

# BATH AREA SENIOR CITIZENS

## NEWSLETTER

### FEBRUARY 2021

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We hope you enjoy the pleasures of February's winter days this month!  
In this issue, you'll find:

- ★ COVID vaccination essentials and testimonials!
- ★ News from Police Chief Field and some of our activity leaders!
- ★ More on-line fun and learning to check out from home!

**Note from the Editor****Have a cozy & safe February!**

I confess that I do not need Valentines Day to justify a significant chocolate infusion! To nourish your soul, we've listed a few more fun on-line options to pursue in addition to chocolate! Because vaccinations are on all our minds, this issue gives a regional vaccination overview with some testimonials from people who already got their shots.

Very special **THANK YOUS** go out to the **Davenport Trust** for an unexpected significant donation to help the Bath Area Senior Center offset pandemic-related revenue losses and keep the heat on throughout the winter! Bravo! As always, resource information is sprinkled through this issue and you are welcome to send in updates, better jokes and story ideas for the next newsletter! We have made it this far, and with masks & safe practices we will make it all the way through this as the vaccine rolls out!

Peace and blessings to you,

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. 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. Yarn donations welcome!

**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 Jeanine S leading the way—she usually ends our time with a joke! People are very happy to see each other and move around! **Call Jeanine at 729-4519.** Come and stretch even from a chair! Class is free, but must be a center member.



## The COVID-19 Vaccination Big Picture

Mid Coast Hospital recently announced its regional mass vaccination clinic on Brunswick Landing (the former Brunswick Naval Air Station) in the Brunswick Parks & Recreation location. “Having one central regional location will allow us to vaccinate the greatest number of people in the quickest time period” said Lois Skillings, President of Mid Coast -Parkview Health. “We can reach 10,000 first vaccines and 10,000 second vaccines each month, *depending on vaccine availability*”. **Vaccination is by appointment only** – to all community members who meet the Maine CDC’s eligibility criteria. Mid Coast Hospital is using a multi-faceted approach to schedule eligible individuals.

***Patients who meet CDC criteria will begin to receive personal invitations via email and phone over the next few weeks. This is being done in phases as appointments and vaccines become available.*** “We are working as quickly as possible to expand our vaccination efforts and we ask for your continued patience....we are experiencing an influx of phone calls to our medical group practices which is interfering with our typical patient process for those in need of acute care.” (Dr. Christopher Bowe, Chief Medical Officer, Mid Coast-Parkview Health).

**Patients and Community members can visit**

**[www.midcoasthealth.com/vaccine](http://www.midcoasthealth.com/vaccine) or call 877-780-7545 to use the automated COVID-19 Vaccine Assistant**, which helps determine eligibility and connects with a MaineHealth vaccine scheduling team.

***Even as vaccine becomes available, Mid Coast Hospital encourages all individuals, including those who have been vaccinated, to remain vigilant with safety measures known to reduce the spread of COVID-19.*** Wear a mask, practice social distancing, avoid unnecessary travel, keep surfaces clean and practice good hand hygiene. (Source: Jan.19, 2021 press release from Mid Coast Hospital)

## What’s It Like? Vaccination Testimonials

**From Polly Shaw**, Bath: “I got signed up on-line and got the vaccine. It was wonderful, very well organized – a great experience!

**June Todd** sent in a letter from her son, John, who is an advance practice registered nurse and was vaccinated in December with other health care workers and first responders in Vermont. He reported:

“I’m so happy to report that it was less painful than the jab of a flu shot, and oh, what a relief this jab was. Two days after vaccination, I feel fine – not even a sore arm. The process was simple: a scheduled appointment, registration, then an easy and quick vaccination, with a 15-minute monitoring afterward.

While there, in an easy 30 seconds on my smart phone, I signed up for the CDC’s V-safe vaccination-safety-reporting app, as can anyone; it’ll send any participant a daily inquiry about health consequences or vaccine reaction for the first week, then regularly thereafter. In that way, we can all provide the CDC with ongoing and reliable safety information about this vaccine, so as to provide *real* feedback, in contrast to the confusing fog of social media reports.

We’re finally on our way to vaccinating one another against this horrible threat to our health and our community’s well-being. This has been a devastating time for our country, yet we’re only just turning the corner to imagining recovery from our ongoing social and economic nightmare. ... ..I believe we would not have been able to rescue ourselves from this COVID-19 virus 15 years ago.

In short, *please* get vaccinated against COVID-19; it’s easy and safe. Do it for yourself, for your family and your friends, for your community, for health-care workers everywhere. Do it for our shared future. It is both remarkably safe and tremendously effective. *John Todd*



# Sudoku

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

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

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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](http://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.



# Jokes of the Month

*Aging Gracefully* from Ellie Eramo



When I was a child I thought Nap Time was a punishment.....  
Now, as a grown-up, it just feels like a small vacation.....

I didn't make it to the gym today. That makes five years in a row.

If God wanted me to touch my toes, he would've put them on my knees!

My people skills are just fine. It's my tolerance of idiots that needs working on!

I decided to change calling the bathroom the John and renamed it the Jim. I feel so much better saying I went to the Jim this morning.

