

March 2024

MDI Wheelers and Friends in Action Team Up

The Program

The MDI Wheelers and Friends in Action are working together to provide experiences on the Carriage Roads in Acadia National Park for people who cannot ride a bike independently.

The Rides

The rides will be free. They will be thirty minutes to one hour several days of the week, with current routes starting at Eagle Lake. Limited service will begin in early spring, after National Park Service approval.

The Trikes

Our program will use special electric-assist tricycles that enable a safe and comfortable ride for people who would like to ride but need assistance. MDI Wheeler trikes form a pod with at least two volunteers riding along. Family members may join on their own bikes if they wish.

Volunteering

If you like helping people and love riding a bike on the Carriage Roads of Acadia National Park, we need you. Volunteers are the heart of MDI Wheelers. Volunteer posi-



tions include 'Pilots' and 'Safeties'. We also have off-bike volunteer opportunities.

'Pilots' and 'Safeties'

'Pilots' pedal our trikes with a Wheeler passenger after spe-

cial training. Although our trikes are equipped with E-1 electric pedal-assist motors, riding with a Wheeler takes some strength. 'Safeties' ride alongside our Wheeler trikes on their own bikes (regu-

lar or e-bikes). They assist with the safe movement of the pod on the Carriage Roads.

Donations

Both are 501(c)(3) nonprofits. Your gift is tax-deductible. We

are reliant on generous donations for the work we do. You can learn more about us and donate directly at our websites: mdiwheelers.org

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From the Director



The 2023 annual fund drive is officially complete. I am delighted to report that thanks to our very generous donors, we exceeded our goal. Although the year end fund drive satisfies only part of our funding need, it has allowed us to get 2024 off to a running start. Here are some of our plans for 2024.

The fitness program has recovered from the ill effects of the COVID shut down. We are now offering at least 3 fitness classes a day, Monday through Friday. In late March we will introduce two more

classes and introduce a personal training program and a program to help those who would prefer to exercise on their own. This last will consist of fitness staff meeting a one on one or with a small group to help establish fitness goals and provide an individual exercise program. Subsequently, the client will be able to meet with the instructor for adjustment of their program and advice on correctly performing the exercises in their program.

In order to accommodate the additional fitness programs, we

have begun the planning process for expansion of our fitness facility to include repurposing a classroom to an exercise studio. We will install mirrors and new flooring in the added space and purchase some additional equipment for the existing exercise room and the new studio. The goal is to continue to encourage our clients to maintain or improve their health and wellness. Exercise is a key component to maintaining and improving physical and mental wellness.

We are getting ready to rebuild the raised garden beds and repurpose them for a cross generational program. This project aims to familiarize children attending the Downeast Family Y with how the food they eat is grown and prepared for consumption while giving our older clients an opportunity to learn or refine gardening skills while mentoring and enjoying the company of the children.

A new nutrition class will start on the 23rd of February. This class is free and will provide guidance

on healthy eating as well as cooking demonstrations. At the end of the class each class, the attendees will receive a bag of groceries. This project is being made possible by our partners, Hannaford, Healthy Acadia, and United Way. More information will be forth coming. Watch our web site, <https://friendsinactionellsworth.org>.

We are well on our way, implementing our partnerships with Healthy Peninsula on Blue Hill Peninsula, the Bridging Neighbors Project in Stonington, The Lamoine Committee on Aging, and Neighbors Helping Neighbors in Gouldsboro. These partnerships are enabling us to better serve our clients by combining resources. Our focus is to make more volunteers available to improve our level of service in the more rural areas of Hancock County.

Finally, we are partnering with MDI Wheelers, to offer an opportunity to enjoy bike (actually tricycle) rides on Acadia carriage roads

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Director's Letter Cont.

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to those who, as a result of infirmity, are not able to do so on their own. The program will start in early spring and run through the fall. Depending on the demand and availability of volunteers, MDI Wheelers and FIA will transport clients to the park where they will take a 30 minute to 1 hour ride on

an electric motor assisted tricycle operated by a trained pilot and accompanied by safety rider. It provides a great opportunity to take in the fresh air and enjoy one of the most beautiful parks in the country. There will be no charge to participate.

-John

Wheelers Cont.

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and <https://friendsinactionellsworth.org>

"It was absolutely delightful. I

loved every minute of it!" — Emily Russell, Wheeler age 98

"That made my day." — Bill Sauer, Wheeler



Participant of the Month

Jackie Sackett is an enthusiastic participant with Friends in Action's transportation services. She praises the people who have been helping her for many years. Like so many other participants at the Senior Center, she considers the people involved to be new friends. She "can't say enough" to express her appreciation for the volunteers who drive her to her many, regularly scheduled doctor's appointments. They have driven as far as Bangor, waited an hour and then brought her home.

