

BATH AREA SENIOR CITIZENS

NEWSLETTER

APRIL 2021

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Bath – West Bath
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We hope you enjoy April showers *and* flowers!

In this issue, look for:

- ★ An update on access and rides to vaccinations! Free smoke detectors!
- ★ Tax prep help from MidCoast CASH & United Way!
- ★ Jokes from a 9 year old, a great lemon pie and some food for mind & soul!

Note from the Editor

Lots of Good News this April!

As I write this, more than 75% of people over 70 in our county have been vaccinated! The vaccine supply is slowly increasing! Beacon Park winter indoor park still offers a safe place to connect downtown while shopping locally! Remy's in Bath has a new elevator! To keep nourishing your soul, opportunities for both service and fun are available on these pages! And give us your ideas in the survey on page 6.

Since not everyone is vaccinated yet, we need to stay consistent with our masks, social distancing, hand hygiene and other safe practices until Dr. Shah gives us the all clear. Mainers are very good at looking out for one another. *As always, you are welcome to send in updates, jokes, recipes and story ideas for the next newsletter by April 12th to pbailey@cityofbath.com.*

Please stay safe and well,
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 are inside with safe 6 foot distancing and masks required! Thanks for respecting the need to protect our immune-suppressed folks and people who have not had their vaccines by both you and they keeping masks on and staying more than 6 feet apart! As the weather warms, some may go outside!

Line Dancing six feet apart is happening on Mondays and Thursdays from 10 a.m. to 11:30 p.m. Its a great way to stay in shape! You can sit down when you want to. We've had ten lately! **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 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 a new rug Monday & Wednesday at 2 pm & Friday at 10 am in groups of 4 so we can physically distance. While we are indoors, we are 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 an older game "nobby"? **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

As you may be aware from the updates by Governor Mills and CDC Director, Dr. Shah, **eligibility for the COVID-19 vaccine** is April 1 for adults 50+ and May 1 for all adults. This schedule may accelerate based on vaccine supply.

There is now a vaccine hotline if you are having trouble with the internet in scheduling a vaccine appointment at 1-888-445-4111. This is not an express lane but can help those who struggle with technology.

Vaccination is still by appointment only. You must pre-register to get into the MidCoast Health system from which emails and phone calls are generated offering appointments. **Call 1-877-780-7545 to use the automated COVID-19 Vaccine Assistant or visit www.midcoasthealth.com/vaccine.**

Rides are available to vaccination appointments! Senator Vitelli sent an update about a new program to offer free rides for people who need transportation to and from vaccination appointments through a company called Modivcare partnering with local Community Action Programs. **Rides need to be scheduled 48 hours ahead of time and are available Monday to Saturday from 7 am to 4 pm by calling 1-855-608-5172.** People who qualify for rides through MaineCare should schedule rides as they normally do.

Walgreens Pharmacies (443-1786 in Bath) are now offering COVID vaccinations too. Thank you for your patience as all organizations are getting lots of calls and are waiting for vaccine supply to increase.



Words of Wisdom from Chris Cummings at the Bath Fire Department

Why Are Working Smoke & CO2 Alarms so Important?

Working smoke and carbon monoxide (CO) alarms save lives by quickly giving you and your loved ones an early warning signal that something is wrong. Fire spreads fast and carbon monoxide is a silent killer. Working alarms are essential to your escape plan.

Important Tips: ✓Be sure to have the right type of alarm. Alarms must be approved by Underwriters Laboratories (look for a UL mark) and have an audible end-of-life warning. All new and replacement smoke alarms should have a sealed 10-year battery that is non-replaceable and non-removable. ✓Have both a smoke alarm and a CO alarm (or a combination smoke/carbon monoxide alarm). One type of alarm is not a substitute for the other. ✓If your alarm still uses removable batteries, be sure to change them twice a year. A great reminder is changing batteries on days clocks are changed for daylight saving time. Replace these alarms with ones that contain sealed 10-year batteries as soon as possible.

