

August 2025

Tee Up for Healthy Aging— and a Great Day on the Green!

Dust off your clubs and mark your calendars—it's almost time for the 15th Annual Friends in Action Golf Tournament!

Join us on Tuesday, September 16th, 2025, at the beautiful Kebo Valley Golf Club in Bar Harbor, with a 10:00 AM tee-off. Whether you're aiming for birdies or just a fun day outside, you'll be swinging for an incredible cause.

Why does your support matter? Because Maine is one of the “oldest” states in the country—nearly 30% of Mainers are age 60 or older. The new 2025 Maine Healthy Aging

Data Report shows that while many older adults are thriving, challenges remain:

- 34.8% of Mainers 65+ have been diagnosed with depression—the highest rate in New England.
- Over 28% of older Mainers live alone, putting them at greater risk of social isolation.
- Rural communities, like many we serve in Hancock County, face higher rates of chronic diseases and barriers to accessing care and community services.

At Friends in Action, we're

working every day to change that—offering transportation, social connections, health programs, and support services that help older adults and people with disabilities stay independent and connected.

Registration is \$150 per player. Your participation helps ensure these vital programs continue making a difference. Looking to support our mission even further? Sponsorships are available from \$250 to \$5,000, offering businesses excellent visibility and community engagement opportunities, including recognition in event materials, media

coverage, and live mentions during the tournament. Sponsorships help fund vital programs that keep older adults healthy, connected, and independent—services that are increasingly critical as Maine's aging population grows.

Ready to swing into action? Visit friendsinactionellsworth.org, call us at 207-664-6016, or email info@friendsinactionellsworth.org for details, registration, or sponsorship opportunities.

Let's make this year's tournament a hole-in-one for healthy aging in Hancock County!

From the Director

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At Friends in Action, we witness every day how simple acts of kindness—sharing a meal, offering a ride, or making a friendly phone call—can brighten someone's life. Thanks to your support, we're not only sustaining these vital connections, but also discovering new ways to keep our neighbors healthy, engaged, and supported.

I'm excited to share a few upcoming events and updates that show just how much we can accomplish when we come together as a community.

Swinging into Fall: Our Annual Golf Tournament

Save the date—September 16, 2025!

Join us at Kebo Valley Golf Club in Bar Harbor for our Annual Golf Tournament. Tee-off is at 10:00 AM, and it promises to be a fun-filled day with:

- 18 holes on a breathtaking course
- Exciting contests, raffles, and games
- Great food and camaraderie

Registration is \$150 per player, with every dollar supporting programs that so many in our

community rely on. We also offer sponsorship opportunities for individuals and businesses looking to make an even bigger impact.

To register as a player, sponsor, or volunteer, call us at 207-664-6016 or visit friendsinactionellsworth.org. We'd love to see you there!

Double the Celebration: National Senior Citizen Day

We're honoring National Senior Citizen Day twice—because our seniors deserve it!

- **August 21:** Nationally recognized Senior Citizen Day
- **September 11:** Maine's Senior Celebration (Maine observes it on Sept. 13, but we're celebrating early!)



Both celebrations will be held at the Senior Center Café, and the first 35 people to register for either date will receive a free lunch. Everyone who attends will also get a raffle ticket for a chance to win a gift card—a special treat for you and a friend.

Expect delicious food, lively conversation, and a heartfelt celebration of the wisdom, warmth, and spirit our seniors bring to the community.

Please call by 4:00 PM the day before to reserve your lunch.

Together, We Can Ease Loneliness This Winter

As we look ahead to winter, we're especially mindful of those in our community facing loneliness and isolation. The U.S. Surgeon General recently called this a public health epidemic, noting that a lack of social connection can be as harmful as smoking 15 cigarettes a day.

This is where you can make a real difference.

Whether it's a phone call, a friendly visit, or a ride to the grocery store or a doctor's appointment, every small act of kindness

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Director’s Letter Cont.

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helps someone feel seen and supported. And often, volunteers find the experience just as rewarding as those they help.

