



Friends  
in Action

# Connections



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Friends in Action News & Programs

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November 2024

## An open letter

To all those with an interest in maintaining Hancock County as an Age Friendly place to live and grow old.

The holiday Season is rapidly approaching. In addition to thoughts of family gatherings and celebrations, our thoughts turn to giving. This a special request for you to include Friends in Action as a beneficiary of your generosity.

I'd like you to imagine a place...

...where for our older residents and residents living with a disability, every ride opens the door to essential services, where nutritious meals and social connections are just a heartbeat away, and where wellness programs nurture both the body and mind.

This is Friends in Action Senior Center, a vibrant community hub dedicated to ensuring every trip taken is a step toward

connection, health, and enrichment for seniors in Hancock County.

At Friends in Action, we offer a range of invaluable programs that do so much more than simply provide transportation. We do our best to create a thriving community where individuals can engage, learn, and connect through our many programs.

While this past year was hugely successful because of increased community support, stronger organizational partnerships, increased awareness and outreach, and expanded programs and services, 2025 is proving to be an even better year with ambitious goals that will further enhance our impact:

- Expand Capacity and Increase Usage of Everyday Programming: We aim to serve more seniors by increasing our

resources and outreach efforts to ensure no one is left behind.

- Initiate Cross-Generational Projects: By connecting seniors with younger generations through our gardening project, we hope to foster mutual learning, understanding and friendship.

- Utilize the Senior Center as a Social Hub: We envision our center as a vibrant space that brings community members together, creating more opportunities for connection and collaboration.

- Address Digital Inequity with a Computer Lab: We plan to establish a computer lab to provide seniors with access to technology and digital literacy training, ensuring they can navigate the digital world confidently.

- Rejuvenate Friendly Calls and Home Services: We seek to revitalize our outreach to

homebound seniors through friendly check-in calls and supportive services that help them feel connected and cared for.

To achieve these goals and continue providing our essential services, we need your support. Your generous donation will enable Friends in Action to maintain our programs, expand our reach and make a meaningful difference in the lives of many seniors in our community.

Together, we can create a place where every trip taken brings joy, connection, and opportunity. Thank you for considering a donation to Friends in Action. Your contribution will help us continue to be "more than just a ride."

*Sincerely,*

**John Lindquist**

**Executive Director**

### Friends in Action Board of Directors

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## From the Director

There is a lot going on at Friends in Action and I am pleased to report it is all good. We once again have a full staff comprised of me, the Executive Director, the Director of Volunteer Services, the Director of Senior Center Programs, and the Office Administrator.

Mckayla Hairston joined us on October 17th as the Director of Volunteer Services. As such, she will receive requests for services, coordinate the assignment of volunteers, recruit volunteers, in process new clients, maintain client and volunteer records and coordinate volunteer training and volunteer events.



Nicole Rediker has been with us since June 26th as the Director of Senior Center Program. In that capacity, she coordinates the various activities in the Senior Center to include allocation of space, maintains the schedule of events, publicizes events and activities, and manages the supplies and equipment required by the various activities, i.e., cafeteria supplies, art supplies etc. Nicole also stays attuned the wants and needs of our clientele and, when appropriate, identifies and develops programs to fulfill those needs. An additional major function is to perform development functions to help insure we have the funding to continue our Senior Center activities.

Racheal Rediker, Nicole's sister-in-law, is our office administrator. She does all the things necessary to keep the office going including answering phone calls, receiving and advising clients of the status of requests, greeting visitors to the office, taking payments and donations as well as the per-

forming the many small but necessary administrative functions that keep the office alive.

With a full complement of staff, we will be able to provide quality service to all our clients. I do ask, however, that when making requests, please keep in mind that we have 1,200 Service Program clients and more between 100 and 250 visitors to the Senior Center a day and they are participating in more than 15 or more activities, and that occasionally delays occur.

On a different note, for all of us on Medicare, remember that it is open season for changing your Medicare coverage and if you have any doubts about what you should do remember we have a Medicare 101 class every 2nd Thursday and individual assistance is available.

I also want to make sure everybody knows that our Transportation Service includes rides to polling places. We don't care who you vote for, we just want you to vote.