When Installing Your Alarms: ✓Install alarms where you sleep and on every level of your home, including basements. ✓Locate alarms on the ceiling, preferably near the center of the room, but not less than four inches from a wall. If the alarm must be installed on a wall, it should be placed between four and 12 inches from the ceiling. ✓Special alarms should be installed for those who are hard of hearing or deaf. Strobe lights and bed shakers are available.

To Maintain Your Alarms: ✓Test your alarms regularly by pressing the test button. ✓Replace alarms every 10 years or when the alarm signals that it has reached the end of life. ✓Keep alarms clean by regularly dusting or vacuuming.

When an Alarm Sounds: ✓If a CO or smoke alarm sounds, you and your family should get out immediately and call 911. ✓If an alarm is set off accidentally, quiet the alarm by pushing the reset button. Open windows and turn on vent fans to clear the air.

The Bath Fire Department is offering free 10 year sealed battery smoke detectors which they can install!
Call 443-5034 for information.



Sudoku

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

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

Answer on Page 6

Jokes of the Month!

More Family Jokes This Month!

My 9 year old grand-being, Jake, asked for equal time after his sister gave the jokes last month!



- ✓ What did Godzilla eat when he got to New York? The Big Apple!
- ✓ What's yellow, plastic and holds up banks? A robber ducky!
- ✓ What disease do cows get? Moo-laria!
- ✓ What goes oink, oink and steals your money? A pig pocket!
- ✓ What song did they play when the cookies got married? Here Crumbs the Bride!
- ✓ What do monsters love for breakfast? *Scream* – bled eggs!
- ✓ How did Godzilla win the dance contest? He stomped the competition.
- ✓ What do you do if you find Godzilla in your bed? Sleep in the guest room!

From Jake Calvelli, 9 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.



A dog walks into a bar and asks the bartender "Do you have any jobs?" And the bartender, says "Why don't you try the circus?" And the dog says, "Why would a circus need a typist?"

Need Help with Tax Preparation? Mid-Coast CASH Coalition is offering a Free Tax Preparation Program!

Due to the pandemic, the tax preparation programs offered in the past experienced an exponential level of demand in the midst of the need for very changed operations. **MidCoast United Way** developed this initiative with Mid-Coast CASH Coalition and all the partners listed below to fill this void.



The Tax Aide program of Volunteers are ready to help! Mid-coast CASH has teamed up with GetYourRefund.org to connect

you to their IRS-certified **virtual** volunteers. Filing will be done virtually, and safety precautions will be in place at their drive-thru Scan & Go sites. If your household made less than \$57,000 in 2020, there are three free safe and easy ways to file your taxes.

OPTION 1: Visit www.getyourrefund.org/midcstme to start your online intake process. You'll answer a series of questions, upload documents, and receive phone calls from our team before we e-file your return.

OPTION 2: File your own taxes (with access to help-line support) at myfreetaxes.com.

OPTION 3: No mobile device or computer? No problem! Call (207) 295-6340 to be sent an intake packet. Complete all forms, gather your documents, and head to one of the Scan & Go sites in Boothbay, Brunswick, Damariscotta, Topsham, or Wiscasset. All your documents will be scanned into GetYourRefund for you and your original documents will immediately be returned to you. You'll receive phone calls from their team before they e-file your return. Got questions? Call Kelly (207) 295-6340 or email uwcash@uwmcm.org

Please note: We are receiving a high number of calls — thank you for your patience. **Midcoast CASH partners and sponsors include:** Bath Savings Institution, Bowdoin College – McKeen Center for Common Good, CEI, Davenport Trust, First National Bank, General Dynamics – Bath Iron Works, John T. Gorman Foundation, Internal Revenue Service/VITA, Maine Women's Fund, Midcoast Maine Community Action, New Ventures Maine, Norway Savings, and is an initiative of United Way of Mid Coast Maine.

(Information from Midcoast CASH Coalition)

Recipe Corner

Lemon Sponge Pie



For some reason, spring brought this delicious dessert to mind – it is the Lemon Sponge Pie of my friend Sally Gray from her mother's recipe.

