

BATH AREA SENIOR CITIZENS

NEWSLETTER

JANUARY 2021

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We hope you enjoy pandemic-safe winter activities this month!

In this issue, you'll find:

- ★ More winter safety tips and resources for you!
- ★ A reflection on older adults being honored citizens!
- ★ An chart to help you assess risk of COVID exposure by activity.

Note from the Editor

May your 2021 be great!

I am relieved that 2021 is here, after the dumpster fire year of 2020! Yet despite all the challenges of 2020, I am thankful for the tide of goodness you can see all over – neighbors helping each other, scientists successfully creating a vaccine, Dr. Shah patiently leading us through 147 evidence-based briefings, and finally, friends & family caring for each other by wearing masks and staying apart. A hard year indeed, but I am hopeful for good things to come in 2021, including vaccine shots and maybe family visits!

An article I read asked *“What have you learned from the last year; and what will you make of this fresh new year?”* Send me your answers and I’ll put it in the next issue! As always, resource information is sprinkled through this issue and you are welcome to send in updates and especially better jokes for the next newsletter!

Peace and Blessings in the New Year,
Phyllis Bailey, Editor (Bath City Council, Ward 1). Contact me at pbailey@cityofbath.com or 443-1573.

Bath Area Senior Center Weekly Activity Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
9 am Exercise Class		9 am Exercise Class	10-11:30 Line Dancing	9 Exercise class
10 am Line Dancing	11:30 am to 2:30 Witty Knitters		11:30 am to 2:30 Witty Knitters	10 Bocce
2 pm Bocce	1-3 Cribbage	2 pm Bocce		

Our regular weekly activities have moved into the building with safe 6 foot distancing and masks required! Thanks for respecting the need to protect our immune-suppressed folks by both you and they keeping masks on and staying more than 6 feet apart! If there is inclement weather, the center closes when RSU1 schools close.

Line Dancing six feet apart is happening on Mondays and Thursdays from 10 a.m. to 11:30 p.m. They offer a great way to stay in shape! You can sit down when you want to or just watch. **For more info, call Marjorie P. at 442-7431.**

Witty Knitters meet on Tuesday and Thursday from 11:30 to 2:30 pm. Bring whatever you are working on! We’ve been working on winter scarves, mittens and other projects. Folks who are just starting are welcome. **Call Linda T. at 443-4410 for more info!** Thanks for bringing a mask and sitting 6 feet apart.

Bocce—We are playing on Monday & Wednesday at 2 pm & Friday at 10 am in groups of 4 so we can physically distance. Now that we are indoors we are even more careful to observe safety protocols. And in spite of mask wearing, we laugh, enjoy each others’ company, get exercise and socialize! **Call Clara F. at 371-2852.**



Cribbage is on Tuesday from 1-3 pm. The masked wonders continue playing safely indoors!! Who knew that cribbage is an offshoot of a game “noddy”, now rarely played? **Call Peter S. for info: 319-8428.**

Exercise class is meeting at 9 am on Monday, Wednesday and Friday with Janine S leading the way—she usually starts us off with a joke! People are very happy to see each other and move around! **Call Janine at 729-4519** . Come and stretch even from a chair! Don’t forget a mask.



“Honored Citizens”: Talking about the Concept of Age

By Phyllis Bailey

On a visit to Portland, Oregon several years ago for a niece’s wedding, my husband and I took the bus downtown. I was tickled to look at the ticket and see that it identified me as an “Honored Citizen”, a reference to people of a certain age I had not heard before.

Lately, I have been reading research that suggests we re-frame our attitudes about aging, because “aging is misunderstood and misperceptions create obstacles”, both personally and for our communities.

The aging of our population is one of the biggest demographic changes in history. If we can adjust our expectations and attitudes, **the aging population could yield an incredible “longevity dividend”**, as Americans gain an average of two extra decades of life in which to make social, civic, and economic contributions.

On the other hand, ageism is discrimination based on fatalistic prejudices about age, and hurts all of us. If we fail to shift our thinking, perpetuating expectations of decline and negative stereotypes about older people; we risk limiting the contributions older people can make, the vitality they can add to our society and the problem-solving insights they can bring to the challenges of the communities in which we all live.

That is why in these newsletters we try to give information to help readers be proactive about their options and well-being.

