



# July 2021

Joyfully Exclaiming, 'Welcome Back and Happy Summer to All!'



A sight for sore eyes! Bridge was officially the first group to return to the Anchors in early June. Clockwise from left, Judith Rizun, Sarah Henderson, Trudy Williams, and Leah Rukeyser



A raised garden bed at the rear of the building serves as a space for gardeners to swap plants. The program has been a fun way to share and engage with other gardeners from a distance. We have been pleasantly surprised by the large amount of interesting and unique plants appearing regularly. Thanks to all who have participated. We look forward to seeing what the rest of growing the season brings!

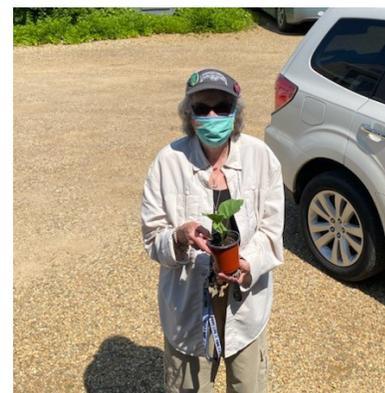


*"Gardens and flowers have a way of bringing people together, drawing them from their homes."*

— Clare Ansberry, The Women of Troy Hill: The Back-Fence Virtues of Faith and Friendship



MahJong players happily dusted off their tiles and unfurled the mats after 15 months away from the ECOA.



Deirdre DeCarion adopts a Birdhouse Gourd plant.



## **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 is back!**

Stop by and get some beautiful, fresh local produce.  
**Mondays from 1-3pm.**



Brown Bag Lunch Pickup  
Tuesdays 11am-12:30pm

Please call by Friday afternoons to register.

# \$3

### SANDWICHES

July 6 ~ Roasted Eggplant and Black Bean Wrap

July 13 ~ Ham and Swiss

July 20 ~ Meatloaf Sandwich

July 27 ~ Cheese and Veggie Sandwich

## **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 July 26th from 10am-12

# Programs and Services

## AARP

### **Financial Basics Debt Management & Retirement: Planning for & Living in Retirement.**

Wednesday, July 7, 2021 6:00p - 7:30p on Zoom  
Join AARP's Martin Booker, Program Manager, for Financial Resilience Programming, for a financial basics workshop on managing your debt as you prepare for retirement or have retired. Topics of conversation will include: mortgages, student loans, long-term health care needs, and more. Register at: <https://aarp.cvent.com/DebtManagement>

## Advance Care Planning

### **Advance Care Planning Zoom Workshop**

Tuesday, July 20th @ 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.

## Exercise & Wellness

### **Mindfulness Meditation with Ed Merck**

Fridays, 9:30-10:30am. Our regular attendees have been raving about the difference it has made in their lives. Please join us to see for yourself. Email [mkeating@edgartown-ma.us](mailto:mkeating@edgartown-ma.us) to register.

**Tai Chi with Nan Doty** Wednesdays at 9:30am. Please note Tai Chi will break for July and August. Email Nan at [chipocket62@gmail.com](mailto:chipocket62@gmail.com) to register.

## Games

**BINGO!** Thursdays, July 1st, 15th, & 29th, 1-3pm. Come and join us for some good old fashioned fun! Win prizes! Call 508-627-4368 to register.

**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. Come to the first meeting on Thursday July 1st to discuss preferences and meet the others. Please call or email to register. 508-627-4368 or [mkeating@edgartown-ma.us](mailto:mkeating@edgartown-ma.us)

## Gardening

**Plant Swap at the Anchors** ongoing throughout the growing season. Bring a plant, take a plant.

## Knitting & Needlework

**Knitting and Needlepoint** meets every Monday at 4pm at the Anchors. Call 508-627-4368 or email [mkeating@edgartown-ma.us](mailto:mkeating@edgartown-ma.us) to register.

**Knitting for Charity** Tuesdays 10am-12pm.\*For more information about the Anchors Knitting and Needlework groups, please contact Shirley Dewing at 508-627-9650

## Memory Programs

**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](mailto:maryh@mvcenter4living.org)  
**Dementia Caregiver Support Group** Please call Nancy at 508-498-1948.  
Fridays 10am-11:00am on Zoom

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

- **Challenges of Sundowning**, Thursday, July 29 | 11 a.m.

