The FIA Board of Directors has announced that they have hired John Lindquist of Southwest Harbor to replace Jo Cooper, who is retiring as of May 1.

John Lindquist began spending his summers on Mount Desert Island in 1959. He and Kathi, his wife of 51 years, took up full time residence in their house on Southwest Harbor when John retired in 2019.

Mr. Lindquist is a retired senior executive who spent over 50 years leading large, widely dispersed organizations performing highly technical services primarily in the aviation, intelligence, and cyber security sectors. After a 20-year career as an Army fixed and rotary wing aviator, he moved into the private sector and focused on support to federal intelligence and security operations. In 1997 he founded IIT (Information & Infrastructure Technologies, Inc.) and served as its Chairman and CEO until his retirement in 2019. IIT specialized in providing cyber security and cyber threat analysis to government organizations and private sector infrastructure operators. Under his leadership, IIT grew to have over 200 employees spread around the US, Europe, and Asia and had annual revenue over $40 million. While in his role as CEO of IIT, Lindquist also served in executive positions in several other for profit and not for profit organizations. They included International Professional Associations, Joint Ventures, and community support organizations. Charlotte Stetson, Board President and Search Committee Chair says, “The Search Committee is very confident that John Lindquist’s background, energy, and communication skills will serve Friends in Action extremely well as we venture into a new chapter in the life of our organization.”

Mr. Lindquist will officially start as the Executive Director on April 25th.

After what seems like a long, long winter and two years of a pandemic, we hope that brighter days are ahead. The Friends in Action Senior Center is open and programs are returning! Currently, masks are optional. We only ask that whether you choose to wear a mask or not, you will respect those who choose differently. As of mid-April, masks are optional.

The Center reopened in July, 2021, with a few programs. During the course of this pandemic we have learned all over again how important it is for our general well-being to be with other people.

If you have something you are looking for or would like to offer, please contact the FIA office. We would love to answer questions or hear your ideas.

The Senior Center offers a friendly place to gather with other people. Over the course of the pandemic, we have learned anew how important being with others is for our general well-being.

We look forward to seeing you soon!
What is Friends in Action?

Our Mission: To empower older adults and people with disabilities to thrive and to live independently, with dignity and a strong quality of life.

Friends in Action is a 501 c 3 nonprofit organization serving all of Hancock County and sometimes beyond! Founded in 2003 to assist older and disabled residents with direct volunteer services, Friends in Action provides transportation, friendly visits, grocery shopping, simple home repairs, and other one-on-one volunteer services at no charge. The Senior Center began in 2008 with the “Visit with Friends Coffee House”, a weekly social morning, as a way to alleviate loneliness and isolation.

In 2009, Friends in Action expanded that program in partnership with the Downeast Family YMCA and the City of Ellsworth at the recently vacated Bryant E. Moore School. The City of Ellsworth provided the renovations to the school facility which is managed by the YMCA. An added benefit is the combination of the Y’s preschool program and Friends in Action’s senior programs in the same building. While the City provided the facility upgrades, Friends in Action remains an independent organization and provides the Senior Center programs and volunteer services to the community. We keep any program fees as low as possible.

Friends in Action
STAFF:

Vickie Call, Administrative Assistant, email: vcall@friendsinactionellsworth.org
Joanne Parkinson, Volunteer Services Program Director, email: jparkinson@friendsinactionellsworth.org
Jeff Jeude, Volunteer Services Assistant, email jeff@friendsinactionellsworth.org;
John Lindquist, Executive Director, email: director@friendsinactionellsworth.org.

Business Sponsorships

There are many opportunities for businesses to sponsor programs at Friends in Action. For a complete listing of all levels at the Senior Center, please call 664-6016 or email info@friendsinactionellsworth.org.

Business sponsors at the center receive recognition in the center, in our newsletter, our annual report and on our website.

Retirement!

When anyone asks if I am excited to be retiring, I must stop and think about how to explain. The short answer is “yes and no”! There have been several years of planning ahead of this event, so I have had time to adjust to the idea! I began discussing a retirement date with the Board of Directors about five years ago. With the help of a facilitator, the Board discussed “succession planning” in 2017 as part of the Strategic Plan that began in 2018.