One author says “Aging is a dynamic process, where we accumulate experiences, insights and wisdom. ... To fully capture the massive energy of our ever-aging population, we need to think differently — and innovatively. The good news is that we have already begun to.”

So on that Portland bus, I was happy to be identified as an “honored citizen”, because instead of being viewed as diminished due to my age, it gave me the sense of being valued. Since none of us escape aging 😊 it is something I wish for every one of us!



The Economic Difference Older Adults Make in Maine!

Did you know: In 2018, the 50+ population was 43% of Maine’s population, yet it contributed 48% or \$34 billion of Maine’s Gross Domestic Product! The market activities of people 50+ supported \$3.4 billion in state and local taxes. On top of that, people over 50 in Maine contributed \$621,000,000 worth of volunteering activities and \$2 billion in unpaid caregiving.



The economic benefits to Maine from older adults are real! (From the AARP Longevity Economy Outlook).

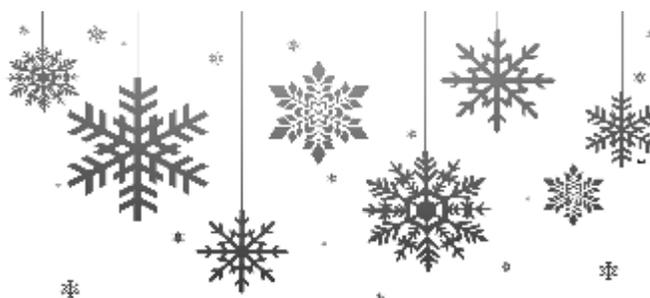
We’re still looking for volunteers to help in several key roles!

Treasurer—Ellie is retiring and we need a new treasurer. Gives an accounting of income and expenses, using Quick-books. Call 443-4937.

Newsletter—the editor needs volunteers to help chase down needed updates each month, (recipes, jokes, member news), and occasionally prepare a topical article. Experience or willingness to learn Publisher software helps. Call 443-1573.



AARP publishes the “Prepare to Care: Planning Guide For Families” as a practical tool to help people care for family members or friends. There are still a few copies left at the center. Also visit AARP.org/caregiving to order or download the guide! Or call 1-877-333-5885.



Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

		1	8					
						4		2
3			2					
6	3	4		8				7
	7					8		
1					7	3		
8		2	5					1
	6			2	1			4
						7		

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DIFFICULTY: ★★★★★

Sudoku is easy to play and the rules are simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

Answer on Page 6

DELIVERY - ONE WAY OR THE OTHER



Did you know you can get this newsletter **online**? Just go to www.ourseniorcenter.com/find/bath-area-senior-citizens. And click on the issue you want by

month.

OR Go to **Facebook** and search for:

"Bath Area Senior Citizens Activity Center. Then for the newsletter, click on "Contact Us, then the "latest newsletter".



OR If you would like to get this newsletter mailed to you, just drop off stamped self-addressed envelopes & we'll mail them out.



Joke of the Month

The local news station was interviewing an 80-year-old lady because she had just gotten married for the fourth time. The interviewer asked her questions about her life, about what it felt like to be marrying again at 80, and then about her new husband's occupation. "He's a funeral director," she answered.



"Interesting," the news reporter thought.

He then asked her if she wouldn't mind telling him a little about her first three husbands and what they did for a living. She paused for a few moments, needing time to reflect on all those years. After a short time, a smile came to her face and she answered proudly, explaining that she had first married a banker when she was in her 20's, then a circus ringmaster when in her 40's, and a preacher when in her 60's, and now - in her 80's - a funeral director.

The interviewer looked at her, quite astonished, and asked why she had married four men with such diverse careers.

(Wait for it!) She smiled and explained:

"I married one for the money, two for the show, three to get ready, and four to go!"

From Bonnie MacDonald.



Virtual Tai Chi on Zoom this Winter!

The Age Friendly Communities of the Lower Kennebec in collaboration with Spectrum Generations & Healthy Living for ME is offering a virtual program "Tai Chi for Health and Balance" on zoom from January 5 to Feb. 25 which you can attend in your home. The program works to help prevent falls & relieve the pain of people living with arthritis. The movements are easy on the joints and can be done sitting or standing. The 8 week twice a week program costs \$20 for the entire series and meets Tuesdays & Thursdays from 1 to 2 pm. To register, call Jen Paquet at 207-620-1642 or email her at jpaquet@healthylivingforme.org.





