



Friends
in Action

Friends in Action News & Programs

Connections



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STONE

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The Joy of Misplacing Things (and the Surprisingly Satisfying Act of Rediscovering Them)

Let's be honest, folks. We've all been there. You're settling in for a cozy evening, ready to watch your favorite show, and then... the remote vanishes. Poof! Gone. Like magic, but the less enchanting kind. Or perhaps you're reaching for your reading glasses, only to find... nothing. Well nothing except for the unsettling emptiness where perfectly good magnification should be..

As we journey through life's later chapters, this seemingly commonplace experience takes on an entirely new dimension. It's not just about misplaced keys any-

more; it's about the delightful mystery of the wandering TV remote, the thrilling detective work involved in finding the missing spectacles, and the sheer elation that bursts forth when those dentures finally resurface from the depths of... well, wherever they ended up.

Let's delve into the wonderfully weird world of lost-and-found, with a few anecdotes that perfectly capture the spirit of this uniquely senior experience:

The Case of the Missing Marmalade: Agnes swears she put the marmalade in the fridge after breakfast. Yet, three hours and a

thorough kitchen excavation later, the only thing found was a slightly bewildered cat. The marmalade? It turned up on top of the television, mysteriously next to a half-eaten bag of chips.

Operation Spectacle Rescue: Poor Bernard spent a good twenty minutes combing through the sofa cushions, under the bed, even inside his favorite slippers, all in search of his glasses. Finally, he spotted them perched atop his head, where they'd been the whole time.

The Great Denture Detective: Mildred's dentures were, as she put

it, "on an adventure." The adventure ended with the dentures nestled amongst her prized collection of ceramic garden gnomes. The gnomes, she reported, were quite unimpressed.

These stories highlight the humor in everyday mishaps, but alas they are not real. That's why we want to hear your stories! Share your funniest lost-and-found adventures, or any other story that might brighten someone's day! We might even feature your story in the next Connections! Send your story submissions to info@friendsinactionellsworth.org.

From the Director

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I am sorry to pass on the sad news that Ann Whitcomb Hessler Johnson, the mother of Bob Hessler and Judy Blood, two of our most supportive volunteers, passed away on February 18th. On behalf of the entire Friends in Action family, staff, volunteers and clients, I extend our most sincere condolences to the Hessler family. Ann will be missed.

Although the loss of a family member makes us sad, Spring is upon us and it brings with it many opportunities for social diversions. We all know that as we age it is very important to remain physically active and socially connected. To that end, the Friends in Action Senior Center offers a robust menu of activities.

One of the best opportunities to indulge in social interaction is to volunteer as a driver or a member of the Coffee Hour or Lunch service teams. Volunteering offers the opportunity

to add a sense of purpose by providing support to fellow members of our community as well as the opportunity to meet new and interesting people. It is amazing the things you can learn and the connections you can discover. It provides anecdotal support for the 6 degrees of separation theory.

If you enjoy the outdoors, but have physical limitations that make it difficult, we have teamed up again with MDI Wheelers, offering a chance to enjoy the beauty of the Acadia National Park carriage roads. The program is free and will use special electric-assist tricycles that enable a safe and comfortable ride.

For those who like gardening and enjoy interacting with young children, we are starting a new cross generational program to rebuild our raised bed gardens and grow vegetables to be used for both Senior Lunches and YMCA Day Care lunches. The objectives are to provide the enjoyment of gardening and to familiarize the children with where the food they eat comes from.

A little later in the Spring, we will be hosting our annual Walk/Run. The Walk/Run course starts in Knowlton Park, goes out along the very scenic Union River for 1.75 miles and returns for a total distance



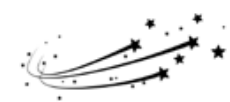
of 3.5 miles. It's good exercise and being out in nature is good for the soul.

If you just want a good meal and some interesting conversation with peers, join us for lunch in the Friends in Action Café on Tuesdays and Thursdays. If you are more interested in good company without the lunch, come to the free coffee hour also on Tuesdays and Thursdays starting at 9:00 am. No lunch but plenty of coffee or tea and sweet bites. From time to time the Coffee Hour also provides musical entertainment.

If the activities above are not for you, look into participating in one of our groups or exercise classes. Regardless of what you choose, the important thing is after being cooped up all winter, get out and do something with your friends or with people who may become friends.

-John





Volunteer of the Month

Diane Nicholls is the newest member of the Friends in Action Board of Directors. She has a great history of sharing her talents and skills with her community.

Diane spent much of her professional career in education where she taught physical education and coached at Kennebunk high school. Her interest in the environment led her back to college to become certified in teaching science and soon thereafter was hired by The South Portland School District where she taught Earth Science.

