

June 2025

Step by Step: Why This Walk/Run Is So Much More Than a 5K

On June 14th, Knowlton Park will be full of energy, laughter, and a whole lot of good vibes as Friends in Action hosts its 4th Annual Walk/Run-A-Thon.

Yes, it's a 5K. But no, you don't have to run.

This event is for everyone—from speedy sprinters to determined stroller-pushers to folks who just want to walk a lap and cheer. It's about showing up for a cause that moves us—literally and figuratively.

Funds raised from the Walk/

Run go directly toward essential programs that support older adults and people with disabilities in our community, including free transportation, food deliveries, and access to wellness classes. When you register, donate, or sponsor the event, you're not just supporting Friends in Action—you're helping someone make it to a cancer treatment. You're helping someone get a hot meal. You're helping someone feel less alone.

Details at a Glance:

- **Date:** Saturday, June 14,

2025

- **Location:** Knowlton Park, Ellsworth
- **Registration Opens:** 8:00 AM
- **Group Stretch:** 8:30 AM
- **Start Time:** 9:00 AM
- **Cost:** \$25 per person
- **Bonus:** First 50 people to register get a free t-shirt!

"We call it a Walk/Run, but it's really a celebration," says board member, Deb Leavitt. "This is a chance for our community to

come together, move our bodies, and raise awareness about the services that keep our seniors safe and supported."

Whether you're a runner, a walker, a sponsor, or just someone who wants to see the world get a little kinder—there's a place for you at this event.

Join us. Step by step, we make a difference.

Register online at friendsinactionellsworth.org/walk-run-a-thon/ by calling the office at 207-664-6016, or stopping by!

From the Director

In these turbulent times, Friends

Friends in Action Board of Directors

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in Action is fortunate in that we do not receive funding from State or Federal sources. That is not to say, however, that we are immune to the federal cost cutting measures. We have historically been the beneficiary of the generosity of many of the local governments throughout Hancock County. One of the techniques the federal government appears to be using is to eliminate funding for programs at the federal level thus leaving the State of Maine little choice but to fund the program with state resources. In turn, this is likely to put pressure on local government budgets thus reducing the ability to support community charities. In light of the possibility of reduced funding, it

is my hope that our supporters will step into the breach and increase their personal donation. To make it a little bit easier for our donors, and to enable more reliably project our revenues, we have created an on-line program, "Friends Taking Action" which enables automatic monthly or yearly donations. As little as \$10 per month can make a huge difference.

On a lighter note, we are kicking off our intergenerational gardening program. This is a joint program including Friends in Action constituents and the Down East Family YMCA. Last fall we removed our old raised beds. They had been in service for more than 6 years and had reached the end of their useful life.

We are replacing them with metal frames. They are less expensive, easier to assemble, and will last longer. The kids in the "Y" day care have already started planting the vegetables and expect them to sprout soon. If our timing is right, the new beds will be assembled and the soil prepared about the time that the sprouts are ready to be transplanted. The kids are hard at work, but we have plenty of room for the senior gardeners to get involved. Please call (207 644 6016) or visit us in the Friends in Action office if you are interested. Gardening is a great way to enjoy the outdoors and interacting with youngsters is fun and at the end of the day you will be rewarded with some fresh vegetables.

We are also working feverishly to put on this year's Run/Walk-a-Thon. is scheduled for June 14th with registration opening at 8:00 am. See the accompanying article for more details.

You will also see in this issue of Connections, a reprint of Governor Mills proclamation making May "Older Americans Month" I regret that I missed the deadline and did not get the proclamation into the May "Connections", but I still want to give the Older Americans in Maine the recognition they deserve.

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Director’s Letter Cont.

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Keep in mind that without the older generation, there would not be a younger generation. Take a little time to reflect on the good things “Boomers” have done for you and consider giving back.