If you’ve ever considered volunteering, **now is the perfect time.** Just a few hours a week can bring warmth and hope to someone’s life this winter.

Thank you for being an

essential part of the Friends in Action family.

Your support powers everything we do and helps us build a community where everyone can grow, connect, and thrive.

I hope to see you at one of our upcoming events—or just around the Center for a visit.

-John

New Tax Break for Seniors

Millions of taxpayers ages 65 and older got a big tax break in the “One Big Beautiful Bill”, a new \$6,000 tax deduction, effective this year.

The deduction, will reduce tax bills for many older Americans, starting with their next tax filing and running through the 2028 tax year, after which it is set to expire.

The deduction is available in full only to taxpayers with incomes below a certain level, and it phases out above that threshold. There has also been confusion among older adults as to whether the measure passed by Congress on July 3 and signed by President Donald Trump the next day eliminates taxes on

Social Security benefit income.

Who is eligible for the deduction?

To qualify for the deduction, you must be at least 65 years old by the end of the tax year and have a modified adjusted gross income (MAGI) of less than \$175,000. If you’re married and filing a joint tax return, your spouse can also claim the deduction if they’re 65 or older and your combined MAGI is less than \$250,000.

How much is the deduction?

The maximum deduction is \$6,000 per eligible taxpayer. For married couples filing jointly, the maximum deduction is \$12,000 if both people are age 65 or older.

The Dog Days (and Cat Crimes) of Summer

August is blazing away, reminding us why they call this time of year the “dog days of summer.” But let’s not forget—this month is practically a holiday extravaganza for pet lovers, too. It’s International Cat Day on August 8th and National Dog Day on August 26th.

Which makes it the perfect time to talk about the real summer scandal: cats are absolutely terrible at staying cool.

Despite being desert creatures, cats insist on stretching out in the hottest sliver of sun they can find—usually on the windowsill, the back of the couch, or smack in the middle of the floor where everyone trips over them. They squint, yawn, and pretend they’re fine...while slowly transforming into furry little baked potatoes. And don’t even get us started on water. Cats act like you’ve offered them a toxic potion instead of a refreshing drink.

Meanwhile, dogs—bless their enthusiastic hearts—are pros at beating the heat. They know the value of a good shade tree, a kiddie pool, or

sticking their entire face under the garden hose. They drink water like it’s their job and remind us that sometimes the smartest thing you can do is flop down and pant until further notice.

So here’s your friendly reminder from Friends in Action: August is the time to channel your inner dog and save your inner cat for the winter months.

Stay cool, stay hydrated, and remember:

- Drink plenty of water (without glaring at it suspiciously).
- Seek shade whenever possible.
- Pace yourself with outdoor activities, especially during mid-day heat.
- Wear light, breathable clothing.
- And if you absolutely must stretch out in the sun like a cat...maybe set a timer so you don’t end up toasting your marshmallows.

Here’s to staying safe, staying cool, and enjoying both the dog days—and cat days—of summer. Happy August to you and your furry friends!

Where Stories and Friendships Grow: Join the Writing Group at the Senior Center

We all enjoy a good conversation—the kind where ideas flow, memories resurface, and laughter fills the room. At the Senior Center, there are plenty of opportunities to connect with others, share stories, and explore new interests. Just take a look at the Activity Schedule to see what’s happening every day of the week.

For example, Tuesday mornings offer a perfect mix of connection and creativity. Start your day with a cup of coffee at the Friends in Action Café. Around 10:00 a.m., you might wander up to the second floor for a friendly chat with the office staff. Just across the hall in Room 204, you’ll find a small but enthusiastic group gathering for something special: the Writing Group.

The Writing Group began in 2010 with about ten members. Today, the group is smaller—usually five or six people—but the energy and camaraderie remain strong. This isn’t a formal class or a place to polish the next great novel. Instead, it’s a space where ideas are shared

freely, where a single prompt can spark a flood of memories and creativity.

