

We are on the web
www.edgartown-ma.us



THE ANCHORS

EDGARTOWN COUNCIL ON AGING

at the CENTER of it all.....

Mission Statement: Meeting the Needs of Edgartown residents 55+ by providing health & wellness programs, education, recreation, & social programs. We also offer outreach, volunteer opportunities and healthy & delicious home made meals twice a week! Please join us.

PROGRAMS & SERVICES

- * Senior discount card
- * Information Center
 - File of Life
 - Health Care Proxies
- * Caregiver support
- Individual -One on One
- * Outreach
 - Friendly visitors program
- * Daily telephone calls
- * Advocacy
- * Transportation
- Volunteer transportation service
- VTA passes
- * Friday CAFE
- * Breakfasts
- * Surplus food
- * Homemade soup
- * Frozen soup to go
- * Meals on Wheels
- *Emergency management
- *Health screening
- * Massage
- * Exercise classes
- * Legal assistance
- * Income tax assistance
- * Veteran services
- * Notary services
- * Health insurance counseling
- * Programs and Classes
 - Mindful knitting
 - Educational programs
- * Crafts
- *Discounts at Featherstone Center for the Arts and COM-SOG greenhouse
- *Medical equipment and wheelchair loans
- *Tax Work-off program
- *Travel Club
- *Volunteer opportunities

Board Members

Nancy Shemeth, Chairman
Judy Hathaway, Vice Chair
Richard Krauss
Jean Andrews
Kevin Ryan
Annette Smith
Olga Church

February 2010

508-627-4368 fax 508-627-9433

Check 55 Plus Times for updates

HOURS: 9-4 M-F

MESSAGE FROM THE DIRECTOR

A belated Happy 2010 to you. We are looking forward to another busy year at The Anchors. We hope your New Year resolution was to become more active this year, either attending our programs or becoming a volunteer! As you can see by this newsletter we have many great activities going on. In fact, so many that there is a separate special events insert in this issue.

This month we are starting our new **Volunteer Taxi Program**. Do you have a few hours per week to give a senior a ride to a Doctor's appointment or just to run an errand? If so, please give us a call. We have job descriptions available and the training takes about an hour. We will begin scheduling the **AARP Tax appointments** this month, so please give us a call for this FREE service. The dates are Thursday's March 4 and April 1st the Whaling Church. Make sure you sign up for our special Valentine's Day event on Saturday, Feb. 13th at 4:00 p.m. **Love Letters** a play by A.R. Gurney will be performed by actors Richard Clark and Lynne McKenney Lydick. (see insert) This month also starts another year of the **Property Tax Work Off Program**. A volunteer program that gives \$750 reduction on real estate taxes. For information on this program please Call 508-627-4368 ext. 14.

Stay warm and be safe -

FROM OUR KITCHEN

**Come down, warm up,
visit with friends and
enjoy Diane's new and
delicious meals!**

FRIDAY CAFÉ 12-1 \$5

2/5 Chicken parmesan & minestrone soup
2/12 Beef picadillo w./ carrot& ginger soup
2/19 Lasagna w/ escarole soup
2/26 Beef stroganoff w/ butternut squash soup
Birthday Café! Let us know it is your birthday & receive a rose
TWO DOLLAR TUES.
2/2 Sausage and pepper sandwich (Ground hog

sandwich) w/ lentil soup
2/9 Egg salad w/ potato leek soup
2/16 Cheese sandwich w/chicken gumbo soup
2/23 Vegetable burritos w/ black bean soup
SURPLUS FOOD
2/9 Income Eligibility Applies.
MEALS ON WHEELS
Meals and "little extras" delivered M-F.
DAY OLD BREADS
are available from Stop & Shop every Monday morning.
FROZEN SOUPS
A supply of frozen

soups are available for a donation of 1/\$3 or 2/\$5

SERVE NEW ENGLAND

FRESH FOOD AT A

DISCOUNT

Save 30-50% on high-quality fresh foods the 3rd Saturday of each month. If you are unable to come to the distribution site you can now arrange for delivery to your home. SERVE requires 2 hours of community service per month. (Elders who are handicapped or medical condition not required)
For order dates and more information call Shelly Carter (508) 560-0983

TRAVEL NEWS

BRAINTREE MALL—Come with us on this **SPRING FLING Wednesday, March 24th**. Leaving on 8:15 return on 6:15. Stores include: Sears, J.Jill, Maceys, Fileen's Basement, Gap, Chico's, Nordstroms, and 20 more women's shops, 12 men's stores and 5 restaurants including the Cheesecake Factory. The cost for the bus is \$25.00. Purchase your own ferry ticket. Call extension 14 to register.

In the meantime we are working on some of your suggestions.....

Providence RI—Waterfire—features 100 bonfire sculptures on the water and **Boston Haymarket and North End, Cape Cod Lunch Train**—a two hour **Peabody Essex Museum**—over 1 million works featuring Trash Menagerie, 30 improbable works of art created from things most of us throw away, Indian art, explore four essential motifs with China, Fish, Silk, Ta and Bamboo; Korean art, Traditional art from India and so **considering a Spring trip to Newport, RI to see mansions and flowers.** **Thank you for all these great suggestions, please let us know what other trips you are interested in!**

MISSION

STATEMENT

Meeting the needs of Edgartown seniors while promoting vital aging, growing older with dignity, independence and health!! **We are also** The Edgartown Council on Aging is a human

HEALTH, WELLNESS & SUPPORT

WELLNESS CENTER

HOME VISITS with town nurse Nicole Barlet are available if you cannot attend any of the town clinics. Please call and we will make the referral to VNA.

