

—September 2019—

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

# Edgartown Council on Aging



Barb looking aglow behind some beautiful local flowers.



Karen, Esmerelda, Shirlee, and Joan enjoying an afternoon of good company and Mah Jong.



Chivalry lives! Paul and Lucy. Photo credit to Trudy Williams.



The Vineyard Sound. Always a good time!

## A Huge Thank You!


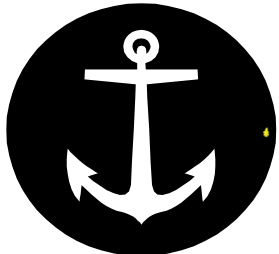

To Old Town Gardens, Slip Away Farm, Morning Glory, Whippoorwill, the Good Shepherd Parish, and the Gleaners for their generous donations of flowers and wonderful vegetables throughout the summer season. Your donations inspired and beautified many a dinner table this season.

We also thank the Friends of the ECOA, and all our amazing volunteers providing us with the support we need to continue offering diverse and enriching programs to the older adults of Edgartown.

The Anchors' Website: [www.edgartowncoa.com](http://www.edgartowncoa.com)

# THE ANCHORS NEWSLETTER

September 2019 *Monday–Friday from 9-4*

Monday	Tuesday	Wednesday	Thursday	Friday
Outreach M-F <b>2</b> The Anchors is CLOSED 	<b>3</b> 8:30 Strength Training 10 Needlework for Charity 12 \$3 Tuesday Lunch 1 Mah Jong 1-3 SHINE appointments	<b>4</b> 12:30-3:30 Bridge 1-3pm HAMV Advanced Care Planning	<b>5</b> 8:30 Strength Training 9:30 Poetry Group 2 Needlepoint and More!	<b>6</b> 10 Conversation Group 12 \$5 Friday Café 1 Mah Jong
<b>9</b> 9:00 Hearing tests with Shawn- by appt. 12-3 Bridge 3:30-5:30 Mindful Knitting	<b>10</b> 8:30 Strength Training 10 Needlework for Charity 12 \$3 Tuesday Lunch 1 Mah Jong 1-3 SHINE appointments	<b>11</b> 12:30-3:30 Bridge	<b>12</b> 8:30 Strength Training 9:30 Poetry Group 1pm Movie "Bohemian Rhapsody" 2 Needlepoint and More!	<b>13</b> 12 \$5 Friday Café 12:30 Meet the Artist of the Month 1 Mah Jong
<b>16</b> 12-3 Bridge 3:30-5:30 Mindful Knitting	<b>17</b> No strength training 10 Needlework for Charity 12 \$3 Tuesday Lunch 12:15 Falls Prevention Trivia 1 Mah Jong 1-3pm Foot Clinic by Appt.	<del>Fish Distribution</del> <b>18</b> 9:30 Tai Chi 12:30-3:30 Bridge 1-3pm HAMV Advanced Care Planning	<b>19</b> No strength training 9am Yoga 9:30 Poetry Group 1-3 Attorney appts. 2 Needlepoint and More!	<b>20</b> <del>ECOA Board Meeting</del> 10 Conversation group 12 \$5 Friday Birthday Café 1 Mah Jong
<b>23</b> 12-3 Bridge 3:30-5:30 Mindful Knitting	<b>24</b> <del>NO LUNCH TODAY</del> 8:30 Strength Training 10 Needlework for Charity 1 Mah Jong 1-3 SHINE appointments	<del>Fish Distribution</del> <b>25</b> 9:30 Tai Chi 12:30-3:30 Bridge 3 Book Group	<b>26</b> 9am Yoga 9:30 Poetry Group 1pm Movie "The Legend of 1900" 2 Needlepoint and More! 3:30 Strength Training	<b>27</b> <del>NO LUNCH TODAY</del> 7:00 am Trip to Downton Abbey & Boston's North End 1 Mah Jong
<b>30</b> 12-3 Bridge 1-3 Open Cupboard 3:30-5:30 Mindful Knitting			"Age does not diminish the extreme disappointment of having a scoop of ice cream fall from the cone".	



