

September 2025

Fore! It's Time for the 16th Annual Golf Tournament!

Ready to swing into action? It's the 16th Annual Friends in Action Golf Tournament, and you're invited to join us for a *hole-in-one* event at Kebo Valley Golf Club in Bar Harbor on Tuesday, September 16th, 2025. The fun starts at 10:00 AM sharp, and trust us—this isn't just any golf tournament.

What's at Stake?

This isn't your average day on the green. It's a chance to make a real impact right here in Hancock

County. Why does it matter? Because nearly 30% of Maine's population is over 60, and many older Mainers face struggles like depression, social isolation, and access to care, especially in rural communities.

That's where Friends in Action steps in. Your participation will help us continue offering vital programs that keep older adults independent and connected, whether it's through transportation,

wellness programs, or simply making sure no one has to go it alone.

How Can You Get Involved?

- Register now for just \$150 per player! Your swing helps ensure that vital services stay strong.
- Want to make a bigger splash? We have sponsorships starting at \$250—perfect for businesses looking to make a difference while boosting their

community presence. Sponsorships include recognition at the event, Friends in Action newsletter and social media coverage, and more.

Ready to Join the Fun?

It's simple: visit friendsinactionellsworth.org or call 207-664-6016 to register or learn more about sponsorships. Let's hit this event out of the park (or the fairway... whatever works)!



From the Director

Friends in Action Board of Directors

President

Charlotte Stetson

Vice President

Candy Gammelin

Treasurer

Kathleen S. Hughes

Secretary

Mary Ann Lock

Members

Chris Popper

Kevin Davidson

Deb Leavitt

Lawrence Johnston

Diane Nicholls

Maureen Giunta

Tammy Nabozny

Friends in Action Senior Center Will Continue to Serve the Community

Despite the recent *Ellsworth American* headline, "YMCA Asks City to Run Community Center," Friends in Action does not anticipate any reduction or change to the programs and services we provide at the Friends in Action Senior Center.

Our Senior Center is located within the Moore Community Center under an agreement between the City of Ellsworth, the Downeast Family YMCA, and Friends in Action—later expanded to include the Ellsworth Music Institute. The Moore Center Committee, made up of representatives from each organization, works to coordinate programs and ensure the building runs smoothly. While the City owns the building and ultimately controls its use, the committee plays an important role in discussions about the Center's future.

I've participated in these discussions and firmly believe all parties are working toward an equitable, sustainable future for the Moore Community Center—one that will absolutely include the Senior Center.

Honoring Our Donors

In keeping with our commitment to the Senior Center's future, FIA has recently installed two commemorative displays: one recognizing the more than 300 donors to the original Capital Campaign that funded the Center's restoration and equipment, and another honoring those who have remembered Friends in Action in their estate plans. These displays stand as a lasting testament to our community's belief in a vibrant, welcoming place for older adults.

Mid-Year Appeal & Golf Tournament

Our mid-year appeal is underway, and we're pleased to share that we've already reached about 75% of our goal. Thank you to everyone who has contributed so far! If you haven't yet donated, we hope you'll consider the positive impact your gift can have on helping seniors live independently with a strong quality of life.

For golf enthusiasts, our **15th Annual Golf Tournament** is coming up on **September 16**—a fun way to support the Senior Center while enjoying a great day on the course.



Raised Bed Gardening Project

We're also making progress on our new raised bed gardening project, a cross-generational effort that will give seniors who love gardening (but may not have space at home) a chance to get their hands in the soil. It will also help YMCA children learn where food comes from—right from planting to the lunch table.

While we're a bit behind schedule, the beds are built and ready for planting. We may start with a cover crop this year and aim for vegetables next spring. If you'd like to join an informal planning group for the project, please let Rachael know—we'd love your ideas and enthusiasm.

-John

Reasons to Volunteer

As valuable as the work is, it's equally rewarding to volunteer. A January 2025 study published in the journal *Social Science & Medicine* found that giving back as a volunteer not only makes older people feel younger but also stymies the aging process, leading to better mental and physical health.

Here are 7 more great things about volunteering.

1. You can follow your heart

With a traditional 9-to-5 job, your main goal might be to pay the bills. With volunteering, however, it's about devoting hours to organizations you believe in.

2. It adds purpose to your life

Nadine Kaslow, 68, a psychology professor at Emory University, says you don't need a degree to understand what draws her to causes like Ronald McDonald House, an organization that supports families while children who are ill undergo treatment.

3. You keep loneliness at bay

Volunteering is valuable for older individuals who are susceptible to the effects of loneliness, which was deemed an epidemic in 2023 by the U.S. Surgeon General. Isolation is toxic. It engenders loneliness, but "[i]t's something that can be deeply mitigated by interactions with other people."

