

BATH AREA SENIOR CITIZENS

NEWSLETTER

MAY 2021

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In this issue, our focus is on helping you forge a way forward toward the future while still coping with the pandemic's impact. You'll find:

- ★ More updates on vaccination access and a testimonial on surviving Covid!
- ★ Return of our bean supper by take-out, a yard sale and the Basic Players!
- ★ Live local concerts starting up! More on-line fun, chocolate and humor!

Note from the Editor

Moving Forward in May!

Two out of three people 50+ in Maine have received all their shots as I write this! Progress is happening. Bean Suppers, a yard sale & the Basic Players Theater group are back Give us your ideas for activities at the Activity Committee meeting on May 20th at the Center!

Encourage your younger friends and family to get their vaccinations to help lessen the potential impact of variants, to spare them the potential impact of getting sick and to protect those who are immune suppressed. Beth and Mike share their story of surviving Covid-19 on page 3—it does not sound like fun! Let’s keep looking out for one another. *As always, you are welcome to send in updates, jokes, recipes and story ideas for the next newsletter by May 10th 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	2 to 4 pm Basic Players theater group	11:30 am to 2:30 Witty Knitters	10 Bocce
2 pm Bocce	1-3 Cribbage	2 pm Bocce		

Our regular weekly activities continue and as the weather warms, some may go outside! Thanks for respecting the need to protect our immune-suppressed folks and people who have not gotten their vaccines yet by both you and they keeping masks on and staying more than 6 feet apart!

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 more than 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! Our projects keep changing to keep it interesting. 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—Playing on our new rug continues 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! New players are always welcome. **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.



Latest COVID-19 Vaccination News!



As you are aware, all individuals 16+ are now eligible *for the COVID-19 vaccine!* And as I write this in late April, over 1 million vaccine doses have been given in Maine since mid-December—that means over half of all Mainers 16+ have received at least one dose!

Updates are developing as the science evolves— so more will come about travel, wearing of masks among vaccinated people, the norms for indoor and outdoor spaces. Since you don't always know who around you is vaccinated or immune suppressed, it is respectful to wear a mask and stay 6 feet apart when you are outside of your vaccinated pod in your home. **For the latest**, go to the Maine CDC website at www.maine.gov/covid19.

The recent deaths of 2 people in their 20's show how important it is to encourage younger family members and friends to get vaccinated. **Walk-in and mobile clinics are working to make it more convenient**; such as the new clinic at the *Portland Expo*. **Call 1-888-445-4111 for vaccine info** or visit the

Maine CDC website at <https://www.maine.gov/covid19/vaccines/vaccination-sites>,

For the appointments available through the MidCoast Health system at the Brunswick Recreation site on Brunswick Landing (the old Naval Air Station); **pre-register at 1-877-780-7545 or visit www.midcoasthealth.com/vaccine**. New open appointments are posted on Fridays between 10 am and noon. **Midcoast Health** is also offering **shots to home-bound individuals** via CHANS—call or go to the web-site for more information (above).

Rides are available to & from vaccination appointments! **Call at least 48 hours ahead of time for rides 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.*

Bath Walgreens offers vaccine shots by on-line appointment at www.walgreens.com/findcare. Phone 443-1786 for information.

Information changes rapidly, the Maine Center for Disease Control is a great credible source for the latest.



Surviving Covid!

“In November, we both came down with Covid-19 at the same time! Paramedics came and took us to tests – results were positive! We received outpatient care from a local Pulmonary care center – both the nurse & CDC staff called regularly to follow us. When they heard Beth was not doing well, they said ‘Go to the local ER’, which admitted her. She was then transferred to MidCoast Hospital for the right equipment & specialized care. She was sent right to the ICU where she was for 19 days. She had multiple plasma treatments and almost went on a ventilator twice, but improved enough to avoid it. I had to go home to our farm, and the same lady from the CDC called me every day while I was alone, made sure I had food and medications.” Beth reports “The nurses were so kind to me, with all the PPE on I could not see their faces, so learned to read their eyes. They kept getting me to move, drink and eat even when I did not feel like it. Even now, 6 months later, we both have long term side effects from Covid like memory challenges, difficulty

Surviving continued:

breathing. We are both doing pretty good, but it really affected our stamina for a long time. We hope some people in their 20's, 30's, 40's don't feel invincible and believe they don't need the vaccine because they could survive it with no impact. That is a big risk – whether or not it will affect you seriously or leave you with a long-term impact.” **Beth and Mike R.**

This somber view of the Viet Nam Memorial in Washington reminds us on Memorial Day of the sacrifices made by the many women and men of the armed forces, past and present. We owe them much.



Sudoku

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

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

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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

Tell us what activities interest YOU at a meeting with the **Activities committee** on **Thursday, May 20th** at 1:30 pm! We need your ideas!



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 give us stamped self-addressed envelopes & we'll mail them out.



