

BATH AREA SENIOR CITIZENS

NEWSLETTER SEPTEMBER 2021

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

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As the Delta variant surges around the country, we are still working on moving forward safely, not unlike these ships in a foggy Rockland Harbor. Here are:

- ★ The first productions of our own “Basic Players” theater group!
- ★ Some ‘end of summer’ fun, food and humor!
- ★ Current Covid-19 and vaccination research updates

Note from the Editor***There is a lot going on!***

Much is happening at the Senior Center! Bean suppers are delicious and could use more volunteers! The Basic Players are putting on their first performance. The faithful lineup of line-dancing, exercise class, the Witty Knitters, bocce, and cribbage continues. Lots of good news!

Yet after 18 pandemic months, it feels like one step forward and two steps back as the Delta variant rages, especially among the unvaccinated, and hospitals fill up again. Many questions are circulating and an article here attempts to respond with current science-based info. Encourage 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 all, especially the immune-suppressed. *As always, you are welcome to send in updates, jokes, recipes, photos and story ideas for the next newsletter by Sept. 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	12:30-2:30pm Cribbage	2 pm Bocce		

***The August 14 Open house was a great success!***

Best burgers ever! Many visitors came and joined or renewed their membership in the Senior Center. Thank you to all the volunteers who worked so hard on this day, some of whom are pictured here!

Left to right: Patrick & Ellen cleaning up, Geri, Maria & Dick in the kitchen, Claudette & friends at check-in, Linda in the office, Ellie welcoming guests.



COVID-19 Pandemic Update August 27, 2021

My first experience with a pandemic occurred when I took my polio vaccine sugar cube in a 1960's school cafeteria. As I write this in late August of 2021, we have reached a confusing point in this COVID-19 pandemic. In a recent meeting at the Senior Center, lots of questions came up about COVID, the pandemic and this surge. So, I took your questions and then researched science & evidence-based material from the John Hopkins University School of Medicine, the Journal of the American Medical Association, the Maine CDC and US CDC to give us a baseline of information for the present. To quote Dr. Nirav Shah, Maine CDC Director, "*As the virus evolves, so does our understanding of the science of the virus*". These are not final answers - the information presented here will change as we move into the future & build on what's been discovered so far.

What's the situation here in Maine? (as of 8/27/2021) New cases per day ranged from 271 to 368 people in the last few days after a low of 68 in July and 14 in June. 52% of cases are people 30 and under. In Sagadahoc county, 64.9% of people 12 years and older are vaccinated. In Bath, 95% of eligible people are vaccinated. Of the 852 people hospitalized since full vaccinations have been available in Maine, only 35 have been breakthrough cases. 95 to 98% of people now in the hospital with COVID are unvaccinated.



How is the Delta Variant different from the early forms of the virus that causes

COVID-19? The Delta variant causes more infections and spreads faster

than early forms of the virus that causes COVID-19. The Delta variant is highly contagious, more than 2x as contagious as previous variants, (some studies suggest 6x more contagious), contributing to much more community transmission. Over the last 2 weeks, 98-100% of cases are the Delta variant. *Some data suggest the Delta variant might cause more severe illness than previous variants in unvaccinated people.* In two different studies from Canada and Scotland, patients infected with the Delta variant were more likely to be hospitalized than patients infected with the original virus that causes COVID-19. Even so, the vast majority of hospitalizations and deaths now caused by COVID-19 are in unvaccinated people. (JAMA, CDC)

Breakthrough cases: Why do they occur? (from John Hopkins) "When fully vaccinated people contract COVID-19, we call that a breakthrough infection.... Vaccines rarely have what we call 'sterilizing immunity' where they completely prevent infection. Vaccines act differently than masks, which serve as barriers that can actually prevent the virus from getting into our bodies to infect our cells.... The virus can still enter our bodies and infect our cells after we are vaccinated. The power of vaccines come after that point. That's when our immune systems – which have been primed by the vaccines - kick in to fight off the infections. (Cont'd Page 7)

Our regular weekly activities continue and as the weather warms, some may go outside under the canopy . Thank you for respecting the need to protect our immune-suppressed folks and people who have not gotten their vaccines yet by your carefulness and attention to safety!

