

July 2024



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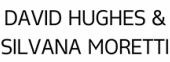


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INTERIORS BY DESIGN

DOWNEAST EYE

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 Volunteer of the Month

Sara Hessler has daily contact with the Friends in Action’s staff. Her days are scheduled based on a list of clients needing transportation or other FIA services.

Sara is extraordinary. She dedicates many hours almost daily meeting the needs of so many folks living throughout Hancock County. It’s almost a full-time job. She provides rides to individuals, delivers food from local providers as well as delivery of medical prescriptions, Often the client will have contacted a local store for a prescription or with a grocery list. Sara then will pick up and deliver these items. Many round-

trips are about getting to medical appointments. Brewer and Bangor are common destinations for people requiring special health related treatments- like chemo- therapy. The ride could even involve going to the vet. Not surprising, Sara is very proud to describe how Hessler’s “free-spirited” dog, Annie, might already be in the back seat and happily awaiting a trip! Clients are used to Sarah’s mother-in-law co-piloting as well.

How fortunate are those who have and are benefitted from Sara’s service. She continues to give back to our local communities with kind and caring support.

 Participant of the Month

Judy McKenney Is a native of western Maine. 60 years ago, her husband brought her to Ellsworth. She always has been and remains very active. She enjoys kayaking on Leonard Lake, likes hiking on the many trails throughout the County, is an avid gardener and sings with the Acadia Choral Society. She can be seen most Wednesdays in the art room of the Senior Center. Friends invited her to join the Wednesday Painters and she gives credit to the group for “keeping her painting. She enjoys the informal and welcoming nature of the group. Anyone can come to these gatherings regardless of

ability level. Participants can work on any kind of painting. A few folks come to sketch or draw as well. The painters have an open-door policy as there’s no formal membership - just show up when you want. No formal instructions., one can, however, get good advice and suggestions for their project.

The art room on the second floor of the Moore Building is spacious, sunny and warm, but it’s the participants like Judy who create a sense of community there every Wednesday from 9 am til noon. Come join Judy and the painters and make some new friends!

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SPRING YOGA SPECIAL

SENIORS OVER 55 ARE INVITED. Try one of our yoga or pilates class with Patricia, our certified instructor. We have added two new classes. The first class is free.

Tuesday and Thursday classes: @ Studio

9:00am - 9:45am: ENERGIZING CHAIR YOGA
Energize your body and improve flexibility, strength and balance by executing yoga warrior poses in a seated or standing position aided by chairs as needed for balance and support.

10:00am-10:45am: GENTLE MEDITATIVE - YOGA I
For the Yoga curious looking for a mindful way to improve balance, fluidity, and flexibility. This class focuses on breathing technique, posture and alignment. Calm your mind and rejuvenate your body with positive energy while building a strong foundation of strength and stability.

11:00am - 11:45am: STRENGTH and BALANCE - Beginner Conditioning
This class is designed for those looking for a milder pace and traditional approaches to begin building endurance, balance and strength. Exercises are performed with attention to muscle control and precision to avoid injury.

12:00pm - 12:45pm: PILATES CORE and BODY WORKS
Looking to tone your body and build endurance, strength, and stability? This class is designed to strengthen your core abdominals to support your upper body, help protect the spine, and to promote overall strength, heart and bone health.

Wednesday class: @ Studio

9am-9:45am - MAT PILATES - CORE STRENGTHENING
This body conditioning class focuses on building muscles in your core as a foundation for stability and balance. Workouts are executed mostly on a mat utilizing your own body weight and handheld weights for resistance.

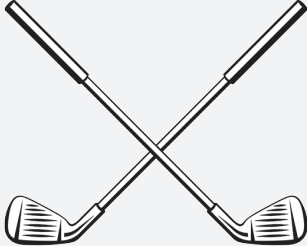
11:45am-12:30pm: VINYASA FLOW - YOGA II
Designed for those looking for challenging yoga poses and introduction to the concept of flow in transition between poses. Previous yoga experience such as Meditative Yoga I or Energizing Chair Yoga encouraged.

An opportunity to express your health needs

- The Maine Shared Community Health Needs Assessment survey seeks to learn about the health and well-being of people living in Maine to inform the development of health and well-being priorities and health improvement and strategic plans for Maine’s four major health systems, the MeCDC, and the Maine Community Action Partnership
 - The survey is available online: <https://bit.ly/MeSCHNA>
- and will be open for completion through June 28th.
- By completing the survey, you will be able to share your experiences and insights and help shape the health and well-being priorities that are addressed by the Maine Shared Community Health Needs Assessment partners and their ultimate health improvement and strategic planning.

Save the Date!

- 14th Annual Golf Tournament
September 10, 2024



Scammers can easily phish your multi-factor authentication codes. Here’s how to avoid it

By Pieter Arntz

More and more websites and services are making multi-factor-authentication (MFA) mandatory, which makes it much harder for cybercriminals to access your accounts. That’s a great thing. But as security evolves, so do cybercriminals who are always looking for new ways to scam us.

A type of phishing we’re calling authentication-in-the-middle is showing up in online media. While these techniques, named after man-in-the-middle (MitM) attacks, have existed for a while, they appear to be gaining traction now.

It works like this: A user gets lured to a phishing site masquerading as a site they normally use, such as a bank, email or social media account.

Once the user enters their login into the fake site, that information gets re-directed by the cybercriminals to the actual site, without the user knowing.

The user is then prompted for their MFA step. They complete this, usually by entering a code or accepting a push notification, and this information is then relayed to the criminals, allowing them to login to the site.

Once the criminals are into an account, they can start changing settings like the account’s email address, phone number, and password, so the user can no longer log in, or they can simply clean out a bank account. This may help you understand why many platforms ask for your PIN or other authentication again when you try to change one of these important

settings.

Victims are lured to phishing sites like these via links from social media or emails where it can be hard to identify the real link. Phishing sites can even show up in sponsored search results, in the same way as we reported about tech support scams.

How to protect yourself from authentication-in-the-middle attacks

- Keep your wits about you. Being aware of how scammers work is the first step to avoiding them. Don’t assume sponsored search results are legit, and trust that if something seems suspicious then it probably is.
- Use security software. Many security programs block known phishing sites, although domains

are often short-lived and get rotated quickly. Malwarebytes Browser Guard can help protect you.

- Use a password manager. Password managers will not auto-fill a password to a fake site, even if it looks like the real deal to you.
- Consider passkeys. Multi-factor authentication is still super-important to enable, and will protect you from many types of attacks, so please continue to use it. However, authentication-in-the-middle attacks only work with certain types of MFA, and passkeys won’t allow the cybercriminals to login to your account in this way. Many services have already begun using passkeys and they’re no doubt here to stay.

MENU

July 2024

Tuesday, July 2nd BBQ Chicken Sandwich, Veggies and Fruit	Tuesday, July 9th Stuffed Chicken Breast, Roll, Veggies and Fruit	Tuesday, July 16th Pork Chops, Roll, Veggies and Fruit	Tuesday, July 23rd Beef Quesadillas, Rice, Veggies and Fruit	Tuesday, July 30th Corn Chowder, Roll, Veggies and Fruit
Thursday, July 4th Closed to celebrate Independence Day	Thursday, July 11th Sweet and Sour Shrimp, Rice, Veggies and Roll	Thursday, July 18th Spaghetti, Mozzarella Stuffed Bread, Veggies and Fruit	Thursday, July 25th Shepard’s Pie, Roll, Veggies and Fruit	



Desserts To Be Announced Daily! Subject To Change
Please call 664-6016 before 4:30 on Monday & Wednesday to reserve lunch for Tuesday & Thursday.