-John

State of Maine



Proclamation

WHEREAS, Maine is fortunate to have over 400,000 people aged 60 and over who contribute skills, talent, wisdom, and experience to our great state; and

WHEREAS, our communities benefit when people of all ages, abilities, and backgrounds can participate fully with the highest level of independence; and

WHEREAS, older Mainers improve our communities through intergenerational relationships, community service, civic engagement, and many other activities; and

WHEREAS, Maine must ensure that as we age, we have the resources and support needed to stay involved in our communities, reflecting our commitment to inclusivity and connectedness; and

WHEREAS, Maine recognizes the valuable role of caregivers and the need to promote programs and services that support and foster their well-being; and

WHEREAS, Maine recognizes the profound impact of meaningful interactions and social connection on the well-being and health of older adults and caregivers in our community; and

WHEREAS, promoting age positivity and challenging stereotypes benefits everyone in Maine and improves the health, quality of life, and financial well-being of older adults; and

WHEREAS, as Governor, I established the Cabinet on Aging in 2022 to elevate the voices of older adults and to continue advancing policies that improve their quality of life, inclusion, and engagement throughout Maine;

NOW, THEREFORE, be it resolved that I, Janet T. Mills, Governor of the State of Maine, do hereby proclaim the month of May 2025 as

Older Americans Month

in Maine, and I urge all citizens to join me in recognizing the contributions of older people and promoting programs and activities that foster connection and support for older adults and build stronger communities for all.

In testimony whereof, I have caused the Great Seal of the State to be hereunto affixed GIVEN under my hand at Augusta this thirtieth day April Two Thousand Twenty-Five



Shenna Bellows
Shenna Bellows
Secretary of State

TRUE ATTESTED COPY



Janet T. Mills
Governor

Janet T. Mills
Governor



FIVE WISHES®
The Gift of Conversation



Most people think it is important to talk about their end-of-life care wishes
--but--
Most people have not had these conversations.

Have you?

Join us to learn more about advance care planning and how to give the gift of conversation to the important people in your life.

✓ Learn how to have advance care planning conversations with your children, your parents, or the most important people in your life.

✓ Learn about picking the right person to speak for you when you cannot communicate for yourself due to a health crisis.

✓ Receive a free **Five Wishes** document that will help guide you through all the steps and considerations and become a legally valid advance directive when completed and signed.

✓ Learn why updating your documents is important as life situations change.

June 17, 2025, 10-11:30am
Location: Friends in Action
Moore Community Center
5 General Moore Way, Ellsworth

To register, contact
Hospice Volunteers of Hancock County
207-667-2531 or go online at
hospiceofhancock.org/education

Presented by Five Wishes Certified Presenters
Kathy Baillargeon, Executive Director and
Cookie Horner, Patient Care &
Bereavement Volunteer



June Horoscopes: Mildly Accurate, Wildly Entertaining

Aries — Your energy is electric this month possibly because you drank coffee too late in the day. Channel it into something productive like reorganizing the sock drawer or aggressively weeding the garden.

Taurus — You’re craving peace, quiet, and snacks preferably all at once. Sadly, someone will insist on chatting during your most serene moment. Smile, nod, and quietly plot your escape.

Gemini — You’ll start five conversations, two crafts, and one completely unnecessary debate before lunch. By the time you remember what you were doing, someone else will have already done it. Neat!

Cancer — You’re feeling extra sentimental. A squirrel doing something vaguely cute might bring tears to your eyes. Let yourself feel the feelings. Maybe just keep tissues nearby.

Leo — You’ll bask in attention this month and love every second of it. Try not to strike a dramatic pose every time someone compliments your shoes. Or do. You’re basically royalty anyway.

Virgo — You’ve made a list, double-checked it, and somehow still forgot the one thing you actually needed. Take a breath. Perfection isn’t a requirement unless you’re baking.

Libra — You’re doing your usual dance between sure, I’ll help and please leave me alone forever. It’s okay to say no once in a while. Especially if it interferes with snack time.

Scorpio — A small mystery will present itself. The truth will be revealed and it will be stranger than expected. Whether it involves missing cookies or a talking crow is entirely up to fate.

Sagittarius — Adventure calls! Or maybe that’s just the ice cream truck. Either way, follow your curiosity (literally or metaphorically) it might just lead to something sweet.

Capricorn — You’ll be tempted to take over a group activity ‘for everyone’s benefit.’ Try to resist. Let chaos reign for just a moment. It builds character and possibly stronger friendships.

Aquarius — Your creativity is off the charts this month. One idea will be a masterpiece. Another might involve a glitter incident. Embrace both. Life needs a little sparkle.

Pisces — You’re swimming through June with big dreams and an even bigger imagination. Just remember to come up for air before you sign up for ten new hobbies. Wonder is wonderful but naps are magic too.