## Movies

**Join us for a matinee!** Please call 627-4368 to register so we know that you're coming.

- **Summertime** 1955. 1hr 42min. Thursday, July 8th at 1pm. Middle-aged Ohio secretary Jane Hudson (Katharine Hepburn) has never found love and has nearly resigned herself to spending the rest of her life alone. But before she does, she uses her savings to finance a summer in romantic Venice, where she finally meets the man of her dreams, the elegant Renato Di Rossi (Rossano Brazzi). But when she learns that her new paramour is leading a double life, she must decide whether her happiness can come at the expense of others.
- **I, Tonya** 2018. 2hr 1 min. In 1991, talented figure skater Tonya Harding becomes the first American woman to complete a triple axel during a competition. In 1994, her world comes crashing down when her ex-husband conspires to injure Nancy Kerrigan, a fellow Olympic hopeful, in a poorly conceived attack that forces the young woman to withdraw from the national championship. Harding's life and legacy instantly become tarnished as she's forever associated with one of the most infamous scandals in sports history.

## Music

**The Vineyard Sound is back!** "Martha's Vineyard's Finest All-Male A Cappella Since 1992" Please join us on Friday, July 30th at 1pm, on the lawn of the Anchors. Rain date Friday, August 6th @ 1pm. Please call in advance to register. 508-627-4368

## Newspaper Group

**Newspaper Discussion Group** Fridays 10-11am. Join us for a friendly conversation about the week's events and other current topics of interest. We've missed you, now let's get together and catch up! Call 508-627-4368 to register.

## Private Attorneys Specializing in Elder Law

The following attorneys all have their main offices on the mainland but frequently see clients on Martha's Vineyard. They all specialize in elder and estate law. These are not legal aid attorneys and charge for their services.

**Suprenant and Beneski** 508-994-5200

<https://myfamilyestateplanning.com/>

**Patricia Mello & Associates** 508-477-0267

<https://attorneymello.com/>

**Arthur P Bergeron** 508-860-1470

[abergeron@mirickoconnell.com](mailto:abergeron@mirickoconnell.com)

## SHINE

**SHINE counselor Bill Glazier** is available by appointment for phone consultations. Call to register. 508-627-4368

## Tech help

**Cell phone/ device/ laptop help.** Does the thought of having using your cellphone or other device send chills down your spine? Don't fear! The ladies at the Anchors may not be technology experts, but we promise to be calm and patient while showing you some great uses for your devices (other than a paperweight). Call to register.

## Wellness Clinics

**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





# July 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	
						9:30 Poetry 1 1:00 Men's Cards 1:00 BINGO		9:30 Mindful Meditation ~ Zoom 2 10-11:30 Newspaper Group 1pm Mahjong	
The Anchors is closed today 5  10-12 Soup Takeout 12		10 Knitting for Charity 6 11-12:30 Brown Bag Lunch Pickup 1 Mahjong		12:30 Bridge 7		9:30 Poetry 8 1:00 Men's Cards 1:00 Movie "Summertime" 1hr 42 min		9:30 Mindful Meditation ~ Zoom 9 10-11:30 Newspaper Group 1pm Mahjong	
12:30 Bridge 1 Gleaning Produce available for pickup 4 Knitting and Needlework		10 Knitting for Charity 13 11-12:30 Brown Bag Lunch Pickup 1 Mahjong		12:30 Bridge 14 2 Cell Phone and computer help		9:30 Poetry 15 1:00 Men's Cards 1:00 BINGO		9:30 Mindful Meditation ~ Zoom 16 10-11:30 Newspaper Group 1pm Mahjong	
10-12 Soup Takeout 19 12:30 Bridge 1 Gleaning Produce available for pickup 4 Knitting and Needlework		10 Knitting for Charity 20 11-12:30 Brown Bag Lunch Pickup 1 Mahjong		12:30 Bridge 21		9:30 Poetry 22 1:00 Men's Cards 1:00 Movie		9:30 Mindful Meditation ~ Zoom 23 10-11:30 Newspaper Group 1pm Mahjong	
10-12 Soup Takeout 26 10-12 Open Cupboard 12:30 Bridge 1 Gleaning Produce available for pickup 4 Knitting and Needlework		10 Knitting for Charity 27 11-12:30 Brown Bag Lunch Pickup 1 Mahjong		12:30 Bridge 28 2 Cell Phone and computer help		9:30 Poetry 29 1:00 Men's Cards 1:00 BINGO		9:30 Mindful Meditation ~ Zoom 30 10-11:30 Newspaper Group 1pm Mahjong 1pm Vineyard Sound Performs	

## Thank you for all you've done Katie!

My Dear ECOA Community,

I would like to take a moment to thank all of you for the most incredible opportunity over the past year and a half to get to know you and serve as an outreach worker. It has been such a privilege to hear your stories, and to be let into your homes and inner circle. This year has presented some great challenges, but I have learned so much from you with your perspective and grace!