You can use a 9 inch prepared pie crust - I love the frozen Portland Pie version available locally.

Stir together:

4 ½ Tablespoons flour
¼ cup lemon juice (and one lemon's grated rind)
1 ½ cups sugar

Then whisk in:

2 Tablespoons butter
3 egg yolks (keep the whites separated to the side)
1 1/2 cups milk.

Then whip the 3 egg whites into stiff peaks. Gently fold the egg whites into the wet mix.

Pour filling into the uncooked pie crust.

Bake at 350 degrees for 45 minutes.

Serve it and enjoy!

From Sally Gray

Don't Forget to Pay YOUR ANNUAL DUES!

Special Thanks go out to the 30 people who renewed their membership last month! Bravo! If you haven't renewed yet—it's never too late! Call 443-4937.

GREAT NEWS! We have a new **Discount Long Term Membership program!** Renewing every year can be a chore. So starting at age 70, local area folks (from the 6 towns) can make a one time payment of \$200 and never pay another membership fee. This is a reduction of \$5/year over the standard fee. For out of local area folks, the one time payment is \$300 which is also a \$5 discount per year. The cost is pro-rated, if members chose long term membership at a later age. Call the office for more info at 443-4937.



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.



So
Sorry
for
Your
Loss

We send out condolences this month to:

Ellen H. Bishop who lost her son, Ron; and the family of Edwin Berry and his long-time companion, Joan.

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

**We Need to Hear From You!
Please fill out and return this survey!**



As vaccines roll out and things slowly open-up, we'd like to hear about what you are interested in and what you feel safe doing. This will help us plan for summer, both outside and for safely distanced possibly indoor activities. **Please mail this back to the Bath Area Senior Center** at 45 Floral Street, Bath, 04530. *All activities would conform to safety protocols.*

Name _____
 Phone # _____
 Address _____
 City _____ Zip Code _____
 E-mail _____
 Member? _____ YES _____ NO

(You can send in your renewal with this form).

I am interested in: (check all that apply)

- Concerts indoor Concerts outdoor
- Group meals indoor Group meals outdoor
- Other Activities indoor? Outdoor?
- Trips in small groups of vaccinated folks in cars
- Trips within Maine on limited capacity bus

Other comments/activity suggestions?

Sabbathday Lake Shaker Village

presents a special live discussion and audience Q&A with Lois Lowry and Brother Arnold Hadd discussing Lois' book *"Like the Willow Tree"* via Zoom on Monday, April 12, 2021 at 6 pm. Register for the livestream on their Facebook page at maineshakers.com. In the book, 11 year old Lydia is taken by her uncle to the Shaker Village after her parents die in the 1918 Influenza epidemic. Her story of heartbreak & hope is based on actual pandemic oral histories.



Update on Recruitment of Volunteer Drivers!

Thank you to the people who have begun to respond to our request for volunteer drivers in the Bath region. It was very encouraging to see people step right up and apply. The Volunteer Transportation Network (VTN) has started screening the first volunteers.

So the recruitment effort continues because when the Age-Friendly Communities of the Lower



Kennebec conducted a survey on 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.*

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 driver program. To become a driver, send an application (call 729-0757 or email to driver@peopleplussmaine.org to get it) with proof of auto insurance and a copy of your driver's license. References will be contacted and background checks completed for the safety of drivers and riders. Then the driver receives some training, on Covid protocols & 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. Thank you to the Bath Police Department for offering to do background checks on the new Bath area volunteers!

HOW DO RIDES WORK?

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

HOW YOU CAN HELP: Volunteer to become a driver serving the need that exists in the greater Bath region!
Call 729-0757 today!



We send get well soon wishes this month to Rita McElman and hope that she feels better soon!

welcome

We welcome our newest member
 Paula Cunningham!