Line Dancing is happening on Mondays and Thursdays from 10 a.m. to 11:30 p.m. It's a great way to stay in shape! You can sit down when you want to. **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!** Yarn donations welcome!



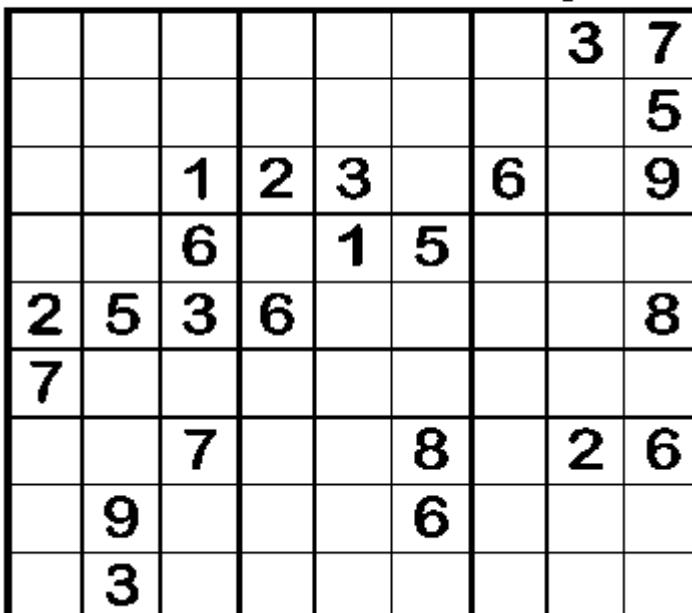
Bocce—Playing on our new rug continues Monday & Wednesday at 2 pm & Friday at 10 am.. We may also use the outside court in good weather as we enjoy each others' company, get exercise and socialize! **Call Clara F. at 371-2852.**

Cribbage is on Tuesday from 12:30-2:30 pm. We are all fully vaccinated and enjoying getting together! 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. People are very happy to see each other and move around! **Call Jeanine 729-4519.** Stretching from a chair is okay! **at 729-4519** . Class is free, but must be a center member.

Sudoku

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



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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



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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. Then click on the issue you want by month. You can also click on **Subscribe** while on this website, and have it sent to your email every month by LPI, our publisher.



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

"Bath Area Senior Citizens

Activity Center. Then check for the newsletter, early in the month when Leonard posts it.

Jokes of the Month!

Universal Solvent

A father was very proud when his twin son & daughter went off to college. He came to tour the school on Parents' Day and observed his twins hard at work in the chemistry lab.



"What are you working on, kids?"

"A universal solvent," explained his children, "A solvent that'll dissolve anything."

Their father whistled, clearly impressed, then wondered aloud, *"What will you keep it in?"*



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The Olden Days

Grandma was telling her young grand-daughter what life was like when she was a girl.

"In the winter, we'd ice skate on our pond. In the summer, we would swim in the pond and pick berries in the woods. We'd swing on an old tire my parents hung from a tree on a rope. And we had a pony we rode all over the farm."



The little girl was amazed and sat silently for a minute. Finally she said, "Grandma, I wish I'd gotten to know you a lot sooner!"

People On the Move— News from the Activities Committee!

→The trip to Cape Cod, Martha's Vineyard and Nantucket in September is cancelled due to lack of interest.

→Christmas in New York

with the Rockettes – We are exploring a 3 day, 2 night bus trip the first week of December to see the Rockettes holiday show in New York. Let us know your interest on the sign-up sheet at the Center lobby.