## ~What's Happening at the Anchors and Beyond~

Please Call to Reserve 508-627-4368; Email [mkeating@edgartown-ma.us](mailto:mkeating@edgartown-ma.us)

**Conversation Group** meets on Friday, September 20th at 10 am. Refreshments. Please call to reserve, 508-627-4368.

**Poetry Group** meets Thursdays at 9:30am. Call for information

**The Anchors Bridge** group meets weekly throughout the year. Mondays from 12 til 3; Wednesdays 12:30-3:30. To join, call Carol Fligor at 508-627-8811 or email her at [fligors@comcast.net](mailto:fligors@comcast.net).

**Book Group** Wednesday, September 25th, at 3pm. Led by Jill Jupen. September's book is *The Winter of our Discontent* by John Steinbeck.

**Ear Wellness** with Shawn Woodbrey, licensed hearing aid specialist, Monday, September 9th, appointments begin at 9 am. Hearing tests are 30 minutes; general ear check and hearing aid checks are 15 minutes. No cost. Call Meris for appointment.

**Foot Care \*Non-Diabetic** with Grete Christiansen. Appointments on Tuesday, September 17th, from 1 til 3pm. Call the Anchors for appointment. (1/2-hr treatments \$30).

**Falls Prevention Trivia** Tuesday September 17th during lunch we will learn what increases risk of falls, and how to prevent falls in your home and life. Take home the CDC's Home Audit tool to learn if your home is safe.

**Advanced Care Planning** on Wednesdays, September 4th and 18th, 1-3 at The Anchors. Healthy Aging MV's free 2-part workshop will show you how to choose a health care agent, prepare a proxy, and get it on file at the hospital. Call The Anchors to reserve: 508-627-4368

**Edgartown Bowlers** Monday, Oct. 7th from 11:30-1:30 at Barn Bowl & Bistro. All for fun! Lunch included, \$10. Call to sign up, 508-627-4368.

**Fish Distribution** — Donated by Striped Bass and Bluefish Derby Fishermen and Women Wednesdays, September 18th, to October 16th. Doors open at 8 am. In order of arrival, each person receives a number. As soon thereafter as possible, fish will be cheerfully distributed to each as his/her number is called. Coffee and snacks.



**Mah Jong** Tuesdays & Fridays at 1 pm.

**Downton Abbey Exhibit and Trip to Boston's North End** Friday September 27th, leaving on the 7 am VH and returning on the 6:15 pm from Woods Hole. This trip is nearly full. Call or email Meris for more information.

**SHINE Appointments with Bill Glazier** Tuesdays 1-3 by appointment. Call Anchors for an appointment. Free unbiased health insurance counseling information and assistance to those with Medicare, approaching Medicare eligibility, and their caregivers .

**Movies and Popcorn at the Anchors** Thursday September 12th at 1pm: "Bohemian Rhapsody". Thursday, September 26th at 1pm: "The Legend of 1900". Call to reserve.

### Health and Wellness —Call to register prior to classes and clinics

**Got Strength? Strength Training Class with Lisa Amols** Tuesdays & Thursdays @ 8:30 am. Thursdays move to 3:30pm on 9/26; Call Lisa at 508-693-1009 before first class. Punch cards available, join anytime. Talk with Lisa about walk-in pricing. Visit her website at [www.lisasstudiomv.com](http://www.lisasstudiomv.com).

**Tai Chi with Nan Doty** returns September 18th. Tai Chi for those with 'some experience', Wednesdays at 9:30am. Tai Chi for Beginners 11am-12noon. Please call the Anchors to sign up. 508-627-4368

**Yoga with Carol Vega returns!** Thursday, September 19th from 9 am – 10am

**Creatives:** **Mindful Knitting** Mondays, 3:30-5:30, **Needlework for Charity** Tuesdays at 10, **Needlepoint** Thursdays at 2, **Poetry Group** on Thursdays at 9:30am. Call The Anchors for more information or to request a new creative group

The Anchors Kitchen: Lunches served at 12:00

Reserve at least 24 hours in advance – 508-627-4368

\$3 Tuesday Lunch

Sandwich, soup, dessert

Sept 3rd Sausage & Peppers

Sept 10th Egg Salad

Sept 17th Veggie & White Bean Hummus

Sept 24th -NO LUNCH-

\$5 Friday Cafe

Entrée with soup and dessert

Sept 6th Black Bean Burrito

Sept 13th Meatloaf

Sept 20th Lemon Rosemary Chicken

Sept 27th -NO LUNCH-

Anchors Open Cupboard (Surplus Food)

Monday, September 13, 1-3 pm

**On Display in  
September:**

Paintings by  
**Teresa Yuan**  
Meet the artist at  
lunch on Friday,  
September 20.  
Short Q&A.



