Friends in Action

Connections

Friends in Action News & Programs

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April 2024

Tax Filing and payment relief

WASHINGTON — The Internal Revenue Service announced today, February 5, 2024, tax relief for individuals and businesses in parts of Maine affected by severe storms and flooding that began on Dec. 17, 2023.

These taxpayers now have until June 17, 2024, to file various federal individual and business tax returns and make tax payments.

The IRS is offering relief to any area designated by the Federal Emergency Management Agency (FEMA). Currently, this includes Androscoggin, Franklin, Hancock, Kennebec, Oxford, Penobscot, Piscataquis, Somerset, Waldo and Washington Counties. Individuals and households that reside or have a business in these localities qualify for tax relief.

The same relief will be available to any other Maine localities added later to the disaster area. The current list of eligible localities is always available on the disaster relief page on IRS.gov.

The tax relief postpones various tax filing and payment deadlines that occurred from Dec. 17, 2023, through June 17, 2024 (postponement period). As a result, affected individuals and businesses will have until June 17, 2024, to file returns and pay any taxes that were originally due during this period.

This means, for example, that the June 17, 2024, deadline will now apply to:

- Individual income tax returns and payments normally due on April 15, 2024.
- 2023 contributions to IRAs and health savings accounts for eligible taxpayers.
- Quarterly estimated income tax payments normally due on Jan. 16 and April 15, 2024.
- Quarterly payroll and excise tax returns normally due on Jan. 31 and April 30, 2024.
- Calendar-year partnership and S corporation returns normally due on March 15, 2024.
- Calendar-year corporation and fiduciary returns and payments normally due on April 15, 2024.
- Calendar-year tax-exempt organization returns normally due on May 15, 2024.

In addition, penalties for failing to make payroll and excise tax deposits due on or after Dec. 17, 2023, and before Jan. 2, 2024, will be abated as long as the deposits are made by Jan. 2, 2024.

The IRS disaster relief page has details on other returns, payments and tax-related actions qualifying for relief during the postponement period.

The IRS automatically provides filing and penalty relief to any taxpayer with an IRS address of record located in the disaster area. These

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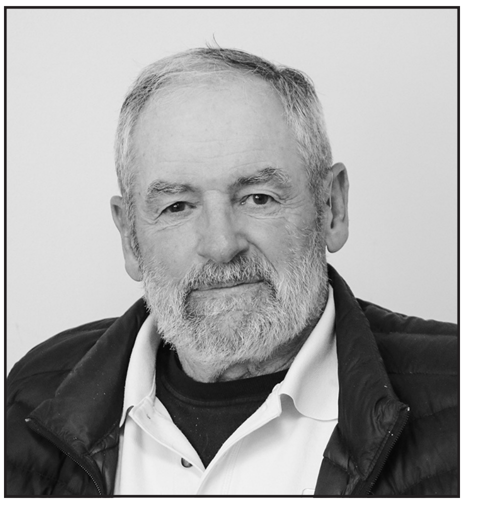
From the Director

I was recently confronted with a rumor that Friends in Action had closed. In the words of Mark Twain, "The rumors of our death are greatly exaggerated. I assure all our readers, clients, volunteers and supporters that we are very much alive and doing well thanks to the great generosity of our volunteers and donors. We will continue steady growth well into the future.

As a testament to our vibrance, here are some of our successes during the 1st three months of 2024:

- The addition of discussions with Amy Henderson during 2nd Tuesday lunches.
- The addition of a second meeting a month for the Women's Group. They now meet on the 1st and 3rd Wednesday of the month.
- Development of partnerships with Healthy Peninsula, Healthy Island Project, and Neighbors Helping Neighbors to recruit and train volunteers and to administer and coordinate the transportation program.
- Presentation of the 3rd event in partnership with the Ellsworth Historical Society.
- The addition of Cooking Matters, a free cooking class developed by presented by Isadora Munoz of Healthy Acadia in partnership with FIA, Hannaford, Good Shepherd Food Bank, and University of New England.
- The expansion of our fitness program and the addition to our fitness facility of a Yoga/Pilates Studio.
- Development of a partnership with MDI Wheelers to provide tricycle excursions on the carriage roads of Acadia National Park.

In addition to the above, our free Senior Services program continues to grow. As we all know, the senior population of Maine is growing rapidly. Our workload, particularly transportation of people, meals, groceries and



prescription medicines, is growing in direct proportion to the increase in the senior population.

We also have several more efforts, initiatives and events we hope to accomplish immediately and in the not too distant, future. First and foremost is maintaining the high standards of service delivered through our existing Senior Center and Senior Services programs and solidifying the partnerships that we have initiated in the last several months.