Each week, participants gather around the table, pens in hand, ready to reflect and write. Prompts may be offered, or inspiration may arise from conversation. After a bit of quiet writing time, participants read aloud what they’ve written, creating room for thoughtful discussion, laughter, and connection.

Over time, the group has taken on the character of its members. Stories range from serious and sad to humorous and uplifting. The discussions that follow often touch on the shared experiences of aging and living in a fast-changing world. Through it all, one thing is certain: the space is supportive, respectful, and confidential.

Sound intriguing? To learn more, stop by the Friends in Action office or call 207-664-6016. Or better yet—drop in any Tuesday from 10:00 a.m. to noon in Room 204 and see for yourself what the Writing Group is all about.





Neither Wife nor Widow

AUTHOR TALK W/ DALE RUTH SHERBURNE ABOUT CAREGIVING

NEITHER WIFE NOR WIDOW

AUGUST 14 AT 2 PM | RIVERVIEW ROOM

About the author

Dale Ruth Sherburne is a Maine native who raised two daughters with her husband, Russ, in an 1850s farmhouse with a menagerie of beloved pets. Her degree in child psychology led to direct-

ing special education services for preschool children with disabilities. Nature and animals are her passions, along with lakeside getaways, books, crafts, practical jokes, and finding joy among friends and family.

SAVE THE DATE

Friends in Action

FRIENDS IN ACTION 15TH ANNUAL GOLF TOURNAMENT

TUESDAY, SEPTEMBER 16TH 2025

KEBO VALLEY GOLF CLUB
BAR HARBOR

MARK YOUR CALENDER

Participant of the Month

Mary Costa is a shining example of how staying active—physically, mentally, and socially—can enrich your life at any age. A life-long advocate for wellness, Mary has been practicing yoga since the 1960s, playing tennis, and walking regularly with friends. During the pandemic, she and her walking group stayed connected and energized by strolling down quiet country roads—socially distanced but socially engaged. In fact, some of these same friends were the ones who first introduced her to the beauty of Maine during group vacations—an experience that sparked her deep love for the area.

Although she spends most of the year in Stranton, Pennsylvania, where she’s enjoyed the many offerings of her local Senior Centers, Mary was thrilled to discover Friends in Action when she searched for opportunities in Ellsworth. She quickly found her stride in the fitness classes offered at the Friends in Action Senior Center, especially yoga and Pilates with Patricia Jones. Even when she returns to Pennsylvania, Mary continues to attend via Zoom, a testament to her commitment and the quality of the classes.

She speaks with a warm laugh about her early days in Pilates—how challenging the first few sessions were, and how much laughter they brought. Thanks to Patricia’s supportive and knowledgeable instruction, Mary and her classmates have gradually built strength, improved their balance, and gained confidence. Mary now proudly notes that her core is stronger, her posture better, and that yoga helps her move “like someone much younger!”

Mary’s energy, curiosity, and willingness to try new things are an inspiration. For now, she’s content exploring the wide range of fitness programs at the Ellsworth Community Center—and she’s proof that staying active keeps you young at heart.

HAPPY

Senior Citizen's Day

MENU			
August 2025			
Tuesday, August 5th Beef Enchilada, Spanish Rice, Salad, Mandarin Oranges	Tuesday, August 12th Pork Tenderloin, Green Beans, Rice, Grapes	Tuesday, August 19th Chicken Fajitas, Corn Tortillas, Black Beans, Corn, Applesauce	Tuesday, August 26th Chicken Alfredo, Cheese Stuffed Breadstick, Green Beans, Peaches
Thursday, August 7th Chicken Cordon Bleu, Mashed Potatoes, Dinner Roll, Pineapple	Thursday, August 14th Hamburger Steak W/ Gravy, Baked Beans, Peas, Honeydew Melon	Thursday, August 21st Meatloaf, Mashed Potatoes, Broccoli, Pears	Thursday, August 28th Biscuits and Gravy, Breakfast Potatoes, Mandarin Oranges

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 ____