



# Seacoast Sun

Volume 3

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## ALTRUSA OF THE SEACOAST

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## PRESIDENT'S MESSAGE:



Summer 2020 was certainly different. Remembering to carry a mask when leaving the house and using social distancing when reaching a destination became the new normal. Seacoast members adjusted and made sure that no member was forgotten during their isolation. We used emails, texts and phone calls to reach out and support one another.

During the summer we were able to physically meet outside. One meeting was at a local park where we socialized over coffee and treats. The second one found us in Hampton, NH playing miniature golf. Just being able to see our Altrusa sisters, even with masks, raised our spirits.

Projects continued. Over three hundred snack packs made up for First Responders in our area. We supported a Food Drive for YCSA (York Community Service Association) and the military through The Pease Greeters. Our project with the Dover Children's Home continued with our first book delivery. Because of Covid, we could not read to the students at Birchtree Center in person. As described later in this issue, we came up with a creative way to reach out and spend reading time with the students.

In these new normal times we look forward to continuing our projects and looking for new ways to support our community.

## DISTRICT NEWS:

Virtual Workshop, Saturday, November 7, 2020

Must register by October 26, 2020

[Altrusa.DistrictOne.Board@gmail.com](mailto:Altrusa.DistrictOne.Board@gmail.com)

Spring Conference

April 25-26, 2021

Freeport. ME

## INTERNATIONAL NEWS: [altrusa@altrusa.org](mailto:altrusa@altrusa.org)

International Convention, July 28-31, 2021 in Charlotte, NC

In response to International's call for support for our soldiers (SOS), Altrusa of the Seacoast provides Pease Greeters (a local group who sends packages to our overseas troops), with packages containing basic toiletries as well as individually wrapped food items, playing cards, and other fun items for the soldiers as well.

## Snacks for Frontliners

After spending the first few months adjusting to the life changes of our “new normal”, our Altrusa of the Seacoast club decided to pool our pent up energy and give thanks to our community for all they have done during this pandemic. After much planning, shopping, soliciting and weather-watching, twelve members of our Club (in groups of three) met at a member’s home, outside and masked, and filled three hundred “snack packs” for all employees of York Hospital – day and night shifts – in both the York and Wells locations. Packed to overflowing with juice bottles, energy bars, pretzels; peppermint patties, BelVita snack cookies, and one or two large handfuls of assorted Lindt chocolates, we were able to leave this much appreciated treat with the hospital’s hospitality department for delivery. We had SO many Lindt chocolates left over, we were able to fill and deliver five additional gift baskets of Lindt chocolate alone, to the York Police Dept., the York Fire Department, the York Ambulance Department, Sentry Hill assisted living facility, and Durgin Pines Rehab and long term care facility in Kittery. We cannot thank Tracy, Rocky, and all the good people at Lindt Chocolates enough for donating literally multiple hundreds of dollars worth of chocolate. In addition to taking on a “feel good” community project, we were grateful to be with members of our Club and socialize for a bit. It was a wonderful project to work on and rewarding delivery day for everyone!





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## Dover Children's Home

This year we were fortunate to partner with the Dover Children's Home in Dover, NH to create a great literacy project. The Home is a residential Program for vulnerable youth ranging in age from ten to twenty years old. Our objective is to provide a much needed collection of reading materials so the residents can develop better reading skills, enhance educational needs through reading and develop a love of reading.

Our contact person for Dover is Lauren Petraitis, Development Director, and former English teacher. She was able to give us direction as to the reading needs of the residents and provided us with an extensive list that was age appropriate. Our contact person for Altrusa Portland Gives Books was Susan King, from the Altrusa Club of Portland, Maine. On Friday, June 26, 2020, Penny Eldridge, Carol Xenox, and Carole Intoccia delivered 87 books to the Dover Children's Home. We were greeted by Renee Touhey-Childress, Executive Director, who took us on a wonderful tour of the facility. Sixty new books were donated to us from Altrusa Portland Gives Books; Altrusa of the Seacoast donated twenty two newly purchased books; and five additional books on their list were donated from Altrusa of the Seacoast Club members.

This is a great start to building a library and a great ongoing project for us going forward. It is our intention, over time, to purchase the remaining books on their wish list to complete their current literacy needs.



## Fall Reading for Birchtree Center

We've missed our friends at Birchtree due to Covid. Usually at this time of year we would be reading Fall and Halloween stories to the kids, and helping with Halloween activities. As an



alternative, we presented Jessica and her team with the idea of video taping members of Altrusa reading books to be played for the students at Birchtree.

Four members of Altrusa read fun, interesting stories for the kids while member Barb Leavey's son, Drew, taped the readings. It's certainly not the way we prefer to "visit" with our friends at Birchtree, but until it is safe to do so, we'll do our visiting from a distance. It was a fun morning for us, and we hope the kids at Birchtree enjoy the stories.



## We Find Ways to Connect!



Chatting in the park.

Altrusa of the Seacoast members found some time to get together this summer, despite our "new normal"



Miniature golfing at Captain's Cove in Hampton, NH

## Spotlight on . . . . Joan Carnahan



Joan is a “child of the 60’s” as she put it – go where you wanna go; do what you wanna do was her unspoken motto, and she is an open book about every aspect of her life. Joan was

born in Massachusetts and raised in Manchester, NH. She dropped out of school at sixteen. Her boyfriend, Rich, dropped out at seventeen. She had their son, Benjamin at 17 and a teenage marriage followed. Her young husband became an alcoholic. If you think you know where this is headed, you would be VERY wrong. These two young kids were truly in love and persevered through some pretty tough years together.



