



Friends
in Action

Connections



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STONE

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Friends in Action News & Programs

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COVID Vaccine

The U.S. Food and Drug Administration (FDA) signed off on updated versions of coronavirus vaccine that target a more recent variant of the virus that was behind this summer's surge in COVID-19 cases.

The new shots — one from Moderna, another from Pfizer/BioNTech and a third from Novavax — are making their way to pharmacies and doctors' offices across the country, and infectious disease experts hope the reformulated vaccines will help to quell the lingering summer spike and keep cases from swelling this fall and winter.

Here are seven things you need to know about the updated COVID-19 vaccines.

1. The mRNA vaccines target a FLiRT variant

This summer, the FDA recommended that vaccine manufacturers target the KP.2 coronavirus

strain in the 2024-2025 COVID vaccines.

At the time, KP.2, a member of the FLiRT variant family and a descendant of omicron, was behind a large share of increasing infections in the U.S. Though this particular strain is no longer among the top circulating variants,

Find COVID-19 vaccines in your state

AARP's 53 state and territory COVID-19 vaccine guides can help you find vaccines near you and provide the latest answers to common questions about costs, eligibility and availability.

its close relatives are, and health experts expect that the updated vaccines will provide strong protection against them as well.

The FLiRT variants all came

from the same parent strain, explains Jodie Guest, a professor and senior vice chair in the department of epidemiology at Emory University's Rollins School of Public Health. "And there are very, very minimal mutational changes between all of them."

2. Another shot can restore waning immunity

It's not just about making sure we have a vaccine that targets the most recent versions of the virus, Guest says. It's also about restoring faded immunity.

"We know that immunity from this vaccine diminishes over time," she says, so the vaccine you received last year isn't providing you with optimal protection now, when many areas of the country report increased COVID activity.

Cases, emergency department visits and hospitalizations — particularly among adults 65 and older — are rising, the latest

federal data shows. We're seeing "somewhere in the neighborhood of 500 to 600 deaths per week in the country," says Mark Rupp, M.D., a professor and chief of the Division of Infectious Diseases in the Department of Internal Medicine at the University of Nebraska Medical Center.

"I think the population would like to put the pandemic in the rearview mirror and not really think about it anymore. But the virus is still very much with us and still continues to cause problems," he says.

The vast majority of COVID hospitalizations that occurred from October 2023 to March 2024 were among individuals who were not vaccinated or not up to date on their vaccinations, according to data presented at a meeting of a Centers for Disease Control and Prevention (CDC) advisory

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From the Director

Last month, I reported that things were settling down after our staff changes. Although true at the time, things have changed. We are once again going through some upheaval. Dana has departed for personal reasons. That puts us in the position of recruiting and training a replacement. So, if things are a little disjointed for a while, I beg your indulgence. Just remember, this too shall pass.

The other sad news, no pun intended is, summer is over and the days are getting shorter. Reduced daylight and the tendency to spend more time indoors as the weather cools, create a greater probability



of Seasonal Affective Disorder or SAD. Seasonal Affective Disorder is a type of depression that occurs at certain times of the year, typically in the winter when daylight hours are shorter. Older adults, particularly those already dealing with chronic health conditions, may be more vulnerable and may experience unique challenges.

To fend off this malady, take advantage of the events and activities available in our Senior Center. Social activities and exercise are two important ways to significantly reduce SAD symptoms. The FIA Senior Center offers a wide range of exercise classes as well as an exercise room equipped with weights and cardio exercise equipment. There are also numerous social activities (see the schedule on the back page), many which are free. Included are lunches, coffee hours, and numerous special interest groups including bridge, mahjong, writing, art and much more. It is your Senior Center, please come use it.

On another note, we are work-

ing on a few new projects.

- We recently received approval of our request for a Community Health Equity Fund grant to rebuild our raised garden beds and create a cross generational project to grow food for use in our cafeteria.