Keeping in mind that all

**Continued on Page 2**

# Fourteenth Annual Friends in Action Golf Tournament

On September 10th Friends in Action held our annual golf tournament at the Kebo Valley Golf Club. It was a huge success. The weather was fantastic, the golf course was beautiful and in great shape, the food catered by the Links Pub was great, and teams were competitive and got around the course in record time.

The winners were:

Men's gross – Pacheco, Bush, Turne and Turner with a score of 59.

Women's gross – Brazell, Stearns, MacDonald, and Roberts with a score of 72.

Mixed Gross – Dodge, Sargent, Swanberg; and Phillips with a score of 62.

Men's net – McNally, Kongsuria, Gleason, and Collier with a score of 53.

Women's net – Seavey, Smith, Waterman, Levie with a score of 58.

Mixed net – Leavitt, Leavitt, Leavitt and Janenda with a score of 58

Contest winners were:

Closest to the pin hole 4 – Tunney, hole 15 -R. Jancewitz and hole 17 – Brideau.

Men's Long Drive – Collier

Women's Long Drive – Stearns

Seniors Long Drive – Castle

On behalf of the Friends in Action Staff, Board of Directors, Volunteers and clients, I send a huge thank the players and especially thank the sponors and donors listed here. It was great success thanks to your generosity but more importantly your support enables continued critical support to our more than 1200 Clients.

**Thank You!**

# Director's Letter Cont.

**Continued from Page 1**

our services except Fitness are provided by volunteers please consider volunteering. We always need drivers and we have fairly pressing need for volunteers to support the Coffee Hours and Lunches. Those events are every Tuesday and Thursday with Coffee at 9:00 and lunch at 12:00. The current volunteers have been on duty for a very long time and could use some relief. If you are interested, please contact Mckayla or me.

With winter approaching, I would like to remind everyone that, in the event of inclement weather, we follow the school's guidance. That is, if the Ellsworth public schools are closed or delayed opening, Friends in Action offices are also closed or delayed.

-John

# Introducing Racheal Rediker

Friends in Action is delighted to introduce Racheal Rediker who joined us as Office Administrator on September 23rd. Racheal's previous experience is in the medical field as a phlebotomist and lab technician where she worked closely with patients to coordinate and deliver the best care possible. After 2 years in a hospital setting, she went to Bucksport Regional Health, a smaller clinic more closely connected to the local community. In addition to honing her lab skills, volunteer, she helped maintain the beautiful community garden that they provide. Although this is the first non-profit that she has had the pleasure of working with, she is not new to the volunteering world. Racheal grew up volunteering in her community, helping with the Levant Old Holmes Day Breakfast, very similar to our own Senior Lunch, the Girl Scout Camps as well as numerous other community functions and activities. She was also a proud member of Junior ROTC throughout her high school career.

She is new to the Ellsworth area and reports she is "excited to become more involved in this wonderful community and its older residents". When you meet her, you will see right away that she enjoys meeting and helping people.

# Friends in Action Senior Center Policy on COVID 19 Isolation and Masking

Friends in Action follows the Maine CDC guidelines.

Until Recently, a positive rapid test would have meant at least five days of isolation. Not anymore. In March, the Centers for Disease Control and Prevention (CDC) updated its COVID isolation guidelines based on symptoms, not time since testing positive.

The guidelines shifted in part to match those of other common respiratory viral illnesses, including the flu and respiratory syncytial virus (RSV). The CDC now says if you are sick, stay home. You are cleared to resume normal activities when the following are both true for at least 24 hours:

- Your symptoms are getting better overall
- You haven't had a fever (and aren't using fever-reducing medication)

If your symptoms persist, you may end up isolating for five or more days after all, but you'll be doing your part to protect others in your community from infection.

Those who have symptoms of a respiratory virus—cough, sneezing, body aches, nasal congestion with or without fever—should test for COVID-19 and influenza when influenza is circulating in their communities,. If the test is positive, it is recommended to call a health care professional who may prescribe antiviral medication to help lessen symptoms and the risk for severe illness."

Paxlovid (nirmatrelvir with ritonavir), the oral COVID antiviral manufactured by Pfizer, cuts your risk of hospitalization by over half and risk of death by 75%, according to the CDC. The agency considers people with conditions such as asthma, diabetes, or obesity at high risk of severe infection, and therefore candidates for Paxlovid. Ask your doctor if this or another antiviral treatment is right for you.