In between her teaching careers she ventured into the business world and started, owned, and managed a restaurant in Wells for eleven years. The restaurant which was open year-round was the go-to-place for lunch and community connections. Part of Diane's connections were not only feeding her customers but also serving on the Wells Board of Appeals, Chamber of Commerce, and as a docent for The Wells Reserve at Laudholm.

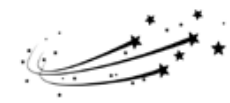
Diane moved to Lamoine in 2009 and before completely retiring from education she worked as both an ed tech and teacher in Sumner High School's Alternative Pathways program. Most recently she served two terms on the Lamoine Conservation Commission.

She heard about Friends in Action and after a brief inquiry into the offerings and opportunities, she became a volunteer. First she helped with the FIA lunch program and then also became a driver for the FIA transportation program. Today, Diane still helps with the delivery of food boxes, and especially enjoys getting to know the many clients she helps.

Connecting with her neighbors is one of Diane's passions. She feels



very fortunate to have been asked to join the board of directors where she knows she'll be working with some very talented, compassionate and committed members. She sees herself getting involved with whatever needs doing. Thank you Diane, for once again giving back to your community.



Participant of the Month

Hollis Geel is a regular at the weekly Coffee Hours and noon meals in the Friends in Action Cafe. Spend a little time in his presence and you'll see he loves to be with people. He makes friends with everyone: other participants in the cafe, the servers, and the kitchen staff as well. In the kitchen he might even be sharing recipes with the head chef, Fernando. Hollis loves to cook too.

Hollis had a variety of occupations after graduating from Schenck High School in East Millinocket. He trained to be a barber and practiced for a few years in Lewiston. But soon afterward, he attended culinary school at High Parks in New York City. For 18 years of his career, he was a partner in a catering business in Daytona. One of the stories Hollis likes to tell is about putting on a birthday party for John Travolta's daughter. 45 children attended, and Hollis must have done an impressive job because Travolta gave him a \$500 tip! Must have been a spectacular cake!

When Hollis returned to Maine to help his mother, he found jobs at

2 Maine colleges; first as a chef at Thomaston College, where he served 3,000 meals a day, and then again at University of Machias.

After retirement in 2016 Hollis moved to Ellsworth. He heard about Friends in Action when he was in need of transportation. Dan Rhodes was the driver who told him about the meals offered at the Senior Center. He came and has been joining the folks there ever since. Always making friends wherever he goes, he also came to play cribbage. Hollis knows The Senior Center is a great place to meet lots of nice, friendly people. He's definitely one of them!



What's Happening?

Patricia Jones, our very excellent yoga instructor, is back from her visit with family in Malaysia so yoga is going strong.

Many are familiar with Yoga, but you might wonder about Chair Yoga. Why a chair? Well, it is there as an aid for stability if needed. Standing or sitting is your choice depending on how much support is needed. In chair, Yoga, you don't need to get down on a mat for any pose. This type of yoga

improves flexibility and strength, balance and muscle control while encouraging relaxation. The class is designed for those looking for a milder pace, focusing on long holds, stillness and deep breathing. The instructor will guide your performance based on your individual ability.

Interested? The first class is free! Stop by when this class is happening every Tuesday from 11-11:45.



The Commodity Supplemental Food Program (CSFP)
would like to give you a **free thirty-pound box of groceries** every month! A \$50 value!



Applicants must be 60 years of age or older & meet income requirements
\$1,956.25 per month or less for single person household or
\$2,643.75 per month or less for a two-person household.

Each free box of food contains: juice, shelf-stable milk, cereal, peanut butter, canned protein, pasta or rice, assorted canned goods, and a two-pound block of cheese.

IF YOU HAVE QUESTIONS OR TO SEE IF YOU QUALIFY
CONTACT US EAAA @ 941-2865!

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Stress Less: A Guide to Managing Stress in Later Life

Spring's arrival often brings renewed energy and optimism. For many in our rural Maine communities, warmer weather and longer days promise outdoor activities and social connection, combating feelings of isolation. However, these changes can also bring new challenges and increased stress for some. April is Stress Awareness Month and serves as a timely reminder to consider the impact of stress, particularly as we age. While stress affects everyone, its effects can be amplified in older adults, potentially leading to new health problems, exacerbating existing conditions, and even accelerating the aging process. This guide explores common causes and signs of stress in older adults, and offers effective strategies for managing it.

The World Health Organization defines stress as our mind's response to challenging situations, triggering the "fight-or-flight" response – both emotionally and physically. While short-term stress can be beneficial, chronic stress poses significant health risks, especially as we age. Chronic stress contributes to inflammation, which can worsen age-related health issues. Recognizing the signs of stress and taking proactive steps is crucial for maintaining well-being.