Covid-19 changed a lot of the planning that went into the 2018 – 2021 Strategic Plan. When the emergency shutdown started in 2020, we set aside all the prior planning and adapted to the needs of the moment. I do believe that Covid-19 showed both how much Friends in Action is needed by the community – and how adaptable and resilient we are! Everyone is still trying to adapt, I think, and the isolation that was forced upon so many people highlighted that being alone too much is not good for any of us!

In 2021, the Board began the search for a new Executive Director. In 2022, Friends in Action has emerged with a strong new staff team and a brave new Executive Director.

The Friends in Action journey has been blessed from the beginning. With the help of a Robert Wood Johnson Faith in Action grant, we began matching volunteers with individuals in the fall of 2003. As the sole employee, I recruited, trained, and coordinated volunteers and built community collaborations with churches, other nonprofit organizations, and transportation and health care providers. I learned the hard way that fundraising is a very necessary part of the job and I learned how to ask for money with confidence - for a cause I believed in so deeply!

Best of all, I made so many friends and talked with so many people making their own way through aging – and I was able to learn from them.

Goodbyes are hard and I do struggle with letting go of this work that I love so much. But I remind myself that my purpose in retiring was to strengthen FIA and make it sustainable for the long term, not just depend on one leader. Preparing for this transition has helped me to make our operations stronger. We are so fortunate to have committed leadership from our Board of Directors and to have talented staff members with the ability to take on new responsibilities.

Now I am looking forward to a summer of gardening and being home. Who knows what will come next? I hope that I can continue to learn and grow. Aging is an exciting journey and retirement does not mean that we have nothing more to offer! I have learned so much about aging from those whom FIA has been privileged to serve. Aging is as unique to each individual as all the other stages of our lives. Having a positive outlook and helping others seems to help us, too! So, I plan to be a Friends in Action volunteer! Please think about being a FIA volunteer yourself! It is such rewarding work.

The Friends In Action Staff Team

Vickie Call: Vickie joined our team in December, 2021, as our new Administrative Assistant. She is helping to organize and manage our office and databases in preparation for the switch to a new platform. She has a wide variety of experience, working for the Ellsworth Schools, the State of Maine and Husson University. She lives in Eastbrook.

Joanne Parkinson: Joanne has been with FIA since April, 2018, when she began as a part-time Transportation Services Assistant. She is now the full-time Volunteer Services Program Director. Joanne co-owned a retail/mail order business, worked in several large corporate Insurance Companies, owned a successful part-time basket and chair seat weaving business, worked as the Marketing Manager at the Bar Harbor Inn and successfully marketed all sixteen of the Witham Family Properties and managed the Habitat for Humanity ReStore Store in Ellsworth. She lives in Lamoine.

Jeff Jeude: Jeff recently started as the part-time Volunteer Services Program Assistant. Jeff has been a Volunteer Driver for FIA for a number of years and that experience is proving invaluable as he coordinates volunteers to meet requests for FIA services. He has been a teacher and currently also works part-time as the Administrative Assistant at the Unitarian Universalist Church in Ellsworth. He lives in Corea.
MEALS

Friends in Action’s senior lunches are being offered on Tuesdays at noon and are cooked on site by the YMCA kitchen team in partnership with Friends in Action. We hope to add another day in the future.

YOU CAN GET HERE ON THE BUS! The Downeast Transportation bus has scheduled stops on Tuesday at senior housing throughout Ellsworth and comes to the Senior Center, returning after lunch. Call 667-5796 for schedules or more information.

Check out the monthly menu on our website or at the Senior Center. Cost is $4 / person. (Confidential financial assistance is available if needed; simply contact the FIA office.) Please sign up at least one day in advance!

COFFEE HOUSE

The “Visit with Friends” Coffee House first opened in 2008 in St. Dunstan’s Church. It is now offered on Thursdays at the Friends in Action Senior Center (in the Moore Community Center) at 5 General Moore Way in Ellsworth. It is open every Thursday from 9:00 to 11:00. Stop by for coffee and refreshments during that time. Join us for conversation, sometimes some music and perhaps some cribbage or scrabble!