- We are exploring possible options to enhance our connection with Downeast Transportation buses. The objective is to improve the capacity to fulfill more requests for longer rides, particularly to Brewer for cancer related appointments.

- We are further developing our partnerships with Healthy Peninsula and Healthy Island Project to increase the transportation capacity on the Blue Hill Peninsula and the Deer Isle/Stonington area.

The 14th Annual Golf Tournament was a social and financial success. Thank you to all our sponsors, players, volunteers, and Kebo staff.

Next up in the money department is our annual appeal which will kick off in November. As a

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Types of Planned Giving:

1. **Bequests:** A bequest is a gift made through a donor's will or living trust. It can include a specific dollar amount, property, or a percentage of the estate.

o *Example:* "I leave 10% of my estate to XYZ Charity."

2. **Charitable Gift Annuities:** This arrangement allows donors to transfer assets to a charity in exchange for a fixed income stream for life. After the donor passes away, the charity keeps the remaining funds.

o *Benefit:* Guaranteed income for life and potential tax benefits.

3. **Charitable Remainder Trusts (CRT):** In a CRT, donors transfer assets into a trust that pays them or other beneficiaries an income for a specified period or lifetime.

After that, the remaining assets go to the charity.

o *Benefit:* Income stream, tax deductions, and estate tax benefits.

4. **Charitable Lead Trusts (CLT):** This is the opposite of a CRT. A CLT provides income to a charity for a set period, and then the remaining assets go to the donor's heirs or other beneficiaries.

o *Benefit:* Potential tax advantages and supports charity during the donor's life.

5. **Donor-Advised Funds (DAF):** These funds allow donors to contribute to a fund, claim an immediate tax deduction, and recommend grants to charities over time.

o *Benefit:* Immediate tax deduction with flexibility to support charities in

the future.

6. **Retirement Assets:** Donors can designate a charity as the beneficiary of their retirement accounts, such as an IRA or 401(k). These assets are often taxed heavily if left to heirs but can pass tax-free to a charity.

o *Benefit:* Charitable tax exemption and simplicity.

7. **Life Insurance:** Donors can name a charity as the beneficiary of their life insurance policy. Alternatively, they can transfer ownership of the policy to the charity.

o *Benefit:* Large donation with a relatively small cost.

8. **Real Estate and Personal Property:** Donors can gift real estate or valuable personal property, such as art, to a charity either during their

lifetime or as part of their estate.

o *Benefit:* Avoid capital gains tax while supporting a cause.
- Benefits of Planned Giving:**

- **Tax Benefits:** Donors can often reduce income, capital gains, and estate taxes through planned giving.
 - **Legacy:** Planned giving allows donors to make a lasting impact by supporting the causes they care about, often beyond their lifetime.
 - **Flexibility:** Donors can structure gifts to suit their financial and personal circumstances, including income needs or family considerations.
 - **Charitable Impact:** It provides long-term support to organizations, helping them plan for the future.
- # COVID Vaccine Cont.
- Continued from Page 1

committee.

3. Vaccines can reduce the risk of long COVID

Beyond restoring protection from a short-term illness, the CDC says, the vaccines can reduce the likelihood "of suffering the effects of long COVID," which has impacted an estimated 17 million U.S. adults, according to a report from the health policy nonprofit KFF.

Long COVID — marked by symptoms such as brain fog, fatigue, headaches and joint and muscle pain — can creep in after a coronavirus infection clears and last for months, even years. Symptoms can be so severe for some people that they can result in a disability, the CDC says.

"That risk of long COVID is
- Paying for a COVID vaccine**

Most people with Medicare, Medicaid and private insurance can get an updated COVID vaccine at no cost through their health plans, the CDC says.

Health officials urge individuals without insurance to contact their state or local health department for information about free vaccines, now that the national Bridge Access Program has ended.