Older adults can face unique and stressful challenges, like the following examples:

Financial Instability: Unexpected expenses, fixed incomes, and risks

Continued on Page 3

Continued from Page 2
ing healthcare costs can create significant financial stress.

Health Challenges: Managing chronic illnesses, navigating the healthcare system, and coping with physical limitations are major stressors.

Social Isolation: Loss of loved ones, reduced mobility, and difficulty connecting with others contribute to loneliness and isolation.

Here are some examples of strategies that can help manage stress:

Stay Active: Regular physical activity boosts mood and reduces stress. Activities like walking, swimming, or yoga are particularly beneficial for older adults.

Connect Socially: Nurture relationships through community events, clubs, or spending time with loved ones. Social connection is crucial for mental well-being.

Practice Mindfulness: Techniques such as meditation, deep breathing, and relaxation exercises can help manage stress responses.

Seek Professional Help: Don't hesitate to consult a therapist or counselor if stress feels overwhelming. Professional guidance can provide invaluable support.

Maintain a Healthy Lifestyle: A balanced diet, sufficient sleep, and proper hydration are fundamental to managing stress and overall health.

Stress is an unavoidable part of life, but it doesn't have to control your health. By recognizing the signs of stress and implementing these strategies, older adults can live healthier, more fulfilling lives. It's never too late to prioritize your mental and physical well-being. Take proactive steps today for a brighter tomorrow!

financial losses, reputational damage, and compromise of sensitive data.

The FBI has warned users to be cautious when receiving unsolicited emails or text messages. Phishers are using AI-based phishing attacks which have proven to raise the effectiveness of phishing campaigns. They are also using AI-powered tools to create emails that can bypass security filters. Combine that with deepfake supported robocalls, and these methods could trick a lot of people.

None of the elements used in the attacks are novel, but the combination might make the campaign extremely effective.

In a campaign targeting Gmail users these elements came together. These often start with a call to users, claiming their Gmail account has been compromised. The goal is to convince the target to provide the criminals with the user's Gmail recovery code, claiming it's needed to restore the account.

Around the same time, users receive legitimate looking emails from what appears to be an authentic Google domain to add credibility to what the caller is claiming to have happened.

With the recovery code, the criminals not only have access to the target's Gmail but also to a lot of services, which could even result in identity theft.

When we warn about agentic AI attacks this is the type of campaigns that are examples of what we can

expect.
The FBI added a warning about unsolicited emails and text messages which contain a link to a seemingly legitimate website that asks visitors to log in, but the linked websites are fakes especially designed to steal the credentials.

These sites can even be designed to steal session cookies. Every time you return to that website within the time frame, you don't need to log in. That's really convenient unless someone manages to steal that cookie. If cybercriminals manage to steal the session cookie, they can log in as you, change the password and grab control of your account.

- How to avoid AI Gmail phishing
- Never click on links or download files from unexpected emails or messages.
 - Don't enter personal information on a website unless you are certain it is legitimate.
 - Use a password manager to autofill credentials only on trusted sites.
 - Monitor your accounts for signs of unauthorized access or data leaks.
 - Verify security alerts by visiting your Google Account page directly instead of using links in emails.
 - Use multi-factor authentication (MFA) for all accounts
 - Protect your devices with up-to-date security software (such as Malwarebytes Premium Security), and use text protection and text message filtering on your mobile device.

Our number: 207-664-6016

How AI was used in an advanced phishing campaign targeting Gmail users

“Attackers are leveraging AI to craft highly convincing voice or video messages and emails to enable fraud schemes against individuals and businesses alike. These sophisticated tactics can result in devastating

MENU

April 2025

Tuesday, April 1st Three Cheese Ziti French Roll, Green Beans and Pears	Tuesday, April 8th Chicken Piccata, Mozzarella Stuffed Breadstick, Broccoli and Mandarin Oranges	Tuesday, April 15th Chili Beef, Corn Bread, Roasted Potatoes and Honey Dew Melon	Tuesday, April 22nd Corn Chowder, Pasta Salad, Dinner Roll and Pears	Tuesday, April 29th Cheeseburgers with Pickled Red Onion, Arugula, Harissa Aioli and Cheddar, Cheesy Tater Tots and Pineapple
Thursday, April 3rd Parmesan Pork Chops, Dinner Roll, Mashed Potatoes, Cauliflower and Peaches	Thursday, April 10th Italian Wedding Soup, Mixed Green Salad, Cheesy Garlic Bread and Pineapple	Thursday, April 17th Curry Chicken Breast, Dinner Roll, Yellow Rice, Mixed Veggies and Cinnamon Applesauce	Thursday, April 24th Meatballs In Gravy, Mashed Potatoes, Peas and Mandarin Oranges	



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

11:30 a.m. – 1:30 p.m. Pickle Ball – Gymnasium

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 ____