

August 2024

14th Annual Friends in Action Golf Tournament

The 14th Annual Friends in Action Golf Tournament will be held on September 10th at the Kebo Valley Golf Club. Space is limited so register early on line at <https://Friendsinactionellsworth.org>, by

phone 207 664 6016 or by email to Info@friendsinactionellsworth.org. The price is \$125 per player. The format is a 4-person scramble. We will tee off at 10:00 AM. A bag lunch will be provided. In addition to the chance to play the fabulous championship golf course, there will be a variety of on course contests including, hole in one, closest to the pin, longest drive (men and women), straightest drive and more.

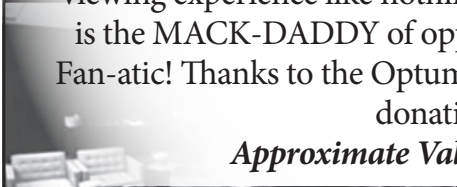
After play, there will be a variety of hors d oeuvres to munch on while we conduct the raffles and distribute the wonderful silent auction items to the winners. Some of the auction items are presented below.



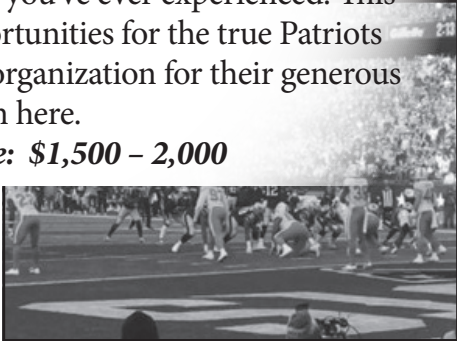
Optum On-Field Patriots VIP Experience for 2

The ultimate live New England Patriots experience. You + one guest will be personally escorted across the Gillette Stadium field to a private, on-field, luxury Optum Suite in the back of the west end-zone, where you'll have an incredible VIP vantage point to watch our beloved Patriots. Enjoy a full-service open bar; outstanding food buffet; on-field professional photo experience; and an indoor/outdoor private viewing experience like nothing you've ever experienced. This is the MACK-DADDY of opportunities for the true Patriots Fan-atic! Thanks to the Optum organization for their generous donation here.





Approximate Value: \$1,500 - 2,000



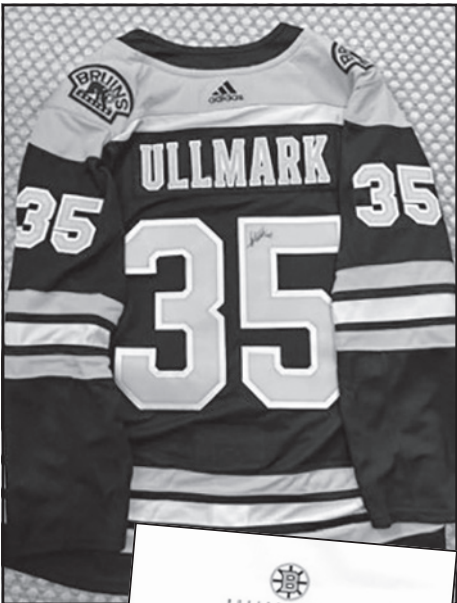


Rory McIlroy Personally-Autographed Pin Flag from the 2024

Players Championship

Donated by our friends from Optum, where Rory serves as a company spokesperson, this highly unique item is a personally-autographed pin flag from the 2024 Players Championship (a major tournament that he won back in 2019) framed nicely for ready display.

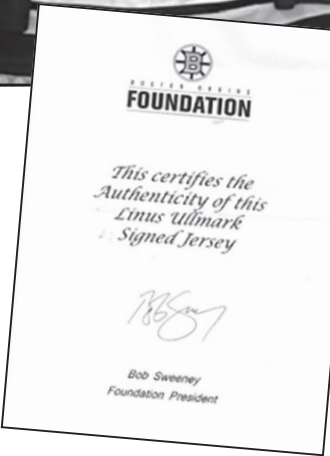
Approx value: \$300



Framed Boston Bruin Linus Ullmark Autographed Jersey

Personally-autographed, NHL-authentic Adidas black home breakaway Bruins jersey signed by Bruins goalie Linus Ullmark in a black wooden shadow box display case ready for hanging in your room of choice. This autographed jersey is accompanied by a Certificate of Authenticity from the Boston Bruins Foundation signed by Foundation President Bob Sweeney.