Of course I talk to myself - sometimes I need expert advice!



One strawberry said to another "If we hadn't been in that bed together, we wouldn't be in this jam today!"

(From sermon by Rev. Dr. William Barber on 1/21/21 on Youtube).

# HAPPY VALENTINE'S DAY

One day, four senior golfers hit the course with waning enthusiasm for the sport. "These fairways seem to be getting longer and longer," said one of the group.



"And these hills are getting steeper as the years go by," another complained.

"The sand traps seem to be bigger than I remember them, too," said the third senior.

After hearing enough from her buddies, the oldest and the wisest of the four piped up and said, "Oh my friends, just be thankful we're still on this side of the grass!"

From LPI

welcome  
to our newest member Jane Murry Flynn!

## A FRIENDLY MESSAGE FROM THE BATH POLICE DEPARTMENT



I hope everyone is managing through the winter and continued COVID 19.

Now that vaccines are starting to be rolled out, there is light at the end of the tunnel.

In law enforcement, we will be getting our vaccines in the last week of January and first week of February with the second dose at the end of February. Law enforcement are in the 1B group, which includes firefighters and people over the age of 70. We have not heard of any significant reactions to the vaccines from people that have received them. People have stated that their arm was sore for a couple of days. I am confident with the science and research, that this vaccine is safe.

Some other issues have developed, mainly since the unfortunate events at the US Capitol January 6<sup>th</sup>, that I would like to discuss. One is reports that law enforcement may be involved in domestic terrorist or white supremacist groups. I would hope that is not happening; and hiring processes & policies are preventing that from occurring here.

In Bath and throughout Maine, you must go through multiple phases of screening to be employed as a law enforcement officer. First, candidates must pass a physical agility assessment, test managed by the Maine Criminal Justice Academy). Secondly, they must be evaluated in-depth by a licensed psychologist or psychiatrist, which must be satisfactory. Third, they must pass a polygraph examination. This is an interview process with a licensed polygrapher covering an extensive amount of information. Lastly, there is a background investigation completed by an investigator. This consists of questions, interviews, criminal, financial, and personal backgrounds.

All the above is required to enter the Maine Criminal Justice Academy. They also do a final check on a national database to see if there is any misconduct history. We also have several internal policies to prohibit those types of behavior, including a Code of Conduct and Social Media policy.

In closing, we are a community orientated police department. If anyone has any concerns, please do not hesitate to contact me.

Thanks,

Mike Field,  
Chief of Police

My non-emergency phone is 443-5563

## Recipe Corner

**Split Pea Soup** for a winter's day!

- 1 1/2 cup split peas
- 3 1/2 cups water
- 1 ham bone or bone from ham steak
- 1/2 teaspoon salt (optional)
- 1/2 t. thyme,
- 1/4 teaspoon pepper
- 1 onion chopped,
- 1/2 cup carrots chopped
- Chopped ham from one steak or 2 cups ham leftovers



In a large dutch oven pan or slow cooker, place all ingredients. Cook slowly for 2 1/2 to 3 hours on the stove, may be longer in slow cooker. Top with dollop of sour cream or nonfat Greek yogurt as you serve.

From 'Shaker Your Plate Cookbook', edits by Kevin Connors



We do not yet have updated AARP Tax Aide prep information, which hopefully will be coming later this month. This year there will be no face-to-face or in-person tax preparations due to the COVID pandemic. At present the following is available on the AARP website.

If you want to get started, there is a self-prep option, providing taxpayers with free access to software so they can prepare taxes on their own. It is available at [aarpfoundation.org/preparing-your-taxes-online/](http://aarpfoundation.org/preparing-your-taxes-online/).

We hope to have a reservation system with all tax counseling and returns to be done virtually on-line or on the phone. Thank you for understanding the changes we have to make and please stay safe & well!

Mary Louise Blanchard,  
Tax-Aide District Coordinator.



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. This was created to offer support & a listening ear to Mainers who need one.



**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](http://www.maine.gov/dhhs/coronavirus).

**Dial 211** for the United Way helpline for many kinds of resources. Email to [info@211maine.org](mailto:info@211maine.org)

**Local Food resources include**

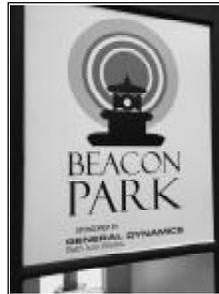
**Meals on Wheels** for anyone over 60 & disabled people 18+. Call Spectrum Generations at 207-607-4406.  
**Bath Area Food Bank** at 807 Middle Street, Bath. Curbside pick-up Tuesdays 4-6 pm and Thursday 12-2 pm. 207-737-9289.

**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 Tates building at 31 Centre St. Will be open all winter through April as long as users follow the COVID-19 guidelines. Free Wifi! Heavy-duty air purifiers installed. 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, & BIW.

