11-1987


Service Agencies of the Island

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News from Peaks Island School

A special thanks to our friends at the Legion and Lions Club, who enabled us to enjoy the "Songs of Liberty" program by Edie Doughty. The children really enjoyed her performance and individual classroom activities which we shared with students from Cliff & Long Island Schools. Your support was greatly appreciated.

Can you believe it -?? The Kindergarten and Early Kindergarten class had four pumpkins - various sizes - and we counted a total of 1383 seeds!! We are now in the cooking stage, with pumpkin delicacies to come forth!

Grades one and two shared their Friendship Cake with Ms. Stirling's class. We made a visit to the Fire Station for Fire Prevention Week. The second grade is studying a unit about Animals That Live in the Sea.

The 2-3 class is studying mammals such as bats and dolphins. They continue to do first and second drafts in creative writing. Story titles range from "When I Grow Up" to "A Scary Tale" to "My Life as a Bat". They enjoyed "Pumpkin Math", weighing and measuring a pumpkin and its seeds. On Friday, November 6th, we are going to the Museum of Art.

The fourth and fifth grade has been studying the human body. Individual projects and reports have been done on the major systems. A field trip was taken to the Islands Health Center to meet with Dr. Radis. Our class enjoyed the first in a series of Portland Symphony Youth Concerts, entitled, "Meet the Orchestra."
NEWS FROM THE SENIOR CITIZENS CENTER

The early part of October, twenty five of our Senior Citizens enjoyed foliage trips. The first trip was through the Bethel Area. Foliage was reported as being absolutely delightful. Their meal was consumed at Bethel Inn and they had joy of being entertained by a pianist throughout the noon feast. The second trip journeyed down the coastline, with foliage scenery on one side and beauty of lovely summer homes and graciously groomed lawns, as reported by these Senior Citizens. All reported the van comfortable and driver was such a cautious driver, kind and very courteous. On both trips the driver pointed out points of interest and little history. It was a very successful and rewarding adventure.

Some of the Seniors have been busy at mending and recovering pads for the chairs. Now we go on to working on items for Annual Senior Citizen Fair to be held the latter part of June. Anyone with new clever ideas? Anyone feeling free to give a helping hand, come on down to Center and help us. We meet on Friday afternoons at Center.

Sr. Ann Augusta's card game is held on Monday afternoons - a jolly time had by ALL. The clothing sale held on October 24 was a great success. Thanks for all the patrons who made it successful. All proceeds go in a fund the Senior Citizens have to sponsor a handicap child to a week at Pine Tree Camp for handicapped Children. We are getting there.

The October meeting of the Senior Citizens was attended by 15 members. It was announced the next meeting will be held on Thursday, November 12, at the Senior Center. Committees will be set up for the Christmas party to be held on Dec. 9.

On November 17, anyone eligible for fuel assistance may go to the Community Center from 10 - 3 p.m. for help in filling out forms. Bring proof of income. If you need more information, call the Senior Center at 766-2545.

Where are all you "artists"? Grab your canvas, paints & brushes and come on down to the Center to paint & chat awhile. Thursday mornings is the time Sr. Ann Augusta has been enjoying her relation.

Paperbacks are available to borrow for your light reading, from the Center. There are a few magazines available for your reading pleasure.

The Center is open from 8:00 to 4:30 p.m. daily, Monday - Friday.

NEWS FROM THE STAR OF THE SEA THEATER

Happy Holiday season to all. This is our busiest season. New songs, dances and programs. Our first performance will be on Sunday, December 6 for the Annual Christmas Program for St. Christopher's Notes N' Needles. It will be our pleasure to put on the entertainment. We will be performing "The Little Shoemaker. It is an adaptation by Your's Truly, a musical fantasy performed by our dancers.

Our second program will be from our drama department. A totally different show will be on Sunday December 20, at 2:30 p.m. and Monday, December 21 at 7:30 p.m. in St. Christopher's Parish hall. We thank Father Lange for the use of the Hall. This play is called "A Three penny Christmas" As Musical Comedy-Drama performed by our Starlight Players. Sincere appreciation to all the people from the island that joined in this program to broaden our theatrical activities. The proceeds of this show will go to benefit the Peaks Island Health Center Whirlpool Fund. We appreciate the community's support.

Star of the Sea Boutique open anytime. Small gifts, clothes, toys, handknits. Proceeds to benefit our scholarship and theatrical fund. Stop in for a visit.

Greenwood st. 766-2727 Musically yours, Doreen McCann

DONATIONS TO THE printing of this months STAR: Carl Hall, Anon I & II, and Health Center. Thank you.
NEWS FROM ST. CHRISTOPHER'S

Winter Mass Schedule to be announced in the next star.

