

Edgartown Council on Aging

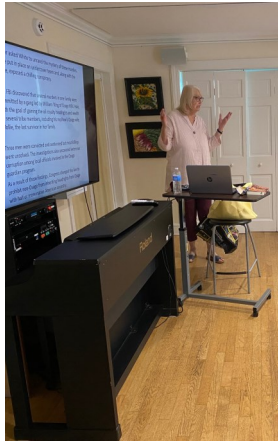
September 2023



Denise Schepici, MVH President and COO, poses with the Anchors own, Bill Glazier after he won 2nd place in the 5k. Congratulations, Bill! You rock!



Our invaluable and dedicated volunteer driver, Bruce DiRuggiero, brought his daughter Elsa and grandson Whit in for a visit. What a treat! Lyndsay pictured getting some baby time with sweet little Whit.



Nancy Lotz talk on the Osage Nation in late July.



Jay Sigler joined Adele at the piano to sing "Summertime."





FALLS PREVENTION IS A TEAM EFFORT

DOCTOR

Talk to your doctor about falls, especially if you have fallen, have a fear of falls or are unsteady on your feet.




September is falls prevention awareness month. Thanks goes to Natasha Snowden, PT for kicking off falls prevention month with a highly informative interactive falls prevention Lunch n' Learn.



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

Lunch is served at 12noon. Please come beforehand to find a seat.
Exact change is appreciated. No walk-ins please.

You must call by 12noon the day before lunch to reserve your spot.

Tuesday Lunch ~ with soup & dessert

9/5 Chicken Salad with
Greens

\$5

9/12 Sloppy Joe

9/19 Caprese Sandwich

9/26 BBQ Pork Sandwich

Friday Café ~ with dessert

9/1 Chicken Curry with Rice

9/8 Meatloaf

9/15 Chicken Pesto Pasta

9/22 Roasted Pork Loin

9/29 Eggplant Parmesan

\$7

Open Cupboard

The Edgartown Council on Aging is a partner of the Greater Boston Food Bank. Income eligible people may pickup at the Anchors.

Call Donna to request a pickup date and time.

We always have an assortment of dry, canned, frozen, and fresh food items as well as toiletries for anyone in need.

Frozen soups and meals are available every day for your convenience. Limit 4 per person.

Soups: 2 for \$5

Meals: \$5



September 2023

To register, or to learn more about programs at the Anchors, call 508-627-4368 or visit www.edgartowncoa.com

Monday	Tuesday	Wednesday	Thursday	Friday
<p>BLUE = OTHER LOCATION PURPLE = ZOOM GREEN = ANCHORS</p>	<p>The Anchors is open Mon-Fri 9am-4pm</p>			<p>1 9:30 Mindful Meditation 12 Friday Café 1 Mah Jongg</p>
<p>CLOSED HAPPY LABOR DAY!</p> 	<p>4 10 Knitting 1 Mah Jongg</p>	<p>5 9:30 Tai Chi 10 Mah Jongg-EPL 12:30 Bridge</p>	<p>6 11 Ted Talks Conversations 1 Bingo</p>	<p>7 9:30 Mindful Meditation 12 Friday Café 1 Mah Jongg</p>
<p>11 9am Hearing Wellness 10 Oil Pastels 12:30 Bridge</p>	<p>12 9 Yoga 10 Knitting 12 Tues Lunch 11 Coffee w a Cop 12 Tues Lunch 1 Mah Jongg</p>	<p>13 8:30 FISH 9:30 Tai Chi 10 Mah Jongg-EPL 11 Tech Time with Rizwan 12:30 Bridge 1 Red Dragons</p>	<p>14 11 Ted Talks Conversations 1 Movie: Beanie Bubble</p>	<p>15 ECO Board 9:30 Mindful Meditation 12 Friday Café 12-1 Wellness Clinic with Town Nurse 1 Mah Jongg</p>
<p>18 10 Oil Pastels 12:30 Bridge</p>	<p>19 9 Yoga 10 Knitting 12 Tues Lunch 12 Falls Trivia 1 Mah Jongg</p>	<p>20 8:30 FISH 9:30 Tai Chi 12:30 Bridge</p>	<p>21 11 Ted Talks Conversations 1 Bingo</p>	<p>22 9:30 Mindful Meditation 12 Birthday Café 12 Denise Schepici of MVH 1 Mah Jongg</p>
<p>25 10 Oil Pastels 12:30 Bridge</p>	<p>26 9 Yoga 10 Knitting 12 Tues Lunch w Artist Rick Lee 1 Mah Jongg</p>	<p>27 8:30 FISH 9:30 Tai Chi 12:30 Bridge</p>	<p>28 11 Ted Talks Conversations 1 Movie: Sam & Kate</p>	<p>29 9:30 Mindful Meditation 12 Friday Café 1 Mah Jongg</p>

Programs and Services

Art Making

Oil Pastels Drawing Studio Mondays, Sept. 11, 18, & 25. Visit www.edgartowncoa.com for info

Artist of the Month

Rick Lee will be showing a selection of his paintings at the Anchors in September. Please join us for his Artist's lunch on Tuesday, September 26, at 12noon. Please call ahead to register.

