

January 2023

Why Volunteer

Volunteers make an immeasurable difference in people's lives and serve with the intention of helping others. Did you know that volunteering can benefit your health, as well?

Research has shown that volunteering offers many health benefits, especially for older adults, including:

1. Improves physical and mental health.

Volunteer activities keep people moving and thinking at the same time. Research has found that volunteering among adults, age 60 and over, provided benefits to physical and mental health, and volunteers report better physical health than do non-volunteers. Research also has shown that volunteering leads to lower rates of depression and anxiety, especially for people 65 and older.

Volunteering reduces stress and increases positive, relaxed feelings by releasing dopamine. By spending time in service to others, volunteers report feeling a sense of meaning and appreciation, both given and received, which can have a stress-reducing effect. Reduced stress further decreases risk of many physical and

mental health problems, such as heart disease, stroke, depression, anxiety and general illness. In addition, a Longitudinal Study of Aging found that individuals who volunteer have lower mortality rates than those who do not, even when controlling for age, gender and physical health.

2. Provides a sense of purpose and teaches valuable skills.

The work that volunteers provide is essential to everyday activities, which gives volunteers a sense of purpose, especially when volunteering in the areas they find meaningful. Older volunteers experience greater increases in life satisfaction and self-esteem.

They serve as drivers, delivery persons, friendly voices, advisers on access to government programs, administrators of the coffee house and lunchroom and use their gardening skills to provide fresh vegetables, in season, to various client groups. Other services they provide include performing clerical duties for staff or performing errands for clients.

3. Nurtures new and existing relationships.



Volunteering increases social interaction and helps build a support system based on common interests. One of the best ways to make new friends and strengthen existing relationships is to participate in a shared activity. Dedicating time as a volunteer helps expand social network and practice social skills with others.

Volunteers have a variety of backgrounds but share a desire to care for the health and welfare of people in their communities. They are men, women, retirees, teenagers, former patients, professionals, homemakers

and students. They volunteer for different reasons, such as sharpen skills to reenter the workforce, stay active during retirement, meet new people and serve their communities.

Are you interested in becoming a volunteer? There is a wide variety of volunteer opportunities at Friends in Action, whether you are interested in, environmental, health, community causes. Consider joining Friends in Action's team of volunteers and make a difference in the lives of the senior residents of Hancock County.

From the Director:



I am writing this just after attending Joe Scarbrough's 90th birthday party put on by his daughter and son in law in the Friends in Action Senior center. First, it was a great party. It was wonderful to watch such a collection of happy people enjoying each other's company.

For those who don't know him, Joe is a great member of the

greatest generation. He saw combat in the Korean War followed by a long and varied electrical engineering career which included work on Air Force One communications, missile testing systems, and even NASA's Apollo rover. Clearly, he has made significant contributions to the United States. All of us have benefited in small and large ways from those contributions.

When I reflect on this afternoon's event, it brings to mind the very tangible benefits we enjoy from community service organizations. One, we create opportunities to pay back our senior residents who have made contributions that we have benefited from for the last 60, 70 or even 90 years. Two, we can have a good time doing it. And three, it is good for our own health.

This all leads me to our need for

volunteers.

Hancock county has approximately 5,000 senior residents living on what are by any standards very meager resources and the population is steadily growing. About 1,200 of those have registered with us to take advantage of our services. Friends in Action currently has 2 and a half paid employees who focus primarily on taking requests for services and coordinating volunteers to fulfill the requests. The work of delivering the requested service is done by volunteers and it takes a lot of them. We are in great need of volunteers to:

- Drive clients to appointments
- Make friendly visits and/or phone calls.
- Make meal and commodity food deliveries.
- Run Errands.

- Make minor home repairs.
- Help in the Friend in Action office.
- Do yard work and other chores.
- Help with special events.

If any of these seem like something you might like to do please contact us. We and our clients will be very appreciative of any amount of time you can give from a couple of hours to perhaps a couple of days a week. There is always plenty to do and we can arrange it around your schedule.

If you can't volunteer, the next best way to help is to contribute money. We kicked off our annual appeal in the beginning of December and you can move us toward our goal of \$60,000. Again, anything you can do will be appreciated.