A year into this pandemic, **Dr. Shah, Maine's CDC Director**, ended a recent briefing with these words when asked how contact will work after vaccinations: *"We know right now all over Maine, every grandparent wants nothing more than to hug their grandkids. So we are working hard on evaluating the science to see when, after vaccinations are delivered across the state, ... it will be safe."* It is unknown how much people can transmit the virus if exposed after vaccination—the science is not conclusive. **So it is still important to keep wearing masks and social distancing.** Yet he offered reasons for optimism: *"We hope for more vaccine supply, we hope to get them in more arms; and thank you for sticking to facts, truth and science with us."*



**Local Pharmacies Can Deliver to Your Home**



**Wilson's Drug Store** offers "store to door" services with a personal touch, call 442-8786 to speak to a team member.

**Walgreens in Bath**

Set up your account at the in-store pharmacy, giving them a payment source in a face-to-face visit. After account is set up transactions can be completed over the phone at 443-1786. You can also use the Walgreens app on your smart phone/tablet/computer, enter a phone number & email address for notification, and choose drive-thru or free FedEx delivery.

**CVS in Bath** requires you to call 443-3307 to set up an account with your personal and credit card information. Medication will be sent through the postal service free through end of 2021.

*From Karin Sadtler of the Age Friendly Communities of the Lower Kennebec*



We send get well soon wishes this month to **Virginia Little** and hope that she feels better soon!

**Don't Forget to Pay YOUR ANNUAL DUES!**

**Special Thanks** go out to the 69 people who renewed their membership last month! (Renewals are due Jan. 1st) Bravo! Your support makes a big difference as we navigate these times. If you haven't renewed yet—it's never too late! Call 443-4937.

**Answer to Sudoku**

S  
U  
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O  
K  
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A  
N  
S  
W  
E  
R

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

## News from the Cribbage Crew!

2020 was an interesting year for Tuesday Cribbage. Who would have thought that in March we would have to cease the games! Finally in August we were able to start playing outside. It was hot and humid but a few of us gathered together to play. Later on we were able to move inside following the CDC guidelines for indoor meetings. We have been having 5-9 people showing up and although it is not as many as we had pre-COVID, we have had some great games! But more than the cribbage it has given us a chance to get out of the house and fellowship with the friends we have made over the years. I, for one, look forward to Tuesday Cribbage to meet my good friends, have some laughs, eat some snacks, and of course play cribbage. We invite anyone, experienced or novice, who may be interested in playing to join us. If you would like more information please call me at 207-319-8428.

Happy Pegging, Peter Stetson



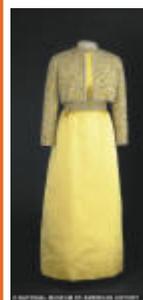
## Bocce Buddies Update

Bocce Buddies of Bath Area Senior Center had a good year in 2020! We didn't let the COVID Pandemic stop us! When we couldn't play indoors, the weather cooperated and we played safely on our outdoor court. When we could play indoors again, we all wore our masks and did social distancing. We have a great group of players who are fun to be with. It was important to keep playing and staying connected. We all look forward to 2021, staying healthy, getting our COVID vaccine shots and any old player back as well as some new players! For more information, feel free to call me at 371-2852.

Lets keep rolling! Clara Forkey.

## On-line Fun & Learning!

★ A few years ago, *Harvey Reid* performed nearby at the Phippsburg UCC church concert series in a beautiful night of folk music with his wife Joyce Andersen. Due to the pandemic, he livestreams concerts from his barn in York, Maine. Past ones are available on You-tube & another is coming up Feb. 11<sup>th</sup>. For info: contact [info@woodpecker.com](mailto:info@woodpecker.com) or 363-1886.



★ Many museums are featuring livestreams or web visits to their exhibitions. The Portland Press Herald recently highlighted the Smithsonian Institution's *American History Museum exhibit on the First Ladies*.

To visit, go to [www.americanhistory.si.edu/exhibitions/first-ladies](http://www.americanhistory.si.edu/exhibitions/first-ladies).

(Depending on your TV model, you can link it via an HDMI cable to your computer and see a livestream on the big screen).

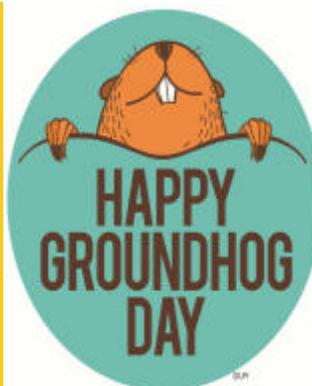
★ People Plus has a **free video library** filled with classes, speakers and exercise videos. Go to [peopleplusmaine.org](http://peopleplusmaine.org) and click on the free videos tab.

★ **What are you reading?** I've been reading a great biography of Eleanor Roosevelt— it is so striking how the challenges she and her husband faced in 1933 are not so different from the severe challenges we have today. Any interest in a phone or video book club?



We're still looking for volunteers!

**Treasurer**—Ellie is retiring and we need a new treasurer. Call 443-4937.  
**Newsletter**—Volunteers needed to help chase down recipes, jokes, member news, stories each month. All help valued! Call 443-15773.



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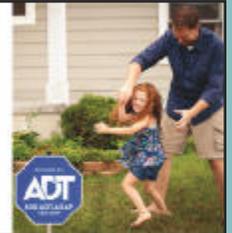


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