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10AM-1PM BLUE HILL YMCA

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Come learn about local organizations and  
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the colder months including:

- Health & wellness,
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For more information please contact: Healthy Peninsula at  
ljohnson@healthypeninsula.org (207) 374-3257

the  
YMCA



Healthy  
Peninsula



Our number: 207-664-6016

 Volunteer of the Month

 Participant of the Month

This article, unlike previous ones, will be written in the first person. That’s because it’s about Diane Perry, who writes these articles and has written this one too. Stay with me...

I moved to the Ellsworth area about 9 years ago. My husband, Brad, and I had sold a house and



our business in Damariscotta, and retired. Our 2 daughters and their families live in Ellsworth and Sedgwick, and being close to them and our 4 grandchildren is wonderful!

The Senior Center was recommended when I was looking for a Zumba class right after we moved here. I’ve been attending

Europa’s classes ever since. Early on I learned of other activities at the Center and became familiar with the welcoming staff in the Friends in Action office. For about a year I voluntarily taught a drawing class; a great experience and I was meeting interesting people. Then Covid hit! The Center had to shut down for awhile.

Fortunately, Friends in Action is now in a stage of rejuvenating their programs after Covid. The Coffee Hour and lunch programs are now offered twice a week, there have been increases in the fitness programs as well as the transportation program, and lunch deliveries have expanded. Many new activities have emerged with new participation. Rooms in The Senior Center are filled with energy.

I am always looking for ways to support the Friends in Action organization. That’s why I’ve become a volunteer meal server for the lunch program and a writer for the Connections publication. I’m a person who has always believed in giving back to my community. I am happiest when I can use my skills and passions to help others. I’m proud to be a part of the Senior Center. I work with dedicated people who are doing their best to make a difference in the lives of seniors.

Alison Hale has become a weekly participant at the Thursday Lunches served in the Friends in Action Cafe. There she has a meal and visits with others before heading off to the Ellsworth’s Historical Society where she is a volunteer. She is also a significant member of the Women’s Group that meets at the Senior Center. In fact, Alison was instrumental in forming the group less than a year ago. She belonged to another women’s group when she lived in a small town about 80 miles from New York City. Professionally, she was then an occupational therapist and loved working with children in a pre-school; many adopted from China and Russia.

Alison came to the Ellsworth area after her husband’s passing and the sale of their house. She moved to be closer to her sister, Ann. Like so many people living alone or in a new location, she realized she was going to be dealing with unpredictable circumstances. Hence her desire to befriend other women with similar interests and needs. The

Women’s group meets bi-monthly and has an open-door policy. Usually about 6 to 8 women attend to reflect on their weekly experiences.



They listen, respond and support each other. New women are welcome and there is no membership fee. Alison happily participates as she and others address topics that relate to this next chapter in their lives.

**Thank you Freshwater Stone!**

Freshwater Stone has become the sponsor of Connections for at least the next three years. Their generosity makes it possible to continue to publish Connections thereby keeping the Hancock County community informed and engaged. Communication is one of the keys to building and maintaining an Age Friendly community. Freshwater Stone has made that possible.



# MENU

November 2024

|                                                                                      |                                                                           |                                                                                         |                                                                              |
|--------------------------------------------------------------------------------------|---------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|------------------------------------------------------------------------------|
| <b>Tuesday, November 5th</b><br>Meatloaf, Mashed Potatoes, Roll, Veggies and Fruit   | <b>Tuesday, November 12th</b><br>Hot Dog, Mac N Cheese, Veggies and Fruit | <b>Tuesday, November 19th</b><br>BLT Sandwich, Fries, Veggies and Fruit                 | <b>Tuesday, November 26th</b><br>THANKSGIVING MEAL                           |
| <b>Thursday, November 7th</b><br>Chicken and Rice Casserole, Roll, Veggies and Fruit | <b>Thursday, November 14th</b><br>Beef Stew Roll, Veggies and Roll        | <b>Thursday, November 21st</b><br>Chop Suey, Mozzarella Stuffed Bread Veggies and Fruit | <b>Thursday, November 28th</b><br>THANKSGIVING DAY<br>Closed For The Holiday |

Desserts To Be Announced Daily! Subject To Change

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



