

October 2018



Island Connector



Welcome to the October 2018 Island Connector!

We share our monthly newsletter to make the most of our connections in the community!

The purpose of the Island Connector is to share our good work and help those who can benefit from our services or who may wish to volunteer and serve our organization for our beloved community. Neighbors Helping Neighbors is what Island Connections is all about and has been for over 20 years.

If you have a family member or know of a neighbor that could benefit from our *free* transportation services, please have them call us at 288-4457.

Island Connections provides free transportation and other services to seniors and people with disabilities from Mount Desert Island and the surrounding islands to enhance their independence and quality of life by utilizing our core group of dedicated volunteers.

[Visit our Website](#)

IN THIS MONTHS' ISSUE

- Island Connector Message from the Executive Director
- Congratulations to Carol Johnston - The 2018 YWCA MDI's Woman of Distinction
- 3rd Annual Running for Rides Mary Parker
- jetBlue Raffle Tickets!

Message from the Executive Director

Above and beyond. That's what our volunteers do all of the time. I'm always amazed at the commitment and loyalty they have for our neighbors and Island Connections' mission. On countless occasions, volunteers have



- Volunteers - we need your voice to be heard!
- Friendly reminder to our volunteers
- Rite Aid Flu Shot Information
- Neighbor Ride Eligibility
- Volunteers - Our heart and Soul
- Joy Riding with IC
- Coffee's On begins again!
- Monthly Giving Program
- On-Line Volunteer Application
- Yummy recipes from our volunteers and friends
- Volunteer Driver Reward Program
- Neighbor & Volunteers of the Month
- Healthy Acadia - Neighbor 4 Neighbor Application
- Events for Seniors

I WOULD LIKE TO DONATE



gone above and beyond to getting one of our neighbors to their appointments, providing their service on our board or on a committee, volunteering for an event, painting our new office space last year or helping with special projects in our office. No matter what the task, we have been so fortunate to be able to work with so many amazing community members whether part time or full time residents on the island.

Recently, a volunteer came into our office and saw that our wall clock wasn't keeping the time correctly. A few days later, he showed up with a brand new clock expecting nothing for it. I was blown away by his sheer act of kindness and caring for the office staff. He's an amazing volunteer driver as well picking up 2-3 drives in a day because they haven't been filled. Many of our volunteers go above and beyond in many different ways. I want you to know it doesn't ever go unnoticed.

All the best,

Doreen Willett

**ISLAND CONNECTIONS OFFICES
WILL BE CLOSED ON MONDAY,
OCTOBER 8th IN OBSERVANCE
OF COLUMBUS DAY OR
INDIGENOUS PEOPLE'S DAY.**



**WE WOULD LIKE TO GIVE OUR
SINCERE CONGRATULATIONS
TO ONE OF OUR FAVORITE**

**VOLUNTEERS, CAROL
JOHNSTON, FOR BEING THE
YWCA MDI's 2018 WOMAN OF
DISTINCTION!
WELL DESERVED!**



Carol Johnston appears with one of our neighbors, Lew at our Annual Popover Event at the Jordan Pond House.



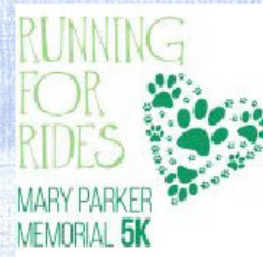
BAR HARBOR SAVINGS AND LOAN PRESENTS THE

3RD ANNUAL RUNNING FOR RIDES MARY PARKER MEMORIAL 5K RACE

Saturday, October 13, 2018 at 8:00 a.m. Race starts
at Bar Harbor Pat's Pizza located at
6 Pleasant Street, Bar Harbor



Registration open at 7:00 a.m.
Runners, walkers and furry family
friends are welcome on leash

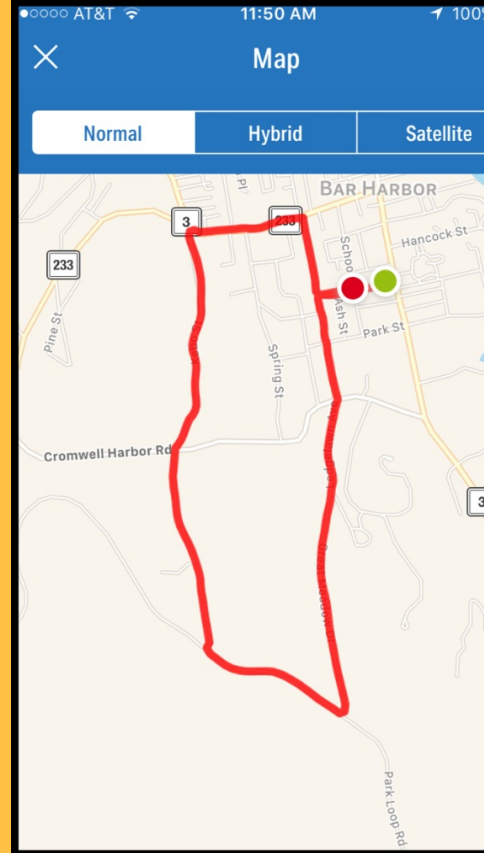


**This 5K will take you on a portion of the
Park Loop Road of beautiful and
majestic Acadia National Park**

For more information, please contact Dana or Doreen at
Island Connections at 288-4457

