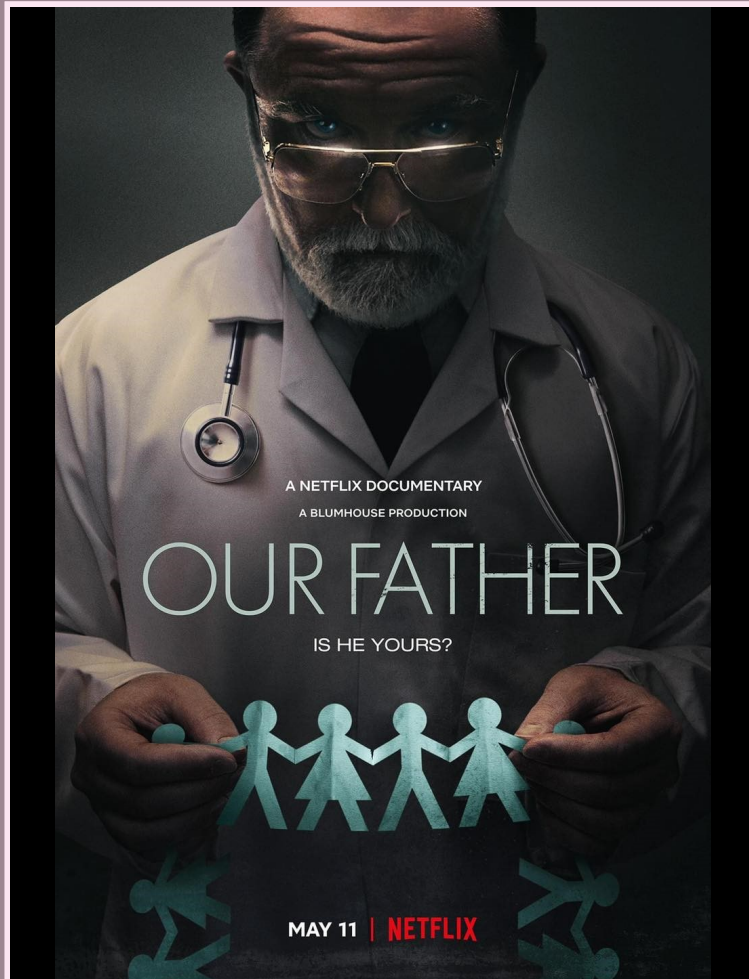
Board Members

Rosemary Cunningham, Chair
Marvene O'Rourke, Co-chair
Nancy Ignacio
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



Our Father, 2022. Documentary 1hr 37 min. Thursday, Sept. 1 at 1pm. After a woman's at-home DNA test reveals multiple half-siblings, she discovers a shocking scheme involving donor sperm and the popular and controversial fertility specialist Doctor Donald Cline.



A Dog's Way Home, 2019. 1hr 37min. Thursday, Sept 15 at 1pm. As a puppy, Bella finds her way into the arms of Lucas, a young man who gives her a good home. When Bella becomes separated from Lucas, she soon finds herself on an epic 400-mile journey to reunite with her beloved owner. Along the way, the lost but spirited dog meets a series of new friends and manages to bring a little bit of comfort and joy to their lives.

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.