-John

Adult Chorus

SCJERZO

Ellsworth Community Music Inst and Friends in Action Chorus

SCHERZO \skertsō\ is an adult chorus, organized by Ellsworth Community Music Institute (ECMI) in collaboration with Friends in Action in Ellsworth. The primary focus of this chorus is to have fun singing! No auditions are required, and all voices are welcome. Sessions for adults ages 50+ will begin January 10 and run for 10 weeks, on Tuesdays, from 11am-12pm in the Moore Community Center Theater. Singers will work toward a public concert at the culmination of the program. Mixed genres will be presented including show tunes, oldies, Americana, etc. The total fee to participate is \$100.

The chorus will be led by Gina Schuh-Turner. She holds a Master of Music degree in Vocal Performance and has been teaching private voice for more than 20 years. She teaches locally and online to students from Ellsworth to South Korea. Gina is a proud member of the Actors' Equity Association, the union of professional stage performers and stage managers. As a choral conductor and music

director, Gina has enjoyed working with both adults and children, most recently as a music director (choir and handbells) at First Christian Church in Loveland, Colorado for 5 years. Performance career highlights include being an original cast member of Denver's longest-running musical, I Love You, You're Perfect, Now Change for 4.5 years (almost 2,000 performances) at the Denver Center for the Performing Arts and performing Off-Broadway in The Fantasticks, working with the show's creators, Tom Jones and Harvey Schmidt. Gina's regional performance awards include the Marlowe Award for Best Actress in a Children's show, and she is a two-time recipient of Westward's Best of Denver Award for Best Actress in a Musical. Gina is also a member of the faculty at ECMI.

The chorus will be accompanied by Kimberly Battaline on piano.

Full details and registration form may be found at ellsworthcommunitymusic.org/classes/

Interested singers may direct questions to Ellsworth Community Music Institute at 207-664-9258 or info@ellsworthcommunitymusic.org.

Hysterical Society

We're ringing in the New Year with laughter!

Friends in Action is partnering with The Ellsworth Historical Society to present to our community Ellsworth Hysterical Society, an open-mic comedy hour for seniors. We'll all be grateful for some midwinter comedic relief. Bring your best old timey jokes, tall tales of yore, and comedic memories of yesteryear – anything to bring a smile to our faces.

If Grandma had any silly sayings or Grandpa used to tell fanciful tall tales, we want to hear them.

Let's reminisce together to keep our rich local cultural history alive with this special open mic comedy event. Seniors are especially encouraged to come take the mic to share good ol' classics, but this event is open to all ages in the spirit of cultural education and lighthearted community fun.

What better way to look back across the ages than through the lens of enjoyment and colorful fun?

If it makes you chuckle, we're sure to get a kick out of it, and your favorite memories will become ours, too. Don't be shy – we're all looking for a good time and would love to hear what humorous lines and short quips you've picked up over the years.

WHO: Seniors and anyone else who wants a good laugh!

WHAT: "Ellsworth Hysterical Society" Open-Mic Senior Comedy Hour

WHEN: Tuesday, January 3rd, 2023, at 1pm

WHERE: Friends In Action's Moore Center Auditorium, accessible by elevator

This event will also be recorded and streamed online.

Fit for Life with Neuro-Muscular Challenges

When you have neuro-muscular challenges, exercise is as important as taking your medications on time, daily. Exercise helps to maintain strength, flexibility, balance, and cognitive acuity so you can continue to do the things necessary to enjoy life.

This class will cover all the bases to help fight against the impact of progressive neurological disorders. We will focus on balance, endurance, core strength, increasing and maintaining range of motion, while building overall body awareness safely and creatively.

Class size is limited for comfort and safety, please call Friends in Action or Coach Europa @ 607-342-0519 to register.

Two class levels will be offered to help meet the individual requirements. Placements will be made to ensure the specific needs are considered when building core programming.

