

BATH AREA SENIOR CITIZENS

NEWSLETTER

MARCH 2021

Richard Higgins, President
Phyllis McNelly, Vice President
Ray Doughty, Secretary
Elena "Ellie" Eramo, Treasurer
Claudette Leonard, Asst. Treas

45 FLORAL ST., BATH, ME 04530
207-443-4937

Email: bathseniors@comcast.net

For more info: call our volunteers in the office 10-1 M-Fr.

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We hope you enjoy the onset of spring in March!

In this issue, look for:

- ★ A vaccination update! A great local concert!
- ★ Smart moves for preventing fraud!
- ★ St. Patrick's Day fun & food, and some armchair travels!

Note from the Editor *May March bring you some joy and fun!*

Since marrying a man of Irish descent, I have become much more aware of how great Irish movies and music can be—so a few are included here. To keep nourishing your soul, opportunities for both service and fun are available on these pages. We hope you are well on your way to getting your vaccination—a brief update is on page 3 along with some info to help you ward off any COVID scams that come your way.

Don't forget the amazing leaders of the ongoing weekly activities listed below! Jeanine, Marjorie, Linda, Clara and Peter have faithfully continued in this year unlike all others and we owe them a debt of gratitude. The Senior Center is also blessed by the hard work of Dick H. and the team that runs the office. As always, 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.

Keeping plenty of chocolate on hand,

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 moved back inside 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 a.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 am 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.



COVID-19 Vaccination Update

When I recently took an older friend over for her first shot of the Covid vaccine, I was really impressed with the organization of the whole process at Brunswick Landing in the Brunswick Rec. Dept. building. We were greeted, screened, and guided along the stations by well prepared volunteers and staff. I am looking forward to my own shots when I am eligible.

Vaccination is still by appointment only – to all community members who meet the Maine CDC’s eligibility criteria. For more information, **community members can visit 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 Maine-Health vaccine scheduling team. I called & registered my interest in a shot—it was pretty simple to navigate the phone system.

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)



Preventing COVID-19 Scams from the AARP Fraud Watch Network

The COVID-19 pandemic continues to affect us all and scammers continue to do all they can to take advantage of it.

Key things to remember:



- ✓ Scammers may offer you the chance to “skip” the vaccine line – this is a lie so ignore this offer!
- ✓ Scammers may pretend to be contact tracers. Real contact tracers will not send you a link to click, and they will not ask for money or sensitive personal information.
- ✓ Be warned that links in texts and emails can download software that steals your usernames, passwords and other sensitive info. That’s why its important not to click on them.
- ✓ Be suspicious of messages or posts from people in your social media circle with a special offer. Contact them *by another means* to warn them their account may have been hacked and tell them to change their password right away!



In case you need some ideas for celebrating St. Patrick's day!

- ♪ Spend it watching one of the funniest Irish movies I have ever seen, "Waking Ned Devine"!
- ♪ Or watch a recording of "Riverdance", on PBS, on a DVD or a streaming service.
- ♪ Or join Irish radio host Brian O'Donovan for a "Virtual St. Patrick's Day Celtic Sojourn" show. Their virtual Christmas program was stunning and brought together artists all over the world. Tickets at www.brianodonovan.com.



Sudoku

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

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

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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

Jokes of the Month

Some Family Jokes This Month!

You've heard of "Dances with Wolves", well, I live with "Talks to the TV!"

From Kevin Connors, my husband!



My eight-year-old grand-being, Sophia, gave me this batch of jokes in a recent Zoom conversation:

✓ Why did the spider cross the road? Because he wanted to get to the Web!



✓ My mom is a radiologist. She met my dad when he came in for an X-ray. I wonder what she saw in him!

✓ How do you make a tissue dance? You put a little boogie in it!

✓ How do you know when its time to go to the dentist? When it's tooth hurty!

✓ Never trust atoms – they make up

everything!

✓ I once knew a shy pebble who wished she was a little boulder!

✓ Why did the sailors have to stop playing cards? Because the captain was standing on the deck!



From Sophia Calvelli, 8 1/2 years

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:

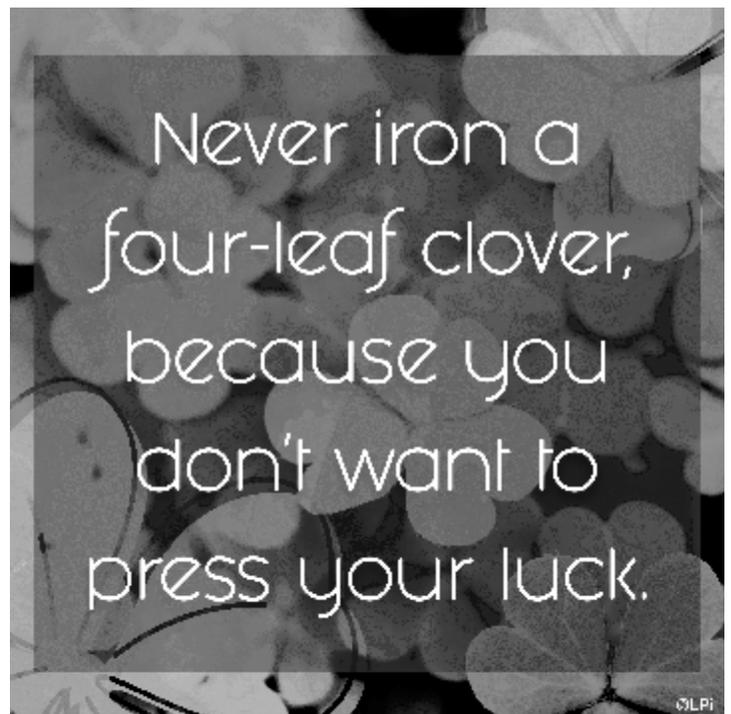
"Bath Area Senior Citizens Activity Center. Then for the newsletter, click on "Contact Us, then the "latest newsletter".



