

May 2023

Friends in Action Dinner & Auction June 3

Friends in Action will host the eighth annual Dinner & Auction on June 3rd at the Moore Community Center. A dinner ticket is \$80. seating is limited so make your reservation early by calling (207) 664 6016. Reservations must be received by May 18th.

The Dinner & Auction will be in person. A variety of fun events and a bit of nostalgia will highlight the evening. The theme for the evening is "the 1950s" While poodle skirts, bobby socks, and leather jack are optional, a DJ will encourage "movin and groovin" to the oldies.

The evening begins at 5:00 pm with a cash bar and a chance to review auction items. The silent auction will be open until dinner which will be served at 6:00 by Ellsworth's Flexit. Following dinner, the live auction will be called by Matt Dunlap. The auctions offer the opportunity to bid on boat trips, aerial adventures, catered wine tasting, restaurants, artwork and much, much more.



This evening is not only fun-filled, but also a wonderful way to support Friends in Action. With your support, Friends in Action contributes to the attainment and sustainment of a strong quality of life for older residents of Hancock County, an age friendly community where older residents thrive.

In addition to attending the festivities there are several opportunities for special recognition as a sponsor.

Cadillac sponsor Donation of

\$2,000 or more

Name on Banner at the entrance
Thankyou announcement before dinner

Name and logo on printed material

Name and Logo thankyou on the Friends in Action web site, social media and front page of the newsletter distributed as an insert to the Ellsworth American.

2 tickets to the 8th Annual Dinner & Auction

Ford Thunderbird sponsor

Donation of \$1,500 to \$1,999

Banner at the entrance
Name and logo on printed material

Continued on Page 2

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From the Director

Nearly 1 year ago I accepted the position of Executive Director of Friends in Action.

Since then, I believe we have implemented some good things without jeopardizing the excellent programs for which Friends in Action is well known. The year has, however, been like drinking from a fire hose. When I signed on, I didn't fully understand all the activities of Friends in Action. Thankfully, we have a great crew including staff, board members, and volunteers as well as a great and understanding clientele. I must give a very special thanks to Joanne Parkinson, our Director of Volunteer Services. Joanne, is a tireless worker, and is our institutional memory. Without her, I would have been completely lost. Joanne sees a task which needs to be addressed and takes it upon herself to complete the job.

I also thank the volunteers without whom nothing would

be accomplished. Our volunteers drive, make deliveries, serve meals and clean up afterwards, host the coffee hour, help with events, and help with administrative tasks including editing this newsletter. Most importantly, our volunteers take care of our clients which is both gratifying and at times exhausting.

Through the collective hard work of the entire crew, we have accomplished much.

We drove over 6,000 miles, added a second lunch enabling us to serve more than 3,000 hot meals, made more than 2,800 deliveries, held two COVID 19 vaccine clinics, helped people with their taxes, and Medicare enrollment, and began reinvigorating the Friends in Action Senior Center. Thanks to Europa Hagerman and Ursula Gammelin we now have fitness classes every weekday. They offer classes for all fitness levels as well



as a new exercise class for clients suffering from Parkinson's Disease or similar neuro-muscular issues. We are also hosting increasing numbers of community groups including bridge clubs, cribbage groups, mahjong groups, writers, artists, gardeners, a senior chorus, genealogy researchers and more. We still have room for more. Please feel free to contact us to reserve a

room and time.

Now that I have my feet under me, I am hopeful we will continue to contribute to maintaining Hancock County as an age friendly community. Toward that goal, I am focused on two initiatives. The first is funding and the second is volunteer recruitment and utilization. Regarding the funding issue, we are working on fund raising events

Continued on Page 2

Dinner Cont.

Continued from Page 1

Name and Logo thank you on the Friends in Action web site, social media and front page of the newsletter distributed as an insert to the Ellsworth American.