[CLICK HERE TO REGISTER FOR THE RACE](#)

**YOUR FURRY FAMILY/FRIENDS ARE
INVITED TO JOIN IN ON THE FUN AS
LONG AS THEY ARE LEASHED!**



RACE ROUTE

WE WOULD LIKE TO THANK OUR AMAZING SPONSORS FOR THEIR SUPPORT OF THIS EVENT

TITLE SPONSOR, BAR HARBOR SAVINGS & LOAN, PAT'S PIZZA FOR PROVIDING THEIR SPACE AND THE AFTER PARTY, ACADIA VETERINARY CLINIC, BARK HARBOR, CARROLL DRUG STORE, INC., DEAD RIVER COMPANY, EDEN THERAPEUTIC MASSAGE, EDGEFISH, INC., PEACOCK BUILDERS, SPRUCE & GUSSY AND WINDOW PANES FOR THEIR FINANCIAL SUPPORT.

jetBlue Raffle Tickets!!!

Thanks to one of our volunteers, Craig Roebuck, a retired jetBlue Pilot, we have 2 round trip tickets to anywhere jetBlue flies!!! We will begin selling tickets at the Mary Parker Race on October 13th through November 30th or until they're sold out! **LIMITED NUMBER OF TICKETS TO BE SOLD - ONLY 100** to increase your chances! They will be available to purchase on-line using the link below.

[Purchase jetBlue Ticket](#)



jetBlue Ticket Raffle

2 Round Trip Tickets to anywhere jetBlue flies*

**Limited Sale of 100 Tickets beginning
Oct. 13 - Nov. 30, 2018 - \$ 50.00 per ticket**

Proceeds benefit Island Connections



*Some blackout dates apply



To purchase tickets, call
288-4457 or visit our
website
www.islconnections.org



VOLUNTEERS - WE NEED TO HEAR FROM YOU!!!

Island Connections is in the process of researching our options to replace our wheelchair accessible van. While the van isn't very

old and doesn't have a lot of mileage, we would like to replace it with a new van that can accommodate multi-person capacity *AND* wheelchair accessibility at the same time. With the increased number of rides on and off island in the past 8 months, it would make economic sense to transport more than 1 person at a time to Ellsworth, Bangor or Brewer when possible. Our desire is to identify a partner who would donate a vehicle to Island Connections. One of the companies that we are meeting with in the next week is Darlings Automotive in Ellsworth and although it's not a requirement, they want to know if anyone from or related to our organization has purchased a vehicle with them. Once again, you being one of our amazing volunteers could make one heck of a difference in our mission!

Would you be so kind to call the office at 288-4457 if you have purchased a vehicle with them? We would appreciate it so much! Thank you.



Friendly Reminder to Our Volunteers

Please know that your time and privacy are very important to us at Island Connections. We try to adhere to your time constraints and don't give out your telephone numbers to our neighbors for good reason. We want to be sure that our neighbors are respecting our process of providing rides to them. What we don't want to have happen is that the neighbors are calling you directly for rides and not going through Island Connections. This not only disrupts our scheduling process and muddles our ride counts, but it also opens you up to our neighbors calling you for any number of reasons and, as a result you may not feel comfortable doing what they ask, but may end up doing the ride/task out of guilt rather than refuse them. It's not to say that we don't want to encourage good relationships between our neighbors and volunteers but believe that there is a line to be drawn so that you aren't overburdened. We don't want to hinder the organic friendships and relationships being created, we just want to be sure that you are always comfortable with the relationship.

Rite Aid in Bar Harbor is offering Flu Shots now through March or until they run out. No appointment necessary and according to their website, it is free with most insurance.

Rite Aid #04148 Bar Harbor
34 Cottage Street
Bar Harbor, ME 04609
Local Phone: (207) 288-2222



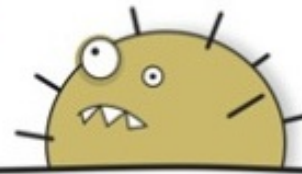
STORE

Day of the Week	Hours
Mon	8:00 AM - 9:00 PM
Tue	8:00 AM - 9:00 PM
Wed	8:00 AM - 9:00 PM
Thurs	8:00 AM - 9:00 PM
Fri	8:00 AM - 9:00 PM
Sat	8:00 AM - 9:00 PM
Sun	8:00 AM - 9:00 PM