I cannot go without also expressing my gratitude to the ECOA staff, who have not only been the most incredible mentors to me, but also the strongest teammates and friends a person could ask for! Victoria, Meris, Lyndsay, Diane, Donna, and Dianne, you amaze me with your endless energy, heart, and willpower, and I thank you for sharing that with me!

I am sad that my grant position is coming to a close for now, but I'm excited to have grown my experience and passion in this field, and that I was lucky enough to get a whole extra year with you, out of my initial 6 month grant! Thank you!

Sincerely,

Katie



### Massachusetts VaxMillions Giveaway

Win \$1 million  
or a college scholarship

Get vaccinated today! You can't play if you  
aren't vaccinated.

Get 2 doses of Pfizer or Moderna or 1 dose of  
Johnson & Johnson.

Registration starts on Thursday, July 1, 2021  
[www.VaxMillionsGiveaway.com](http://www.VaxMillionsGiveaway.com)

Eligible Massachusetts residents who do not have  
access to the internet and wish to enter may call the  
VaxMillions Giveaway Promotion Call Center for  
assistance. The Call Center may be reached by dialing  
2-1-1.



Trust the **FACTS** Get the **VAX**

For more information visit  
[https://www.mass.gov/info-details/  
trust-the-facts-get-the-vax](https://www.mass.gov/info-details/trust-the-facts-get-the-vax)



### ~ Anchors Summer Parking ~

The Anchors parking lot is shared with the Kelley House and we have limited parking.

This season, to avoid being towed and other un-pleasantries, please park only in the areas that are clearly designated as "Council on Aging Parking." There are 2 spaces in the corner next to the hedges on the Dock Street side of the lot. There are 7 spaces around the back in the area adjacent to our door by the kitchen entrance.

Your best summer strategy is to car pool or use the convenient Park and Ride bus which leaves from the lot across from the Triangle behind Edgartown Pizza every 20 minutes and takes you to Among the Flowers one block away. This bus service begins June 25th and runs through September 3rd, from 7:35am-11pm daily.

# HAVE FUN DOING TAXES!!

Do you enjoy people?

Do you think numbers can be fun?

If yes, then we're looking to share the fun with you.

Since 1968 AARP Foundation TAX-Aide Volunteers have been helping low and moderate income taxpayers complete their Federal and State income tax returns free of charge.

New volunteers are trained in the process of completing tax returns each Fall and, upon passing the required test, are assigned to various centers across the Cape and Islands. Preference is given to centers near their homes. From February through April 15 wonderful people are met and needed help is given. Schedules are flexible and allow for vacation time.

If volunteering interests you but you are not sure about preparing tax returns, our Tax-Aide teams are also looking for volunteers with technology and administrative skills to support our tax counselors.

Find out more about the **fun** you can have by being a Tax-Aide Volunteer Counselor. For more information contact:

Paul O'Keefe, Volunteer Coordinator at: [pokeefe15@hotmail.com](mailto:pokeefe15@hotmail.com)  
or call (203)-249-1846.



Chris stopped by to pick up some lunches and catch up.



Welcome back Pat! Thanks for stopping by to say hello.



Thanks to Isabella and her dad Tom for delivering plants for the Happiness Project.

