



Friends
in Action

Connections



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Friends in Action News & Programs

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May 2025

From the Director

This issue of Connections is all about **gratitude**—a heartfelt thank you to the donors and sponsors who make it possible for Friends in Action to support the older residents of Hancock County in living vibrant, fulfilling lives.

We invite you to take a moment to read through our **Impact Statement** and the list of **generous donors and sponsors** who have fueled our work. If you recognize a name, consider reaching out with a personal thank-you—it means more than you know.

Spring is (finally) here!

I'm writing this the day after what I hope was the last snowstorm of the season. The skis are packed away, and I'm daydreaming of green

fairways—yes, it's golf season soon! Which reminds me...

Save the Dates!

We've got two exciting events coming up—please mark your calendars:

Walk-Run-a-thon

June 14 – Join us for this scenic 3.1-mile walk (or run!) along the beautiful Union River. It's a perfect family outing and a great way to connect with others while getting some fresh air and gentle exercise. Runners are welcome—and if one loop isn't enough, feel free to go again!

Annual Golf Tournament

September 16 – Stay tuned for more details, but go ahead and block that day. We'd love to see you on the course!

Growing Together: Cross-Generational Gardening

Spring also means it's time to get our hands in the dirt! We're thrilled to launch a new **cross-generational gardening project** in partnership with the Downeast Family YMCA Child Day Care. Seniors and kids will team up to grow fresh veggies

that will be used in lunches at both the Day Care and the Senior Center.

It's a meaningful way for seniors to engage, teach, and enjoy the joys of gardening—while creating a living classroom for kids.

Interested in joining in? Call us at **207-664-6016** or email **Director@FriendsinActionEllsworth.org**.

New Support for Independent Living

We're excited to share that a generous grant from the **Mid Coast Realtors Association** and the [Your Other Association Name Here] is helping us support older adults living independently at home. Thanks to this funding, we can now take on small home projects to help our clients stay safe and comfortable.

Know someone who might benefit? Reach out at **207-664-6016**.

To Our Volunteers—Thank You

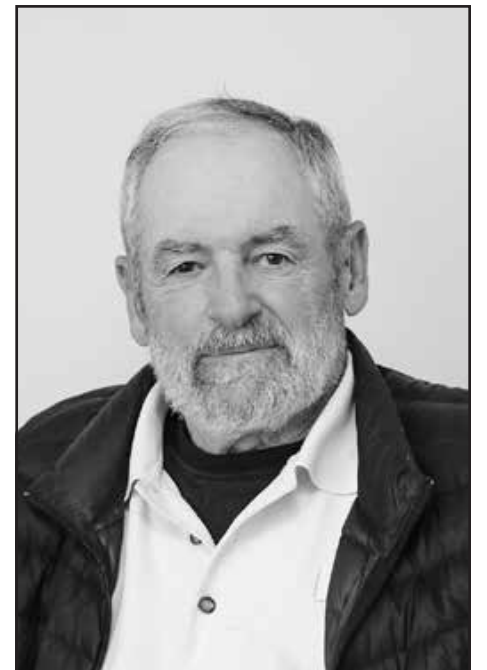
Finally, a sincere apology to our amazing volunteers. A recent issue of *The Ellsworth American* featured a volunteer recognition section that, unfortunately, did not include

Friends in Action. We weren't aware the feature was happening, and we missed the chance to celebrate you publicly.

We deeply value your time, your energy, and your heart. We'll make sure to never miss an opportunity again—you deserve the spotlight.

With appreciation and hope for a sunny season ahead,

-John



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Walk/Run-A-Thon



Grab your family & friends to have fun, get moving, and support Friends in Action!

**\$25 PER PERSON
RAFFLE & FAMILY FRIENDLY
ACTIVITIES INCLUDED**

Register at
friendsinactionellsworth.org
or scan the QR Code!

First 50 registrants receive a free t-shirt!