Wed. Workshops through the 18 1 - 4 p.m. at Erico Home.; Pricing Day for Fair Items the 18.; Beanos Wednesdays 7:30 p.m. in the Parish Hall.; Prayer Group Thursday 9:45 a.m. Erico Home.; R.C.I.A. Meetings, Tuesdays 10 & 17 at 7:30 p.m. in Rectory.; Ecumenical Thanksgiving Services Nov. 24, 7:00 p.m. St Christopher's All are Welcome. 9:00 a.m. Mass on Thanksgiving Day. ; SCAT Meeting November 28. ; Follow up Blood Pressure checks 2nd Sunday in Month. Parish Hall after Mass. Open to all residents and visitors on Island, Free! November 29 is first Sunday in Advent.

Christmas Notes 'N' Needles, Sunday, December 6, 1:30 - 5 p.m. Gift tables feature crafts, knitted goods, gifts, fudge, children's table, wreaths, plants, door prizes, chand of large Teddy Bear and needlepoint Red Barn. Refreshments for all. Entertainment at 3:00 p.m. by Doreen McCann Dancers and Star of the Sea Theater members.

NEWS FROM THE PEAKS ISLAND LIBRARY

HOURS TUES: 12 - 8 THURS. 5 - 8
WED. 10 - 4 SAT. 10 - 1 Phone 766-5540

Movies after school at 3:15 p.m. Tuesdays. Pre-School story hour each Wednesday at 10:15 A.M.

Thanks for all the good comments and suggestions regarding our hours. We are taking them into consideration and will decide soon whether our hours will change at all, & if so, how.

We have lots of new records and lots of new paperbacks. Come in and Browse.

If anyone needs help getting books during the cold season please call us. We will be happy to bring and return your library books. Call and let us know.

NEWS FROM BRACKETT MEMORIAL CHURCH

Sunday morning worship 10:00 a.m. Sunday school for children ages 3 - 6 starts at 10:00 a.m. Child care provided.

ARE YOU LOOKING FOR AFFORDABLE CHILD HEALTH CARE?
The City of Portland offers well and sick child services plus preventive dental services to Non-Medicaid Portland residents meeting our income guidelines.

Consider the following:

- Variety of health services including physicals, immunizations and dental cleaning.
- Three health station sites in the Riverton, West End and Munjoy Hill neighborhoods Staffed by qualified professionals.
- Low cost sliding fee scale ranging from $0 - $12. Eligibility is based on gross incomes.

For more information call the Munjoy Health Station at 773-6922
NEWS FROM THE DROP-IN CENTER

The Drop-In Center opened early October. Anyone, age 12 to 18 years or in Grades 6 - 12 are welcome. Membership is $2.00. The Center is open 6p.m. - 9p.m., Tuesday & Thursdays. We have planned many things for this year - "Arts & Crafts", "Cooking," Movies that the Library will supply, Trips to Town, Dances and a Ping Pong Tournaments. We are also going to make a Video. Anyone willing to help us with it, come into the Drop In and let us know.

We had a dance October 30. The kids had a great time. David Kirby won $5.00 for Best Costume. A three way tie in the Dance Contest went to Greg Forbes, Shana Tefft & Melissa Spicer. Each won an album.

The Kids and I would like to thank Danny Mills and Ralph Brown for coming forward to help Chaperon. They both came in costume.

THANK YOU DANNY AND RALPH you were GREAT!

The next dance will be around Christmas. I hope this will be enough of a notice for some of the parents to offer their help as Chaperon.

On November 3 we took a trip to the Mall, it was a lot of fun.

The Ping Pong tournament will be November 17. Come in and sign up to play.

$1.00 fee. "All profits will go to the CHAMP."

Parents or any interested adult may drop in for a visit any time. Also anyone who has a craft of trade they would like to share are welcome.

That's the scoop on the Youth at the Drop In.

Youth Specialist, Patty Kamp, 766-2791

NEWS FROM THE PEAKS ISLAND CHILD DEVELOPMENT CENTER

October is gone. Our Costummes and masks are put away for another year. Friday October 30 we all enjoyed a Halloween Party at the DayCare Center. With face paints in hand, Christina Hammond was available to put her artist's touch on everyone's' face. She was assisted by Leslie Kaynor. We thank them both and greatly appreciated their help. Everyone agreed it was a wonderful party.

We would like to thank the Hayden Family for allowing us to use the apple tree in their yard for an island apple picking field trip.

The Center will be closed November 11 in observance of Veteran's Day, and Nov. 24 and 25 for Thanksgiving. And don't forget our playgroup get together's on Wednesday mornings between 10:15 and 11:00 a.m. We welcome all parents and their toddlers to come and enjoy our space. It is a great way to get to know your island neighbors.

Have a Happy thanksgiving.

Dr. Robert Lundin DMD 766-3343
Office Hours 11 am to 5 pm on Wednesdays

Ellie Goodwin, Reg. Hygienist
Cleanings by appointment on Mondays

We are pleased to have Ellie working with Dr. Lundin. For many years she worked for Dr. B. James Cohen in Portland. When he retired she started working at the health center on Mondays. Now that cold weather is here she has moved back to Portland but still plans to travel to Peaks on Mondays.