My pencil could barely fly across the paper fast enough to take in and write down the details of the “adventurous” life Joan has led. Joan and Rich soon realized that education was going to be the key to their success moving forward. They both got their GEDs in 1971. Joan went on to receive her Bachelor’s degree in Behavioral Science in 1981 from Notre Dame College in Manchester, NH. She continued on and received her Masters degree in 1983 from what was then NH College and is now SNHU. During this time, she was hired as a Counselor in a half way house for men recovering from alcohol and substance abuse. It is also important to her life story to note that her husband, Rich, conquered his substance abuse at the age of 26 and remained sober. Hearing that Joan chose a career in counseling those with substance abuse issues comes as no surprise.

Joan spent five years working at that halfway house until they moved to York, Maine due to Rich’s employment. Rich thrived at Liberty Mutual in Portsmouth, NH when he was hired in 1988, and spent a very successful career as the well known “go to” IT person there.

In 1988, Joan opened her own general counseling business, specializing in substance abuse issues for men and women, with offices in York and Dover. She continued her successful business until 1998.

Somehow, during this time frame, Joan and Rich also found the time to foster several young children at risk. They were also building their “dream home” in Eastport, ME. and finished it in 2003. They spent weekends up there and weekdays in York. In July of 2004, heartbreak occurred when Rich was diagnosed with pancreatic cancer. His first thought was to move Joan into their Eastport home which they did that August. Rich, sadly, passed on in December of 2004. He was so beloved at Liberty Mutual that there were over 250 people at his funeral.

Joan, although she was now working as a high school special needs teacher in Eastport, was far from family in this supportive, though isolated island community. Joan’s son, Ben, moved to nearby Calais with his family to be near. But Joan, deeply grieving her lifelong partner, Rich, began trying to find “home”. Over the next few years, - are you ready for this – Joan moved back to York; played “snowbird” in the Villages in Florida; sold her house in York; built a new home in the Villages; rented a home in York for summers; sold her new home in the Villages; and finally found peace and ‘home’ in Kittery. Aren’t WE the lucky ones!

One of Joan’s proudest achievements is being instrumental in a bill introduced to Florida legislation to close all greyhound race tracks in the state. Having had greyhounds as pets, and

reading about the horrendous conditions in which these beautiful animals are kept for racing, Joan is very proud to announce that by the end of 2020, all greyhound race tracks in Florida will be closed!

She is now close to her family in Manchester (Ben moved back as well), and also has time to play board games, read, and give generously of her time to Altrusa. It was a true delight to talk with this fascinating woman. We couldn't be more delighted to welcome this hardworking and dedicated woman to our Altrusa "sisterhood". Once again, we are blessed!

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## LIVING WELL . . . . with Janet

### COVID-19 Pneumonia

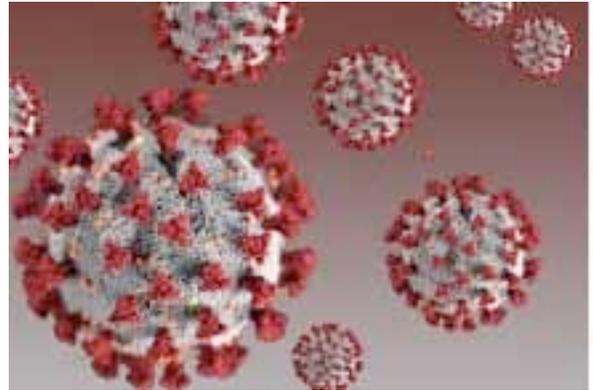
There is a continued medical need for more safe and effective Covid-19 treatment options. Laser treatment once again is considered to be another therapeutic option in treating Covid-19 pneumonia.

Scott Sigman, M.D. a team physician at University of Mass. Lowell, recently in August reported positive results from the first ever use of laser therapy to treat a Covid-19 pneumonia patient. This report was published in the American Journal of Case Reports.

The patient is a 57 Y.O. African American admitted to a Boston Hospital ICU for respiratory distress in need of oxygen. Prior to treatment he was bedridden with a severe cough, shortness of breath and an inability to walk. He was treated with one 28 minute Photobiomodulation (PBMT) laser treatment daily for 4 days using an FDA cleared Multiwave Locked System (MLS) therapy laser. He was evaluated post treatment with significant improvement.

Upon completion of laser treatment his cough resolved and he was able to walk with Physical Therapy. On the following day he was discharged to an acute Rehabilitation facility on minimum oxygen support. On follow up his clinical recovery in total was 3 weeks without the need for a ventilator, whereas the usual time is typically 6-8 weeks.

The patient in this report is part of a randomized clinical pilot trial involving ten patients with Covid-19. Utilization of supportive PBMT for Covid-19 is based on the theory that the Laser light reaches the lung tissue to relieve inflammation and promote healing. Additionally PBMT is non-invasive, cost effective and has no side effects. This is the first time PBMT therapy was used in a severe COVID-19 pneumonia.



**“Thank God men cannot fly,  
and lay waste the sky as well  
as the earth.” – Henry David  
Thoreau**