Approximate Value: \$500 - \$750





**Friends in Action
Board of Directors**

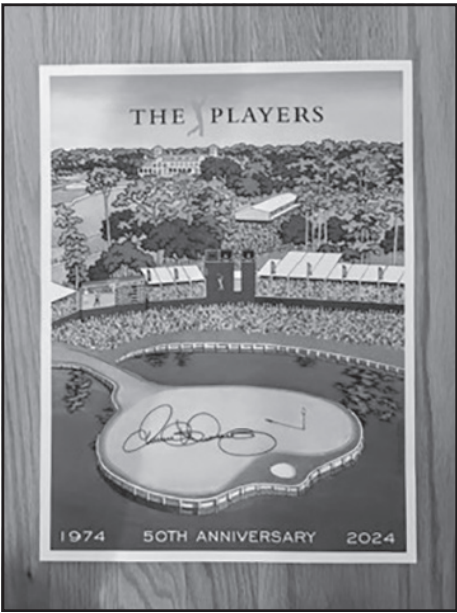
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**Rory McIlroy
Personally-Autographed
Players Championship 50th
Anniversary Print**

Also donated by our friends from Optum, this highly unique item is a framed print personally-autographed by Rory McIlroy commemorating the 50th Anniversary (1974 - 2024) of the Players Championship at the TPC Sawgrass Country Club in Ponte Vedra, FL.

Approx value: \$300

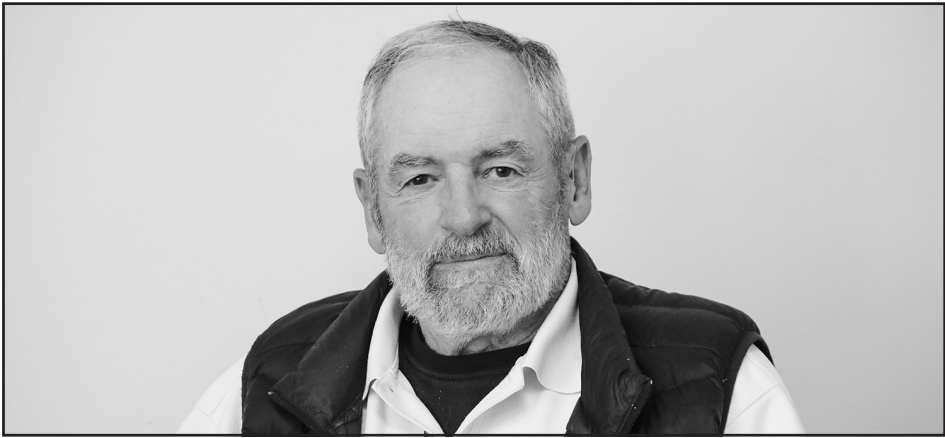
From the Director

As I announced in the July Connections, we have had some major personnel changes. Joanne Parkinson left for a new opportunity. Shortly after that, Lisa Parent found a new opportunity as well. We are sorry to see them leave. The good news is we have hired extremely well-qualified replacements who have hit the ground running.

Dana Mastroianni, the new Director of Volunteer Services, comes to us with a wealth of experience including several years as a transportation coordinator for Island Connections on Mount Desert. Dana has a Baccalaureate in Geology and Biology and a Master of Science in Library and Information Science. Dana had a chance to visit Mount Desert Island as a teenager and fell in love with it. She vowed that one day she would live there. About 10 years ago lived up to that vow by moving to Maine about ten years ago. For the last six plus years has resided in Southwest Harbor. Her enjoyment of helping others and fondness for seniors are obvious from the way she approaches her job. If you haven't yet, stop in the

office to meet her. You will find that she has many interests beyond the passion for her job including hiking, mushroom archeology, mushroom foraging, cooking, and much more.

Diane Phipps joined us as a part time employee on July 8th. Diane came to Bar Harbor in 1989 to attend The College of the Atlantic where she earned a Baccalaureate Degree in Human Ecology. While in Bar Harbor, she joined Island Connections as a volunteer driver. In 2003 she got a new job in Ellsworth which made it impractical to continue driving for Island Connections, so she joined Michael Reisman and Jo Cooper as one of the very early Friends in Action, (Then Faith in Action) volunteer drivers. She continued as a driver until about 2007 when the demands of her job made it impossible. Diane will be in three days a week and will spend much of her time answering the phone and greeting drop-in clients. We are making a concerted effort to improve our responsiveness. Diane will play a key role in accomplishing that goal.



