

# Vision

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living independently at home — but activities such as watching television, dialing a phone number, using a computer and enjoying favorite pastimes like gardening, knitting or woodworking also become challenging, if not impossible.

And, she said, safety becomes a major concern — particularly the potential for falls — as worsening eyesight affects depth perception, balance, peripheral vision and the ability to see contrast and color.

“But we can go into people’s homes and help,” Dorfman said. Her free talk will explain how low vision affects everyday life, what different diagnoses mean, when medical interventions are helpful and what tools are available to help people adapt to this big change in their lives.

Improving lighting, removing scatter rugs and repainting rooms, stairways

and other surfaces for high contrast can help people with limited vision navigate their homes, she said, while simple tricks like using bright-colored “puffy markers” to create raised labels on stovetop controls can improve safety in other ways.

In addition to being helpful for individuals of any age who are personally affected by low vision, Dorfman said, the talk will help family members and caregivers understand the physical and emotional changes that come with a loss in vision.

The EAAA’s Dunning said addressing low vision is one way the agency can help seniors avoid falls and other injuries and remain active as they age. For people with low vision, she said, “The world gets terribly smaller. Our goal is to keep them safe in their homes, because that’s where they want to be.”

Dorfman’s talk will begin at 1 p.m. Tuesday, July 19, at EAAA’s Airport Mall annex, followed by a falls risk assessment at 2 p.m. Both events are free and open to the public.

# Dancers

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to a partner, they had to look the part and several of the couples’ matching outfits are part of the historical society’s display.

“Those outfits were expensive to buy, so a lot of us made our own,” King said, pointing to her red-checked dancing dress. “Of course, mine was many, many pounds ago.”

For the sake of modesty during particularly active twirling on the dance floor, she said, the women wore bloomers under their dresses.

“What did we call our bloomers? I can’t remember,” King asked Rita Pelletier.

“We called them our square dance panties,” Pelletier replied. “Mine were bright red, to match my dress.”

The squares were well-organized, with manuals describing the dance steps, a

regular newsletter and a series of badges awarded for various square dancing feats and accomplishments.

“Look at these — we had them for everything,” King said as she leafed through a scrapbook describing the badges.

Dancing in Canada earned the “hands across the border” badge. Dancing at night got the “under the moon” badge.

Dancing in Canada earned the “hands across the border” badge. Dancing at night got the “under the moon” badge. Many, it appeared, were made up as the group went along.

“If you danced in the bathroom, you got a badge,” King said. “Of course, if I was in the bathroom [at a dance] it was because I was sneaking a cigarette and did a little dance while in there,” she added with a laugh.

Then there was the “balloon badge,” given for dancing while wearing balloons,

King said with a quick shimmy to demonstrate.

“It was all just so much fun and such a special time,” Lucille Bouchard said. “A really fun group of people.”

The group broke up in the mid 1980s, according to former member Dot Hartt,

with our collections,” he said. “I don’t want to wait 50 years to honor something.”

Pelletier also has observed the public’s reaction is much stronger to recent historical events.

“When I post photos [on social media] of something that happened 100 years ago, I’ll get maybe one or two comments,” he said. “But if it’s of something more recent and within people’s memories, the stories and comments come flooding in.”

That’s exactly what was happening last weekend, when the former Fort Kent Squares cleared a space in the historical society building and took Pelletier through some of their old moves.

“Honey Bear — remember Honey Bear?” one dancer called out.

“Oh, yes, that’s when you hug your partner,” King said, taking the hand of the dancer next to her. “We’d need some music, but I think we could all remember how this goes again.”



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**Aislinn Sarnacki**  
Bangor Daily News reporter for Outdoors

**Online, visit:**  
[actoutwithaislinn.bangordailynews.com](http://actoutwithaislinn.bangordailynews.com)

Guess where Aislinn took her latest hike, submit your guess by 9 a.m., Tuesday, for a chance to win an L.L. Bean Gift Card!

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