Menu for May/June

May 3rd
- Sweet n Sour Meatballs
- Rice
- Roll
- Green Beans
- Diced Peaches

May 10th
- Shepherds Pie
- Carrots
- Roll
- Pineapple Tidbits

May 17th
- Turkey and Gravy
- Stuffing
- Corn
- Roll
- Pears

May 24th
- Lasagna
- Garlic Bread
- broccoli
- applesauce

May 31
- Orange chicken
- Rice
- Roll
- Peas
- Mandarin oranges

Weekly desserts to be announced

June 6th
- Chicken parmesan casserole
- Roll
- Green Beans
- Diced peaches

June 13th
- Beef and Broccoli
- Rice
- Carrots
- Roll
- Pineapple Tidbits

June 20th
- Hotdogs and Beans
- Coleslaw
- cornbread
- Mandarin oranges

June 27th
- Chicken and Cheese Quesidillas
- Roll
- broccoli
- applesauce

Weekly desserts to be announced

MY DONATION TO FRIENDS IN ACTION

Name__________________________________________ _______________________________
Address_______________________________________________________________________City __________________Zip____________
Telephone______________ Email ___________________________amount enclosed $________________
This gift is in Memory of:______________________________________________________
in Honor of:________________________________________________________________
I have remembered Friends in Action in my will ____.  
Please send me information on "FRIENDS FOREVER" PLANNED GIVING ___

Weeks in the Friends in Action Senior Center.

Tammy Mote ("Mote Designs") constructed this new sign for the Friends in Action dining room.

May 3rd
- Sweet n Sour Meatballs
- Rice
- Roll
- Green Beans
- Diced Peaches

May 10th
- Shepherds Pie
- Carrots
- Roll
- Pineapple Tidbits

May 17th
- Turkey and Gravy
- Stuffing
- Corn
- Roll
- Pears

May 24th
- Lasagna
- Garlic Bread
- broccoli
- applesauce

May 31
- Orange chicken
- Rice
- Roll
- Peas
- Mandarin oranges

Weekly desserts to be announced

June 6th
- Chicken parmesan casserole
- Roll
- Green Beans
- Diced peaches

June 13th
- Beef and Broccoli
- Rice
- Carrots
- Roll
- Pineapple Tidbits

June 20th
- Hotdogs and Beans
- Coleslaw
- cornbread
- Mandarin oranges

June 27th
- Chicken and Cheese Quesidillas
- Roll
- broccoli
- applesauce

Weekly desserts to be announced

MY DONATION TO FRIENDS IN ACTION

Name__________________________________________ _______________________________
Address_______________________________________________________________________City __________________Zip____________
Telephone______________ Email ___________________________amount enclosed $________________
This gift is in Memory of:______________________________________________________
in Honor of:________________________________________________________________
I have remembered Friends in Action in my will ____.  
Please send me information on "FRIENDS FOREVER" PLANNED GIVING ___

Weeks in the Friends in Action Senior Center.

Tammy Mote ("Mote Designs") constructed this new sign for the Friends in Action dining room.
Friends in Action Fitness Program

New class schedule as of April 25.

The Fitness Room is open Monday – Friday, 8:00 – 5:00.

**FITNESS GUIDANCE IN THE FITNESS ROOM:** Rebecca Bailey is available to answer any fitness questions you may have and is also available to provide blood pressure checks. She is an NASM Certified Personal Trainer, Group Personal Training Specialist, Weight Loss Specialist, Fitness Nutrition Specialist; Senior Fitness Specialist; AFAA Certified Group Fitness Instructor and she is a Cardiac Rehab Nurse at the YMCA.

**Tuesdays:** 9:30am to 11:00am - Location: Friends in Action

**Thursdays:** 9:45am to 11:00am - Location Friends in Action

**FIA volunteer Mary Ann Lock** is also available by appointment for fitness room orientations. (Call 664-6016 to make appointments.)

