

September 2018



Island Connector



Welcome to the September 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
- Friendly reminder to our volunteers
- Rite Aid Flu Shot Information
- Neighbor Ride Eligibility
- Volunteers - Our heart and

Message from the Executive Director

My chiropractor, Dr. Sean Parady's wife, Nicole, is a 1st grade teacher at the Ellsworth Elementary-Middle School. Nicole reached out to friends on Facebook to sponsor a 1st grade student by purchasing a book and



Soul

- Joy Riding with IC
- 3rd Annual Running for Rides Mary Parker Memorial Race
- Monthly Giving Program
- On-Line Volunteer Application
- **NEW** - 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



writing a note to them to help encourage them to read. I thought this was such a brilliant idea and wanted to help. One day, one of the neighbors that we drive came by the office and we got to chatting. She had started to talk about the Jesup Library Books Sale and at that moment I realized that I hadn't purchased my book yet. I explained to her that I as asked by a 1st grade teacher to help teach students about random acts of kindness and to start their school year off with a special surprise that opens the pathway to reading! She immediately stopped me and told me that she had purchased many children's books at the library sale and that she wanted to donate them to this cause. She said "every child should have 10 books". Over the next few days, she came back to my office on a couple of occasions about 20 books all of which got donated to Nicole's kids. What comes around goes around. Spreading the love. Pass it on.

All the best,

Doreen Willett

**ISLAND CONNECTIONS
OFFICES WILL BE CLOSED
ON MONDAY, SEPTEMBER
3RD IN OBSERVANCE OF
LABOR DAY.**



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

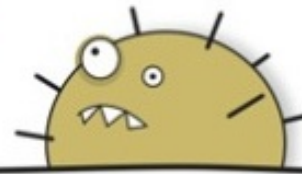
Rite Aid in Bar Harbor is offering Flu Shots now through March or until they run out. No appointment necessary and according to their website, it is free with most insurance.

A graphic with the text "Fall is Flu Shot Season" in a handwritten style, surrounded by a border of autumn leaves in shades of orange, red, and yellow. The text is written on a white background that is slightly tilted.