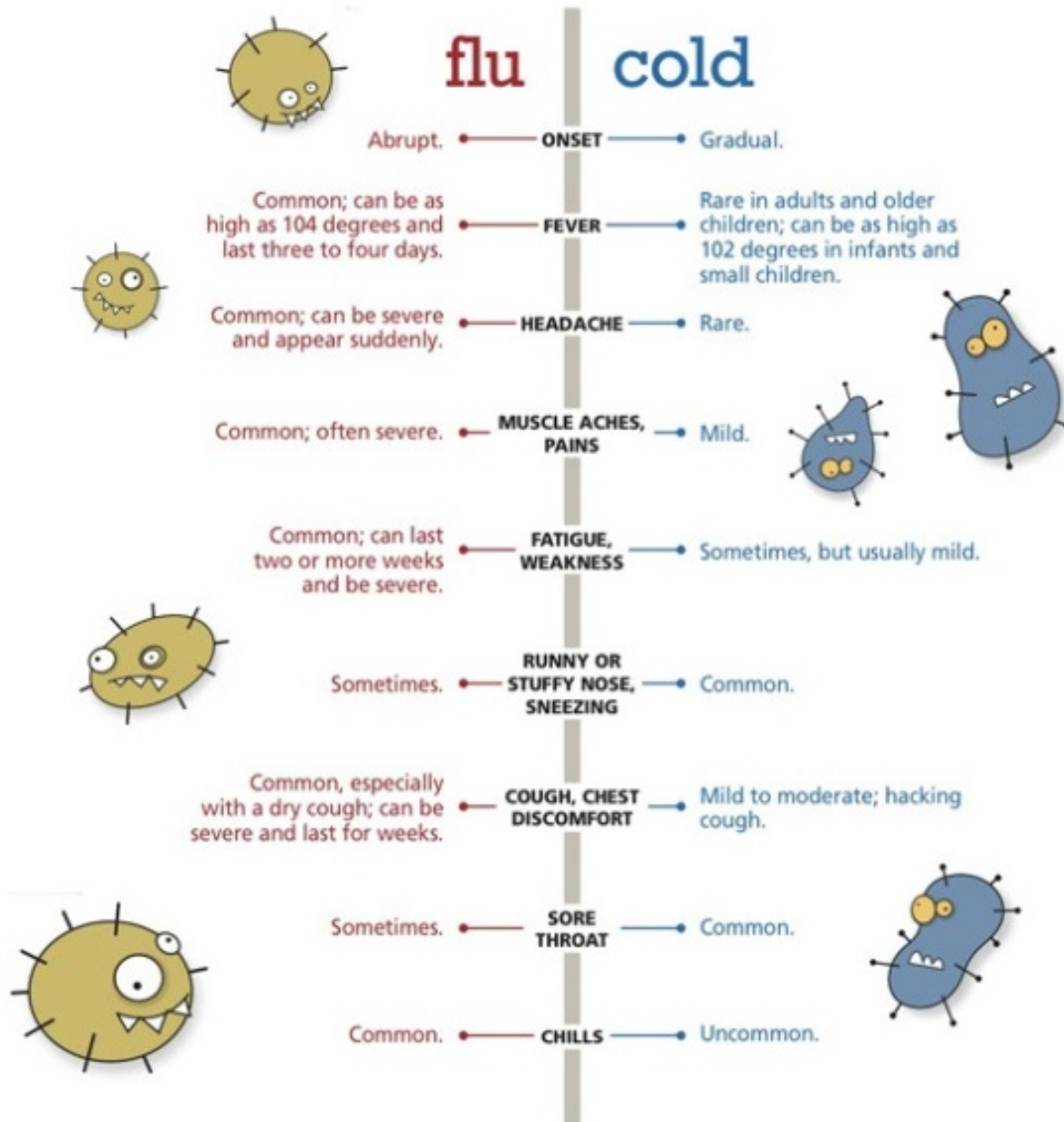
PHARMACY

Day of the Week	Hours
	8:00 AM - 8:00 PM
	8:00 AM - 8:00 PM
	8:00 AM - 8:00 PM
	8:00 AM - 8:00 PM
	8:00 AM - 8:00 PM
	9:00 AM - 6:00 PM
	9:00 AM - 5:00 PM

A common cold or the flu?



HOW TO TELL THE DIFFERENCE, AND
THE BEST WAY TO TREAT YOUR FAMILY





Who is eligible for Island Connections *Free* Transportation Services?

For over twenty years Island Connections has been providing free transportation for seniors and people with disabilities. We would like to ensure that all of our island community members are aware of our ride eligibility policy. We provide rides to seniors 70+, with no questions asked, as well as to both people with temporary AND permanent disabilities. To clarify, this means that if you are temporarily restricted or temporarily disabled to drive due to a medical reason determined by a physician and are under the age of 70, you are eligible for free transportation services with Island Connections. We simply ask you to provide a doctor's note for our records to support your medical condition. If you are determined to be permanently disabled, under the age of 70 and can provide a benefits statement from the Social Security Administration, you are eligible for free transportation as well. Please share this information with your family, friends and neighbors so that they become fully aware of our ride policy. Thank you.



