

Up Island Council on Aging 508-693-2896

April 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	OFFICE HOURS: Monday- Friday 8:30-4:00 Closed Holidays			1 	2 10:30 Yoga via zoom 1:00 *Watercolor	3
4 	5 9:00-10:00 Mindfulness Meditation with Ed Merck via ZOOM 10:30 Yoga via Zoom	6 11:30 Gentle Yoga via Zoom 3:00 *Dance Free!	7  1:30-3:30pm *Writer's Group	8  April Showers Bring May Flowers!	9 10:30 Yoga via zoom 1:00 *Watercolor	10
11	12 9:00-10:00 Mindfulness Meditation with Ed Merck via ZOOM 10:30 Parkinsons Support Group 10:30 Yoga via Zoom	13 11:30 Gentle Yoga via Zoom 3:00 *Dance Free!	14 1:30-3:30pm *Writer's Group Patti Mello Legal Clinic – 508-477-0267	15 Stress Less Kits Pick Up. 10a-12p First come first served, limit 1 per household, Up Island Residents only. *Courtesy of the Friends of Up Island Council on Aging!*	16 10:30 Yoga via zoom 1:00 *Watercolor	17
18	19 CLOSED 	20 11:30 Gentle Yoga via Zoom 3:00 *Dance Free!	21 1:30-3:30pm *Writer's Group	22 	23 10:30 Yoga via zoom 1:00 *Watercolor	24
25	26 9:00-10:00 Mindfulness Meditation with Ed Merck via ZOOM 10:30 Yoga via Zoom	27 11:30 Gentle Yoga via Zoom 3:00 *Dance Free!	28 Presentation with Heather Massey of Death Café. 12pm 1:30-3:30pm *Writer's Group	29 	30 10:30 Yoga via zoom 1:00 *Watercolor	



Ongoing Services:

- Outreach
- Fuel Assistance
- SNAP (formerly known as Food Stamps)
- Government Surplus Food Distribution
- Notary Services
- Lifeline and Be Safer At Home
- Durable Medical Equipment
- Telephone Reassurance Calls
- File of Life
- SHINE (insurance specialist)

Despite the pandemic- we are here to help you! Whether Fuel Assistance, SNAP benefits, or food insecurity, please know we are willing to help you in any capacity possible! Just give us a call!

Upcoming Events: Call 508-693-2896 for additional information and to sign up for the following events.

Presentation with Heather Massey of the Death Café.

Wednesday, April 28th at 12pm via Zoom*

Join us for a presentation by Heather Massey who hosts the Death Café at the West Tisbury Library. Heather is affiliated with organizations such as In Loving Hands, the Natural Deathcare Collaborative, Death Education and more. What is the Death Café? Do we have natural options vs. chemical treatments to care for loved ones at their time of passing? I have heard of Green Burials, but what are they? Learn this and more during this informative conversation! RSVP: 508-693-2896 or coa-clerk@westtisbury-ma.gov

*zoom link to follow

Stress Less Kits!

Thursday, April 15th 10a-12pm

April is Stress Awareness Month and we at the Up Island Council on Aging are here to help keep your stress level down! This month our Donation Board, the Friends of UPICOA will be sponsoring "Stress Less Kits". The kits will provide information about stress and depression, local mental health resources, and will include various trinkets intended to relieve stress.

The distribution will be April 15th between 10am-12pm. Up-Island Seniors only. One box per person/household. First come, first serve. Sorry, no reservations will be taken.

End Of Life Doula Presentation w/Ellen Gaskill

Wednesday, May 12 at 2pm via Zoom*

Doulas have been around forever, women through the centuries have provided support in birth and death. An End of Life Doula in modern days is not much different than in ancient times, we provide emotional support to the dying. We do not give medical or financial advice nor do we administer medications, but we can help with funeral or celebration of life plans, and legacy work.

Our main objective is to hold space for those who are dying.

In this presentation Ellen will share the role of an EOL Doula and how the increase in their popularity as it is growing during this death conscious movement.

There will be a Q+A after the meeting. RSVP: 508-693-2896 or coa-clerk@westtisbury-ma.gov

*zoom link to follow