**TUESDAY CLASSES MODIFYING: Introduction to Exercise Modifications:** Rebecca will help you explore proper form for many common exercises and how to modify properly for arthritis, osteoporosis and more, to protect knees, hips, ankles and spine. This is for all levels, beginners, and experienced exercisers alike. The class can be done seated or standing and proper modifications will be provided. Starts in April. Tuesdays 8:30am to 9:00am - Location: Friends in Action

**GENTLE STRETCH:** Rebecca will lead you through a series of gentle stretches to help relax the body and increase flexibility and mobility. Better flexibility can help with all activities of daily living. We will also incorporate deep breathing exercises into this class, to stimulate the lymphatic system and strengthen the immune system. This class is for all fitness levels and can be done seated or standing; proper modifications will be provided. Starts in April. Tuesdays 9:00am to 9:30am - Location: Friends in Action

**UBE "FORM AND FUNCTION":** at the UBE facility, 4 Mariaville Road, Ellsworth. This class is for everyone, whatever your fitness level. Learn better posture, improve balance, and strengthen your entire body; using a wide variety of techniques. Trainer Ursula Gammelin will help you improve in all areas and have fun at the same time! Thursdays 10:00am to 11:00am - Location: UBE, 4 Mariaville Road, Ellsworth

**"FUNCTIONAL FITNESS WITH BALANCE TRAINING":** This class will improve strength and balance in activities of daily living. Rebecca will lead you through movements such as walking, squatting, bending, pushing, pulling, hinge movements and rotations to stimulate all the major muscle groups in your body and improve your endurance and flexibility. This class is designed to help improve your balance to improve coordination, with the goal of preventing falls and strengthening muscles to improve your ability to hold yourself upright while improving self-confidence and overall health. This is for all fitness levels and can be done seated or standing; proper modifications will be provided. Starts in April. Thursdays 11:15am to 12:00pm - Location: Friends in Action

**THURSDAY CLASSES**

**UBE "FORM AND FUNCTION":** at the UBE facility, 4 Mariaville Road, Ellsworth. This class is for everyone, whatever your fitness level. Learn better posture, improve balance, and strengthen your entire body; using a wide variety of techniques. Trainer Ursula Gammelin will help you improve in all areas and have fun at the same time! Thursdays 10:00am to 11:00am - Location: UBE, 4 Mariaville Road, Ellsworth

**“FUNCTIONAL FITNESS WITH BALANCE TRAINING”:** This class will improve strength and balance in activities of daily living. Rebecca will lead you through movements such as walking, squatting, bending, pushing, pulling, hinge movements and rotations to stimulate all the major muscle groups in your body and improve your endurance and flexibility. This class is designed to help improve your balance to improve coordination, with the goal of preventing falls and strengthening muscles to improve your ability to hold yourself upright while improving self-confidence and overall health. This is for all fitness levels and can be done seated or standing; proper modifications will be provided. Starts in April. Thursdays 11:15am to 12:00pm - Location: Friends in Action

**“DEEP BREATHING FOR OPTIMAL HEALTH”:** Rebecca will lead you through multiple deep breathing exercises and techniques to improve overall health. Here are just a few of the possible benefits of deep breathing exercises: lower blood pressure, improve overall quality of life for people with asthma and COPD, help manage symptoms of depression and anxiety and help decrease and manage stress. You will move through breathing exercises to promote diaphragmatic breathing which works to decongest the lymphatic system, improve relaxation for mental health and increase the elimination of toxins from your body. All fitness levels are encouraged to attend. The class can be done seated or standing and proper modifications will be provided. Starts in April. Thursdays 12:15 to 12:45 - Location: Friends in Action

**GROUP GAMES**

**Location: Friends in Action**

**INTRODUCTION TO PETANQUE (”p’tonk”) FOR ALL AGES:** This popular French game using “boules” is relatively unknown here but is one that will soon get you laughing and completely hooked! Teams compete for points by tossing a “boule”. Points are earned by being as close as possible to the “jack”. Everyone of any age, from children to the very old, can enjoy this game together, whether playing from a wheelchair or completely ambulatory! As you learn, you develop skills and strategies. This is played indoors or out. We will start in the gym! Coach John Nicolai will teach all the aspects of the game. No fee but donations gratefully accepted. Starts April 26.

Day Pass: $8
Fitness Room: $40 / month
Fitness Classes: $55 / month
Classes/fitness room/guidance $65/month
Three month pass $165

friendsinactionellsworth.org
YOU CAN BECOME A FRIENDS IN ACTION VOLUNTEER!

Volunteers are what keep Friends in Action going! All our programs are delivered by trained and caring volunteers who give of their own time to help their neighbors.