VOLUNTEERS - THE HEART AND SOUL OF ISLAND CONNECTIONS

ANOTHER MILESTONE Increase in Island Connections Neighbors and Ride Demands

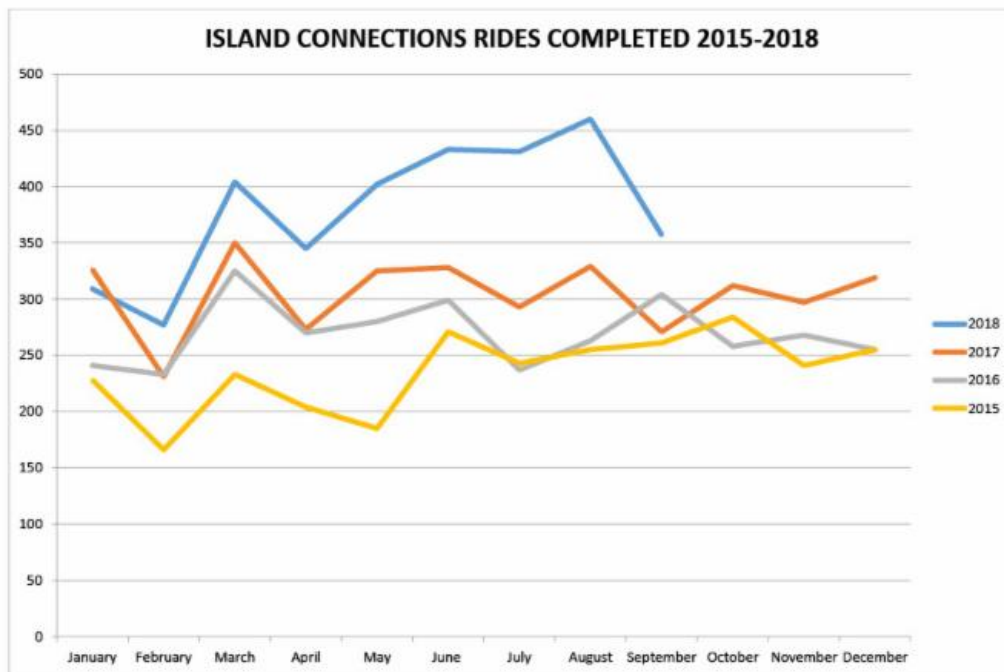
Our volunteers have stepped up to the plate time and again to respond the ride demands that we have experienced in the month of August. Historically, the summer slows down but not this year. Once again, August was a very busy month for our neighbors and volunteer drivers. We added 8 new neighbors in September needing ride services and completed **357** rides. We have increased our rides from January 1 - September 30th from year to year by well over 600. Our Joy Riding recruitment program has been fruitful and we have added 4 new volunteers. We aren't stopping there. More Joy Riding events will be happening over the next few months. Also, while our Volunteer Committee and Volunteer Coordinator are working on Volunteer Recruitment events, it is critical that we impose on our best resource, our volunteer drivers to



help spread the word about the amazing work YOU do for our island neighbors and how they can help too by volunteering some of their time to do the same.

As many know, it's actually very easy to help us and rewarding. We have 720 living hours in a month and by donating 1 hour of time, a neighbor can be transported to and from an in town medical appointment. Please share this newsletter with your friends or family members who who want to volunteer for Island Connections . They can merely click on the I wish to apply to Volunteer link below or have them call us at 288-4457 and speak to Dana Mastroianni. Thank you.

THE CHART BELOW INDICATES THE RIDE DEMAND INCREASE SINCE JANUARY 2015.



I WISH TO APPLY TO VOLUNTEER

WHY VOLUNTEER?

- It brings people together. You get to meet new people and make new friends.
- It promotes self-growth. You can use your skills and learn new skills.
- You make a difference. Volunteering makes you



feel appreciated and needed. It provides an opportunity to give back what has been given to you.

- It strengthens our community and breaks down barriers of fear and misunderstanding.

*Thank you for your
consideration*

JOY RIDING with ISLAND CONNECTIONS

Please help us spread the word about "Joy Riding" coming up at the Northeast Harbor Library on Wednesday, October 10th - coffee and conversation about what it means to become a volunteer driver for Island Connections and the impact it makes on our neighbors' lives.

JOIN US FOR
COFFEE,
PASTRY AND
DISCUSSION
ABOUT HOW
TO BECOME A
VOLUNTEER
DRIVER WITH
ISLAND
CONNECTIONS

JOY RIDING WITH ISLAND CONNECTIONS

WEDNESDAY, OCTOBER 10

9:30AM-11:30AM

NORTHEAST HARBOR LIBRARY

1 JOY STREET, NORTHEAST HARBOR

FOR MORE INFO, CONTACT DANA
MASTROIANNI AT 288-4457



GET READY FOR COFFEE'S ON!!!

The 2018-2019 season of
Coffee's On will begin again on
Tuesday, November 6th from
9:30 a.m. - 11:30 a.m. at the
YWCA MDI located at 36 Mount
Desert Street in Bar Harbor.
Bring a friend, meet new

friends and enjoy some social time!



For more information, call
Doreen at 288-4457.

Champion Connectors Circle Monthly Giving Program

As part of this year's annual appeal, we are excited to be premiering an online giving option that offers you the ability to support Island Connections on a monthly basis. We invite you to seriously consider our ***Champion Connector's Circle Program*** for the following reasons. Monthly giving makes it easier for you to plan ahead for your annual giving, and alleviates the potential challenge of a large outlay of funds at the end of the year. **Your donation can be easily and securely debited from a credit card or bank account of your choosing.** You can set it up to debit your account automatically each month, and not have to think about it again. And it helps Island Connections by providing a consistent and steady cash flow stream throughout the year. All you need to do is click on the link below and simply follow the instructions for the monthly giving program. It's that easy! Please note that one time gifts can be made on this giving link as well.



If you require any additional assistance or have any questions, please call Doreen at 207-288-4457.

MONTHLY GIVING - DONATE NOW

**Monthly recipes from our
friends, neighbors &
volunteers
of Island Connections**



This month, our recipe comes from the AllRecipes.com. Please send us your recipes to be featured here and shared for all to enjoy! Email to doreen@islconnections.org!

Beef Stew

"Thick beef stew good eaten from a bowl or poured over biscuits. Substitute lamb and

voila! . Irish stew!! If thicker stew is desired, add more cornstarch and/or take cover off for last 15-20 minutes. The longer this simmers, the better! Vary the herbs to your taste."