SAVE THE DATE FOR FRIENDS IN ACTION'S 4TH ANNUAL

**SATURDAY
JUNE 14, 2025
KNOWLTON PARK
ELLSWORTH, ME
REGISTRATION: 8AM
GROUP STRETCH: 830AM
START: 9AM**

Thank you to our 2024 Donors, Sponsors, Partners, & Volunteers for continuing to make Friends in Action “more than just a ride.” 2024 was a year of tremendous growth for our organization. It is because of the generosity from our community that we are able to create a place where every trip taken with Friends in Action brings joy, connection, and opportunity to our clients. John Lindquist, Executive Director			
MARY ABBOTT NANCY ADAMS ROBERT & JUDTH ADELMAN WILLIAM & TRUITT ALLCOTT SYLVIA ALLEN ROY ALLEN RIVERSIDE CAFE GREGORY ALLEN JOYCE SULLIVAN & PETER ALLEN KIM ALLEN-WADMAN CAROLINE ANDREWS & DAVID ZUK BRIAN AULT JUDITH BAKER DOROTHY BAKER MAUREEN BARRETT WILLIAM & ELIZABETH BEARDSLEY JEAN BECKLEY SUZANNE H. BECQUE BECTON FAMILY FOUNDATION ROBERT & ELLEN BECKMAN COLIN BEESON DEBORAH BENNETT ARNOLD & RIVA BERLEANT LINDA & FOSTER BLAKE BARBARA BLAND DIANE & DANIEL BOSSERT DONNA BRAZELL MARY BRENNAN & KEVIN CODRARO JASON & TRUDY BROWN JOSEPH BRUNO HEATHER BRYAN CERRY BRYAN JANICE BUCKINGHAM JEAN & GERALD BUCKWALTER DONNA BURKART PETER & JANET BURNETT EMILY BUTLER GREATER CINCINNATI FOUNDATION GAIL & WILLIAM CADDON DAVID & STACY CALABRESE ERNEST & DIANE CAPEN SHANON CARD EVELYN CARPENTER SANDRA & ALBERT CARTER MIKE CARTER POLLY & BILL CECKLER JOYCE & CHRISTOPHER CHORNYAK BARBARA CLARK CHRISTINE CLEARY CLEVELAND ON THE CAPE FUND DAN & APRIL CLIFFORD DEBRA COHN JORDAN WOLFE COLBETH DAWN L. CARROS & LAWRENCE COLE SARAH FASHENA & THOMAS COLEMAN DR. MOLLY & THOMAS COLLINS LAURA & STEVEN COOPER HOLLY COZI-BURR & DAVID BURR LORRAINE & DAVID CROOK DAVID & CLAIRE CULLINANE LYNN & DONALD CURLEY HANNAH CYRUS MAGGIE DAVIS PEGGY DAY JIMMY DEITERS DAN & MARY DELONG MARY JO DEMPSEY BRUCE & SHEILA DENNY-BROWN MILLIE DEVEAU DEBORAH DEWITT & CHARLES LUCAS ALMER & LINDA DINSMORE CYNTHIA & GORDON DONALDSON MICHAEL & WENDY DOWNEY GEORGE & CHARLOTTE DRAPER VIRGINIA W. 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DIANA GAZIS DAVID & SUSAN GEE DENNIS MCCONNELL & VIRGINIA GIBSON MAUREEN GIUNTA SUSAN GOODMAN DOWNEAST EYE ELLEN GREENHALGH RANDALL & HOLLY GRIFFIN ROGER & JULIE GRINDLE THOMAS & VIRGINIA GROGEAN JACKIE & EDWARD GROHOSKI CHARLES & SUSANNE GROSJEAN STEVE GUTHRIE JANIS & WALTER GUYETTE MARY HAMLET MARTHA & LLOYD HARMON NANCY & MICHAEL HARRINGTON JOANNE HARRIS FREDERICK HAUCK & SUSAN BRUCE CAROLYN & LAURA HELLER