**Artists Wanted!**

Are you an  
Edgartown artist over  
55? We would love  
to display your work  
here at the Anchors.  
Get in touch with  
Meris for more info.

**Memory Support Group** meets Wednesdays, at 9:30 am and 11 am, at Featherstone Center for the Arts

**Caregivers Support Group** meets the 1st and 3rd Thursday monthly at 10:30 am, Martha's Vineyard Community Services. Led by Allison McKinley at 508-693-7900, x 217

*Please call Victoria Haeselbarth for more information, 508-627-4368 ext. 15*

**Attorney Appointments**

Thursday, Sept 19th, by appointment, from 1-3 pm. Arthur Bergeron, a private attorney who has his office on the mainland, will provide free consultations at the Anchors monthly, the third Thursday of the month. Arthur is a private attorney – not legal aid. After your free consultation, if you choose to retain him in any matter for any reason, he will charge you and it will cost you money. Whatever those arrangements are will be between you and Mr. Bergeron. Call 508-627-4368 for appointments.

**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.



### Board Members

Rosemary Cunningham, Chair  
 Jay Sigler, Co-Chair  
 Heidi Boyd  
 Marvene O'Rourke  
 Stephen W. Miller, MD  
 Nancy Ignacio  
 Mary Jane Carpenter

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

### EOCA Staff

Donna Paulson, Secretary  
 Diane Wall, Cook  
 Victoria Haeselbarth, Outreach Worker  
 Meris Keating, Director of Senior Services  
 Paul Mohair, Administrator

### Poet's Corner

This month, we have the pleasure of showcasing some works from the Anchors poetry group. Please get in touch with Meris if you have a poem you'd like to share.



Ann Lees

### Sonnet for a Sailboat

My body is a boat that sails upon a complicated sea with a cargo of my thoughts and words and actions, and my interactions with all the other craft that thread that crowded sea. Some see my boat as old – hull repainted many times, sail a patchwork quilt. I see it is a vessel that has survived many storms and still transports me carefully past lurking reefs and shoals.

-Ann Lees

### Old Is a Three-letter Word

Teens think parents are really old. Twentys fret that 30 means turning old. Old as the hills hints of what once was a mountain.

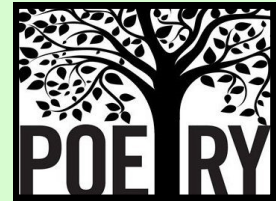
Old man winter is a hoary brute, and Old Maid is a card game. Old fashioned is a drink with bitters, and someone who still uses AOL. We would be old-age pensioners except there are no more pensions.

In California, Methuselah is a bristlecone pine tree, 5,000 years old. Old Hickory died in 1845, but his crinkly face still stares from our \$20 bills. An old flame is – an old flame.

Old is admired only by six-year-olds who who want to stay up late. It's hard to honor diminishment. Let's work on it together. Old is too difficult to do alone.  
 -Donald McLagan



Donald McLagan



Tom Durawa

### Parking Lot

Above, a murder of crows  
 Swirls uncontrollably as  
 Old Glory rips in the wind  
 Plastic bags are caught in naked  
 Branches like Tibetan prayer flags  
 A red rogue shopping cart barges  
 Across the parking lot for an encounter  
 With the blue BFI dumpster  
 While in a pickup truck  
 A worker whistles and Bobs  
 To a tune by Taylor Swift as  
 I retire to Starbucks to hear  
 A couple, befuddled, not sure  
 Is a Mocha Boca Latte Grande  
 A Florida realtor's creation  
 Or a caffeinated drink?

-Tom Durawa