Ingredients

- 2 pounds cubed beef stew meat
- 3 tablespoons vegetable oil
- 4 cubes beef bouillon, crumbled
- 4 cups water
- 1 teaspoon dried rosemary
- 1 teaspoon dried parsley
- 1/2 teaspoon ground black pepper
- 3 large potatoes, peeled and cubed
- 4 carrots, cut into 1 inch pieces
- 4 stalks celery, cut into 1 inch pieces
- 1 large onion, chopped
- 2 teaspoons cornstarch
- 2 teaspoons cold water
- Add all ingredients to list

Directions

Prep 20 minutes; Cook 2 hours; Ready In 2 hours 20 minutes

1. In a large pot or dutch oven, cook beef in oil over medium heat until brown. Dissolve bouillon in water and pour into pot. Stir in rosemary, parsley and pepper. Bring to a boil, then reduce heat, cover and simmer 1 hour.
2. Stir potatoes, carrots, celery, and onion into the pot. Dissolve cornstarch in 2 teaspoons cold water and stir into stew. Cover and simmer 1 hour more.

Nutrition Facts

Per Serving: 401 calories; 21.2 g fat; 24.9 g carbohydrates; 27.2 g protein; 79 mg cholesterol; 436 mg sodium.

Bon Appetit!



DO YOU KNOW ABOUT OUR VOLUNTEER DRIVER REWARDS PROGRAM?

Back in 2011, when gas prices were climbing higher than we had seen, Island Connections started a Driver Rewards Program to help our volunteer drivers who were working hard for our neighbors

each day.

The way it works is that points are accumulated for every ride given by a volunteer to a neighbor. The point system is based on the number of rides given and destination of the rides. Each month Amy Manring, our Transportation Coordinator, reviews all of the data to create a list of those volunteers who have accumulated 30 points at which time we mail each of them a \$ 25.00 gift card from Irving/Circle K. Their points revert back to 0 and they begin accumulating all over again. It's our way of giving back to those who give of themselves, their time and their resources. All of our active volunteers are eligible to accumulate points by driving for Island Connections.

Island Connections Driver Rewards Program is made possible through grant funding

Volunteer Reminder



We are so fortunate to have so many wonderful neighbors be served by our outstanding volunteers who give of their time and resources. I wish to lend a reminder that YOU, as an Island Connections volunteer, may be the only person that a neighbor may come in contact with that day, that week or otherwise. Not only is the ride they are receiving important but the social aspect of the time spent together goes quite a long way.

Please keep in mind that they look forward to their time with you and by nurturing the relationship it can make all the difference to build trust and a real sense of security while in your care. We always want our neighbors to feel safe, secure and confident in your ability to get them where they need to go while building a lasting friendship.

***To all of our volunteers -
Thank you for supporting our
neighbors in every way that
you do.***

Neighbor of the Month

The October Neighbor of the Month is Jean Howell. Jean has been a neighbor and benefited with rides since 2016 and is so grateful for the rides and the volunteers who provide those rides. Jean had been a volunteer driver for Island Connections for many years. We are so happy to support her needs now. We love you Jean!

Volunteers of the Month

Our October Volunteer of the Month is Grover Nevells. Grover picked up many last minute drives when other driver's were unable to drive and did most of the 7:20 p.m. dialysis pick ups in Ellsworth to Bar Harbor. Thank you Grover for all that you do for our neighbors and your contribution to the success of Neighbors helping Neighbors.

The Urgent Driver of the Month is Jeannie Schmidt. Jeannie stepped up immediately to deliver meals for the Southwest Harbor route when the regular volunteer driver was unavailable. Thank you Jeannie for your dedication and care for our island neighbors.

Our Special Mention Drivers are Ellen Brawley, Janet Byers, Barbara Clark, Deb Fisher, Jim Grover, Carol Johnston, Dianne Lytle, Doug MacGown, Rosemary Matchak, Mary Smith, and Charles Stephenson for the last minute and extra drives you were able to fill. We can't do it without you!!





The neighbor4neighbor Fund Now Accepting Applications

What: neighbor4neighbor Fund, a program of Healthy Acadia, is now accepting applications from seniors for grants up to \$500 for unexpected expenses

Where: Hancock and Washington counties

Dates and Time: Applications accepted year round. Apply online:

The neighbor4neighbor Fund, a program of Healthy Acadia, is now accepting applications from seniors who are facing any one of many life crises which arise unexpectedly and for which a senior may not have adequate funds. The neighbor4neighbor Fund's mini-grants, capped at \$500.00, cover such things as new eyeglasses, dentures, medical equipment, household repairs, or other one-time challenges which can arise and undermine a senior's ability to live independently and have a high quality of life.

The philosophy of the neighbor4neighbor Fund is that small grants can make a big difference in a senior's life and the fund works to provide this kind of financial assistance. The goal is to help people to be healthy, stay in their homes and be able to function independently. Many seniors are struggling just to meet their most basic needs, so unexpected expenses are not part of their budget.

The neighbor4neighbor Fund is open to seniors in both Hancock and Washington Counties and is administered by Healthy Acadia.

Please contact Nina Zeldin at 667-7171 or nina@healthyacadia.org to receive an application or learn more about neighbor4neighbor. Applications can also be downloaded by clicking the link below:

Grant Application



TURNING 65?
Register for Medicare 101 today!

Eastern Area Agency on Aging offers **FREE** educational classes to inform you about Medicare and the important choices you have.