Chevy Bel Air sponsor Donation of \$500 to \$1,499

Name and logo on printed material

Name and Logo thank you on the Friends in Action web site, social media and front page of the newsletter distributed as an insert to the Ellsworth American.

Donations in any amount, no

matter how small, are greatly appreciated.

The net proceeds of the event will go directly to supporting Friends in Action's free transportation for older residents of Hancock County and to the operation of the Friends in Action Senior Center located in the General Bryant E Moore building on State Street in Ellsworth. These services are critical to overcoming barriers to accessing medical services and food security as well as creating opportunities to avoid isolation and to improve the level of fitness.

Walk/Run-A-Thon



Time to think about getting outdoors

Spring is here! Although it was an overall mild winter, it seemed to hang on for a long time. Now that spring has arrived, it is time to think about enjoying the fresh air and getting some exercise.

This is a great time to make a commitment to participate in Friends in Action's Walk/Run-A-Thon. The 2nd Annual Walk/Run will take place on June 24th this year. Although one may run the course, in the great tradition of the German volksmarch, it is not a race but a chance to mix with friends and neighbors and enjoy the outdoors.

The course will start at the gazebo at Knowlton Park and wind its way along the Union River to the Fish Market and return. There will be 1 mile, 2 mile and 3.1 miles (self-timed) courses. The turnaround point for each course will be clearly marked as well as periodic distance markers.

The fee to participate is \$25. Sign up early, the first 50 registrants will receive a Walk/Run-A-Thon T-shirt

Major Sponsors of \$1,000 and up will have their name and logo on the T-shirts, signage along the route, the FIA website, Facebook

and the front page of the newsletter which is distributed as an insert in the Ellsworth American.

Event sponsors of \$500 to \$999 will have their name and logo on signage along the route, the FIA website, Facebook, and the front page of the newsletter which is distributed as an insert in the Ellsworth American.

Ad sponsors of \$250 to \$499 will have their name and logo on signage, Facebook, and the front page of the newsletter which is distributed as an insert in the Ellsworth American.

Route Sponsors - \$150 will have their name and logo on the signage along the route.

The net proceeds of the event will go directly to supporting Friends in Action's free transportation for older residents of Hancock County and to the operation of the Friends in Action Senior Center located in the General Bryant E Moore building on State Street in Ellsworth. These services are critical to overcoming barriers to obtain medical services and to offer food security as well as creating opportunities to avoid isolation and to improve the level of fitness.

Director's Letter Cont.

Continued from Page 1

that will be fun and profitable. We will also improve our grant research and application process and continue our efforts to inform more people about the needs of our clientele, who we are and what we do to fulfill the needs. The publication of the newsletter, and working with media outlets, online, print, radio, and television enable us to increase public awareness. Our experience is that the people of Hancock County are very thoughtful and generous and when they are aware of a need, they do what they can to provide assistance.

The second initiative volunteer utilization and recruitment centers on collaboration with and among partner not for profits, and service organizations. For all of us, the availability of enough volunteers to expand our offerings is a challenge. There is, however, overlap of organizational capabilities and

capacity. We are exploring ways of sharing the effort in some of those areas of overlap. One initiative we have started is a volunteer recruiting campaign which we intend to bring to culmination with a recruiting and resource fair with as many organizations who wish to participate but focused on the Blue Hill, Deer Isle, Stonington area. This is a collaborative initiative between Friends in Action and Healthy Peninsula. On the overlap of capability and capacity, we are in the early stages of a Collaboration with Island Connections to investigate ways to share the workload and provide each other with backup services. When these initiatives succeed, we will try to replicate them throughout the county.

The year has flown by and I am still delighted to be here and intend to stay as long as they will have me.

-John



Appalachian Trail Hike Week 3 Results

Friends in Action set forth on our hike (exercising) from Georgia to Maine via the Appalachian Trail on March 13, 2023.

We have our third weeks results of 1323 miles! Way to go!! We will reach Maine in no time!!