MILT & ANN HERCHENRIDER CHARLES & EILEEN HERRINGTON SARA & ROBERT HESSLER DIANE HESSLER MARIA HIGGINS GERALD & MARGARET HILL JOHN HODGDON JENNIFER HODGKINS PEGGY & JON HOPKINS DR. MARK & JESSICA HOROWITZ WILMER & LOLA HOSLER MALEN R. HSU JOSEPH HUBER & SHEILA UNVALA KATHLEEN HUGHES & PETER JOHNSON JANE HULTBERG BERYL JANE HUTCHINS THE LEARNING LIBRARY MATTHEW JACOBS & CAROLINE CUNNINGHAM	DONNA & ROBERT JANCEWICZ JOEL JANENDA RONNY JOHNSON ALMA JOHNSON & VICKI LANDMAN LAWRENCE JOHNSTON JOYCE JOHNSTON PATRICIA & HUGH JONES THE ESTATE OF ELEANOR JONES DOUGLAS & NANCY JONES LINDA JORDAN LINDA JORGENSEN HARRY LEE & ANN JUDD MICHAEL KANE CARL KARUSH CHRIS & ANNE KEEFE ROBERTA KEEP STEPHEN KEISER HARVEY & DIANE KELLEY RONALD SCHWIZER & DOUGLAS KIMMEL LINDA & DENNIS KING DAVID KRECH DAVID KRYSOSEK & CARMEN RUNDLE-KRYSOSEK ROBERTA KURILOFF & BERNICE PALUMBO LINDA LAFORCE LEA & ROGER LANE CLARENCE LAVERTU BELINDA & CLAUSTIN LAWRENCE TIMOTHY LEAVITT CHARLES & DONNA LEAVITT MICHAEL LEAVITT DEBORAH LEAVITT DAVID LEAVITT CHARLOTTE & JAMES LEE SHIRLEY LESLIE-RHODES & DAN RHODES LOUISE LEVESQUE EDWARD JONES FINANCIAL LAWRENCE & LOIS LIBBY JANICE LIPTAK MARLENE LLOYD MARY ANN & PAUL LOCK METHOD & MADNESS BARBARA W. LOGAN DONNA LOOMIS JOSEPH & JUDITH LOSQUADRO TRUDY & GREGORY LOUNDER JUDITH & RICHARD LYLES S.CRAIG MACDONALD NANCY MACKNIGHT JUDITH MACLEOD FOLGER KAREN MACOMBER ROBERT & KATHERINE MADDOCKS BONNIE & STUART MARCKOON MARINO COMMUNITY FUND MAINE SHELLFISH CO. SARAH MCCLOSKEY MARYANN MCHUGH GEORGE MCLAUGHLIN & ROBERTA PARRITT KATHRYN RESENBRINK & JON MCMILLAN EVELYN & CRAIG MILNER PATIENCE MOLL & ED BEAUMONT TIMOTHY & MARGARET MOORE ANTHONY MOORE DAVID HUGHES & SILVANA MORETTI ALLEN & CRYSTAL MOYER DEBORAH & WILLIAM MULHERN TAMELA & JOSEPH NABOZNY EMALINE & PATRICK NABOZNY ENID NELESKI JANE NESBITT ELINOR NEUHAUSER JAMES & JANIS NEWETT ANNE LABOSSIERE & DIANE NICHOLLS HARRY & MARTHA NICKERSON RACHEL NOBEL & AARON BROWN JERRY & PATRICIA NOBLE MARY NURKO RODERICK O'CONNOR WILLIAM & EMMELYN O'MEARA MARGARET OBER ETHEL & RICHARD OSSOLINSKI SUSAN OSTERTAG MARVIN OVERLACK ELIZABETH PALMER GIBSON FINANCIAL RHONDA PARKER DONALD & HEATHER PARKER DAVID & CAROLYN PARKS CATHERINE & PAUL PARSHLEY DONALD & HEATHER PARKER DAVID & CAROLYN PARKS CATHERINE & PAUL PARSHLEY CHRIS PARSONS BUILDING & REMODELING NANCY PATTERSON EUGENE & LAURA PELLERANO WENDY PELLETER JAMES & KAREN PENSIERO ANDREA PERRY & TOBY STEPHENSON DEBBIE PETTIS HANNAH PHIPPEN KATHERINE PITMAN JANE & ROBERT POOLER JANE & JAMES PRINGLE JANICE PRIOR-CROFOOT DAVID PROUT RHONDA PUCKETTE ROBERT & GEORGIANNA PULVER MOLLY RAWLES ARLINE REED DARTHA & PAUL REID LINDA REINHARDT JACQUELINE RICE & PAMELA BRIDGES MARTA CLAYTON & BARTHOLOMEW RIEMAN LESLEY ROBINSON & HOWARD WEINER RUTH ROSSI BERNARD RYAN JACQUELINE SACKETT VICKI SALSBUARY & BRENT HUTCHINS SIGRID SARADUNN SARGENT REAL ESTATE MARTI SAWYER IRENE SCHMIDT & GEORGE BOROWFSKY SHERRY SCHWARTZ JOHN & NANCY SCOTT ELIZABETH & TERA SELIM CURTIS SHAW TOWN FAIR TIRE FOUNDATION CATHERINE & LEONARD SHULTZ MARILYN SIMMEL GERALD & IRIS SIMON SINCLAIR DEVELOPMENT CO. 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STICH RECREATIONAL TRUST PARTNER ORGANIZATIONS: HEALTHY PENINSULA BUCKSPORT BAY HEALTHY COMMUNITY COALITION HEALTHY ISLAND PROJECT HOSPICE VOLUNTEERS OF HANCOCK COUNTY MDI WHEELERS ELLSWORTH MUSIC INSTITUTE ELLSWORTH HISTORICAL SOCIETY ELLSWORTH ADULT EDUCATION HANCOCK COUNTY TECHNICAL COLLEGE HEALTHY ACADIA YMCA HANNAFORD NORTHERN LIGHT HEALTH ISLAND CONNECTIONS NEIGHBORS HELPING NEIGHBORS UBE PHYSICAL THERAPY & PERFORMANCE EASTERN AREA AGENCY ON AGING LOAVES & FISHES SAINT DUNSTAN'S EPISCOPAL CHURCH FIRST CONGREGATIONAL CHURCH OF ELLSWORTH TREE OF LIFE VOLUNTEERS: MAUREEN ANDREW FREDERICK ANDREW SONYA BATES FRANK BAXTER FELICITE BEAUDOIN AL BEESON DAVID BENOIT PATRICIA BERARD TOM BJORKMAN JUDY BLOOD PETER BOGRAD SUZANNE CAMPBELL LYNN CARLISLE DIANE CATER JUDY COOPER RENE COLSON HUDSON JO COOPER JAN CROFOOT CATHY CYR DAWN-ELAINE DANFORTH ALLAN DEDE ANNE DICKENS RAY DINSMORE MARY & EDWARD EVELYN RANDY EWINS CARLA FALKENSTEIN KAROL FIFIELD VALERIE FROST JACQUES GAGNE CANDACE GIMELIN HOLLIS GEE MAUREEN GIUNTA ANNE GOMMEL KASSIE GREY KIM GRINDLE DIANA & JEFF HARTNETT KATHY HEANSSLER SARA HESSLER ROBERT HESSLER TIM HOLLENBACK SEPP HUBER JANE HUTCHINS MASANOBU IKEMIYA DALE JELLISSON JEFF JUDE LORI JOHNSON LAUREN KAROPKIN CARL KARUSCH JOEL KATZ CHRIS KEEFE DOUG KIMMEL ROGER LESSARD MARY ANN LOCK PAUL LOCK RICK LYLES KAREN MACOMBER MEG MAIDEN DANA MASTROIANNI CHRISTINA MCCOWAN JENNIFER MITCHELL NEVIN EMILY MUISE JOSEPH NABOZNY TAMELA NABOZNY DIANE NICHOLLS RHONDA PARKER DIANE PERRY DIANE PHIPPS CHARLES PIERPORT MICHAEL REISMAN SHIRLEY LESLIE-RHODES DAN RHODES KATHY RINEHART WILL SANDERSON HENRI SANDFORT ANNE SPATTUCK JANE SHEA CATHY SMEAL JANET SOMERS JOANNE STEENBERG MARY TALLEY NANCY TURNER JOHN VASQUEZ MOLLY WARREN KIMBALL WARREN RUTH WAUGH KENT WEISNER ANNE WEST LESLEY WEST RALPH WEST STEVEN WHITNEY ANNE WILLIAMS TOM YAROSCHUK