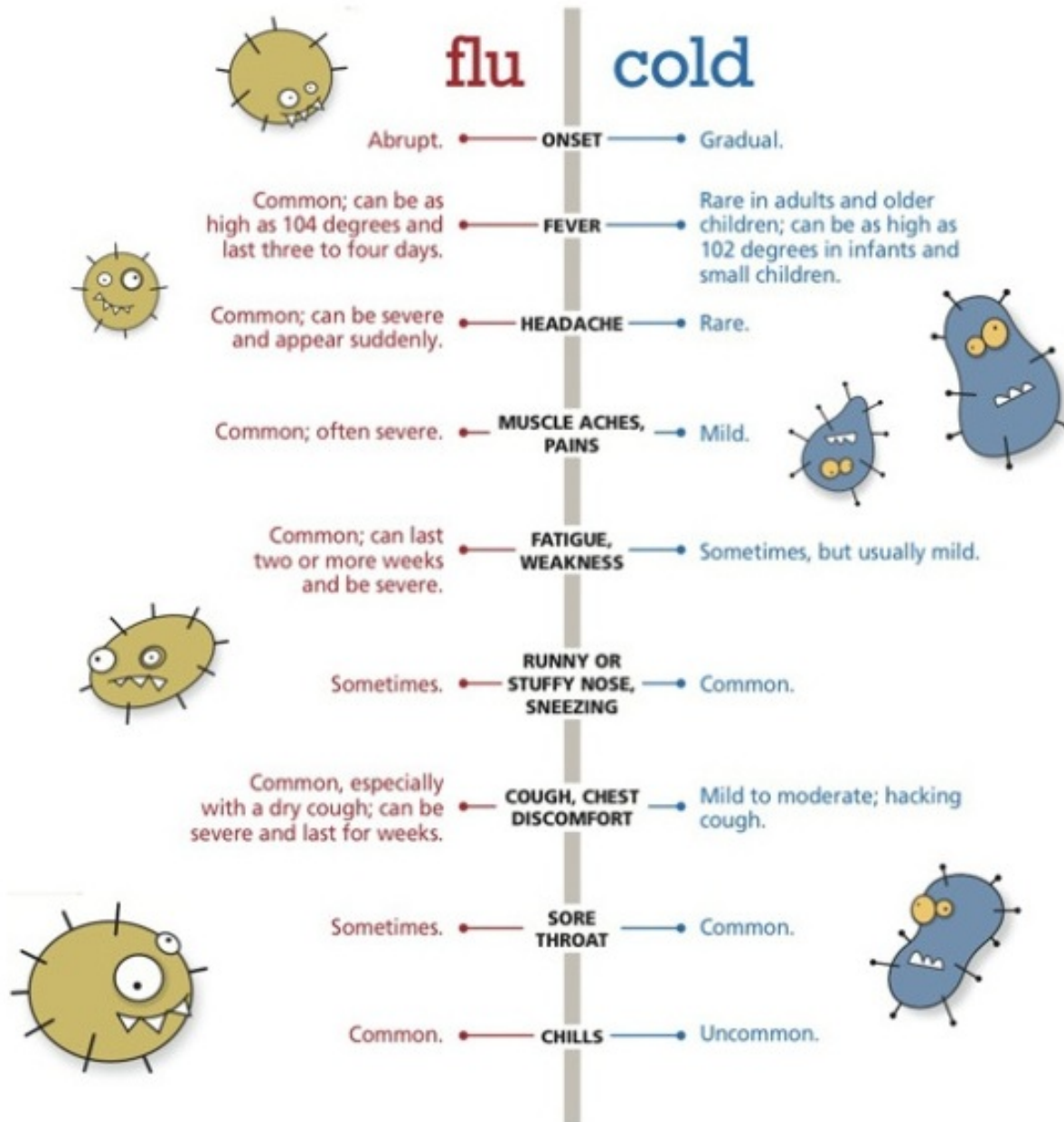
PHARMACY

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 4 new neighbors needing ride services and completed **460** rides. That is 130 rides more than August of last year. We have increased our rides from January 1 - August 31st from year to year by 590 rides. We haven't added but 3 new volunteers all year to reach this milestone but we don't want the numbers to get beyond our reach. In other words, we don't ever want to turn people away because we don't have enough volunteers to fulfill the rides. 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.

[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 YWCA MDI on Thursday, September 13th - 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

THURSDAY, SEPTEMBER 13
9:30AM-11:30AM
BAR HARBOR YWCA
36 MOUNT DESERT STREET

FOR MORE INFO, CONTACT DANA
MASTROIANNI AT 288-4457

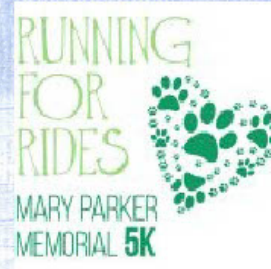




**BAR HARBOR SAVINGS AND
LOAN PRESENTS THE**

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.



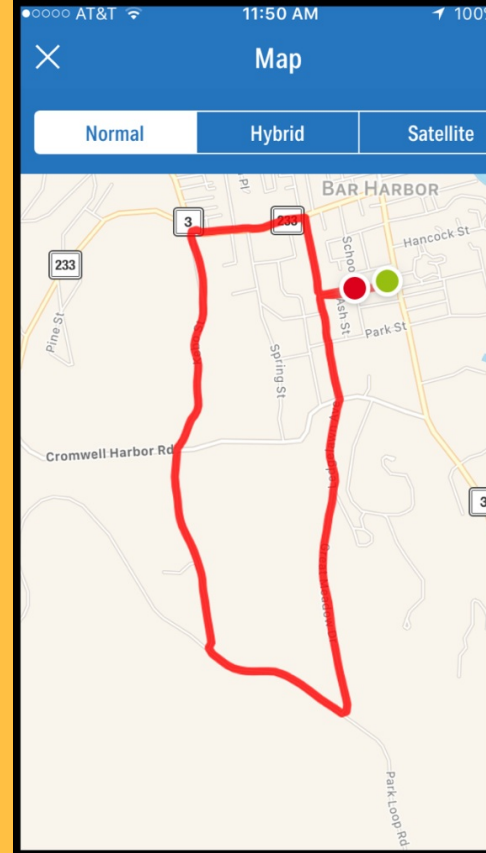
**This 5K will take you on a portion of the
Park Loop Road of beautiful and
majestic Acadia National Park**

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!**



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 Sensitive Epicure Blog. Please send us your recipes to be featured here and shared for all to enjoy! Email to doreen@islconnections.org!