Please call our office if you have any questions.

Marie
Many come into the clinic unfamiliar as to the differences between a "D.O." and a "M.D." Here are a few facts which might help answer any questions....

PROFESSIONAL EDUCATION

Colleges of osteopathic medicine are accredited by the Bureau of Professional Education of the American Osteopathic Association (AOA) which is recognized for that purpose by the U.S. Office of Education and the Council on Postsecondary Accreditation.

Some colleges are private, some are university-affiliated, while others are part of state higher educational systems.

Admission to the colleges of osteopathic medicine requires at least three years of preprofessional education at an accredited college or university, and successful completion of appropriate admissions tests. Almost all students admitted as D.O. candidates today have baccalaureate or higher degrees.

The D.O. degree requires four academic years of study.

Required subjects in the basic sciences include anatomy, physiology, biochemistry, pathology, microbiology and pharmacology. Required clinical subjects include medicine, pediatrics, obstetrics/gynecology, surgery, radiology and preventive medicine.

Integrated throughout the curriculum is special instruction in osteopathic principles dealing with the interrelationship of all body systems in health and disease, and special training in osteopathic palpatory diagnosis and manipulative therapy.

After graduation, D.O.s serve a 12-month rotating internship, with primary emphasis on medicine, obstetrics/gynecology, pediatrics, general practice and surgery, conducted in an osteopathic hospital approved for such training by the AOA.

Those D.O.s who wish to become specialists must serve an additional two to six years of residency or fellowship training. To be applicable for formal certification, such training must be approved by AOA and the appropriate osteopathic specialty board.

Professional education for D.O.s is a lifelong process. To help assure that its members keep abreast of advances in medicine, AOA requires all D.O.s in active practice to complete at least 150 credit hours of approved continuing medical education every three years. Many osteopathic state societies and specialty organizations have similar mandatory continuing medical education requirements.

All colleges of osteopathic medicine and their affiliated teaching hospitals receive federal and state financial assistance. The colleges also receive financial support from private foundations, individual grants and bequests, and through the profession's central fund-raising agency, the National Osteopathic Foundation.

What is a D.O.?

If you're like most people, you're not quite sure what a D.O., or Doctor of Osteopathy, really is.

You may even think an osteopathic physician is someone to see only when you have a problem with your bones or back.

That's a common mistake. Actually, D.O.'s are fully trained and licensed to practice all phases of medicine in all 50 states. They are complete doctors who offer their patients something extra.

Osteopathic physicians perform surgery, deliver babies, treat patients and prescribe medicine in hospitals and offices across the country, and in all branches of the armed services. And these D.O. general practitioners, surgeons, and other specialists use all the tools of modern medicine to detect and treat disease.

But they also do more. They are specially trained to perform osteopathic manipulation. That's a technique in which osteopathic physicians use their hands to diagnose illness and treat patients. They pay particular attention to your joints, bones, muscles and nerves. As a result of manipulation, your circulation is often improved. And a normal blood and nerve supply help your body to heal itself.

Osteopathic physicians treat patients in a special way, too. They look at the whole person, not just the part that is sick, such as your arm or leg. They are concerned about all of you.

They know that what happens in one part of your body affects other parts too. That's why most D.O.'s are family doctors. They care for the whole person.

So, now you know: D.O.'s are complete doctors who offer their patients something extra. And who treat them in a special way.
SAFETY NOTE --

DOGS, DOGS, DOGS,,, A dog leash law does exist on Peaks Island. Too bad some people don't observe it!

Loose dogs, alone or with one or more canine friends are dangerous to pedestrians, motorists and bicyclists of all ages.

What is to prevent free, happily roaming, cavorting, racing dogs from knocking children or adults down or off bicycles? And if a child, to think that the child is a doll to be shaken and dragged or even worse to be mauled??

For home owners - what about the messy, broken trash bags that greet so many on Monday mornings?

Do you want your dog to be hit by a car??

Please - keep your dog leashed. Not only for our protection but yours and your dogs.

*Helpful hint - Spraying your plastic bags with ammonia might be helpful in deterring dogs from bag tearing!

BICYCLES -

Officer Friendly spoke to the children at school about safety rules recently.

Children are still seen riding on the left side of the street, on the sidewalks, two on a bicycle and after dark without reflectors. Why don't they stop at the corner of the streets?? Even tho there may be a STOP sign - they just ride across the street? Why? Why? Why?!

We all love our children and don't want to see them hurt. Safety education is a responsibility of first the home, then school, church & community.

If we all feel free to speak to the children in a calm and non-frightening manner at the time of infraction of laws, then - perhaps - just perhaps the light of safety awareness might shine.

Adults are often seen breaking the safety laws. Let's all try to make Peaks a safer community.

This safety note by Marge Erico.