We are now exploring the Delaware Water Gap!!

*Delaware Water Gap is a water gap on the border of the U.S. states of New Jersey and Pennsylvania where the Delaware River cuts through a large ridge of the Appalachian Mountains.

The gap makes up the southern portion of the Delaware Water Gap National Recreation Area, which is used primarily for recreational purposes, such as canoeing, fishing, hiking, and rock climbing. Though the US National Park Service manages the National Recreation Area, portions of the water gap are also patrolled by New

Jersey Division of Parks and Forestry.

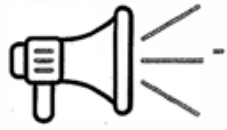
Open to all Hancock County Residents over 50.

Even if you are not a member of Friends in Action fitness, consider hiking with us! But, remember that for every one hour in a fitness class that is equal to one mile on the hike.

* taken from Wikipedia



Medicare 101



Are you or someone you know turning 65 and have questions about **Medicare**? When it begins, how much does it cost?

Friends in Action is hosting educational classes, and one on one counseling sessions conducted by **EAAA** to inform you about **Medicare** and your important choices.

Sessions will be offered every second Tues from 9:00 to 11:00 in the FIA Senior Center beginning on May 11
Call **EAAA** to register for **MEDICARE 101**
Registration is required



1-800-432-7812
207 941 2865



Protect your Assets from internet and phone scams

Internet scams are rapidly increasing and older retirees are being targeted heavily.

The tips that follow will help you shield your identity from these scam artists. Among the most prevalent are phishing scams where the scammer is trying to get access to your online accounts and bogus pleas for help or false notifications a delayed package, a gift or a prize each of which will ultimately try to fool you into sending money or compromise accounts with your bank or credit cards.

Here are some tips to help you avoid being scammed.

Don't give out your social security number or other identifying information to someone who contacted you unless you are certain it is an individual you want to do business with or is a bonified government

agency.

Password protect your cell phone or if it has the capability, use facial recognition or fingerprint identification.

Encrypt your home wireless network.

Don't click on email attachments or links contained in unsolicited emails.

Don't respond to unsolicited emails from people or organizations you don't know.

Don't use the same password on multiple online accounts.

Do not click on pop-ups on the internet.

Limit the information you make available on social media.

Check you credit report at least annually at: www.annualcreditreport.com or call 1-877-322-8228

Save These Dates

- June 2, 2023 – Friends in Action 8th Annual Dinner Auction
- June 24, 2023 – Friends in Action 2nd Annual Walk/Run
- September 12, 2023 – Friends in Action Annual Golf Tournament

MENU

May 2023

<p>Tuesday, May 2nd Taco Salad (Ground Beef, Re-fried Beans, Lettuce, tomato, Cheese, Sour Cream & Salsa) Green Beans Fruit</p>	<p>Tuesday, May 9th Mac N Cheese Roll Carrots Fruit</p>	<p>Tuesday, May 16th Sausage Gravy & Biscuit Scrambled Eggs Grilled Potatoes Fruit</p>	<p>Tuesday, May 23rd Ground Beef Stroganoff Noodles Roll Corn Fruit</p>	<p>Tuesday, May 30th Mongolian Beef Rice Peas Fruit</p>
<p>Thursday, May 4th Hawaiian Chicken Rice Stir Fry Vegetables Fruit</p>	<p>Thursday, May 11th Pulled Pork Sandwich Coleslaw Pickle Fruit</p>	<p>Thursday, May 18th Baked Potato Bar (Shredded BBQ Chicken, Broccoli, Cheese, Sour Cream & Bacon Crumbles) Roll Fruit</p>	<p>Thursday, May 25th Lasagna Side Salad Garlic Bread Fruit</p>	



Weekly desserts to be announced at Lunch!

Please call 664-6016 before 5:00 on Monday & Wednesday to reserve lunch for Tuesday & Thursday.