ROASTED BUTTERNUT SQUASH SOUP

Ingredients:

- 1 medium butternut squash
- 1 medium onion, chopped medium
- 3 stalks celery, chopped medium
- 3 carrots, peeled, cut medium dice
- 2-3 tablespoons olive oil
- dash nutmeg
- salt and (white) pepper, to taste
- 1 quart chicken broth, not all will be used (or vegetable)
- 1/2 teaspoon fresh thyme leaves (optional)
- 1/4 cup half and half

Directions:

Preheat oven to 350F. Cut the butternut squash lengthwise, remove the seeds with a spoon, coat with oil and salt, place cut side down on a jelly roll pan. Add the mirepoix (onions, celery, carrots) on the jelly roll pan with remaining oil, salt, pepper, and nutmeg. Roast in oven for about 30 minutes. Stirring the mirepoix a couple of times. Done when the squash is fork tender and some of the mirepoix is lightly browned.

In a large sauce pan or small stock pot, add about 1 cup of stock and heat on medium. Add in the roasted mirepoix to the stock while the squash cools off enough to handle. With a spoon, remove the skin from the squash, cut up in smaller chunks, and add into the stock. Top off with more stock until the level of stock is about 1/2 inch above the vegetables. Allow to simmer for a few minutes, add in thyme or seasonings of your choice. Remove from heat and puree with an immersion/stick blender. If you do not have one, blend in a blender or food processor in batches as needed. During this, add in the half and half. Taste and adjust seasonings per your palette.

Notes:

This makes up to 2 quarts of soup. Adjust this recipe for your preference. I view a recipe like this as a guideline. Freezes well, too.

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

Island Connections Driver Rewards Program is made possible through grant funding provided by the Hattie A. and Fred C. Lynam Trust Fund through Bar Harbor Bank and Trust Services.

Neighbor of the Month



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.***

The September Neighbor of the Month is Billie McIntire. Billie has been a neighbor of Island Connections since March of this year. She is a wonderful lady who was a Chef and loves to talk about food she has prepared for the many people who loved eating it. She always loves to be a part of the conversation and enjoys all those who driver her to her appointments. We love you Billie!

Volunteers of the Month

Our September Volunteer of the Month is Carol Johnston who did 18 rides this past month that included in town grocery runs, drop off at the Eastern Maine Dialysis Center in Ellsworth, on several occasions delivered meals for the Meals on Wheels Program in Bar Harbor and helped make one of our neighbors beautiful by taking her to the hairdresser. Carol, we truly can't thank you enough for your dedication to our neighbors. You're a gem!

The Urgent Driver of the Month is Deb Fisher! Deb had took a neighbor to the Audiology Center in Ellsworth and the neighbor was told that she needed to see a specialist in Bangor immediatley. Deb got her in the car and off they went! Her willingness to do that and so much more is so appreciated. Deb - YOU ROCK!!!

Our Special Mention Drivers are Jim Grover, Susan Mayne, David Parker and Mary Smith. The impact that you have on our neighbor's lives is incredible. Thank 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@heathlyacadia.org to receive an application or learn more about neighbor4neighbor. Applications can also be downloaded by clicking the link below:

Grant Application

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 led by Susan
Sassaman
Wednesdays 9:00 a.m.
Malvern Belmont (BH)
Fridays 1:00 p.m.
Harbor House (SWH)
Free
Get all the benefits of Yoga supported in a chair: strength, flexibility, and alignment 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 led by
Susan Sassaman
Tues/Thurs 10:30 a.m.
Malvern Belmont (BH)
Free
An exercise routine to improve strength, endurance, and a sense of well-being. Specifically for Parkinson's Disease, but open to anyone looking for a well-rounded, moderate workout.

Exercise Classes for Older Adults

Golden Age Strength and Fitness for Seniors Aqua Aerobics led by Andrea

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

Wednesdays 6:00-7:30 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 led by Susan Sassaman

Wednesdays 10:00 a.m.

Malvern Belmont (BH)

Fridays 2:00 p.m.

Harbor House (SWH)

Free

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

Move and Groove

Wednesdays 1:30 p.m.

Ridge Apartments (SWH)

Free

Exercise Classes for Older Adults

Strength and Balance 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 and 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 Andrea

Tuesdays 6 pm

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 led by Susan Sassaman

Tuesdays 1:00 p.m.

Malvern Belmont (BH)

Fridays 11:00 a.m.

Harbor House (SWH)

Free

This evidence-based class improves strength and balance through slow and gentle movement, integrates mind and body, and 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 led by Susan Sassaman

Wednesdays 4:00 p.m.

* YWCA MDI (BH)

Free

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 well-being.

Exercise Classes for Older Adults

Yoga Dance led by Susan
Sassaman
Thursdays 1:00 p.m.
Malvern Belmont (BH)
Free

*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. As you move 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

"Though no one can go back
and make a brand new start,
anyone can start from now
and make a brand new
ending." – Carl Bard





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

Have you given any thought to
Planned Giving?

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 Manring.

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

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

