

May 2024

Walk/Run-A-Thon

Mud Season is or will soon be over. It is time to get outside and enjoy spring. The Friends in Action Third Annual Walk/Run- A- Thon which will be held on June 8th will be a great opportunity for friends and families to get some exercise and visit while enjoying the Spring weather and a lovely walk, or run if you are up to it, along the Union River.

The event will be a 5K (3.1 miles) event. In order to provide distance options, there will be three turn around points clearly marked at a half mile, 1 mile, and 1.55 miles. The last one is the 5K turnaround point. The course will start at Knowlton Park, go down to Shore Road, north toward Dorr's Market to the turnaround and back to Knowlton Park. You can go at your own pace and distance.

Immediately prior to the start of the event, there will be a raffle and door prize drawing. All registrants will be automatically entered in the door prize drawing. There



will be water and healthy snacks for everyone at the finish as well as a treat for children under 12.

The registration fee is \$25 and the first 50 to register will receive a fabulous Friends in Action t-shirt proudly displaying the Friends in

Action logo as well as the logos of our major sponsors. Register early by visiting FriendsinActionellsworth.org or by calling or visiting Friends in Action at 5 General Moore Way Phone number 207 664 6016. Registration on the day

of the event opens at 8:00 am and the event will start at 9:00 am.

The money raised, registration fees, additional donations, or sponsorships help Friends in Action accomplish its mission to

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From the Director

April was volunteer appreciation month and although we did not hold a special event, I want to express my sincere gratitude and pass on the gratitude of our clients. I frequently get notes, letters, or comments from clients expressing their appreciation for a friendly interaction with a volunteer providing a service essential to their well-being.

Without our volunteers, it would be impossible to advance our mission which is "to empower older adults and adults living with a disability to live independently with dignity and a strong quality of life". Through the hard work and dedication of our cadre of volunteers, we have been able to make substantial contributions to quality of life of our clients. First, they have driven over 71,000 miles. Our drivers have made numerous trips taking clients to see a doctor, in

many cases to receive cancer treatments, dialysis, or other life-saving procedures. Frequently these



appointments were in Brewer or Bangor very early in the morning lasting until several hours or more.

Friends in Action volunteers also deliver commodity boxes of food and prepared meals to housebound clients on a low fixed in-

come thus enabling and encouraging them to maintain a healthful diet.

The contribution to quality of life is not, however, limited to access to medical treatments and food security. As is becoming more widely understood, it is important, particularly for older adults, to avoid isolation which often leads

to depression and other illnesses. Through the generosity of our volunteers, our clients are able to take advantage of many social opportunities. Not only are they driven to an event or venue. Very often their destination is the Friends in Action Senior Center to participate in the coffee hour or lunch. Those events are put together entirely by volunteers who set up the dining room, serve the pastries and coffee at the coffee hours and serve the meals and clean up afterward. Most importantly, they create a welcoming atmosphere and make it an enjoyable opportunity to visit with friends and neighbors.

In addition to everything else they do; our volunteers are some of our most consistent donors. They happily sacrifice their time, contribute the use of their vehicle and gasoline and donate money. Their

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Director’s Letter Cont.

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generosity is incredible.

Volunteers truly do make Hancock an age-friendly place

to live.

Thank you!

-John

Volunteer of the Month

Sara Hessler has been volunteering for Friends in Action for a long time and remains one of the most active. She has daily contact with the Friends in Action’s staff. Her days are scheduled based on a list of clients needing help with chores and/or transportation.

A dedicated volunteer, Sara is extraordinary. She is out and about many hours per day and nearly every day helping to meet the needs of folks living throughout Hancock County. Most Her riders need help with a variety of tasks; a ride to an appointment or to do some shopping. Often a client will a prescription waiting at a local pharmacy or shopped online with a local grocery store. Sara will pick up and deliver these items. Many other trips are about getting to medical appointments, frequently to Brewer or Bangor particularly

to the Lafayette Cancer Center. A ride could even involve going to the vet. Not surprising, Sara is very proud to describe how the Hessler’s “free-spirited” dog, Annie, might be in the back seat happily awaiting a trip! Clients are accustomed to Sarah’s mother-in-law co-piloting as well.

Sara points out that there are many more people in the area who could benefit from FIA’s transportation program. Many are not even aware of this service or might be too proud to ask for help. Sara made sure to point out the shortage of volunteers. and that Friends in Action is always actively seeking new volunteers.

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.

Looking for community connection? Maybe it’s time to volunteer!

“Volunteer driving for Friends in Action has been a great way to get better acquainted with my new neighbors and community.” Faith Lemon has found one way to help her neighbors—and herself.

Volunteering isn’t just about giving—it’s a two-way street, and everyone benefits. The U.S. Surgeon General, Dr. Vivek Murthy, reports, “Our epidemic of loneliness and isolation has been an underappreciated public health crisis that has harmed individual and societal health...relationships are a source of healing and well-being hiding in plain sight.”

Research has found evidence of the benefits for those who seek connection through volunteering. Meeting new people who share our interests is good for mental health, especially as we age. Volunteering boosts brain hormones that help reduce stress and depression, and may help to lower blood pressure;

and, feeling happier is associated with volunteering regularly over time.

Friends in Action is seeking drivers for the Blue Hill Peninsula and Deer Island Stonington for Healthy Peninsula’s Aging programs. Volunteer drivers have flexibility—drive on your own schedule and typically with a five-day advance notice—and often connect with the same client on a regular basis. FIA driver, Lauren Karopkin, offers, “Volunteering makes me happy. I get a chance to see people and chat. We enjoy each other’s company.”