FIA trains and coordinates volunteers to provide many different services. Among the opportunities to volunteer are: providing transportation, friendly visits, simple home repairs and building ramps, delivering groceries, food pantry boxes, and medicine and help with chores including yard work or snow shoveling. At the Senior Center, volunteers help with serving meals, helping with fitness classes, leading programs, and clerical duties in the office.

Volunteers also help with reading mail and filling out paperwork for those with low vision, and many other simple tasks that can make daily life a challenge. Volunteers are a huge help with FIA fundraising events. Our Volunteer Application is available on our website, in our office, or by calling FIA at 664-6016. We will schedule an orientation. Thank you in advance for your interest! We really appreciate it!
WEEKLY SCHEDULE

MONDAYS
1:00 – 3:00 Pastels on Velour

TUESDAYS
Fitness Guidance with Rebecca 9:30 – 11:00
8:30: Modifying Exercise Modifications
9:00: Gentle Stretch
10:00: Free Writing
10:00: UBE at 4 Mariaville Road
11:15: Functional Fitness with Balance Training
12:00 Senior Lunch
1:00 – 3:00: Group games: “Petanque”

WEDNESDAYS
9:00 – 11:30: Wednesday Painters

THURSDAYS
9:00 – 11:00 “Visit with Friends” Coffee House
9:45 – 11:00: “Fitness Guidance” with Rebecca
10:00: UBE at 4 Mariaville Road
11:15: Functional Fitness with Balance Training
12:15: Deep Breathing for Optimal Health
1:00 – 3:00: Group games: “Petanque”
1:00 – 3:00: Mah Jongg

FRIDAYS
10:00: Bridge group

What is Friends in Action?

Our Mission: To empower older adults and people with disabilities to thrive and to live independently, with dignity and a strong quality of life.

Friends in Action is a 501 c 3 nonprofit organization serving all of Hancock County and sometimes beyond! Founded in 2003 to assist older and disabled residents with direct volunteer services, Friends in Action provides transportation, friendly visits, grocery shopping, simple home repairs, and other one-on-one volunteer services at no charge.

Join Our “Friends Forever” Society

Donors who remember Friends In Action in their estate plans or with a major gift, are invited to join our Friends Forever Society. This group is ensuring that FIA will be sustainable long term and that the community will enjoy FIA benefits well into the future.

Visit us online at: friendsinactionellsworth.org
Mondays:
“Pastels on Velour” taught by Jill Donovan. Jill is an experienced art teacher who will have you creating beautiful pastels. The class is only $5 per class and you will achieve more than you had ever thought you could! Mondays 1:00 to 3:00.

Tuesdays:
“Free Writing Group” This group has been meeting since the Senior Center first opened in the old Bryant E. Moore School. It has continued ever since, except for a forced break during Covid. The group shares prompts and you can share your writing with the group but it is not required. Meets Tuesdays from 10:00 to 11:30.

Wednesdays:
Wednesday Painters gathers to paint together every Wednesday from 9:00 to 11:30. Members sometimes help one another and enjoy the company of others who enjoy painting. This is an open group and there is no charge.
Upon Diane Guthrie’s passing on August 24, 2021, a rocking chair embolized with the University of Maine logo was returned to her son Steven, who gave it to her 40 years ago while he was a student at UMaine to recognize her achievements from the same institution. She spent many hours rocking and reading in the chair!

As the gift came back to him, Steven sought a suitable home for the chair that recognized her teaching career and passion for reading – the Bryant E. Moore School, now Moore Senior Center, was an obvious choice.

Diane started teaching in 1951 in Northeast Harbor and became a career educator across various positions primarily in Ellsworth over the course of four decades. Many of these years were at the Moore School.

While raising six children with her husband, Tom, Diane taught school by day and attended night, weekend, and summer school at the University of Maine at Orono to earn a bachelor’s in education in 1963 and a master’s in education in 1972.

During her career, Diane taught hundreds of children to read, write and spell and took great pride in the number of kids who didn’t read or didn’t like to read before meeting her determinations to convert them. Her husband, Tom, hired many of these same kids and adults as a manager at Doug’s Shop and Save and later the Hannaford store.

On behalf of the family, Steven appreciates the Moore Senior Center has accepted a gift that will memorialize his mom’s gift to many current and future readers in Hancock County.