






**Up Island Council on Aging**  
**508-693-2896**

	<b>June 2021</b>					
Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Join our email list Coa-clerk@westtisbury- ma.gov</p>		<b>1</b>  11:30 Gentle Yoga via Zoom  3:00 *Dance Free!	<b>2</b>   	<b>3</b> 12:00 pm Virtual Tour of the Historic Wang Theater! RSVP for Zoom link! FREE! 508-693-2896	<b>4</b>  10:30 Yoga via zoom  1:00 *Watercolor	<b>5</b>   
	<b>6</b>  <b>7</b> 9:00-10:00 Mindfulness Meditation with Ed Merck via ZOOM  10:30 Yoga via Zoom	<b>8</b>  11:30 Gentle Yoga via Zoom  3:00 *Dance Free!	<b>9</b>  Patti Mello Legal Clinic – 508-477-0267	<b>10</b>  	<b>11</b>  10:30 Yoga via zoom  1:00 *Watercolor	<b>12</b>   
<b>13</b>  <b>14</b> 9:00-10:00 Mindfulness Meditation via ZOOM  10:30 Parkinson's Group  10:30 Yoga via Zoom		<b>15</b>  11:30 Gentle Yoga via Zoom  3:00 *Dance Free!	<b>16</b>   	<b>17</b>  	<b>18</b>   	<b>19</b>   
<b>20</b>  	<b>21</b> 9:00-10:00 Mindfulness Meditation with Ed Merck via ZOOM  10:30 Yoga via Zoom	<b>22</b> 11:30 Gentle Yoga via Zoom Audiology Clinic @ Vineyard Audiology 1:30-4p  3:00 *Dance Free!	<b>23</b>  	<b>24</b> 10:00AM Estate Planning and Asset Protection with the Attorneys from Patricia Mello's office RSVP for zoom link! 508-693-2896	<b>25</b>  10:30 Yoga via zoom  1:00 *Watercolor	<b>26</b>   
<b>27</b>  <b>28</b> 9:00-10:00 Mindfulness Meditation with Ed Merck via ZOOM  10:30 Yoga via Zoom		<b>29</b>  11:30 Gentle Yoga via Zoom  3:00 *Dance Free!	<b>30</b> NE Aquarium Sea Lion or Fur Seal Encounter via Zoom! 12 PM! Limited Space RSVP required! Free	<b>OFFICE HOURS:</b> <b>Monday- Friday</b> <b>8:30a -4:00p</b> <b>Closed on Holidays</b> *In person program		

## 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)

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

### **Vineyard Audiology Clinic w/Dr. Lesley Segal** **The fourth Tuesday of the Month. Beginning May 25<sup>h</sup>**

Hearing loss and increased challenges in communicating are realities to many in our aging communities. In effort to address these issue and your concerns the Howes House is teaming up Dr. Lesley Segal of Vineyard Audiology in West Tisbury, for monthly hearing clinics and presentations.. **Please call 508-693-2896 to set up an appointment.**

### **Wang Theater Virtual Tour!** **Thursday June 3<sup>rd</sup> @ 12noon via Zoom**

Join us for a live guided walkthrough of the theatre as well as a showcase of historic images! Visit the same dressing rooms and hallways once walked by entertainers like Ella Fitzgerald, Mikhail Baryshnikov, Queen, Lady Gaga and more! Learn about the theatre's architectural highlights and unique history – from its hotel roots and glamorous days as a movie “cathedral”, to today's role as an impressive venue for performances and events.

Email [coa-clerk@westtisbury-ma.gov](mailto:coa-clerk@westtisbury-ma.gov) or 508-693-2896 to sign up- zoom link to follow.

### **Estate Planning Basics/ Understanding Trusts/Planning for Long-Term Care** **Thursday June 24<sup>th</sup> @ 10:00- 11:00am via Zoom**

This highly interactive presentation will discuss a wide array of topics relevant to you and your estate. We will explore the importance of disability planning documents such as Durable Power of Attorney and Health Care Proxy versus when a guardianship may be the chosen alternative to such disability planning documents; who needs to create a Last Will and Testament and how probate administration of your estate can be avoided; what a Revocable Trust is and for whom it may be appropriate. The session will continue as we learn about Revocable, Irrevocable, Marital, Special Needs, and Testamentary Trusts, and how these documents can: (1) avoid probate; (2) save on death taxes; (3) provide for disabled children; and (4) protect certain beneficiaries against creditors. Attorneys from the Patricia Mello & Associates, P.C. explain in plain English what a Trust is and how it can be customized to meet your unique estate needs.

The final part of this presentation will explain Medicaid law in Massachusetts, and how you and your family can plan for possible care in the future while taking steps to ensure that assets are preserved for you and your family.

Rsvp: 508-693-2896 or [coa-clerk@westtisbury-ma.gov](mailto:coa-clerk@westtisbury-ma.gov)

### **Sea Lion or Fur Seal Training Presentation!** **Wednesday, June 30<sup>th</sup>, 12pm.**

"Join us on a virtual "trip" to the New England Aquarium! In this live experience we will join a professional trainer at the New Balance Foundation Marine Mammal Center as they demonstrate training either a California Sea Lion or a northern Fur seal. Space limited so sign up now! Call 508-693-2896 or email [coa-clerk@westtisbury-ma.gov](mailto:coa-clerk@westtisbury-ma.gov).