Older Americans Month 2015
Each May, the Administration for Community Living celebrates Older Americans Month to recognize older Americans for their contributions to the nation. This year, in honor of the 50th anniversary of the Older Americans Act (OAA), we are focusing on how older adults are taking charge of their health, getting engaged in their communities, and making a positive impact in the lives of others. The theme for Older Americans Month 2015 is *Get into the Act*. (from the US. Dept of Health and Human Services website: [http://www.acl.gov/NewsRoom/Observances/oam/2015/Index.aspx](http://www.acl.gov/NewsRoom/Observances/oam/2015/Index.aspx))

Here at Friends in Action, we are proud to provide a way that older adults can indeed take charge of the their health, get engaged in the community, and help make a positive impact on others. HAPPY OLDER AMERICANS MONTH!

NEWS FLASH! The **Muddy Mothers Day Run** is cancelled this year. The committee decided with all our work on starting the Senior Center, we did not have time to prepare adequately. Look for our next event and if you have an idea or want to help, email or call! The Senior Center has nearly doubled the Friends in Action operating budget and we do need all the help we can get. Want to honor your mother? Donate in her name to Friends in Action! You will be helping older people all over Hancock County! Your donation is much needed and much appreciated! (You can donate online at our website or mail a check to P.O. Box 1446, Ellsworth, ME 04605) THANK YOU!

**Friends in Action Annual Meeting is May 20 at 5:00**

Please RSVP at 664-6016 or email info@friendsinactionellsworth.org. The meeting will feature our annual volunteer recognitions, including Volunteer of the Year, Rookie of the Year, and the “Extra Mile Club”. Please join us!
FRIENDS IN ACTION
13TH ANNUAL MEETING

Wednesday, May 20
5:00—6:30

MUSIC
REFRESHMENTS
VOLUNTEER RECOGNITIONS

Moore Community Center
5 General Moore Way, Ellsworth

Please join us!

RSVP
664-6016
info@friendsinactionellsworth.org
From the Director

As I write this, we are at the end of a cold and rainy April, but the promise of warmer weather is just around the corner. This is a busy time of year everywhere, with seasonal businesses preparing for summer, and the snow birds are beginning to return. We are grateful to several who volunteer for Friends in Action during their summer in Maine and make a real difference while they are here.

A lot is going on at FIA, as well, and the best part is we are serving more and more older people both through our direct volunteer services and through the senior center.

Transportation is a great need for older people in our rural area, and we have transportation requests every week from towns all over Hancock County. Since January 1, we have provided 1,002 rides, 16,484 miles and 642 volunteer driving hours! We are excited that new volunteers continue to step forward to help (p. 4).

The Senior Center program is surely helping to raise the visibility of FIA’s direct services such as transportation. That Friends in Action is serving so many more people is one of the most exciting and hopeful parts of our expansion into the new Moore Center. We now have nearly 150 official “members” of the senior center (we just need you to register—membership is free) and many more who attend classes and programs here.

Please join us this month for our Annual Meeting which will be on Wednesday, May 20, starting at 5:00 with refreshments and volunteer recognitions. We always celebrate our Volunteer of the Year, which this year will be for a volunteer driver and also a Senior Center volunteer, as well as our Rookie of the Year and our Extra Mile Club volunteers.

Also this month we are adding many new classes and we will be setting up the raised bed gardens. If you have suggestions, please contact Program Coordinator Paula Perry. She loves new ideas and would love to meet you! We have lots of activities and we hope you will stop by!

—Jo Cooper

VOLUNTEER OR DONATE TODAY!

Friends in Action needs your support

The Senior Center means that Friends in Action must raise an additional $100,000 every year. To help us succeed, you can donate, support our programs, and volunteer!

We always need volunteers to help with rides, visits, and chores. In the Center we need class leaders, meal volunteers, greeters, and volunteers for special events.

To donate, you can mail a check to FIA, P.O. Box 1446, Ellsworth, ME 04605 or visit our website, www.friendsinactionellsworth.org.

