

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

March 2010

Check 55 Plus Times for updates

508-627-4368 fax 508-627-9433

HOURS: 9-4 M-F

## MESSAGE FROM THE DIRECTOR

Our **TWO DOLLAR TUESDAYS AND FRIDAY CAFÉS** have been very popular during these cold winter months. If you haven't had one of our delicious home cooked lunches, you may want to make a reservation soon! The view is so beautiful and time spent with friends is always something to look forward to.

Please know that **WE ARE WORKING ON YOUR PROGRAM SUGGESTIONS**; computer classes, trips, and as part of our wellness (Keep Moving) program, a men's exercise class, and armchair exercises. Thank you for your program ideas, and please keep us informed about what *YOU* want for *YOUR* center.

Many of you may not realize that **OUTREACH** is a large part of what we do at the Council on Aging. Since July of 2009, our outreach team has visited 36 individual in their homes, have given telephone reassurance calls to 52 individuals, helped 28 families and given general information to 151 individuals. (these are unduplicated counts) If you have a neighbor or friend who needs a call or visit, please let us know. We are always happy to help in any way we can!

You may want to check out the **HEALTH FAIR** at M. V. Hospital on Saturday, March 13th from 8-12. Also, in June we are planning a trip to see the **RED SOX** at Fenway. Check out the travel section on page 2.

Meanwhile, keep smiling and keep moving!

*Laurie*

## FROM OUR KITCHEN

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

**Starting at noon**

**FRIDAY CAFÉ \$5**

**3/5** Sweet & Sour Shrimp,  
Millet Pilaf, Carrot Soup

**3/12** Beef Stew with  
Mushroom Soup

**3/19** Shepherd's Pie with  
Apple and Broccoli Soup

**3/26** Birthday Lunch  
Chicken Cutlet w. Lemon  
and Rosemary & Clam

Chowder. Please let us  
know it is your birthday  
and receive a rose.

**TWO DOLLAR TUES.**

**3/2** Focaccia w/ Chick  
Pea and Celery Soup

**3/9** Chicken Caesar  
Wrap w/Tomato Soup

**3/16** Tuna Salad Sand-  
wich w/ Split Pea Soup

**3/23** Spinach Quiche w/  
Sweet Potato Soup

**3/30** Roast Beef & Red  
Lentil Soup

**SURPLUS FOOD**

**3/16** Income Eligibil-  
ity Applies.

**MEALS ON WHEELS**

Meals and "little ex-  
tras" 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 dona-  
tion of 1/\$3 or 2/\$5

**SERVE NEW ENGLAND**

Save 30-50% on high-quality  
fresh foods the 3rd Saturday  
of each month. If you are  
unable to come to the distri-  
bution site you can now ar-  
range for delivery to your  
home. For order dates and  
more information call Shelly  
Carter (508) 560-0983

## TRAVEL NEWS

**BRAINTREE MALL**—Wednesday, March 24th. Leaving on 8:15 return on 6:15. The cost for the bus is \$25.00. Purchase your own ferry ticket. → Checks due by Friday March 5th.

**BARNSTBLE TRAVEL CLUB**—Martha's Vineyard Day at Fenway—Boston Red Sox vs Oakland-June 3rd, tickets and transportation only \$88.00. This is a friends and family trip so bring your grandchild!!! (Seats G 27 & G30 unobstructed views!) 8:00 a.m. ferry—7:30 or 8:30 return. Call 508-627-4368 for questions and to sign up. (Must sign up by April 15) 55 seats available on a first come first served basis. **Newport Flower Show** "A Garden in Safari" Friday, June 25 \$49.00 Registration and checks due Monday, May 24. Karen is also working on an overnight trip this summer to **Waterfire** in Providence R.I.. Thank you for all your suggestions, keep your ideas coming!

**ECO A** is planning trips to: **Boston Haymarket and North End** in May, A June trip on the **Cape Cod Lunch Train**—a two hour train ride and gourmet lunch, and **New Bedford Whaling Museum with lunch at Cork**, a Tappas Restaurant.

## HEALTH, WELLNESS & SUPPORT

### WELLNESS CENTER

**HOME VISITS** with town nurse Nicole Barlett are available if you cannot attend any of the town clinics. Please call for a referral to VNA.

**HEALTH SCREENING**—3/18 Third Thursday of each month @ The Anchors with town nurse starting at 9:30.

**FOOT CLINIC** 3/23 - \$29 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

### MEDICAL EQUIPMENT LOANS

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

### KEEP MOVING

**WALKING GROUPS** MV Regional High School **indoor walk** with Ellen Reynolds from Up-Island COA every Wed. @ 2:30. Walk with group or independently. Join Herb Foster and Laurie on Saturday, March 27th when we join Carl and Grace Watt

on a three mile walk in Edgartown. Starting at The Anchors, Grace and Carl will take us on some ancient ways to Sheriffs Meadow and out towards Edgartown Golf course, stopping at Grace and Carl's house for lunch and then walking back to The Anchors.

**Tues. @ 8:30 STRENGTH TRAINING** w/ Lisa Amols. 12 weeks—1/5-4/6

**Thurs. @ 10:30 STRENGTH TRAINING** w/ Lisa 12 weeks —1/7-4/8

**Thurs. @ 8:30 YOGA**— with Carol Aranzabe 2/18—5/6

**Tues. @ 10 PILATES** — w/Brenda Correa 1/5-3/23

*Exercise classes are subsidized with a grant from the Executive Office of Elder Affairs and the Friends of ECOA.*

### SUPPORT GROUPS

Check 55 Plus Times for complete list

### VINEYARD AUDIOLOGY

Leslie Segal-Pallas 508-696-4600

## 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.

**Phone Answering**—Third Thursday during our monthly board meeting, starting at 8:30 for about 1 hour.

## 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 3/29 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)

**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.

## ARTS & CRAFTS AND MORE

**Felting for Hopsice**—First, second and third Tuesday of each month @ 10 a.m. All ages are welcome to come and learn how to knit and felt.

**Rug Hooking**—Every Thursday starting at 1:00.

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

**Spring Candle Arrangement w/ Cookie Perry**, Tues. 16th @ 1:30 —Decorate a candle with a variety of colorful spring accents! Call to register \$7 per person/ per candle

**Mindful Knitting**— Every Monday 4-6 Hot tea will be served; newcomers welcome

**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.

## 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

	<hr data-bbox="474 760 954 760"/> <hr data-bbox="474 1024 954 1024"/>	<hr data-bbox="1026 844 1432 844"/>
	<hr data-bbox="467 1033 1528 1033"/>	