Closures

The Anchors will be closed on Monday, September 4 for Labor Day.

Coffee with a Cop

Coffee with a Cop Tuesday, September 12 at 11am. Join us for a conversation with Sergeant Will Bishop from the EPD. Catch up on the latest from the department and meet some of the other officers.

Conversation Group

Conversations and Tedx Talks Thursdays from 11am-12pm. All are welcome.

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 Resumes 9/12. Tuesdays at 9am. First class? Please call to let us know you're coming.

Games

Bingo Thursdays, September 7 & 21 at 1pm. Come and have some good clean fun!

Bridge Group meets Mondays and Wednesdays from 12:30-3:30pm. To join, please call 508-627-4368.

Mah Jongg meets Tuesdays and Fridays at 1pm. Please call to register in advance 508-627-4368

Mah Jongg for Beginners (or a Refresher) Classes held at Edgartown Public library Weds Sept 6 & 13 from 10:00-12. Space is limited so be sure to register by calling the library at 508-627-4221 or online at:

Games cont.

<https://www.edgartownlibrary.org/adult-programs/calendar>

Learn the fundamentals of American Mah Jongg, a social, challenging game that requires practice, strategy and some luck! You will become familiar with the National Mah Jongg League rules while gaining an understanding of the basics, the tiles, reading the card, the Charleston and game play. Come meet new people and have fun learning this three/four player game!

Knitting & Needlework

Knitting at the Anchors meets weekly on Tuesdays from 10am-12noon.

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, contact Ms Rasheda Dickerson directly at 774-487-3251.

Lunch & Learn

Falls Prevention Trivia during lunch on Tuesday, September 19. HAMV will also have a falls information table with resources and info to share in light of falls prevention week.

Denise Schepici President and COO of Martha's Vineyard Hospital, joins us to talk about what's new at the island's hospital with a focus on services for older adults. During lunch on Friday, September 22.

SHINE

SHINE counselor Bill Glazier is available by appointment for phone consultations to help you navigate the world of Medicare and prescription plans. Call for an appointment.

Technology

Tech Time with Rizwan Wednesday, Sept 13 beginning at 11am. Call to register for a 20 minute 1-1 session. Rizwan will help answer your questions about using your laptop, smartphone, iPad, or other devices.

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 select programs and local errands, including a Tuesday morning shopping shuttle to the Stop & Shop. If you live on Chappy and need a ride to the Boston Medivan on an upcoming Tuesday, please call the Anchors to schedule. Please call to reserve your Medivan ride after making your medical appointment.

Wellness

Shawn Woodbrey hearing aid specialist from At Home Hearing Healthcare. Monday, Sept 11. 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.

Virtual Urgent Care through Mass General
Hours: 7 a.m.–11 p.m., 7 days a week, including holidays. <https://www.massgeneralbrigham.org/en/patient-care/virtual-care/virtual-urgent-care?>

Like traditional urgent care (also called “walk-in” care,) virtual urgent care is an option to be seen and treated for minor illnesses and injuries that do not require attention from a hospital emergency department. But with virtual urgent care, patients can receive one-on-one treatment from medical providers without leaving their homes.

Available to patients age 3 and up in Massachusetts and New Hampshire. Persons under 18 must be accompanied by a parent or guardian.

If you are an existing Mass General Brigham patient with a [Patient Gateway account](#), you can schedule an urgent care appointment via Patient Gateway. You can schedule a virtual urgent care appointment for a specific time slot later today or tomorrow.

To do this, log-in to your Patient Gateway account. Go to the “Menu” and find “Virtual Urgent Care On-Demand” in the Menu or search in the search bar. Follow the instructions to schedule a visit.

Wellness Clinic with Public Health Nurse

Tuesday, September 11 from 12-1pm. Come by and have your blood pressure checked, or consult with the nurse about your health.



2023 Fish Distribution at The Anchors

Wednesday, Sept 13th

Wednesday, Sept 20th

Wednesday, Sept 27th

BONUS: Monday, Oct 2nd

Wednesday, Oct 4th

Wednesday, Oct 11th

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

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



September Artist of the Month at the Anchors

Rick Lee

Originally from the Boston area, Rick attended the University of Wisconsin where he earned a BS and MA in design. He then spent the majority of his career in New York and Boston, before settling into the communities of Gay Head and Palm Beach.