You can find a directory of state and local health departments on the CDC's website.

there and it's real, and it can be minimized by getting vaccinated," Rupp says.
- # Director's Letter Cont.
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part of the appeal, in addition to requests for immediate gifts, we are rejuvenating the Friends Forever Society and making our donors and potential donors aware of the concept of planned giving. Planned giving refers to the process of arranging a donation to a charitable organization in the future, typically as part of a donor's overall financial
- and estate planning. It is typically ideal for donors who wish to make a contribution while also balancing their own financial and personal needs. Charitable organizations often work closely with donors and their advisors to structure these gifts in a way that aligns with both the donor's wishes and the charity's goals.

-John
- # HOME SHARE

Finding you just the right person!

Home sharing is one way to address Maine's severe shortage of affordable housing while also addressing the difficulties older residents have remaining in their homes.

Do you have an extra room?

Could you use some help with extra income or chores?

"Nesterly" is an on-line platform bringing people together who want to share their homes with those seeking affordable housing who may also lend a helping hand in exchange for partial rent.

Zoom Event from the comfort of your own home:

Wednesday
10/9/2024 @ 4:00 PM

Or join us at one of the following locations:

Blue Hill Library
Ellsworth Library
Brooksville Library



To register and for more information

For more information, or for help with registration please email
Kayleigh Thomas at kayleigh.thomas@bhpl.net or
Lori Johnson at ljohnson@healthypeninsula.org.

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BLUE HILL PUBLIC LIBRARY, BROOKSVILLE
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- MEDICARE 101**

Offered every second Thursday

from 9:30 a.m. to 11:00 a.m. in the

FIA Senior Center

Registration Required

Call Eastern Area Agency on Aging (EAAA)

1-800-432-7812 | 207-941-2865

 Volunteer of the Month

 Participant of the Month

Kimberly Grindle is a much-appreciated person in the Friends in Action office. When she decided to become a volunteer 2 1/2 years ago, she was given a list of job choices. Staff at FIA soon realized Kim was willing to try any task, and she learned quickly. Initially she assisted with the delivery of flyers and helped with mailings. More recently she folds napkins (many napkins!) for the meals served in the cafe. She also is willing and able to run the shredding machine. She will tell you, with a big grin, that she loves her work and emphasizes that she is never quitting! The people at the Senior Center make her feel like she is part of a family, and staff in the office let her know that they appreciate the work she does.

Kim presently lives in a group home provided by the Seven Angels Agency. However, she lives

independently, making her own decisions. Lately she has decided to come to the FIA lunches served every Thursday. The folks she meets there are more than friendly. “They’re awesome” she says.

When not volunteering, Kimberly has several hobbies that keep her busy. These include crocheting, various arts and crafts and playing card games. She loves going to Willow Wind Therapeutic Horse Stable and has some good stories about her interactions with the horses there. Kim also volunteers with the Meals on Wheels program in Ellsworth. Two days a week she helps pack up lunches. Then she knocks on doors to deliver the meals, and chats with many of the recipients. Lucky is the person who gets to see Kimberly’s smile and her friendly way of helping others.

Allen has been participating in the Strength and Balance classes at the Senior Center since 2016. He first heard about the class while working with a physical therapist. When those PT sessions ended, his physician recommended that he participate regularly in an exercise regimen. Soon after, he met Europa, a Friends in Action fitness instructor. After a consultation, she signed Allen up and he Allen has enjoyed being in her classes ever since.

He appreciates that Europa’s focus is on wellness and her goal is to help people become fit. Her

classes are designed for older adults with an emphasis on working at one’s own pace. Allen knows how hard she works to make sure all her students get the greatest benefit based on their individual condition and potential.

Allen has found that it’s easy to become a dedicated member. He is often in 3 classes each week. The folks you’ll meet at these classes make you feel welcome. Everyone is friendly”. Stop in and check it out and you may see Allen, with weights in hand, working hard to get healthy.

Come & Volunteer!

Visit us online at:
friendsinactionellsworth.org





HAVE A SAFE AND HAPPY HALLOWEEN!

Our number: 207-664-6016

MENU

October 2024

Menu was not available by presstime—
Lunches will still be served!
Get in contact with us for more details.



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