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



Happy Winter





What we know: At the Library instead of the Senior Center. Serving primarily past clients—they already have a long waiting list and may not be able to take new clients. They will know later in March if they can release a phone number and take new people. They asked me not to include the number in this article. So more to come later!

Smart Moves:

Protecting Yourself Against Scams and Fraud

You know times have changed when former con artist, Frank Abagnale, subject of the movie “*Catch Me If You Can*”, became AARP’s Ambassador on Fraud! There are lots of scammers out there trying to steal other people’s resources; but with some knowledge about how they work, you can take practical, consistent steps to keep yourself safe. And if someone cons you, the best thing you can do is reach out for help to interrupt the exploitation. Recognizing scams is the first defense – here are common ones:



- ✓ The *Promise of a Freebie* scam typically offers something like a free vacation or fake prize winnings if you will send money or financial account information to pay some fees or taxes. If it sounds too good to be true – it usually is!
- ✓ The *Threat* scam pretends to be an organization like the IRS, Social Security, the electric company, a computer repair company and threatens a fine or loss of electricity or a computer crash if you do not send payment to them for an alleged bill, fine or repair. Or they may pretend to be a grandchild in trouble, who needs emergency cash sent to them. Organizations like the IRS and electric company send notices by mail, not the phone. In the case of the fake grandchild call, pause, calm your emotions, and say you have to call another family member! In all cases, hang up!
- ✓ A *Cozying Up to You* scam preys on a person’s desire for love, respect or companionship to gain access to their financial resources. It may happen through a staged romance on



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.

Recipe Corner

Slow Cooker Corned Beef and Cabbage

- 8 small red potatoes
- 2 cups baby carrots
- 1 onion, quartered
- 1 corned beef brisket (4 pounds), rinsed and trimmed
- 2 tablespoons mixed Pickling Spice
- 1+ teaspoon minced Garlic
- 1/2 head cabbage, cored & cut into wedges



Place potatoes, carrots & onion in slow cooker. Place corned beef brisket over vegetables. Sprinkle with pickling spice and minced garlic. Add enough water (about 8 cups) to just cover meat. Cover and cook 7 hours on high. Then add cabbage. Cover & cook 1–2 hours on high or until cabbage is tender-crisp. Remove corned beef brisket to serving platter. Slice thinly across grain. Serve with the vegetables.

(Courtesy of Family Features & LPI)

(Fraud continued)

a dating website where attraction and love are professed quickly, perhaps from a distance; with a request for financial help soon after. Sadly, sometimes this kind of scam happens with paid caregivers or family who solicit financial help or “gifts” for their own needs after building close relationships with the older adult.



Quick tips that may help keep you safe:

- ★ Don’t be afraid to hang-up on people, or screen calls. Scammers manipulate older adults in particular by preying on politeness. Legitimate calls usually leave a voicemail.
- ★ Be careful about what you put on social media – avoiding birthdates, travel plans, & your address in postings.
- ★ If you get a call claiming to be your financial institution and asking for account information, hang up and contact the institution by a number you know to be correct. Legitimate organizations do not usually ask for account numbers, passwords or social security numbers over the phone.

Your planning and carefulness keeps you in charge!

Resources: AARP’s website has resources in its Fraud Watch Network, even including a country-wide scam tracking map! Contact the Maine Legal Services for the Elderly for help at 1-800-750-5353 if you are worried. Or if you are concerned for a friend, you can contact the Maine Adult Protective Services at 1-800-624-8404. (by Phyllis Bailey & Linda Morrisette)

Opportunity: Volunteer Drivers Needed to Transport Older Adults in the Bath Region

WHY: When the Age-Friendly Communities of the Lower Kennebec conducted a survey of challenges older adults experience in Arrowsic, Bath, Georgetown, Phippsburg, West Bath and Woolwich; a key finding was *how hard it is to get around or find a ride*. Because Georgetown’s Age Friendly initiative predates the regional effort, they already have a number of drivers in service there through the Volunteer Transportation Network (VTN) of People Plus. *However, there are currently 25 people in Bath alone who have requested rides to the grocery store, a doctor’s appointment, or out for a haircut for whom no local drivers are available through VTN.*

The Age-Friendly Communities of the Lower Kennebec group is helping the Volunteer Transportation Network to get the word out about the need for 10 to 12 more drivers to serve the greater Bath region.