Head Coach - Europa Hagarman is a trained Rock Steady Boxing Coach with 5 years experience working closely with individuals living with Parkinson's Disease at various stages of progression. Europa has been working with the senior community of Ellsworth since 2014 in various modalities from Zumba Dance, Strength and Balance, personal training, and the popular program specific to PD - Rock Steady Boxing. Recently trained as Level 1 Trainer in the CrossFit community, Europa would like to translate part of their methodology to the PD world. Constant variation of FUNCTIONAL movement at our highest individual intensity possible is the recipe for living Fit For Life with Parkinson's Disease. Structure, routine, exercise are all critical components to living with PD successfully.

Classes set to begin on January 17th, 2023!!

Tuesday/Thursday afternoons - time still tbd.

Friends in Action Senior Center coming events

Fitness program focused on neuro-muscular challenges
Adult Education Art Classes
Adult Chorus
Coffee House Sing Along

Tax preparation assistance with certified tax preparers from AARP
Ellsworth Historical Society comedy hour on 3 January

Save These Dates

June 2, 2023 – Friends in Action Dinner Auction

June 24, 2023 – Friends in Action Walk/Run

September 13, 2023



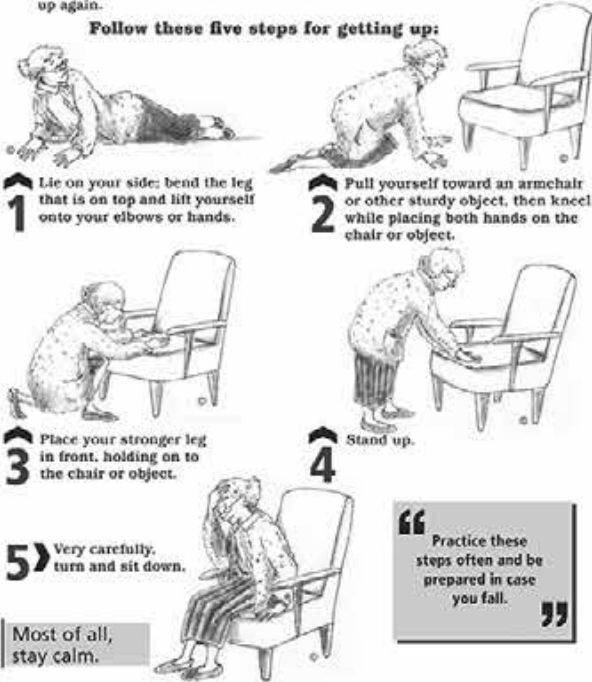
Our number: 207-664-6016

What to do after a fall...

if you CAN get up

The first thing to do is to catch your breath. Check and see if you are injured. Even if you think you're OK, take your time before getting up again.

Follow these five steps for getting up:



“ Practice these steps often and be prepared in case you fall. ”

Most of all, stay calm.

if you CANNOT get up

If you feel any discomfort or are unable to get up, try to get help.

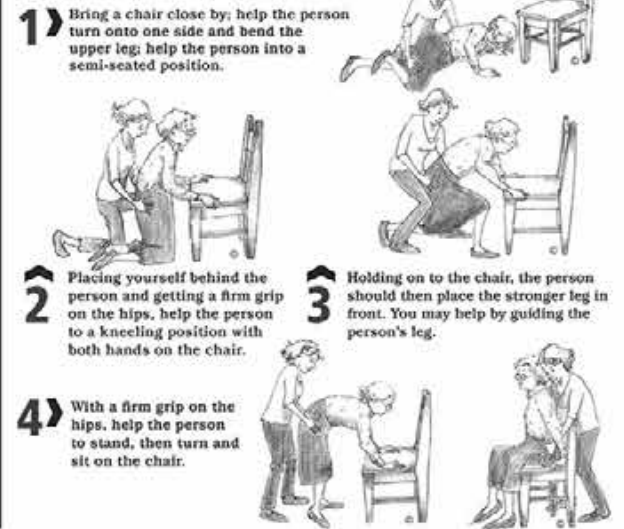


if you are the WITNESS

If you see someone fall, resist the urge to get the person up immediately. First check for condition: Is the person conscious or unconscious? Does the person appear to be injured? Reassure the person.

If the individual cannot get up, call for help and administer first aid if you are able to do so. Help the person find a comfortable position and keep him or her warm using an item of clothing or a blanket.