HEALTH SCREENING—2/21 Third Thursday of each month with town nurse starting at 9:30.

FOOT CLINIC 2/23 \$28 for 1/2 hour appointments which focus on general assessment of the feet, trimming, filing and cleaning of nails; smoothing of corns and calluses; massaging, moisturizing and powdering of feet.

508-627-4368 for an appointment

reservation land. Herb walk, please bring sa call to sign up.

Sign up for Ja

Please note: There Please call to reserve

Tues. @ 8:30 STRE Amols. 12 weeks—1

Thurs. @ 10:30 STI 12 weeks —1/7-4/8

Thurs. @ 8:30 YOC Aranzabe 2/18—5

service organization which functions as an information and referral center to enhance the quality of life of all residents of Edgartown 55 and older by providing:
Health and Wellness Education Recreation Social Programs Outreach Volunteer Opportunities

ECOA Board Members Nancy Shemeth, Chairman, Judy Hathaway,

the ase time. Lisa

LOOKING AHEAD

FEBRUARY EVENTS: Walkers, shower seats, canes etc. Call to check for availability.

Felted bag with Lynn Benson from Heath Hen—these unique bags are made from old wool sweaters and blue jeans! You won't believe how great they look. **WALKING GROUPS** MV Regional High School indoor walk with Ellen Reynolds from Up-Island COA every Wed. @ 2:30. Walk with group or independently. OK you can join Herb Foster and Laurie Schreiber on Saturday, February 13th for a 2-3 walk in Herb's neighborhood which is surrounded by con-

Braintree Mall Shopping Trip—Planned for late February/ early march—dates to be announced. **Please sign up in January** and help us spread the word.

Comedy & Pizza night—this was a great success last year in Herb's neighborhood which is surrounded by con-

Second birding tour of Chappy with the Trustees of Reservation.

Exercise classes are sub.

Office of Elder Affairs

SUPPORT GROUP

time to look at the sam-

Check 55 Plus Times for complete list

WENEYARD AUDIOLOGY

Best we hope Palmsing it track

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VOLUNTEER NEWS

Volunteers are needed for the following: Give Laurie a call at ext. 14 if you can volunteer—Thank you!

Volunteer Driver—Take senior to on island medical appointments, errands or events at The Anchors. 1x weekly up to 2 hours. Must take 1 hour training class. Job descriptions available.

Mail and prescription Pick Up—Pick up mail for senior 3x per week and deliver to their home. Job descriptions available.

Craft Instructors—There are a lot of talented individuals out there. If you have a craft you would like to share, please give us a call and we will make all the arrangements for you.

Computer Instructors—individual or two needed for one on one for laptop or in-home instruction, photoshop and photography programs.

SHINE—HEALTH INSURANCE VETERAN SERVICES AND ELDER LAW ETC.

S.H.I.N.E.

Serving Health Information Needs of Elders.

Carl Watt, our SHINE counselor is available to help with your current health insurance concerns.

Appointments are:

Thurs.@ Anchors 1:30-3:30

MEDICAID/MASS HEALTH

Call Vineyard Health Care
Access at 508-696-0020

ELDER LAW

Free appointment with
Attorney Tom Kosman.

See 55+ Times for attorney location and more information.

VETERAN SERVICES

Joanne Murphy is available by appointment with questions regarding veteran benefits and services. Please call to schedule an appointment.

FUEL ASSISTANCE

Fuel assistance is available through April 2010 by appointment only. A list of documents you need for your appointment is available at the information center.

If you or someone you know is having trouble paying their fuel bills, please call and leave on message on ext. 14.

SOCIAL SECURITY—Oak Bluffs 1/25 9:45 (by appointment, first come)

FOOD STAMPS— To sign up call 1-800-645-8333

CITIZENS ENERGY— for non fuel assistance—866-427-9918 (Joe 4 oil)

ARTS & CRAFTS AND MORE

Felting for Hopsice—First & Third Tuesday of each month. All ages are welcome to come and learn how to knit and felt.

Rug Hooking—Every Thursday starting at 1:00.

FEATHERSTONE CENTER FOR THE ARTS 30% discount on any class offered in their catalog.

COMSOG—(Community Solar Greenhouse) 50% Membership Discount. You must register at The Anchors.

Needle Workers—All ages are welcome to join the knitters after lunch on Friday from 2-4!

TRANSPORTATION



NEW VOLUNTEER DRIVER PROGRAM Replaces TAXI program!

As you know by our last newsletter, our Taxi Program will be replaced by volunteer drivers. (All drivers are insured; have been trained and CORI checked). If you are unable to drive and need to go to on-island medical appointments, Stop & Shop, post office, pharmacy, The Anchors, or general errands etc., please schedule a ride by calling 508-627-4368 at least **24 hours in advance**. **All rides are limited to 1x per week.**

Round trip in Edgartown—suggested donation \$5

Round trip out of Edgartown—suggested donation \$10.

For more information call Laurie at ext. 14

VTA annual passes (calendar year) are available for \$15 to **year round residents**. Please ask for a pass at our Information Center. \$15 PER CALENDAR YEAR - payable by **check only**.

Woods Hole Taxi for medical appts. to Falmouth/Mashpee—508-939-9440.

Medivan to Boston—Tuesdays, 508-693-9440.

The Lift (handicapped assessable van) requires the completion of a form that your doctor has to sign. The Life can take you to the grocery store and any other errands you may have. For the medical form call the VTA at 508-693-9440.

American Cancer Society Road to Recovery—1-800-227-2345