Bending Without Breaking: Why Yoga & Pilates Are Perfect for Aging Bodies

Aging gracefully doesn't mean sitting still. In fact, movement—especially the gentle, intentional kind—is one of the best gifts we can give our bodies as we grow older. At Friends in Action, yoga and Pilates classes led by certified instructor Patricia Meefong Jones have become a core part of our fitness programming. Designed specifically for older adults and those with mobility challenges, these classes are about more than just exercise—they're about empowerment, healing, and connection.

So what's the difference between yoga and Pilates—and why are they so good for you?

Both focus on controlled movement, balance, and breath, but each has its own strengths:

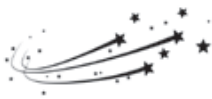
- Yoga emphasizes flexibility, mindfulness, and stress reduction. It can help reduce blood pressure, improve sleep, and ease chronic pain—especially in the back, neck, and joints.

- Pilates builds core strength, body alignment, and stability. This is key for fall prevention, improving posture, and protecting the spine. The best part? These practices are highly adaptable.

Whether you're seated in a chair, lying on a mat, or moving gently through standing poses, you can participate at your own pace.

Clients have reported not only improved strength and flexibility, but a greater sense of calm and confidence in their daily movements. Some even say it's the best part of their week.

At Friends in Action, fitness isn't about keeping up—it's about showing up. We're proud to offer a welcoming space where every body is celebrated. Interested in trying a class? You can view our full class schedule online at our website friendsinactionellsworth.org, in this newsletter, or call us at (207) 664-6016 to learn more.



Participant of the Month

My interview with Chip Tinto was brief, but noteworthy. We talked by phone while he was in his car. By the way, he did pull off the road for our conversation. Chip is clearly active and independent as evidenced by the fact he still drives and made a trip to spend Easter with family. He immediately made it clear that he could easily tell me about how much Friends in Action's means to him.

He explained that he'd been friends with some of the volunteer drivers long before he signed up for the Friends in Action program. Chip pointed out that at 86 years old he's "the oldest one in the bunch". More specifically he praised Bob Hessler and Bob's sister, Judy Blood. "I've known them for about 25 years", he said, "and Judy will sometimes deliver a meal but will then come in and clean up my kitchen a bit."

After the death of his wife, he found living alone somewhat challenging. Then he found he could get help from Friends in Action. That was 10 years ago and he has been receiving meals ever since; brought right to his door every Monday and Tuesday. When I asked how he felt about the delivery team, he expounded, "Oh, my God. They've become my life-long friends!" He said he will gladly tell others about his experiences with the incredible folks who make the meal delivery service possible.

Volunteer drivers are a significant part of Friends in Action's mission to help seniors live independently with a strong quality of life. Chip Tinto is a happy man. He has found that it's as important to have a friend as it is to have a warm meal on your table. He knows how wonderful it is to get both at the same time.

What's Happening

A group of women meet bi-monthly at the Senior Center. They have a core group of 5 or 6 ladies who get together every first and third Wednesday from 1 to 3:00. Any woman who's 55 years or older is welcome to drop in.

You'll find this a comfortable venue for sharing stories, to laugh, share experiences or concerns, listen to others - and all without judgement. Most don't want advice, but the participants discover they have a lot in common as they

all are venturing through the aging process. Conversations often develop when someone is trying to find resources in the area: appliance repairmen, arborists, dentists or doctors taking new patients, or how to navigate new technology. Personal topics come up, but chats are always kept confidential. While the Women's Group is there for support, building new friendships is the bonus. Friends in Action. Stop in and see what's happening.



MENU

June 2025

Tuesday, June 3rd Chicken Florentine, Rice, Broccoli, Roll and Grapes	Tuesday, June 10th Italian Beef Sandwich, Cauliflower, Pasta Salad and Peaches	Tuesday, June 17th Smoked Sausage, Sauerkraut, Carrots, Dinner Roll and Pineapple	Tuesday, June 24th Pork Loin, Yellow Rice, Green Beans and Mandarin Oranges
Thursday, June 5th Stuffed Peppers, Mashed Potatoes, Sweet Corn and Cantaloupe	Thursday, June 12th White Pizza, Mixed Salad, Breadstick, Pears	Thursday, June 19th Hand Breaded Baked Chicken, Parmesan Garlic Mashed Potatoes and Applesauce	Thursday, June 26th Hot Dog, Baked Beans, Corn on the Cob and Watermelon



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