Call us at 207-941-2865

October 9, 2018	Eastern Area Agency on Aging	9:30-11:30 a. m.
October 12, 2018	Friends in Action, Ellsworth	8:30 - 10:30 a.m.
October 16, 2018	Eastern Area Agency on Aging	5:00-7:00 p.m.
October 24, 2018	Peaks House, Dover-Foxcroft	10:00 a.m. – 12:00 p.m.
November 13, 2018	Eastern Area Agency on Aging	9:30-11:30 a. m.
November 20, 2018	Eastern Area Agency on Aging	5:00-7:00 p.m.
November 28, 2018	Peaks House, Dover-Foxcroft	10:00 a.m. - 12:00 p.m.
December 10, 2018	Eastern Area Agency on Aging	9:30-11:30 a.m.
December 11, 2018	Calais Methodist Homes	10:00 a.m. - 12:00 p.m.
December 13, 2018	Mayo Hospital, Dover-Foxcroft	6:00-7:30 p.m.
December 14, 2018	Friends in Action, Ellsworth	8:30 - 10:30 a.m.
December 18, 2018	Eastern Area Agency on Aging	5:00-7:00 p.m.



Calais Methodist Apartments: 116 Palmer Street, Calais
DHHS Machias: 38 Prescott Drive, Machias
Eastern Area Agency on Aging: 450 Essex Street, Bangor
Friends in Action Senior Center: (Moore Community Center) 5 General Moore Way, Ellsworth
Mayo Regional Hospital: 897 W Main S, Dover Foxcroft
RSU 19 Nokomis Regional High School, 266 Williams Rd, Newport



Medicare.gov
The Official U.S. Government Site for Medicare

**The Thirteenth Annual
University of Maine
Geriatrics Colloquium**

Innovative Living Environments for Older Adults

**Friday, October 12, 2018
Wells Conference Center
University of Maine, Orono**



Regular registration is only \$60 and includes breakfast, lunch, and a choice of one workshop.

Exhibitor space is also available for \$125 and includes one registration.

Register now at:
www.mainecenteronaging.umaine.edu/geriatricscolloquium/
Or contact Kelley Morris
kelly.morris@maine.edu
(207)262-7920

Topics include:

- ❖ Housing Maine's Growing Older Population
- ❖ Affordable Senior Housing: A Platform for Successful Aging in Community
- ❖ Where Do We Go from Here? Living Alternatives When Home Doesn't Work
- ❖ Aging Friendly Design is (Wicked) Good Design
- ❖ Fall Prevention through Tai Chi, Personalized Risk Assessment and In-Home Adaptations
- ❖ Long Term Care Reimagined: The Household Model at The Cedars

Exercise Classes for Older Adults

60+ Active Older Adults led by
Lisa Tweedie & Kristy Sharp
Mon/Wed/Fri 9:00 a.m.
Harbor House (SWH)
Membership or day fee
Weight training class

Active Older Adults led by Debra
Neal
Wednesdays 11:00 a.m.
Neighborhood House (NEH)
Free

Aqua Aerobics led by Angela
Mon/Wed 6:30 p.m.
Mount Desert Island YMCA (BH)
Membership or day fee
*This is a moderate intensity workout
designed for both swimmers and non-
swimmers regardless of age or physical
condition. The aim is to help achieve
new levels of fitness without the impact
on your joints. The class can also aid in
improving muscle tone and balance.
This class uses a variety of resistance
aids including pool noodles and aquatic
weights in both the shallow and deep
ends of the pool.*

Chair Yoga
Wednesdays, 9–10 a.m.
Malvern-Belmont, Bar Harbor
Fridays, 9-10 a.m.
Harbor House, Southwest Harbor
*Supported in a chair for the entire class,
get all the benefits of Yoga. Strength,
flexibility and alignment are coupled with
deep breathing and release.*

EnhanceFitness led by Mark or
Dannie
Mon/Wed/Fri 9:30 or 1:45
Mount Desert Island YMCA (BH)
First 16 weeks free to everyone
*Now there's an evidence-based
wellness program developed for older
adults by experts in the field of physical
therapy. EnhanceFitness is a lively and
interactive hour-long class filled with
variety. The class focuses on strength,
flexibility, balance, and cardio
endurance. Participants will move at a
pace comfortable for them - it's never
more than you can handle and never
less than you need. Program includes
Fitness Assessment - 16 weeks of
specially designed evidence based
workout classes - and follow-up
assessments to measure health
improvements*

Fitness for Parkinson's
Tuesdays and Thursdays, 10:30–
11:30 a.m.
Malvern-Belmont, Bar Harbor
*Specifically for Parkinson's Disease,
but open to anyone looking for a well
rounded moderate workout. Seated and
standing exercises also include hand
weights and therabands. The routine
improves strength, endurance, balance
and sense of wellbeing.*

Exercise Classes for Older Adults

Golden Age Strength and Fitness for Seniors Aqua Aerobics led by a volunteer instructor

Mon/Wed/Fri 11:00 a.m.

Mount Desert Island YMCA (BH)

Membership or day fee

This class is designed for active older adults who want to increase their strength, endurance, and balance without impact on joints. Each session is tailored to the abilities of the group yet are modified for each individual. This is an easy-moderate intensity workout that takes place in the shallow end of the pool with resistance aids including pool noodles and aquatics weights.