- Rebuilding and repurposing our raised beds to support cross generational program to introduce young children to nutritional foods and how they are grown, while giving our senior clients an opportunity to socialize with and mentor those children.
- Hosting our Run/Walk event on June 8th.
- Expanding our capacity for Friendly Calls and Visits through a partnership with Northeastern University.
- Hosting our Golf Tournament in September.

In addition to all that, we will continue of raising the money needed to reach our goals. I will be providing more detail in the months ahead. For the moment, suffice it to say we live in a difficult financial time. We are always in need of donors of cash as well as in kind donations of goods and services for program consumption, onward donation, and raffle and auction items for our fun-raising

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Director's Letter Cont.

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events. Please consider donating generously now and in the future. Gifts are greatly appreciated no matter how small.

-John

Tax Filing Cont.

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taxpayers do not need to contact the agency to get this relief.

Volunteer of the Month

Roger Lessard's huge heart usually wins him the well-deserved title of "Driver of the Year!" Roger has been happily driving Friends in Action clients for over 14 years.

Growing up in Connecticut, Roger moved to the Augusta area and worked until he retired and moved to Ellsworth in 2006 with his son and grandsons. Roger and girlfriend Carla will often celebrate birthdays, go to events, enjoy time with friends they have met through Friends in Action.

A retired Veteran, he will always lend a hand to a fellow vet having trouble with some of the VA paperwork.

Joanne, transportation coordination at Friends in Action, can almost see the look on his face when she calls Roger to help her out with a difficult ride sometimes including several passengers at once! He is a trooper! No matter how short notice she gives him if he is available and able he will take the ride.

Roger commented "I enjoy the people; they are so kind and happy. The other part is that I enjoy the stories all the clients have. I learn a lot of new things I would not know without hearing of their experiences."

Thank you, Roger from all of your friends at Friends in Action!

Participant of the Month

Sonny King, a special participant of Friends in Action. You will not have a dull ride with Sonny; he is full of stories growing up in Boston, working with the BMW racing team, Sailing his 32' boat in Boston. Sonny worked in electronics, in a chemical plant, rebuilding racing car engines. He has had an eclectic life full of memories!

He would be lost without his pal, Soxs! A beautiful cat that loves to hang out with him.

He also volunteers at Friends in Action, known as the official coffee maker at the morning coffees and senior lunches on Tuesday and Thursdays. He will be sure to point out the small sign above the coffee maker; his own "formula" for making the perfect cup of coffee.

He recalled some earlier times when he felt lonely and sheltered but sharing time with others at

Friends in Action has helped him to get through it.

For the last 3 months, Sonny has been attending Strength and Balance classes with Europa; conveniently scheduled after lunch. He recommends it!

Women's Discussion Group

Women over 55, Please join us.

An opportunity for women over 55 to discuss the challenging chapters of a women's life.
Meets twice a month on the first and third Wednesdays.
A place to share thoughts and support each other without judgement or advice.

Save the Date

FRIENDS IN ACTION Third Annual Walk Run
June 8, 2024

Are You a Nose Breather or Mouth Breather? One Might Be Healthier

It turns out that breathing through the mouth isn't good for your health compared to breathing through the nose, a new study finds.

Breathing through the nose rather than the mouth can lead to lower blood pressure and an overall more relaxed body, lowering the risk of heart disease, researchers found.

More than half of U.S. adults say they primarily breathe through their mouth rather than their nose, researchers said in background notes.

Breathing patterns can affect blood pressure and heart rate, which are two predictors of heart disease, due to the crosstalk that occurs between the respiratory and circulatory systems.

Nose breathing has been shown to relax the airways and improve the efficiency of breathing, but up to now its effects on heart health have not been fully explored, researchers said.

For their study, researchers recruited 20 young adult volunteers who were randomly asked to breathe through either their nose or their mouth while at rest or exercising on either a treadmill or a stationary bike.

Researchers found volunteers at rest had a lower average and diastolic blood pressure when they breathed through their nose. Diastolic blood pressure is pressure within the arteries in between heartbeats.

Nasal breathing also shifted the body's nervous system into a "rest and digest" rather than a "fight or flight" mode, researchers added.

However, that was only during rest. When exercising, there appeared to be no difference between nasal or mouth breathing.

Aging: Interesting Changes

The current growth of the population ages 65 and older, driven by the large baby boom generation-those born between 1946 and 1964-is unprecedented in U.S. history.

This aging of the U.S. population has brought both challenges and opportunities to the economy, infrastructure, and institutions.

Demographic Shifts

The number of Americans ages 65 and older is projected to increase from 58 million in 2022 to 82 million by 2050 (a 47% increase), 1 and the 65-and-older age group's share of the total population is projected to rise from 17% to 23%.