The good news about living where we do is that we have locally owned businesses taking the pandemic safety protocols seriously & they are ready to serve us throughout the winter. Please take time to support our local economy this winter so we will still have them to enjoy in the spring!

Some dog humor.....

The World Health Organization announced that dogs cannot contract COVID-19. Dogs previously held in quarantine can be released. To be clear, WHO let the dogs out!



This morning I saw a neighbor talking to her cat. It was obvious she thought her cat understood her. I came into my house and told my dog. We laughed a lot!
(From the AARP Bulletin)



If you are feeling the blues, call a friend or the Maine State Support line at 207-221-8198. It's open 7 days a week from 8 am to 8 pm. Maine's CDC Director, Dr. Nirav Shah announced this recently to offer support & a listening ear to Mainers who need one.



More details will be coming in February, but this year there will be no face-to-face or in-person tax preparations due to the COVID pandemic. Instead, we expect to have a reservation system with all tax counseling and returns to be done virtually on-line or on the phone. Details will be in the next newsletter. Thank you for understanding the changes we have to make and please stay safe & well!

Mary Louise Blanchard,
Tax-Aide District Coordinator.

Recipe Corner: A great match to a cold winter's day!

"Perfectly Chocolate" Hot Cocoa

A microwave single serving:

- 2 Tablespoons sugar
- 1 cup milk
- 2 Tablespoons Hershey's Cocoa
- ¼ teaspoon vanilla extract



Mix sugar and cocoa in large mug. Heat milk in microwave at HIGH for 1 & ½ minutes or until hot. Gradually add milk to cocoa mixture; stir well. Stir in vanilla.

For excitement – add several dollops of Bailey's Irish Cream! And top with some whipped cream or melty marshmallows.

(From www.hersheyskitchens.com)

♥ Send your Newsletter content in by the 10th of the month!



**In Case it Helps!
Some Resources for You**

COVID-19 Updates are available at Maine Centers for Disease Control at 1-800-821-5821 or on the web at www.maine.gov/dhhs/coronavirus.

Dial 211 for the United Way helpline for many kinds of resources. Email to info@211maine.org

Local Food resources include

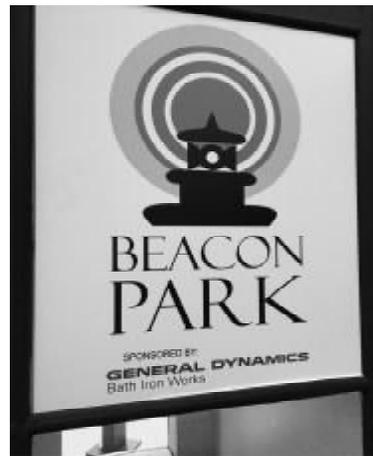
Meals on Wheels for anyone over 60 & disabled people 18+. Call Spectrum Generations at 207-607-4406.
Bath Area Food Bank at 807 Middle Street, Bath. Curbside pick-up Tuesdays 4-6 pm and Thursday 12-2 pm. 207-737-9289.

Bath/Brunswick Salvation Army, 25 Congress Ave. Bath. Call 207-443-3611 first. Open Mon., Wed., Thurs. from 10 am to 1pm - curbside.

Neighborhood Café at 798 Washington St., Bath. Free meals to go Sunday at 4:30 pm and Monday at 11:30 am. Call ahead to 207-443-2187

Bath United Methodist Church Dinner-to-go on Wednesday 4 to 5:30 pm, 340 Oak Grove Ave., Bath. 207-443-4707.

Friendly calls from an AARP volunteer in the Community Connections program available by sign-up at 1-888-281-0145



Bath's New Indoor Winter Park
Beacon Park is open M-F 7 am to 7 pm, and Sat. to Sun. 9 am to 6 pm in the former Bates building at 31 Centre St. Will be open all winter through April as long as users follow the COVID-19 guidelines. Free Wifi! Multiple heavy-duty air purifiers installed. A great place to safely sit, meet friends, eat

your lunch or sip coffee after shopping downtown. Created thanks to a partnership between Main Street Bath, Sagadahoc Realty, Union + Co, the City of Bath, and Bath Iron Works.