Flexibility
Strength

Joint Health
Bone Health

Stress Reduction
Cardio Vascular Health

Why do Yoga

Contact Patricia Jones at Friends in Action

Get Fit for Less with Your Health Insurance!

Some healthcare plans will cover your fitness membership with Friends in Action



Who qualifies?

Many people with Medicare Advantage (Part C) plans are eligible for fitness benefits — either through a national program like SilverSneakers or through a reimbursement plan offered by their insurer.

You may be able to receive fitness reimbursement if:

- You are enrolled in a Medicare Advantage plan (such as Martin's Point Generations Advantage, UnitedHealthcare, or Anthem Blue Cross Blue Shield).
- You are enrolled in a commercial or individual insurance plan that offers wellness incentives (check directly with your provider).

What if I'm not in a program?

If you're not sure whether your plan includes fitness benefits, the best place to start is by calling the number on the back of your insurance card and asking:

"Does my plan include fitness benefits, such as SilverSneakers, Renew Active, Silver&Fit, or a wellness reimbursement for community fitness programs?"

Some plans will give you free access to participating gyms and programs. Others may reimburse you for classes like the ones we offer at Friends in Action — up to a set amount each year.

I qualify! Now what?

Enroll in a fitness membership with Friends in Action! We'll provide you with proof of your membership purchase that you can submit to your insurance company!

Final Step: Get Moving and Get Healthy!

Seniors Survive Technology Boom

In what experts are calling “a miracle rivaling finding Wi-Fi in a metal building,” America’s senior population has survived—and in many cases, thrived—through the Great Technological Takeover of the 21st Century.

“I just wanted to play solitaire,” said Carol, 76. “Now I have three Pinterest boards, a Facebook group, and an Etsy store where I sell decorative pot holders shaped like cats. I don’t know how it happened.”

Yes, there have been fumbles—a few accidental selfies, a brief international emoji incident—but overall, seniors are mastering email, Zoom, texting, online shopping, and the sacred art of typing with one finger while still outpacing those who grew up with touchscreens.

“It’s not easy,” said Bob, 82, while valiantly trying to mute himself on Zoom for the seventh time. “But let’s see someone under 40 parallel park a Buick, balance a checkbook, or sew a

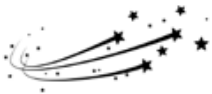
button back on without YouTube and a minor identity crisis.”

Recent studies show that seniors now make up 62% of people who still use voicemail properly, 87% of users who actually read the terms and conditions, and 100% of people who can operate a microwave and a Crock-Pot without Googling it.

So the next time a grandchild

sighs because Grandma accidentally sent a text that says “LOLL,” remember: she survived rotary phones, dial-up internet, and the original TV Guide. She can handle your fancy apps just fine.

—Penned by a millennial who can code a website but still calls their mother to figure out how long eggs are good for.



Volunteer of the Month

Charlotte Stetson has served on the Friends in Action Board of Directors for the past ten years and has been its president for the past five years. Back in 2015, soon after she had retired, a friend who was on FIA’s Board asked Charlotte if she might be interested in joining the group. Figuring that the opportunity might help her connect with her community and stay busy in retirement, she agreed and has been involved ever since. Also in the back of mind was her mother repeatedly saying, “I gotta keep going so I can keep going.”

Those who know Charlotte well have experienced the positive attitude she exudes and they appreciate and benefit from her work. All are thankful that she has continued to serve and help carry out the mission of the Friends in Action. Her continued dedication to FIA stems from a desire to be part of the community and her leadership skills likely developed during her long career first as a teacher of young children and then a teacher of teachers.

Charlotte was born in Bangor and lived there until the age of 14, when her family moved to the Boston area so her father could begin a new job. After high school, Charlotte attended college in New York State, graduate school in Massachusetts, and finally landed in Vermont. But visits to Maine happened every summer so it was no surprise to anyone who knew her that she eventually moved back to Maine full-time.

Today, Charlotte lives in Hancock with Lesley, her partner of many years. In addition to her involvement with FIA, she finds plenty of other ways to keep her body and mind healthy. Music has always been an important part of her life and after she retired, she took up the cello. She’s been at it for about ten years and practices each day. She now plays in a cello trio that rehearses regularly at the Moore Center, so it appears that all that practice has paid off! Charlotte also finds every chance she can to pursue her other passion – being outdoors! Walking or hiking with friends happens as often as possible. Spend some time with Charlotte and you’ll soon realize she has adopted her mother’s motto. She “keeps going so she can keep going!”

MENU

May 2025

Thursday, May 1st Pulled Pork Sliders, Coleslaw, Potato Salad and Mandarin Oranges	Thursday, May 8th Meatball Subs, Tater Tots, Broccoli and Pineapple	Thursday, May 15th Chicken Fettuccini Alfredo, Mozzarella Stuffed Breadstick, Cauliflower and Peaches	Thursday, May 22nd Sloppy Joe, Tater Tots, Corn on Cob and Grapes	Thursday, May 29th Bacon Ranch Chicken Casserole, Green Beans, Dinner Roll and Cantaloupe
Tuesday, May 6th Black Pepper Chicken, Rice, Carrots and Apples	Tuesday, May 13th Beef Taco Salad, Spanish Rice, Corn Chips and Pears	Tuesday, May 20th Meatloaf, Brown Gravy, Mashed Potatoes, Green Beans and Cinnamon Applesauce	Tuesday, May 27th Sausage and Penne, Dinner Roll, 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.