The U.S population is older today than it has ever been. Between 1980 and 2022, the median age of the population increased from 30.0 to 38.9, but one-third (17) of states in the country had a median age above 40 in 20n, with Maine (44.8) and New Hampshire (43.3) at the top of the list.

Positive Developments

Education levels are increasing. Among people ages 65 and older in 1965, only 5% had completed four years of college or more. By 2023, this share had risen to 33%.

More older adults are working longer. By 2022, 24% of men and about 15% of women ages 65 and older were in the labor force. These levels are projected to rise further by 2032, to 25% for men and 17% for women.

The poverty rate for Americans ages 65 and older has dropped sharply during the past 50 years, from nearly 30% in 1966 to 10% today.' The Census Bureau's Supplemental Poverty Measure, which accounts for non-cash benefits, tax credits, and medical expenses, shows that 14% of older Americans lived in poverty in 2022.

More older adults can meet their daily care needs. Older adults are functioning better on their own, and a shrinking share are living in nursing homes and assisted living settings than a decade ago. Home modifications and assistive devices such as walkers, have helped older Americans maintain their independence.

Challenges

Gains in life expectancy recently stalled. U.S. life expectancy at birth declined by 2.4 years between 2019 and 2021 The drop in life expectancy was driven largely by the COVID-19 pandemic, but deaths from drug overdoses, heart disease, chronic liver disease and cirrhosis, and suicide also played a role. Life expectancy rebounded slightly in 2022, to 77.5 years, but not enough to offset the decline during the pandemic.

Obesity prevalence among older Americans has increased at an alarming rate. In a single generation between 1988-1994 and 2015-2018-the share of U.S. adults ages 65 and older with obesity nearly doubled, increasing from 22% to 40%.

Wide economic disparities are found across different population subgroups. Among adults ages 65 and older, 17% and 18% of those identifying as Latino and African American, respectively, lived in poverty In 2022-more than twice the rate of those who identified as non-Hispanic white (8%).

More older adults are divorced compared with previous generations. The share of divorced women ages 65 and older increased from 3% in 1980 to 15% in 2023, and for men from 4% to 12% during the same period.

More older women are living alone. Over one-fourth (27%) of women ages 65 to 74 lived alone in 2023. This share jumped to 39% among women ages 75 to 84, and to 50% among women ages 85 and older.

Older Americans face a caregiving gap, especially those with lower incomes and dementia. Demand for elder care is expected to increase sharply with a rise in the number of Americans living with Alzheimer's disease, which could more than double by 2050 to 13 million, from 6 million today.

Social Security and Medicare expenditures will increase from a combined 9.1% of gross domestic product in 2023 to 11.5% by 2035 because of the large share of older adults.

Federal budget cuts and tax increases may be inevitable as more members of the large baby boom cohort reach retirement age and become eligible for entitlement programs. Policymakers can invest resources today to reduce poverty and improve the economic outlook for workers. These investments can increase young workers' future productive capacity and help offset the costs of an aging population.

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

April 2024

Tuesday, April 2nd Hot Dogs, Tater Tots, Veggies and Fruit	**Tuesday, April 9th** Chicken Caesar Salad, Roll and Fruit	**Tuesday, April 16th** Cheeseburger Sliders, Tater Tots, Veggies and Fruit	**Tuesday, April 23rd** Chop Suey, Garlic Bread, Veggies and Fruit	**Tuesday, April 30th** Chicken Pesto, Mozzarella Stuffed Bread, Veggies and Fruit
Thursday, April 4th Lasagna, Mozzeralla Stuffed Bread, Veggies and Fruit	**Thursday, April 11th** Broccoli and Cheddar Soup, Roll, Veggies and Fruit	**Thursday, April 18th** Baked Potato, Ham, Veggies and Fruit	**Thursday, April 25th** Chili, Cornbread, Veggies and Fruit	Hello SPRING

Friends in Action

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

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

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

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

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

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

ACTIVITY SCHEDULE

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

9:00 a.m. – 11:00 a.m. Coffee House F.I.A. Cafe

9:00 a.m. – 12:00 p.m. Water Colors 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 #204

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

9:00 a.m – 11:00 a.m. Coffee House F.I.A. Cafe

12:00 p.m – 1:00 p.m. Senior Lunch and Nutrition with Amy F.I.A. Cafe

1:00 p.m. – 3:00 p.m. Mahjong Sewing Room

Friday

9:00 a.m. Bridge Games F.I.A. Cafe

10:00 a.m. Quilting Art Room

12:00 p.m. – 2:00 p.m. Cooking Matters F.I.A. Cafe

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 ____