Answer to Sudoku

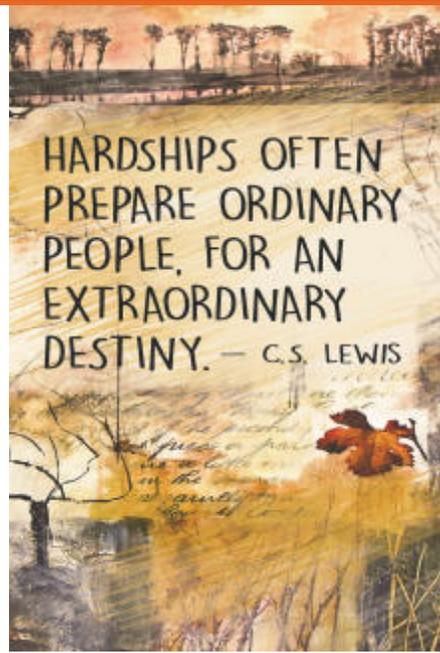
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4	2	6	8	3	7	5	9	1
8	3	9	4	5	1	2	6	7
1	7	5	6	2	9	8	4	3
9	4	3	2	1	8	7	5	6
7	6	8	3	4	5	9	1	2
5	1	2	7	9	6	4	3	8
2	5	1	9	8	3	6	7	4
6	9	4	1	7	2	3	8	5
3	8	7	5	6	4	1	2	9

Local Heroes on the Board!



These smiling vaccinated volunteers are the Board that has served through the pandemic, to keep things safe & on track. (Please note that they only took their masks off for this picture so we could see their beautiful faces!) Thank you to Ellen B., Edith S., Connie S., Ray D., Claudette L., Phyllis M., Ellie E and Dick H. Missing: Linda R. & Delbert G.



Elder Abuse: Do you worry about a friend?

Elder abuse refers to any knowing, intentional, or negligent act by a caregiver or any person that causes harm or a serious risk of harm to an older adult. You may notice bruises, abrasions, burns, or difficulty sitting. Your friend may be withdrawn, anxious or depressed. They may have unattended medical needs, poor hygiene, or weight loss. And they may make uncharacteristic purchases, fail to pay bills, or keep appointments.

Unfortunately, elder abuse is not uncommon - it is estimated that 11% of older adults are abused. You can help. Start by educating yourself about how to recognize and respond to it. **Join a special ZOOM presentation on April 22nd at 5:30 pm by Emily Berrill, Elder Service Connections. Register at agefriendlylowerkennebec@gmail.com and zoom instructions will be sent to you.** This is another program bought to you by the **Age-Friendly Communities of the Lower Kennebec.**

From Ruth Lawson-Stopps

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



Fun from your armchair & in-person!

Thank goodness for the experiences available virtually and by reservation regionally!

- ★ **Breakfast with Red Pandas** at Franklin Park Zoo at 9 am on April 24th. Visit sloths, hippos and kangaroos too! <https://www.zoonewengland.org/discover/virtual-offerings/animal-breakfasts/>



- ★ A Bath quilter, Wendy Reed, is featured in an exhibit at the **New England Quilt Museum** at neqm.org. Virtual exhibits include "Quilted Canvas III: Still Here" and "Deeds Not Words, 100 years of Women's Suffrage".



- ★ AARP offers a **Virtual Community Center** with classes, movies & on-line events at aarp.org. Enjoy free movies in "Movies for Grown-ups"!

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



- ★ **Portland Museum of Art** has virtual exhibits at portlandmuseum.org and opened March 25th for reserved visits. There is even a pandemic exhibit - "2020: Art From Maine".

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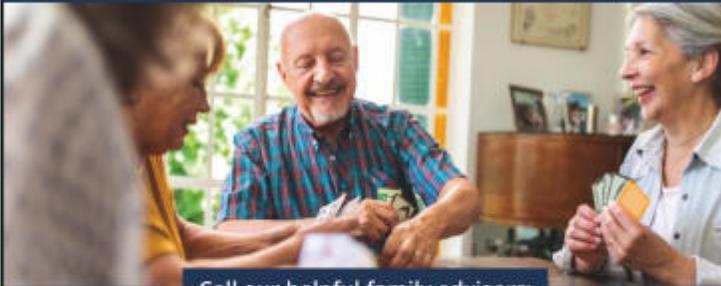
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