Jokes of the Month!

My husband scolded me many times for leaving the keys in the ignition. My theory is the ignition is the best place not to lose them. His theory is the car will be stolen. As I burst out the store's door I came to a terrifying conclusion. His theory was right. The parking lot was empty. I immediately called the police. I gave them my location and confessed that I had left my keys in the car and it had been stolen. Then I made the most difficult call of all "Honey I stammered", (I always call him honey in times like these). "I left my keys in the car and it has been stolen". There was a period of silence. I thought the call had been dropped but then I heard his voice. "Are you kidding me?" He barked "I dropped you off!" Now it was my time to be silent. Embarrassed I said "Well come and get me ". He replied "I will as soon as I convince this police officer I have not stolen your car!". **From Robbie Millet**



A wife said to her husband, – "I'd like to make escargot tonight – Would you go downtown and get some snails? And please don't stop for a drink at the pub. Come straight home because I would like the snails fresh." So he sets out, purchases the snails and starts home. As he passes the pub, his buddy waves to him



– "Come in and have a pint with us!". "Oh I shouldn't" he replies. "Aw come-on" his buddy pleads. "Well maybe just one", and in he goes. Four hours later, the wife is fuming and wondering where he is, sets off downtown. The husband

steps out of the pub, trips and falls flat on his face, scattering snails on the sidewalk. He looks up to see his wife round the corner and yells "Hurry up Laddies – get a move on! The wife's a-waiting!"

from Brianna B.

Outdoor Yard Sale May 8 & 9

from 8 am to 1 pm in the Senior Center Parking Lot by the garage. You never know what you will find! Please wear a mask and respect social distancing. Call the office in advance if you want to reserve a table to sell some items, at 443-4937.



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

With the tax filing due date extended to May 17, area tax preparation programs are still functioning. AnaLou and Fred E. told us *“We appreciated the myfreetaxes app in the last newsletter. The app is great and easy to follow—we got our taxes done! Thank you for letting us know about it!”*



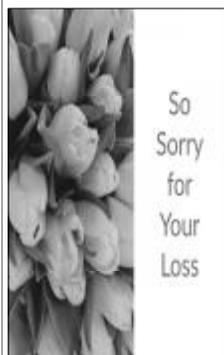
The Tax Aide program of Volunteers are ready to help! Mid-coast CASH has teamed up with GetYourRefund.org to connect you to their IRS-certified *virtual* volunteers. If your household made less than \$57,000 in 2020, there are three free safe and easy ways to file your taxes.

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

Midcoast CASH partners and sponsors include: Bath Savings Institution, Bowdoin College – McKen 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.*



We send out condolences this month to the family and friends of:

Marilla Totman,
Roger Leask and
Donna James

May you be comforted by the love and memories you shared.

Recipe Corner

Needhams—a classic Maine candy from potatoes!

Make 3/4 cup plain mashed potatoes. Put a one pound box of confectioners sugar (about 4 cups) a heat proof bowl over a saucepan of barely simmering water or double boiler. Stir in the mashed potatoes, 1/2 teaspoon salt, 1/2 cup butter (1 stick) and



a bag (14 oz.) of coconut. Mix well, by hand or with a beater, until sugar melts, then spread out evenly in a buttered or foil lined 10 x 15 inch pan. Place in a cool place to harden. When hard, cut into small squares and dip in the chocolate mixture.

Chocolate coating

1 12 oz. package of dark chocolate bits,
4 squares unsweetened chocolate
3-4 Tablespoons of butter or margarine.
Melt all ingredients together in double boiler or in microwave, stirring well to mix. Dip the filling squares in the chocolate with a fork or toothpick, Place on waxed paper to harden.
From Phyllis McNelly

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

Special Thanks go out to the 17 people who renewed their membership last month! Every renewal helps! It’s never too late to renew! \$15 for our six towns, \$20 for people beyond those towns. Mail it in or 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.

Mail your renewal today!

Name _____
Address _____
City/Town _____ Zip _____
Phone _____ Email: _____
 \$15 annually for residents of Bath, Arrowsic, Georgetown, Phippsburg, West Bath, Woolwich.
 \$20 annually for residents of all other towns



A Final Friendly Message From Bath Police Chief Fields

(We were very sorry to hear of the retirement of Chief Fields. Here is his last column for us about *special services available for memory impaired residents*).

I wanted to let you know about resources available in the Bath region to help our *memory impaired residents and their care partners*. We joined with the Sagadahoc County Communications Center for the **Wandering Person Program**.

This program was developed to help Law Enforcement create and maintain a database for individuals prone to wandering behavior such as those with Autism, Dementia, and Alzheimer's; the database allows officers to view information including a photo right away in the cruiser as soon as the person is reported missing.