Gentle Exercise led by Kathy Mulligan

Tues/Thurs 9:00 a.m.

Malvern Belmont (BH)

Free

Seated exercise class with some aerobics

Low Impact Water Exercise led by Kim

Mon/Wed/Fri 9:30 a.m.

Mount Desert Island YMCA (BH)

Membership or day fee

This class is one of the staples of our aquatic exercise program. Participants are led through a series of exercises which are designed to help improve joint flexibility and relieve pain or stiffness using the water's buoyancy and resistance. This class is a great option for those with arthritis, MS, or other conditions in which mobility is limited.

Masters Swim Workout

Mondays 7:00-8:00 a.m.

Mount Desert Island YMCA (BH)

Membership or day fee

Our Masters swim program is open to all swimmers who would like to improve their skills while jumping in the pool with a group of like minded individuals. Whether you are just starting to swim for fitness, want to work on stroke technique, or train for a triathlon, this is a time for you to hop in the pool and improve your skills with a coached workout while having fun.

Meditation

Wednesdays, 10-10:30 a.m.

Malvern-Belmont, Bar Harbor

Fridays, 10-10:30 a.m.

Harbor House, Southwest Harbor

Practice Mindful Meditation sitting in a chair. Focusing on the breath brings health benefits, wellbeing and peace of mind.

Move and Groove

Wednesdays 1:30 p.m.

Ridge Apartments (SWH)

Free

Exercise Classes for Older Adults

Total Body Toning led by Dannie

Mon/Wed/Fri 7:15 a.m.

Mount Desert Island YMCA (BH)

Membership or day fee

Strength & Balance is a class focused on functional movements and strength building as we age. This is a total body class that includes: strength training, core, balance, and flexibility. We will be using our own body weight; dumbbells and barbells to achieve overall toning, strength, and flexibility. Age gracefully a have fun while you do it!

Strong Women (Strength Training

for Seniors) led by Cas Dowden

Mon/Wed/Fri 9:00 a.m.

* YWCA MDI (BH)

Free (open to all)

Tai Chi for Health led by Mark

Tuesdays 7:45-8:45 am

Mount Desert Island YMCA (BH)

Membership or day fee

Learn the 12 forms of Sun style Tai Chi! This class is suitable for students of all ages and abilities. The movements are fluid and smooth, the tempo slow so that you can focus on your posture and strengthening your muscles and joints. This class is excellent for those with arthritis, balance problems, and other chronic conditions. After learning the first 12 forms, students will learn additional forms.

Tai Chi for Health

Tuesdays, 1–2 p.m.

Malvern-Belmont, Bar Harbor

Fridays, 11 a.m.–12 p.m.

Harbor House, Southwest Harbor

This evidence-based class improves strength and balance through slow and gentle movement, integrates mind and body, increases flexibility, and coordination.

Yoga led by Julia

Tuesdays 6:00 p.m.

Mount Desert Island YMCA (BH)

FREE

A class that integrates postures, breathing exercises, relaxation, and meditation to stretch, strengthen, and condition. All levels welcome.

Yoga for Cancer

Wednesdays, 10:30 a.m.–12 p.m.

the YWCA, Bar Harbor

Yoga for Cancer (y4c) is a specialized yoga methodology tailored to address the specific physical and emotional needs left by the cancer and its treatments. This unique approach focuses on how to stimulate the immune system through movement. It improves flexibility, strength, reduces anxiety and boosts overall wellbeing.

Exercise Classes for Older Adults

Yoga Dance

Mondays, 9–10 a.m.

Malvern-Belmont, Bar Harbor

*A joy-filled class combining yoga, the breath, and user-friendly dance with fabulous music from all around the world. It brings tons of fun and healing to body, mind, and spirit. Moving in and out of chairs **Let Your Yoga Dance®** is for every single body and wonderful for all ages.*

* Note Strong Women and Yoga for Cancer are held at the YWCA MDI on Mount Desert Street; not at the Mount Desert Island YMCA.

LOCATIONS

Please call for more information.

Graceful Aging Movement Classes for Seniors (sponsored by Healthy Acadia) Led by Susan Sassaman
288-8103 or cloudnine@gwi.net