→We are exploring a *trip to several events at the Sawyer Foundation in Greene*, Maine and need to know of your interest. Sign up on the sheet for the **Sandy River Ramblers**, (who are a Bluegrass band with a Maine flavor) on Friday Sept. 26 at 2 pm. On October 1st at 2pm, Tim Caverly and his wife Susan discuss “**The Challenge of Wilderness Living**” from the perspective of a retired Allagash Regional Park Supervisor and his wife. Hear firsthand the demands of everyday wilderness life and learn how wardens with their spouses are often called into the thick of the action even in the worst of conditions. The interest sheet is in the Senior Center lobby.



Thank You to the Davenport Foundation for the gift of tickets for BASC volunteers to the Maine State Music Theater for performances of “*Piano-Men*” and “*Christine and Patsy, Together Again*”. Barry S.’s generosity allowed us to honor some of the volunteers who do so much for us.

Recipe Corner -

Creamcicle Milkshake!

Cool off with this easy blender recipe !

-Put 1/2 cup orange juice in the blender with 1/2 cup plain or flavored seltzer..

-Add several scoops of vanilla ice cream. Then add a scoop or two of orange sherbet. Or you can use the orange/vanilla creamcicle swirl ice cream sometimes available.

-Pulse together to blend ingredients.

-Pour into your tall glass and enjoy! If you want to jazz it up a bit, use a little hard seltzer like the Lone Pine OJ hard seltzer I put in.

Phyllis B.



A bonus joke!

A man in a diner asked his waitress how to get on the restaurant’s internet.

She said: “Our Wi-Fi password is ‘*Don’t call me sweetie*’!”



A Good Book for Challenging Times!



This is a collection of little parcels of hope—a book to pick up when you need the wisdom of a friend, the comfort of a hug or the encouragement of someone who has traveled a challenging road before you! By Matt Haig, available at Mockingbird Bookstore.

Don't Forget to RENEW YOUR ANNUAL DUES!

Special Thanks go out to the 9 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! Several people joined our 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.



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



**This Fall Join the
“Matter of Balance”
Fall Prevention Program!**

“A Matter of Balance” is an 8 session structured group program focused on practical strategies to reduce fear of falling and increase activity levels. It will be offered Tuesday/Friday, 9:30 – 11:30 am September 21 to October 19 virtually on Zoom. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity and exercise to increase strength and balance. This program is made possible by volunteers of **Age Friendly Communities of the Lower Kennebec and AHA! which is Arrowsic Healthy Aging**. For info, call 1-800-620-6036 or www.healthylivingforme.org

**Yes! We're
BACK**

The next monthly business meeting & luncheon is planned for Wednesday September 1st at 11 am, led by President Dick Higgins. You need to be a member to attend, but you can become a member at the meeting or send in the coupon in the newsletter. To sign up for chicken lunch or for info, call 443-4937. (Lobster lunches are sold out)



We send get well wishes this month to Joyce Morse and Mary Whitcomb— we hope you are on the mend and feel better soon!

Welcome

We Welcome our newest members!
Cathy Hanscom, Karen L. Hoffman, Maybelle Sturgeon, Harald Zincke, Sandy Maddocks, Rachel Davis, Carol Pelletier, Michael Doyle, Pauline Farr, Helen Turmenne, Edward Turmenne, Richard Brown, Doug Goodwin, Barbara Descoteaux, Derek Goodwin, Raymond Temple, Ann Young, Susan Concolino!

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The BASIC Players Present

An Agglomeration of One Act Plays

Directed by Mike Rowe

The BASIC Players are back after an 18 month hiatus with a hilarious show!

Some being performed in the new acting method - read with movement!



Sept 10 & 11- 7:00 pm

Sept 12 - 2:00 pm

Bath Area Senior Citizens Center

45 Floral St., Bath

443-4937

PRICE \$10.00 (\$12 AT THE DOOR)

Answer to Sudoku

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

Don't Miss the Bean Supper on Saturday, September 25th from 4:30 to 5:30 pm!