In the 1970's through the 80's, Rick



worked mainly in steel, creating sculptures which can be found today in public spaces, museums, and private collections. One of his steel corten sculptures is featured in a book about public art in Boston.

Originally a steel sculptor, he made the transition to oil painting in 1990. Rick was primarily concerned with

portraying motion in both steel and later in painting with photography. He called it: "abstract photo realism". Today he paints any subjects of interest to him without predetermined relationships to other themes.



Lee has never strayed from the creative life. When not creating his own



artwork, he spent many years sharing his passion by teaching art history. He is also a dealer of art and antiques. In his own words, he has spent his life 'making things'.

Falls Prevention week is
September 18-22



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 doc-

**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 interac-
tions of your prescription and over the
counter medications. Taking 5 or
more medications increases your
risk for falling. Discuss any con-
cerns and risks with your doctor, as
well as your pharmacist.



In your home

- Home self
audit, AARP Checklists and
Templates to make your home safer
[https://www.aarp.org/livable-
communities/housing/info-2020/
homefit-worksheets.html](https://www.aarp.org/livable-communities/housing/info-2020/homefit-worksheets.html)
- HAMV's Home Safety Modification
Program will facilitate the installation
of safety equipment in your home,
such as handrails and grab bars, at
reduced cost or no cost for income
qualified. Call your local COA to
participate.

A Matter of Balance

Helps older adults reduce their fear of
falling by learning to view falls as
controllable.

A Matter of Balance will set goals for
increasing activity levels, encourage small
changes to reduced fall risks at home, and
ways to exercise to increase strength and
balance.

This 8-week long, evidence based program
is being offered throughout the year, on a
rotating basis, at island councils on aging
and the YMCA. Check here for upcoming
workshops [https://www.hamv.org/falls-
prevention#:~:text=Mission%](https://www.hamv.org/falls-prevention#:~:text=Mission%)

Get Moving!

Regular exercise is one of the best
prevention tools for falls. The Anchors
currently offers Tai Chi, Qigong, & Yoga.
Join us! Call for more info.

[https://www.hopkinsmedicine.org/health/
wellness-and-prevention/fall-prevention-
exercises](https://www.hopkinsmedicine.org/health/wellness-and-prevention/fall-prevention-exercises)

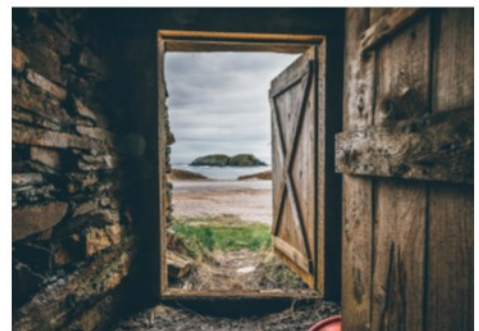


*Compiled for you by the Edgartown Council on Aging
10 Daggett Street Edgartown, MA 02539 ~ 508-627-4368*



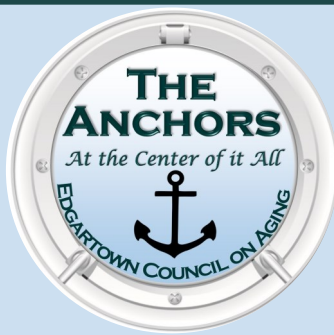


*Studying Doors in Oil
Pastels - A drawing studio
with Meris Keating
at the Anchors
Mondays, September 11, 18,
and 25 from 10-11:30am.*



Board Members

Rosemary Cunningham, Chair
Marvene O'Rourke, Co-chair
Nancy Ignacio
John Dropick
Lisa Sherman
Janice Belisle, Friends of ECOA rep



ECOA Staff

Lyndsay Famariss, Administrator, 213
Meris Keating, Director of Senior Services, 214
Victoria Haeselbarth, Outreach Worker, 215
Donna Paulson, Receptionist, 210
Chris McMahon, Cook
Bill Glazier, Part-time Outreach Worker, 212



The Beanie Bubble. 2023. Thursday, September 14, 1pm. 1hr 38min.

The unbelievable tale of one of America's most fascinating phenomena -- Beanie Babies. Flashing back to the '90s and early 2000s, an in-depth look at how the era-defining zeitgeist came to be.



Sam & Kate. 2022. Thursday, September 28, 1pm. 1hr 50min.

A life-affirming family dramedy that takes place in a small town in the heart of the country. Dustin Hoffman plays Bill, a larger-than-life father to Sam (Jake Hoffman) who has returned home to take care of Bill, whose health is failing. While he's there, Sam falls for local woman Kate (Fisk); at the same time, Bill starts to fall for Kate's mom Tina (Spacek). The course of true love never runs smooth, and these four will be forced to confront their pasts while trying to make new love work in 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.