Board Members

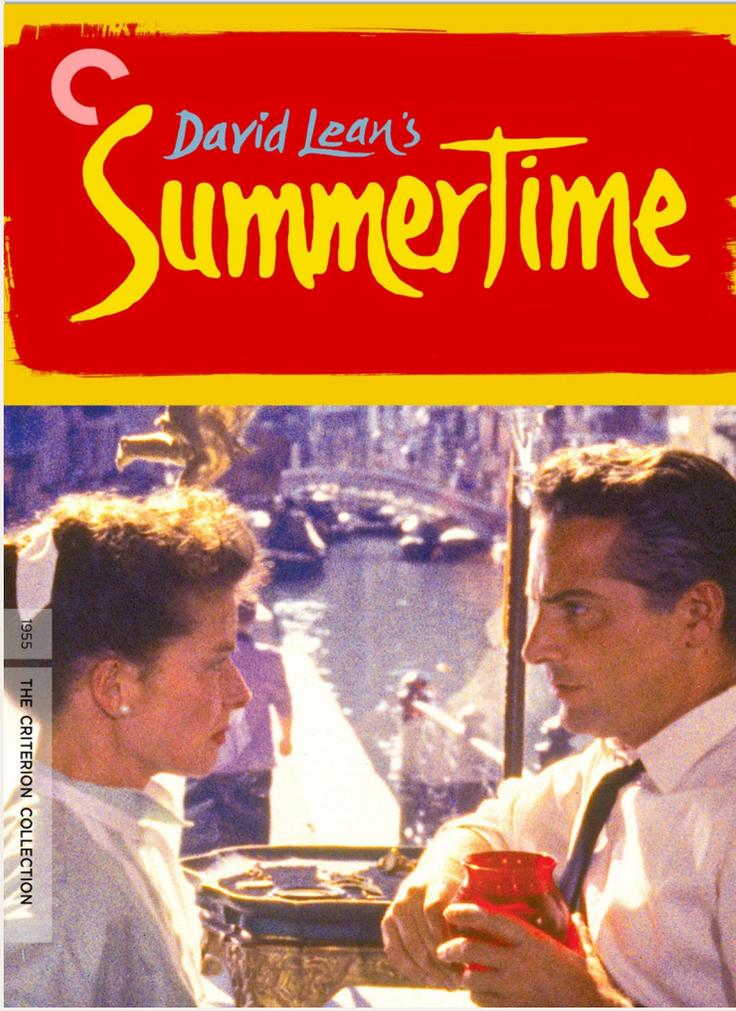
Rosemary Cunningham, Chair  
Marvene O'Rourke, Co-chair  
Stephen W. Miller, MD  
Nancy Ignacio  
Heidi Boyd  
Jay Sigler  
John Dropick

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

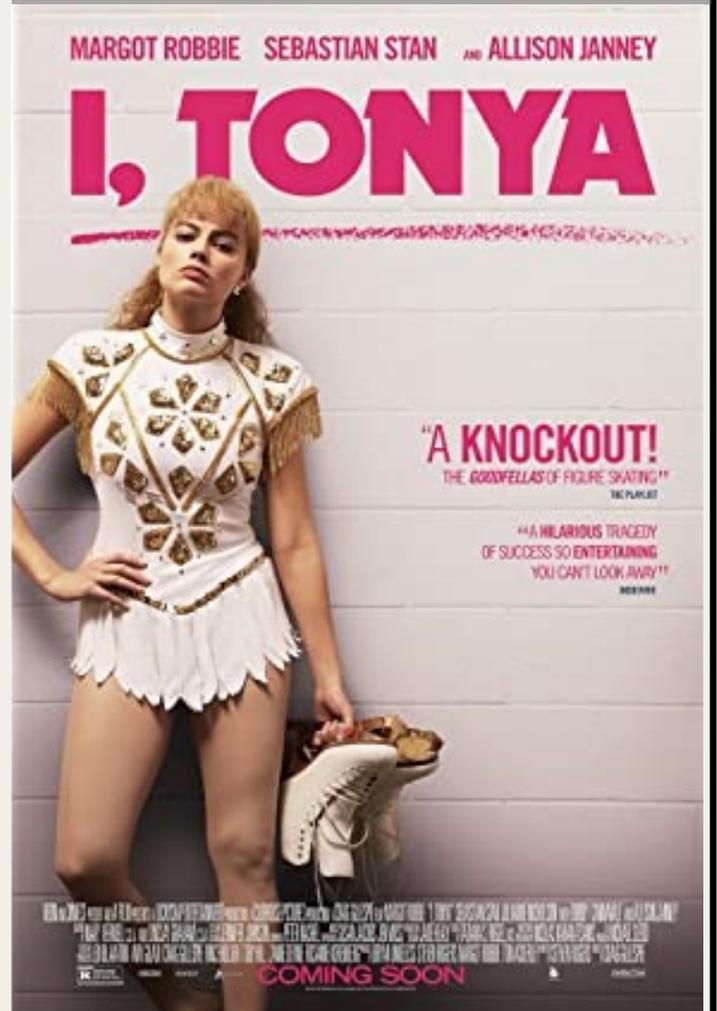
EOA Staff

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, July 8th @ 1pm  
1955. 1hr 42 min



~MOVIE AT THE ANCHORS~  
Thursday, July 22nd @ 1pm  
2018. 2hr 1 min



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.