WHAT DOES IT TAKE TO BE A DRIVER? The VTN is looking for caring people to join their excellent volunteer drivers who currently serve over 600 people. To become a driver, submit an application (available by calling 729-0757 or email to driver@peopleplusmaine.org) with proof of auto insurance and a copy of your driver’s license. Two references you provide will be contacted and background checks completed for the safety of drivers and riders. Then the driver receives some training, both on Covid protocols and the operation of the program. Right now the training is being conducted on-line and on the phone. Drivers can choose where and when they want to drive based on the requests that come through the on-line ride management system and the program coordinator, Lynne.

HOW DOES THE VOLUNTEER TRANSPORTATION NETWORK OPERATE?

All riders are asked to call at least 3 days in advance and are registered in the VTN system. The free rides coordinated through VTN are given during the day Monday through Friday. Drivers are unable to transport wheelchairs. Cars are clearly marked with a Volunteer Transportation Network placard when they pull up. Drivers and riders all wear masks and use hand sanitizer in the car to stay Covid safe.

WHO FUNDS THIS PROGRAM: Current sponsors of this program include the United Way of Mid Coast Maine, Spectrum Generations, Rusty Lantern Market, Suzan Wilson & Daniel McLaughlin family. Special thanks also go to the Bath Police Department for offering to conduct background checks for new Bath area volunteer drivers recruited!

HOW YOU CAN HELP: Volunteer to become a driver serving the need that exists in the greater Bath region! Help a neighbor or friend who is temporarily or permanently unable to drive get to the store or a doctor. Help expand the reach of this successful volunteer program to Bath and beyond! If you can’t be a driver, consider a donation to underwrite a gas card or other program needs. For more info call 729-0757.

The Age-Friendly Communities of the Lower Kennebec is a local grass-roots regional coalition with this *vision*: In our communities, people of all ages are able to live safely and comfortably in their homes; get easily to where they want to go; enjoy social connections that nourish their souls; make a contribution in their communities; help others in multiple generations and receive the support they need to thrive. Contact us at agefriendly-



We send get well wishes this month to our members who are under the weather. Please feel better soon!



Answer to Sudoku

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

Don't Forget to Pay YOUR ANNUAL DUES!

Special Thanks go out to the people who renewed their membership last month! Bravo! It’s a passport to many good things! 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.





Jeanine is a valiant and skilled Exercise group leader three times a week! Join them Mon., Wed. & Friday at 9 am for fun and friends!

Safe Winter Exercise!



Alasdair Fraser & Natalie Haas in concert March 12th at 7:30 pm virtually!



I saw these 2 in my church's folk concert series —a great night of music! The extraordinary fiddler and cellist duo in "Highlander's Farewell," in a live concert you can stream

at home. Acclaimed by the San Francisco Examiner as "the Michael Jordan of Scottish fiddling," Alasdair has a concert and recording career spanning 30 years.; including performances on the soundtrack of the film *Titanic*. His collaboration with the talented cellist Natalie Haas has led to dazzling teamwork, driving rhythms and a shared passion for improvising on the melodies of Scottish tunes. They have released critically acclaimed and award-winning albums along the way. Organized by Phippsburg Congregational Church. \$20 (pay as little as \$5 if times are tough) Tickets at <https://boxoffice.mandolin.com/products/alasdair-fraser-natalie-haas-highlander-s-farewell-3-12?oid=49&affid=280>

On-line fun and armchair travel!

Though I love Maine deeply, during this long pandemic year I have periodically done some armchair traveling via TV, DVD and streaming.



- ★ PBS offers the friendly travel of Rick Steves who gives great info on local history and food.
- ★ See the *Northern Lights* by visiting the Delta College Planetarium on FaceBook and searching for Northern Lights. <https://www.facebook.com/DeltaPlanetarium/videos/432436894552822>

- ★ AirBnb On-Line experiences offers paid tours like "*Explore Venice Alleys with a Local*" by going to AirBnB On-line, click on the history& culture tab and search for Venice.
- ★ AARP offers a new Virtual Community Center with classes, movies, on-line events and more at aarp.org. I signed up for a first-run free movie in "Movies for Grown-ups"!

- ★ People Plus has an extensive library of free videos that include art & exercise classes, and special speakers like Senator Angus King. Go to peopleplus-maine.org and click on the free videos tab.

So click on over to some armchair travel and fun!



A Resource for you!

Bath-Brunswick Respite Care Adult Day Services has a new location at 9 Park Street, Bath, in the old Bath Hospital building. Adult day services are a great option for a caregiver who needs a periodic respite from the important care given to a loved one. This new location gives BBRC great space for adhering to the pandemic safety protocols while continuing to serve memory affected individuals with dignity. Caregiver support groups also available. Call 729-8571 or email info@respite-care.org



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