Jackie has no family and no longer drives, so she needs someone for weekly trips to the grocery store; loading the car, as well as bringing her back to her apartment and getting the parcels into the building. She describes how everyone, from the FIA office scheduler to the people transporting her, makes her feel very comfortable even when she has to ask for much of their time. In her mind's eye, all



these kind helpers enjoy what they do. Like so many other participants at the Senior Center, she considers the people involved to be friends. What else does the Friends in Action transportation program mean for Jackie? "It starts the day out happy whenever I see that I have that volunteer coming for me."



Volunteer of the Month

Dan Rhodes is an easy choice for the Volunteer of the month. Here's a guy who has been a driver for Friends in Action for over 15 years! His volunteer journey started after his first wife passed, and he worked on and off for about 6 years with Habitat for Humanity. Then, in 2009 he heard about Jo Cooper's organization, Faith in Action. He joined and has stayed as the organization evolved into what is now Friends in Action with an extremely robust services program and the Senior Center. Dan is a stalwart supporter of both. In the Senior Center he is an avid exerciser. He is just as avid when it comes

to giving back to the community. He spends a large part of his time now transporting clients to various appointments, picking up prescriptions and delivering food. He's glad to be kept busy. There's always a list of people needing services, he explains, and Friends in Action needs more help all the time. Dan usually serves folks who need rides in the Ellsworth area. He's presently the only qualified driver of the FIA van; helping clients who need more assistance. He will tell you the people he works with are very appreciative. A humble man, he hesitantly agreed to an interview - after all he's just doing what he loves to do.



Advances in Maintaining Memory

As we age, many of us get frustrated and concerned when we can't recall a word, a name, or where we last placed our reading glasses. This memory loss is common and not necessarily indicative of dementia. Many seniors, however, fear that it is an indicator they will soon experience more severe cognitive decline. Fortunately, there are now tests with rating scales for dementia, and Alzheimer's can be detected by an MRI. Knowing definitively, one's cognitive condition may help reduce some of the stress of aging. Also, the ability to measure cognitive condition and to detect Alzheimers have contributed to the conduct of recent studies testing drugs,

diets, and other measures that seem to slow cognitive decline.

According to studies by David Knopman, professor of neurology at the Mayo clinic, we now have laboratory-developed antibodies that bind to a protein called beta-amyloid and enable its removal from the brain. Hallmarks of Alzheimer's include two observable components: tangles of abnormal proteins and plaque. Knopman explains, "Removing beta-amyloid seems to be linked to less cognitive decline." The FDA has approved 2 drugs, lecanemab and donanemab to treat patients with early Alzheimer's so data has now been collected from trials. Basically, patients in the trials were

given lecanemab or donanemab or a placebo intravenously for 18 months. So far, the results have been less than conclusive and there have been some serious side effects. "The jury is still out on how much they will help patients. Only a fraction of people with memory loss are good candidates for these two drugs.

There have been scientific studies done recently that looked at multivitamins to see if they affect memory. Adam Brickman, professor of neuropsychology at Columbia University led one study, COSMOS-Web trial, which randomly assigned 3,562 older people to take a daily multivitamin (Centrum Silver) or a placebo. After one year,

memory improved "more in people who were taking the multivitamin. And on average, that difference was sustained over the three-year study." says Brickman. But "...if you look at the points on the memory test, the difference looks quite small." He adds, "you're not going to wake up and think, 'Oh, my memory is so much clearer than it was before I started taking vitamins.'" If someone has an underlying neuro-degenerative disease like Alzheimer's, vitamins aren't going to improve that. Interestingly, however, in the course of normal cognitive aging, there's emerging evidence multivitamins may potentially help us as we grow older.

Why do Yoga

Flexibility	Bone Health
Strength	Stress Reduction
Joint Health	Cardio Vascular Health
Contact Patricia Jones at Friends in Action	



Cooking Matters

A FREE Cooking Class Series

LET US HELP you gain skills and confidence to create meals that you will love while also making the most of your time and budget.

Participants will receive a FREE bag of groceries every week!

Friday 12:00 - 2:00pm

A 6-WEEK CLASS


Feb 23rd through March 29th



At Friends In Action Senior Center

REGISTRATION required! Space is limited.

To register put your name on the sign up sheet or contact Isi

isi.munoz@healthyacadia.org
(207) 531 9572




This institution is an equal opportunity provider. Maine SNAP-Ed is funded by the USDA's Supplemental Nutrition Assistance Program, or SNAP, which is administered by the Maine Department of Health and Human Services (DHHS) and implemented statewide by the University of New England (UNE) through contracts with local community organizations. Maine SNAP-Ed educates low income families on low cost, healthy eating and active lifestyles. Contact mainesnap@une.edu or 207-221-4560 for more information.

What's Good for your Heart is good for your Brain

The plaques and tangles of Alzheimer's aren't the only cause of memory loss in older people.

Disease in the blood vessels of the brain often overlap with Alzheimer's disease. This cerebrovascular disease is a common contributor to cognitive impairment in later life, even if it's not the marquee player.

Clogged blood vessels fail to deliver oxygen to brain cells. The good news- in plain English- You can help protect your brain's blood vessels when your lifestyle supports a healthy heart.

