

# UP ISLAND COUNCIL ON AGING 508-693-2896

*May 2021*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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2	3 9:00-10:00 Mindfulness Meditation with Ed Merck via ZOOM  10:30 Yoga via Zoom	4 11:30 Gentle Yoga via Zoom  3:00 *Dance Free!	5  1:30-3:30pm *Writer's Group	6	7 10:30 Yoga via zoom  1:00 *Watercolor	8
9	10 9:00-10:00 Mindfulness Meditation with Ed Merck via ZOOM  10:30 Parkinson's Support Group  10:30 Yoga via Zoom	11 11:30 Gentle Yoga via Zoom  3:00 *Dance Free!	12 <b>End Of Life Doula Presentation via Zoom- 2pm</b>  Patti Mello Legal Clinic – 508-477-0267	13 	14 10:30 Yoga via zoom  1:00 *Watercolor	15
16	17 9:00-10:00 Mindfulness Meditation with Ed Merck via ZOOM  10:30 Yoga via Zoom	18 11:30 Gentle Yoga via Zoom  3:00 *Dance Free!	19  1:30-3:30pm *Writer's Group	20	21 10:30 Yoga via zoom  1:00 *Watercolor	22
23	24 9:00-10:00 Mindfulness Meditation with Ed Merck via ZOOM  10:30 Yoga via Zoom	25 11:30 Gentle Yoga via Zoom  <b>Audiology Clinic @ Vineyard</b> <b>Audiology 1:30-4p</b>  3:00 *Dance Free!	26  1:30-3:30pm *Writer's Group	27 Did you sign up for our June Presentations? Wang Theater virtual tour 6/3  Estate Planning and Asset Protection 6/24	28 10:30 Yoga via zoom  1:00 *Watercolor	29
30	31  <b>CLOSED</b>  <b>memorial DAY</b>	<b>Office Hours:</b> <b>Monday – Friday</b> <b>8:30am- 4:00pm</b> <b>CLOSED HOLIDAYS</b>  <b>*Current in- person Programming is paused due to COVID 19*</b>				



## 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.

### **End Of Life Doula Presentation w/Ellen Gaskill** **Wednesday, May 12 @ 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](mailto:coa-clerk@westtisbury-ma.gov)

\*zoom link to follow

### **May is Better Hearing and Speech Month!** **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 and Asset Protection Presentation** **Thursday June 24<sup>th</sup> @ 10:00- 11:00am via Zoom**

Join us and Elder Law attorneys from the Law Office of Patricia Mello as they discuss basic estate planning concerns and how certain documents such as Durable Power of Attorney, Health Care Proxy, Last Wills and Testament and Trusts can accomplish your goals and objectives for your unique personal situation. Further discussion will address how to protect your assets against long-term care costs. 508-693-2896 or [coa-clerk@westtisbury-ma.gov](mailto:coa-clerk@westtisbury-ma.gov)