The next Bean Supper is Saturday, September 25. 150 attended in July! Volunteers are needed to help serve, cook, bake pies, etc. Please call the office to reserve your spot and come to volunteer if you can! Our menu includes home-made baked pea beans, hot dogs, potato salad, cole slaw & a cookie. Call 443-4937 M-F between 10 am & 1 pm. \$8



The Basic Players Theater Group is back!

We meet every Thursday 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 read plays off of scripts sometimes. Call Mike R. at 832-7932 with questions & join us behind the scenes or on stage!



COVID-19 update (continued)

Sometimes the immune system can rapidly clear the infection before there is much viral replication. Other times there is some viral replication giving some people mild symptoms while many remain asymptomatic. The vast majority of vaccinated people will avoid severe disease that leads to hospitalization and possible death.” “Outbreaks of Delta variant infections in vaccinated people typically involve ... behaviors such as crowding, indoors activity with eating & drinking and no masks.” Breakthrough cases are also happening among people who are immune-compromised or who have organ transplants, which is why they will likely be offered booster shots first. Vaccinated people with Delta variant breakthrough infections can spread it to others. (JAMA)

What level of immunity is offered by vaccines? Or past COVID infection? “Data from the United Kingdom suggest that 1 dose of the Pfizer or AstrZeneca-Oxford vaccine is insufficient to protect against symptomatic infection with *the Delta variant*, but 2 vaccine doses raise the effectiveness to 88% and 67% respectively.” “What is increasingly clear is that breakthrough infections remain infrequent but are occurring with the Delta variant; however, the currently available vaccines remain highly effective against severe disease, hospitalization and death. The overwhelming majority of severe cases occurring in the United States are among unvaccinated individuals.” (JAMA). The duration of immunity resulting from natural infection (if a person has had COVID-19), is estimated to persist about 90 days against the first COVID virus. A study of COVID-19 infections in Kentucky among people who were previously infected with the first virus shows that unvaccinated individuals are more than twice as likely to be *re-infected* with COVID-19 than those who were fully vaccinated *after* initially contracting the virus. These data further indicate that COVID-19 vaccines offer better protection than natural immunity alone and that vaccines even after prior infection, help prevent re-infections. (Kentucky Dept. of Health and CDC).

Why Boosters? Public health & medical experts from the US Department of Health and Human Services released the following statement about booster shots: “The COVID-19 vaccines authorized in the US continue to be remarkably effective in reducing the risk of severe disease, hospitalization and death, even against the Delta variant. We have been analyzing the data from around the world to understand how long this protection will last and how we might maximize it. The available data makes very clear that *protection against the Delta variant begins to decrease over time* following the initial doses of vaccination...and with the dominance of the Delta variant we are starting to see evidence of reduced protection.. For that reason, we conclude that a booster shot will be needed to maximize vaccine-induced protection and prolong its durability.” (HHS and CDC)

We are tired of the pandemic – yet how do we keep safe? I feel weary too, of all that we have had to do to stay safe these many months. But several of my family and friends are immune compromised or have other conditions, and I do not want to put them or myself at risk. In a recent briefing, Dr. Shah said to “*Evaluate risk and make your choices accordingly.*” At this point, being encouraged to wear masks in closed indoors settings except when eating; keeping some distance, especially in crowds; and fervent handwashing; along with vaccinations and boosters make sense to me.

Phyllis Bailey

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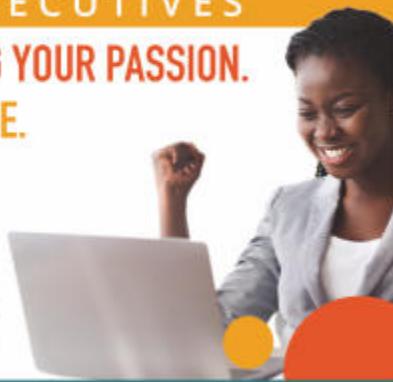
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