The latest to join us Nicole Rieder who took on the duties of Senior Center Coordinator on July 15th. Nicole has a Bachelor of Science degree in Pre-Veterinary and Animal Sciences and a Veterinary associate's degree. Nicole has a wealth of experience in the operation of Not-for-Profit organizations and Facilities. She came to us after 6 years at the Hancock County SPCA with the last three years as Executive Director. In that capacity she became familiar with providing services to Hancock County, introduced programs to lower costs, collaborated and coordinated volunteers to develop and improve

programs assisting low income and disadvantaged clients, as well as the many administrative functions necessary to operate a not-for-profit organization. Nicole will focus on the Senior Center Programs with particular focus on scheduling, developing resources to support existing programs and initiated new ones. Our new staff is well qualified and highly motivated. There will, however, be some time required to become totally familiar with our systems and procedures. Please bear with us as everybody gets up to speed.

-John

Meet Trainer Europa

Europa Hagarman grew up in Aroostook County and was raised by her grandmother, where she spent countless hours with her great aunts and great grandmother. Her experiences with these older women has fueled her passion and commitment to helping seniors today.

Europa joined Friends in Action in 2014 teaching Zumba Gold. She further got involved teaching strength and balance classes and went to obtain a personal training certification through the National Academy of Sports Medicine. This

enabled her to design three levels of strength and balance training each appropriate to the different fitness levels of the senior clients at Friends in Action.

In 2017 Europa traveled to Indianapolis and trained in the Rock Steady Boxing program which is specifically intended for people suffering from Parkinson's Disease. She uses those skills to develop her small group and individual strength and balance classes for clients suffering from neurological issues.

In 2022 she obtained her level one trainer qualification through CrossFit. That training broadened understanding and ability to guide her participants to move properly and safely in their everyday functional activities.

Designing her classes for all levels of fitness is the hallmark of Europa's work at the Friends in Action Senior Center. Her goal is to have every participant improve their confidence while building strength. She wants her senior community to realize their potential to maintain independence. While her training skills are integrated into all of her classes, she admits always learning on the job.



Furry Friends Food Bank



HOW TO KEEP YOUR FURRY FRIENDS SAFE AND HAVE FUN DURING THE DOG DAYS OF SUMMER!

DO

- GIVE YOUR PETS PLENTY OF FRESH WATER WHILE SPENDING TIME OUTDOORS
- KEEP ANY ALCOHOLIC DRINKS AWAY FROM ANY CURIOUS NOSES AND CLEAN UP ANY SPILLS RIGHT AWAY



- MAKE SURE YOUR PETS' ID TAGS AND MICROCHIPS ARE UP-TO-DATE



- KEEP YOUR PETS AWAY FROM HERBICIDES, INSECTICIDES AND FERTILIZERS AS WELL AS RECENTLY TREATED AREAS



- SHARE BBQ OR PICNIC FOOD WITH PETS

DON'T

- LET YOUR PET GO NEAR FIREWORKS
- SHAVE YOUR PET TO KEEP THEM COOL
- LET YOUR PET DRINK POOL, OCEAN OR LAKE WATER
- LET YOUR PETS SNACK ON PLANTS OUTSIDE
- LEAVE YOUR PET UNATTENDED BY ANY LARGE BODY OF WATER



- NEVER LEAVE YOUR ANIMALS ALONE IN A PARKED VEHICLE

FOR MORE INFORMATION, VISIT aspca.org/apcc ASPCA | (888) 426-4435 Animal Poison Control Center

Participant of the Month

Thursday August 1st Beef Parmesan W/ Noodles, Roll, Veggies and Fruit	Thursday, August 8th Kielbasa, Roll, Veggies and Fruit	Thursday, August 15th Baked Chicken Thighs, Buttered Noodles, Veggies and Fruit	Thursday, August 22nd Chicken Parmesan, Mozzerall Stuffed Bread, Veggies and Fruit	Thursday, August 29th Chef Salad, Sweet Potato Salad, Veggies and Fruit
Tuesday, August 6th Italian Beef Subs, Tater Tots, Veggies and Fruit	Tuesday, August 13th Hamburger Steak, Roll, Veggies and Fruit	Tuesday, August 20th Baked Pork Chop, Roll, Veggies and Fruit	Tuesday, August 27th Beef Burritos, Spanish Rice, Veggies and Fruit	

Please call 664-6016 before 4:30 on Monday & Wednesday to reserve lunch for Tuesday & Thursday.