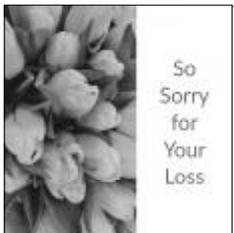
January gives us the chance to honor one of my heroes and a key leader in the Civil Rights movement, Dr. Martin Luther King



We send get well soon wishes this month to **Bob Turcotte** and hope that he feels better soon!

Need a Handicapped Parking Permit?

Grocery shopping or daily errands could be little easier with a “disability” permit if you or your partner have been diagnosed with a temporary *or* permanent disability. The “handicapped” placard or license plate gives access to spaces closer to the door and extended parking time limits. It is free though applicants still have to pay car registration fees. The application form, information on eligibility & the medical certification needed are available from the Maine Bureau of Motor Vehicles (BMV). For more information and to get the form, contact the Maine BMV at 207-624-9000, ext. 52149, go to a BMV office or to their website www.maine.gov/sos/bmv/registration From Karin Sadtler & Polly Shaw of the Age Friendly Communities of the Lower Kennebec



So Sorry for Your Loss

We send out condolences this month to the families of

Carmen Belleville,
Harry Giddinge and
Daniel Hutchinson

May friends and family be comforted by the love and memories they shared.

Special Thanks go out to the 32 people who renewed their membership last month!

Bravo! Your support makes a big difference as we navigate these times! If you haven't renewed yet—it's never too late!

Don't Forget to Pay YOUR ANNUAL DUES!

Answer to Sudoku

SUDOKU ANSWER

2	5	1	8	4	6	9	3	7
9	8	6	7	1	3	4	5	2
3	4	7	2	9	5	1	8	6
6	3	4	1	8	9	2	7	5
5	7	9	4	3	2	8	6	1
1	2	8	6	5	7	3	9	4
8	9	2	5	7	4	6	1	3
7	6	3	9	2	1	5	4	8
4	1	5	3	6	8	7	2	9

The Chart below was created by a partnership of the American Society on Aging, and Bell Age to help people stay safe. For more information on personal risk assessment for COVID exposure, go to www.cv19checkup.org.



Activity Risk Level for COVID-19

Risk levels for the activities assume participants are following the recommended safe behaviors when possible, such as maintaining social distance, wearing a mask, washing hands frequently, not hugging or shaking hands, and coughing or sneezing into tissue or elbow. If not, each one of these activities is considered high risk.



LOW: Generally Safe

MODERATE: Use Caution

HIGH: Avoid if Possible

	1	2	3	4	5	6	7	8	9
Outdoor exercise	Gas	Gas	Grocery shopping	Walk in busy downtown	Job outside of home	Airplane travel	Wedding or funeral	Visit nursing home or hospital	Nightclub
Opening the mail	Camping	Camping	Library or museum	See doctor or dentist	Shopping mall	Salon or barbershop	Basketball or football	Buffet	Music concert
Takeout food from restaurant	Visit with friends (outdoors)	Visit with friends (outdoors)	Golf	Overnight stay at a hotel	Public beach	School, camp or daycare	Go out with someone you don't know well	Religious service (indoors)	Religious service with 500+ people
Tennis	Friend uses your bathroom	Friend uses your bathroom	Walking, running, or bike riding with others	Restaurant (outdoors)	Public pool	Public transportation	Restaurant (indoors)	Amusement park	Indoor bar
	Playdates, older kids (ages 10+)	Playdates, older kids (ages 10+)		An hour at a playground	Backyard barbeque	Bowling		Gym	Sports stadium
CV19 CheckUp is a free, confidential service that helps you understand your personal COVID-19 risks and how to reduce them.				Small outdoor picnic	Dinner at someone else's house	Casino		Indoor party	
Try it: www.cv19checkup.org				Public restroom	Playdates, younger kids (age 9 and under)			Movie theater	
Please share this chart with friends and family.				Vacation with another family					

Citations: This chart combines activities from the Texas Medical Association, Milvus, and the information is Beautiful infographic, ranked using a scoring system of 1 (least risky) to 10 (most risky). Additional activities were added based on input from a professional review panel convened by BellAge, Inc. that used expert opinion and a similar ranking methodology.

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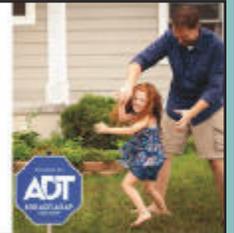


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