THANK YOU!
VOLUNTEERS

Volunteers are the real heart of Friends in Action. Would you like to be involved? We need help with the Senior Center Welcome Center, our Senior Lunch program, and especially our Transportation Program. Volunteers are needed to bring seniors from housing around Ellsworth in our new van, or to provide rides for medical appointments and more in their own vehicles. Volunteer orientations are being held in April and May and individual appointments can always be scheduled. For the Volunteer Registration Form, visit our website, stop by our office or call 664-6016. We would be happy to mail it to you.

We will hold a lunch and training about Assisted Rides for current volunteers on Tuesday, May 5, 12:00 – 1:30 in the downstairs conference room. Please register by May 4 so that we can order lunch for you!

Welcome New Volunteers!
Charlene Bullard
Rita Fernandez
Carol Fortier
Diane Gessic
Zella Harmon
Larry Libby
Emily Muise
Betty Parsons
Dave Parsons
Jim Patten
Cookie Patten
And “new” volunteers who have just upgraded their training: Chris Cherry and Janice O’Brien

And Master Gardener volunteer Mary Jude will be helping us with our raised beds gardens!

THANK YOU!
What’s new at the Senior Center in May!

SENIOR MEALS TUESDAYS & THURSDAYS 12:00
Coming in May: Chicken Alfredo, Pork Chop with Stuffing, Stuffed Burger, Baked Turkey, Fish Chowder, Reuben Sandwich, BBQ Chicken, and Meat Loaf!

You Can Paint!
Introduction to painting with Joan Preble, a fun approach for the beginner!
Tuesdays, May 5—26, 10:00—11:30.

Fitness Classes
- Zumba Gold (Fridays @ 10:00)
- Bodies Matter
- Gentle Yoga or Chair Yoga
- Tai Chi
- Strength & Balance
- Walk with Friends
- & more!

Fitness Room orientation is free; drop-in fees are only $3/day or monthly membership is $25.

Tai Chi is offered Tuesdays at 1:00 and Thursdays at 10:00.

Free concert May 14 with the Ellsworth Music Institute, 12:00—1:00.

Small Sewing Projects in May: “Hot Stuff: Potholders, Pincushion/snippet bag, Card Keepers; Quilt class is making a “scrappy” quilt.

THANK YOU
Seaport Village
Bangor Savings Bank
AARP
Sponsors of our Fitness Program!

CHECK OUT THE FULL SENIOR CENTER SCHEDULE AT OUR WEBSITE!
Please help our programs to succeed with your support.
Dear Friends,

As most of you know, we have been running a small Start-Up Campaign for the purpose of getting our new Senior Center off to a good start while we continue to meet the growing need of transportation for the older members of our community. As the banner at the front of the Moore Center shows, we have almost reached our goal of $200,000. We have approximately $15,000 to go. We have been very pleased with the response to this campaign, both from individuals and business, as well as a very generous foundation.

If you have personally contributed, we extend our heartfelt thanks. We would like to urge all of you to help us reach this goal by informing everyone you know about our organization, and telling them about our wonderful new Center. It is through the hard work of our staff and volunteers, as well as our partners, the Down East Family YMCA and the City of Ellsworth that we have been able to achieve so much so quickly. It is true, however, that we are still unfamiliar to many people in Hancock County, who might both use our services and be willing to help support us financially. While the City has given us a terrific opportunity with the beautiful renovation of the building, we have the challenge of meeting increased costs to establish programming, furnish the rooms, and pay for additional staffing.

It is such a worthwhile effort, as anyone can see from the moment they step in the door! The building is alive with activity, just as we envisioned. The collaboration between FIA and the YMCA is becoming a viable reality, benefitting both our organizations. Community groups are sharing the space successfully. Everything is falling into place, and the energy of new ideas coming to fruition is incredibly exciting. We appreciate the welcome we have received from the community, and ask for your continued support as we try our best to grow and thrive.

—Candy Gammelin, Board President

The Friends Campaign

NEARING THE GOAL!

Just $15,000 to go!

Help our little red car get up the hill!

Contact: Lynda Tadema–Wielandt (incagirl@roadrunner.com)

Or the Friends in Action office (664–6016)

The monthly Friends in Action E-newsletter can be mailed as well. Just contact us and we can send it out.

Friends in Action
P.O. Box 1446, 5 General Moore Way, Ellsworth, ME 04605
www.friendsinactionellsworth.org; 207-664-6016