Malvern Belmont - 80 Mount
Desert Street, Bar Harbor
288-4770 x122

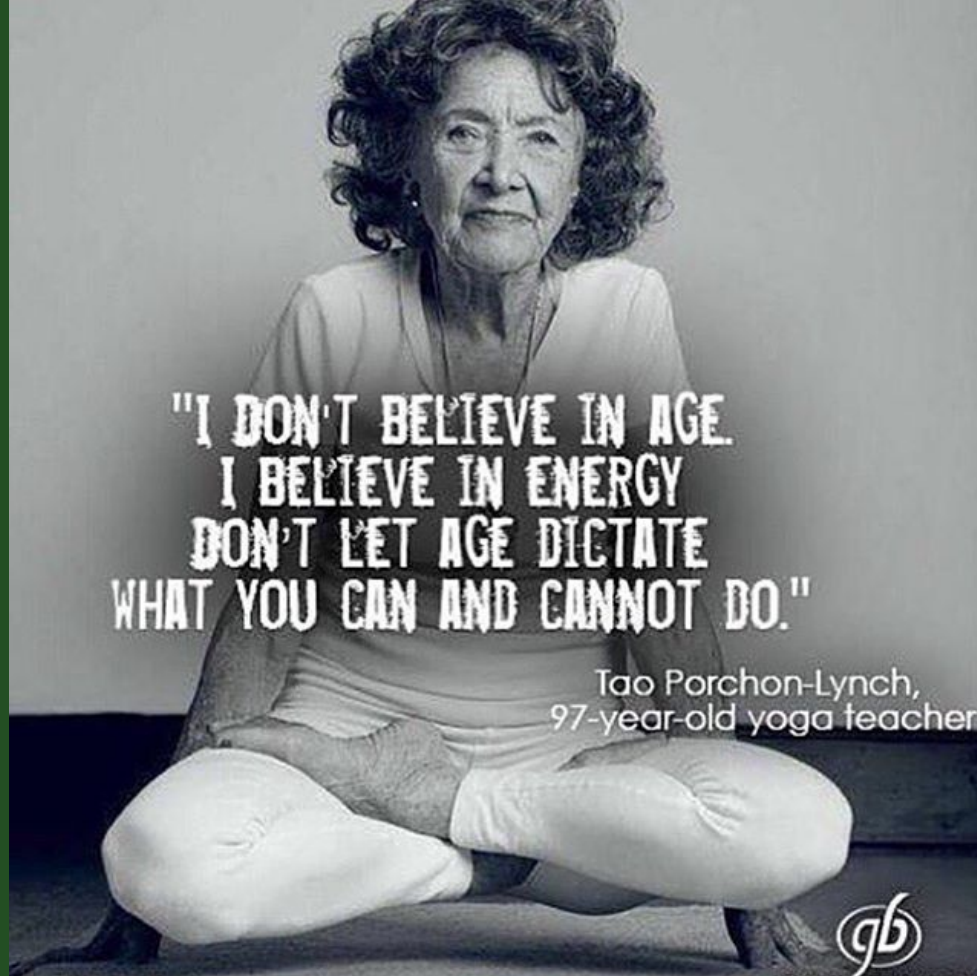
YWCA MDI - 36 Mount Desert
Street, Bar Harbor 288-5008

Mount Desert Island YMCA - 21
Park Street, Bar Harbor 288-3511

Neighborhood House - 1 Kimball
Road, Northeast Harbor 276-5039

Harbor House - 329 Main Street,
Southwest Harbor 244-3713

Ridge Apartments - 24 Village
Green Way, Southwest Harbor
288-4770 x122



HELPFUL INFORMATION:

FROM THE BAR HARBOR FIRE DEPARTMENT Representatives of the Fire Department share the following advice: we should all have carbon monoxide and smoke detectors on each level of our homes; all detectors have expiration dates-so check and replace if needed; and of course replace batteries routinely. If a senior is having difficulty installing a detector or changing a detector battery, the Fire Department graciously offers to come and do that for you. They request you call them on the non urgent line to request this and they will plan a time to come and assist you.

FROM THE BAR HARBOR POLICE DEPARTMENT Members of the Police Dept spoke at a gathering last year to advise all citizens to report any suspicious or unsafe items to them. They ask if you accidentally dial 911 that you stay on the line—this negates the need for them to follow up on a hang up call. The Police note that if you have a problem they might assist with —such as needing sand for icy steps that you are not able to go obtain yourself---please call them on the non urgent line and they will make plans to help you.

Local Transportation for Seniors BAR HARBOR SHUTTLE

(year round service operated by Downeast Transportation)
This bus operates on Tuesdays

BAR HARBOR	read down	read down	read down	read down	read down	read down
Hannaford	8:30 a	9:30 a	10:30 a	11:30 a	12:30 p	1:30 p
Birch Bay	8:40 a	9:40 a	10:40 a	11:40 a	12:40 p	1:40 p
Harbor Hill	8:48 a	9:48 a	10:48 a	11:48 a	12:48 p	1:48 p
Rodk-Lorr	8:53 a	9:53 a	10:53 a	11:53 a	12:53 p	1:53 p
Mal-Belmont	8:58 a	9:58 a	10:58 a	11:58 a	12:58 p	1:58 p
Hannaford	9:05 a	10:05 a	11:05 a	12:05 p	1:05 p	2:05 p
Hospital	9:10 a	10:10 a	11:10 a	12:10 p	1:10 p	2:10 p
YMCA	9:15 a	10:15 a	11:15 a	12:15 p	1:15 p	2:15 p
Hannaford	9:20 a	10:20 a	11:20 a	12:20 p	1:20 p	2:20 p

We would love your feedback on how we're doing in our community. Please feel free to call or e-mail with your comments.

If you are in need of information about Island Connections or in need of a ride, please contact our Transportation Coordinator, Amy Manning.

[CONTACT US](#)

Hours of Operation:

Monday - Friday

9:00 - 4:00 p.m.

Telephone: 207-288-4457

Doreen Willett

Executive Director

Island Connections

www.islconnections.org

Bar Harbor, ME 04609

director@islconnections.org

Have you given any thought to Planned Giving?

Perhaps you would like to speak to us about leaving a bequest to Island Connections but didn't know how to get started.

Contact Doreen Willett to start the conversation about creating a sustainable giving plan. We thank you for your consideration.



Island Connections * 93 Cottage Street, Suite 101, Bar Harbor, ME 04609
Phone 207-288-4457 * info@islconnections.org www.islconnections.org

STAY CONNECTED