For more information about how to volunteer through FIA, call 207-664-6016 or contact <https://friendsinactionellsworth.org/volunteer/>. To learn more about Healthy Peninsula’s Healthy Aging programs, contact ljohnson@healthypeninsula.org or call the HP office at 207-374-3257.

Walk/Run Cont.

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empower older adults and adults living with a disability to live independently with dignity and a strong quality of life. That includes providing free transportation, delivering food and prescriptions, making minor home repairs, and making friendly calls and visits to housebound clients. The Friends

in Action also operated the Senior Center, which provides meals and coffee hours, fitness classes and many socialization opportunities.

The generosity of previous participants is greatly appreciated and it is hoped that the generosity will continue. Your support helps make all the Friends in Action programs possible.

Participant of the Month

During the last big snowstorm, Tom Kimball could have been seen shoveling snow outside his apartment. He is a hardy guy, now retired from the state transportation system. For a good part of his adult career, he worked with road crews and would take on any task including highway mowing, tree removal, painting lines or plowing snow. The important thing was that he was working outdoors. Tom recalls that back in the day there were no computers involved. Maps in hand, his crew would drive around inspecting road conditions and marking where repairs were needed. How lucky we were to have hard workers like Tom who keep

our transportation system safe.

Now retired, Tom often calls Joanne in the Friends in Action office to request a ride. He’s a frequent passenger and happily points out that all the drivers he has met are friendly and glad to help him out.

When Tom first moved into his apartment, he noticed Friends in Action delivering meals to some of the folks in the housing complex. Soon enough he too participated in the Friends in Action Meals Program and started getting meals two days each week. Tom is a staunch supporter spreading the word about the wonderful services provided by Friends in Action.

SPRING YOGA SPECIAL

SENIORS OVER 55 ARE INVITED. Try one of our yoga or pilates classes 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 classes: @ 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.

Our number: 207-664-6016

MEDICARE 101

Offered every second Thursday

from 9:30am to 11:00am in the FIA Senior Center

Registration Required

Call Eastern Area Agency on Aging (EAAA)

1-800-432-7812

207-941-2865

What Matters Most

Conversations Around

Living & Dying

Matters of Living & Dying

A conversation you don't want to miss!

May 23, 2024 (Thursday)

10:00-11:30am

In partnership with Friends in Action

Location: Moore Center, Ellsworth

Join us for the first of 4 sessions of Conversations Around Living and Dying. We will open with a 15-minute introduction to the topic followed by conversation. Light refreshments will be served.

This topic will be delivered by:

Cookie Horner, Retired RN and HVHC Hospice Volunteer &

Gerry Gregersen, Retired Minister and HVHC Hospice Volunteer

Why is it so hard to talk about dying? What are your fears about the process of dying? What past experiences inform your feelings about death? What is your understanding of palliative care and hospice? How can examining your own feelings and talking about death with friends and loved ones affect your perspective and help you to live more fully? How can you take control of how you choose to live and die at the end of life?

For more information on topics and

facilitators and to register, visit our

website at hospiceofhancock.org or

call us at 207-667-2531.



AT&T Data Breach

A dataset of Social Security numbers, birth dates, AT&T account numbers, passcodes, email addresses and other sensitive personal information was discovered on the “dark web”. The dark web is a space where content is intentionally concealed and criminals anonymously buy and sell illegal goods and private information.

The data, which AT&T said appears to be from 2019 or earlier, affects about 7.6 million current AT&T account holders and 65.4 million former customers.

What AT&T is doing to tackle the problem

If you pick up your smartphone to find that the device wants you to reset your passcode, typically four to six numerals that are a personal identification number, that’s because AT&T has reason to believe your information has been compromised. The company says it has already pushed a reset to current users’ passcodes. AT&T also said it

is reaching out via mail or email to consumers who have been affected. The company will be offering these folks complimentary credit monitoring and identity theft services.

What you can do to be proactive

Take action even if you think your data is safe.

Practice strong cybersecurity hygiene.

Reset all your passwords and numerical passcodes (pin numbers) regularly and avoid using the same or similar ones across multiple accounts.

Set up two-factor authentication, also called multifactor authentication. After entering your account credentials, you’ll separately receive a one-time code from a text, app or digital device you have with you.

Request and review a free credit report at Freecreditreport.com.

Freeze your credit reports.

Save the Dates!

- Third Annual Walk/Run June 8, 2024
- 14th Annual Golf Tournament
September 10, 2024

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.

MENU

May 2024

Thursday, May 2nd Lasagna, Mozzarella Stuffed Bread, Veggies and Fruit	Thursday, May 9th Beef Stroganoff, Roll, Veggies and Fruit	Thursday, May 16th Homemade Ham- burger Helper, Veg- gies and Fruit	Thursday, May 23rd Homemade Chicken Noodle, Roll, Veggies and Fruit	Thursday, May 30th Pizza, Veggies and Fruit
Tuesday, May 7th BBQ Chicken Sand- wich, Tater Tots, Veggies and Fruit	Tuesday, May 14th French Dip, Tater Tots, Veggies and Fruit	Tuesday, May 21st Pork Loin, Roll, Veg- gies and Fruit <i>Amy Henderson will drop in for a discussion on healthy nutrition</i>	Tuesday, May 28th Honey Glazed Salmon, 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.

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 _____.