According to Mayo Clinic's David Knopman. "Preventing or treating risk factors like diabetes, high blood pressure, smoking, obesity, and lack of exercise could reduce the overall burden of dementia." More

specifically:

- Aim for a systolic blood pressure of 120 or lower.
- Keep a lid on blood sugar with diet or medication.
- Don't smoke.
- Eat a DASH (Dietary Approach to Stop Hypertension) Diet to keep blood pressure in a healthy range.
- Don't bother taking DHA, ginkgo, Prevagen or vinpocetine.
- Lose or don't gain excess weight.
- Exercise for at least 150 minutes a week.
- Stay mentally and socially active.

Don't forget - what's good for your heart is good for your brain.

AARP Tax representatives will be at Friends in Action!

Friends in Action and AARP are offering a FREE tax preparation service. This is open to senior citizens and anyone needing help. The representatives are volunteers, and the service is free of charge! Please call the office at 207-664-6016 to set up an appointment.

We are located at The Moore Community Center, 5 General Moore Way in Ellsworth.

Friends in Action and Healthy Peninsula are looking for **regular volunteers** to help staff the Walk-in Café in Blue Hill on Wednesdays. If you're interested or want more information, please contact sbates@healthypeninsula.org (207) 374-3257 or jparkinson@friendsinactionellsworth.org (207) 664 6016

MENU

March 2024

<p>Tuesday, March 5th Corn Chowder, Roll, Veggies and Fruit</p>	<p>Tuesday, March 12th Turkey Breast, Stuffing Veggies and Fruit</p>	<p>Tuesday, March 19th Cheeseburger, Sweet Potatoe Fries, Veggies and Fruit</p>	<p>Tuesday, March 26th Scrambled Eggs, Bacon, Breakfast Potatoes, Fruit</p>
<p>Thursday, March 7th BBQ Chicken Sandwich, Tots, Veggies and Fruit</p>	<p>Thursday, March 14th Baked Chicken Mac N Cheese, Roll, Veggies and Fruit</p>	<p>Thursday, March 21st Flour Tacos, Rice, Veggies and Fruit</p>	<p>Thursday, March 28th Sloppy Joes, Tater Tots, Veggies and 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.

CALENDAR

FITNESS CLASS SCHEDULE

ACTIVITY SCHEDULE

Monday with Trainer Europa

9:00 a.m. – 10:00 a.m. Strength & Balance-Advanced
10:15 a.m. – 11:15 a.m. Strength & Balance-Intermediate
1:00 a.m. – 2:30 a.m. Strength & Balance for Parkinson's Disease and other Neuro Degenerative Disease

Monday

9:00 a.m. – 3:00 p.m. Bridge Group F.I.A. Cafe
1:00 p.m. – 3:00 p.m. Pastels Art Room

Tuesday with Patricia & Ursula

9:00 a.m. – 9:45 a.m. Energizing Chair Yoga
10:00 a.m. – 10:45 a.m. Gentle Meditative Yoga
1:00 a.m. – 2:00 a.m. Strength & Balance -Beginners
10:00 a.m. – 11:00 a.m. Form & Function @ U.B.E. FORGE FACILITY with Ursula

Tuesday

9:00 a.m. – 11:00 a.m. Coffee House F.I.A. Cafe
9:00 a.m. – 12:00 p.m. Adult Ed. Art Room
10:00 a.m. Writing Group # 204
12:00 p.m. – 1:00 p.m. Senior Lunch F.I.A. Cafe
1:00 p.m. Genealogy Art Room

Wednesday with Europa & Patricia

9:00 a.m. – 9:45 a.m. Mat Pilates
9:00 a.m. – 10:00 a.m. Strength & Balance -Advanced
10:15 a.m. – 11:15 a.m. Zumba Gold
11:30 a.m. – 12:30 a.m. Strength & Balance -Intermediate

Wednesday

9:00 a.m. Wednesday Painters Art Room
1:00 p.m. – 2:30 p.m. Womans Group Every 3rd Wednesday Of The Month Art Room

Thursday with Patricia & Ursula

9:00 a.m. – 9:45 a.m. Energizing Yoga
10:00 a.m. – 11:00 a.m. @U.B.E. FORGE FACILITY with Ursula
10:00 a.m. – 10:45 a.m. Gentle Mediative Yoga
11:00 a.m. – 11:45 a.m. Strength & Balance - Beginners Conditioning

Thursday

9:00 a.m – 11:00 a.m. Coffee House F.I.A. Cafe
12:00 p.m – 1:00 p.m. Senior Lunch F.I.A. Cafe
1:00 p.m. – 3:00 p.m. Mahjong Sewing Room

Friday with Europa

9:00 a.m. – 10:00 a.m. Strength & Balance- Beginners Conditioning
10:15 a.m. – 11:15 a.m. Strength & Balance – Intermediate Conditioning
11:30 a.m. – 2:30 a.m. Fitness Room/Class Orientation

Friday

9:00 a.m. Bridge Games F.I.A. Cafe
10:00 a.m. Quilting Art Room

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

LINE DANCING
\$5/class \$15/mo

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 _____.