The program collects information such as physical descriptions and photos of the individual to aid in their identification if they get lost. Other important information such as potential triggers and ways to calm the individual are noted. This saves valuable time when a missing person report of a program participant comes in. This is all confidential. You can download the forms at <https://www.sagadahoccountyme.gov/> Or please contact the Police Department and we will assist. It is available for all Sagadahoc County residents.

And don't forget the Good Morning Program. We work with the Sagadahoc County Sheriff's Office to offer this program to check in on seniors that may be home bound, live alone, and/or have a significant disability. To enroll, visit our website or call Sabrina at the Police Department, 443-5563, for an application. For any other Sagadahoc County resident, contact the Sagadahoc County Sheriff's Office at 443-8201.

If you have any questions, give us a call! 443-5563

Mike Fields, Chief of Bath Police

Help Wanted: Volunteer Drivers for Bath area!

Thank you to the people who responded to our request for volunteer drivers in the Bath region. It was very encouraging to see people step right up—but more are needed! *The recruitment effort continues* because when the **Age-Friendly Communities of the Lower Kennebec** conducted a survey on challenges older adults experience in this region—a key finding was *how hard it is to get around or find a ride*.

Currently 20+ people in Bath alone who requested rides could not be served because no local drivers are available through VTN. **The Age-Friendly Communities of the Lower Kennebec group is helping the Volunteer Transportation Network recruit 9 more drivers to serve the greater Bath region.**



WHAT DOES IT TAKE TO BE A DRIVER? To become a driver, send an application (call 729-0757 or email to driver@peopleplusmaine.org to get it). References are contacted and background checks completed for the safety of drivers and riders. The driver receives training, on Covid protocols & operation of the program. Drivers choose where & when they want to drive based on the requests that come to 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: Become a driver serving in the greater Bath region! **Call 729-0757 today!**



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

welcome

We welcome our newest member, Cynthia Jones!

S
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Answer to Sudoku

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

The Witty Knitters!



MY MOTHER USED TO SAY, 'THE OLDER YOU GET,
THE BETTER YOU GET ... UNLESS YOU'RE A BANANA.'
BETTY WHITE

The Witty Knitters had a juried egg decorating competition in April judged by Donna G. in which Joyce M. placed 1st, Tracey W. placed 2nd and Wendy H. placed 3rd!

Live Chocolate Church Concerts!

The **Chocolate Church in Bath** resumes in-person concerts again outdoors on the grounds of the Maine Maritime Museum **Saturdays from 5:30 to 7 pm in May:**



On May 8th the nationally known Mallet Brothers Band with the sound of Americana, Rock and Country.

On May 22nd Mr. Scott Moreau, a Johnny Cash tribute artist, who I saw in a great play, "The Million Dollar Quarter".

On May 29th Studio Two, a Beatles Tribute band performs with music of their early years.

For tickets call the Box Office at 207-442-8455 or go on-line to chocolatechurcharts.org

Fun from your armchair & in-person!

More to enjoy virtually and by reservation regionally!

★ At the **Portland Stage Company**, the comedy "**Bad Dates**" is available in person and digitally to May 16. **PortlandStage.org**.



★ **The Coastal Maine Botanical Gardens** in Boothbay bring back their **Native Plant tour** on May 11! **Mainegardens.org** or



207-633-8000

★ **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.



★ "**Street Gang: How We Got to Sesame Street**" is a documentary about the influential & innovative children's show now 50+years old. Available **On Demand starting May 7 at bit.ly/3xe7bJV**. Watch with a grandchild!



Bean Suppers Return on May 22nd by Take Out!
4:30 to 5:30 pm!

Reserve your meal so we know how much to prepare!

Call the office at 443-4937 M-F between 10 am & 1 pm. \$8 per person. Menu includes pea beans, hot dogs, potato salad, cole slaw & cookie.



The Basic Players Theater Group is starting up again Thursday May 6 and will meet every Thursday from 2

to 4 pm. If you like the theater, come to meet people, listen in and have some fun! We will be working on short one act plays & don't worry about memorizing lines – we also read plays off of scripts sometimes. Please call Mike R. at 832-7932 if you have questions – we have room for people behind the scenes & in front of the curtain!

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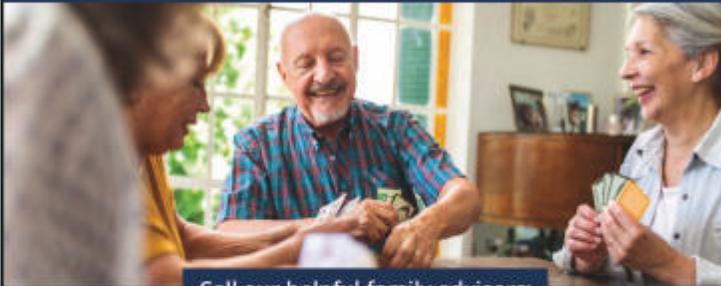
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207.443.9100

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