If the individual appears able to get up, proceed with care and follow the steps below:



Public Health Agency of Canada, Division of Children, Seniors and Healthy Development, www.publichealth.gc.ca/seniors
 Institut universitaire de gériatrie de Montréal, www.vieillissement.ca

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Public Health Agency of Canada Agence de la santé publique du Canada

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Maine Cancer Foundation
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MENU

January 2023

<p>Tuesday, January 3rd Swedish Meatballs Egg Noodles Carrots Roll Diced Pears</p>	<p>Tuesday, January 10th Pot Roast and Gravy Mashed Potatoes Peas/Roll Applesauce</p>	<p>Tuesday, January 17th Parmesan Chicken Roasted Potatoes Broccoli/Roll Mandarin Oranges</p>	<p>Tuesday, January 24th Shepards Pie Mixed Veggies Pears</p>
<p>Thursday, January 5th Chicken Pot Pie Green Beans Peaches</p>	<p>Thursday, January 12th Tuna Casserole Green Beans Roll Mandarin Oranges</p>	<p>Thursday, January 19th Pulled Pork Sandwiches Corn Pineapple</p>	<p>Thursday, January 26th Ham and Scalloped Potatoes Carrots Roll Peaches</p>



Weekly desserts to be announced at Lunch!
 Please call 664-6016 before 5:00 on Monday & Wednesday to reserve lunch for Tuesday & Thursday.

CALENDAR

Monday

9:00-10:00 BEST II Europa FIA Senior Center
 10:30-11:30 BEST I Europa FIA Senior Center
 Bridge FIA Café
 1:00-3:00 Pastel Classes

Tuesday

10:00-11:00 Form & Function Ursula UBE Facility
 10:00-12:00 Writing Group FIA Senior Center
 12:00 Senior Lunch FIA Café Senior Center – call ahead reservations

Wednesday

9:00-10:00 Strength & Balance for Active Elder Europa FIA Senior Center
 10:15-11:15 Zumba Gold Europa FIA Senior Center
 9:00-11:30 Wednesday Painters

Thursday

10:00-11:00 Form & Function Ursula UBE Facility
 9:00-11:00 Coffee in the FIA Café Senior Center
 12:00 Senior Lunch in the FIA Café Senior Center – call ahead reservations
 1:00-3:00 Mah Jongg

Friday

9:00-10:00 BEST II Europa FIA Senior Center
 10:30-11:30 BEST I Europa FIA Senior Center
 10:00 Bridge Group FIA Cafe

United Baptist Church (UBC) of Ellsworth
28 Hancock St., Ellsworth, ME 04605
207-667-8051

UBC will be resuming our winter Soup for the Soul ministry on January 2, 2023. This ministry is open to everyone, especially seniors, as part of our community outreach. We offer a free lunch of soup, rolls, desserts and drinks every Friday, January – March. Lower-level parking.

FITNESS PROGRAM FEE
SCHEDULE

Effective November 1, 2022

DAY PASS for Fitness Guidance
 \$ 8 per day

**FITNESS ROOM, GUIDANCE,
 AND CLASSES**
\$60 per month
\$165 per three months
\$70 per card

10 CLASS PUNCH CARD
*expires 6 months from
 date of purchase*

FIA will continue to offer financial assistance as available for those who could not otherwise participate. Application form available in the FIA office.

WHY YOUR DONATION MATTERS:

Probably the best way you can help is by making a financial donation. Friends in Action is a local non-profit organization that does not receive any Federal or State government funding. We raise all of our operating funds from the community through individual donations, grants, and fundraising events. Every donation, large or small, helps. We also have a special giving society “FRIENDS FOREVER” for planned gifts and an endowment fund for our future.

For more information, contact us at 664-6016. You can also make a donation by credit card on our website: www.friendsinactionellsworth.org, or mail to us at:
 P.O. Box 1446, Ellsworth, Maine 04605

MY DONATION TO FRIENDS IN ACTION:

Name _____
 Address _____
 City _____ Zip _____ Telephone _____
 Email _____
 Amount enclosed \$ _____
 This gift is:
 In Memory of: _____
 (or) In Honor of: _____
 I have remembered Friends in Action in my will _____.
 Please send me information on “FRIENDS FOREVER” PLANNED GIVING _____.