4. Gets you up and moving

Older adults are apt to lounge in a chair with the television on rather than do something productive.

Volunteering ties into the Centers for Disease Control and Prevention's recommendations for staying active when older. Among the im-

mediate impacts of staying active are improved sleep and lower blood pressure, according to the CDC's website. Long-term benefits include reducing the risks of developing dementia, heart disease and eight types of cancer.

5. Your schedule is up to you

Among the biggest perks of donating your time is that you remain in control of your schedule. If you are someone who has a full-time job or wouldn't want to miss your pickleball or swimming sessions, you can adapt volunteering to your regular routine.

And you can do it as much or as little as you like and are able. You can volunteer one hour per week or help out every day and still make a difference, says Wiley-Robinson.

6. Reduces your stress levels

Richard Leider, author of 12 books including three bestsellers centered on finding purpose, says many individuals — particularly those nearing the end of life — suffer stress because they're afraid their life has not had enough meaning. "When people feel like they're growing and giving it reduces that anxiety. Mattering matters, and volunteerism helps them matter.

7. Slows the aging clock

While volunteering can't stop the aging process, the phenomenon of feeling younger from doing good deeds is real. The 2025 research in *Social Science & Medicine* suggested that a moderate amount of volunteer work may be enough to slow the aging process at the biological level, allowing for more years of living a healthier and more active lifestyle.

Your Experience Matters! Take Our Cancer Support Survey and Earn \$10.

Getting to cancer treatment can be hard. If you've faced travel or lodging challenges during your cancer journey, Maine's Impact Cancer Network and Maine Cancer Foundation want to hear from you!

Scan this QR code to see if you are eligible. Or call (207) 767-6440 ext. 1116.



Survey link:
<https://us1se.voxco.com/S2/8/PatientSurvey2/?mod=0&dlang=en>

**HELP US IMPROVE
CANCER CARE
ACCESS IN MAINE!**

Women's Discussion Group Women over 55, Please join us.

An opportunity for women over 55 to discuss the challenging chapters of a women's life.
Meets twice a month on the first and third Wednesdays.
A place to share thoughts and support each other without judgement or advice.

The Power of Planning: Preparing for the Future with Planned Giving

At Friends in Action, we believe in building a lasting impact. Our programs support seniors and people with disabilities, ensuring they stay independent and connected in our community. But for those of us who want to make sure this work continues long into the future, there's a way to give that ensures the long-term sustainability of our mission—planned giving.

Planned giving is a way of leaving a legacy through your estate plan. It's a meaningful contribution that can come in many forms, including bequests in a will, charitable gift annuities, or naming Friends in Action as a beneficiary of life insurance policies or retirement funds. These gifts help secure the future of our programs, ensuring we can

continue serving Hancock County's older adults and individuals with disabilities for generations to come.

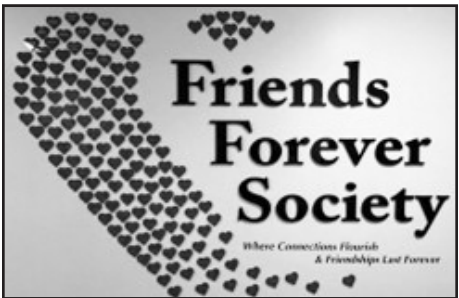
Planned giving plays a crucial role in ensuring that the essential services we provide—like transportation, wellness programs, and social connections—continue to be available to the community for years to come. It's a lasting way to support a cause that helps so many people live healthy, independent lives.

This year, we proudly unveiled our Friends Forever Society Planned Giving plaque, graciously designed by Sierra Signs in Hancock, ME. The plaque recognizes those who have already included Friends in Action in their wills or financial plans. Their generous support helps ensure that our mission

will continue, impacting the lives of future generations.

Along with the Friends Forever Society plaque, we've also dedicated a Capital Campaign plaque, which honors the generous donors who contributed to our 2013-2014 Capital Campaign that made the Friends in Action Senior Center a reality. Their contributions helped build the space that now serves as a hub for our programs, bringing the community together and providing a welcoming space for seniors.

If you're considering planned giving, it's never too early to start planning. Whether you'd like to include Friends in Action in your estate planning or you have questions about different giving options, we're here to help guide you through the



process. Together, we can build a future that keeps our community connected, independent, and thriving. And if you'd like to see these beautiful plaques in person, visit our Senior Center located at the Moore Community Center in Ellsworth.

We are grateful to all those who have committed to a lasting legacy. Your thoughtful planning ensures that Friends in Action's mission will continue to make a difference for years to come.

Volunteer of the Month

Participant of the Month

Friends in Action is proud to recognize **Kathy Hughes** as our September Volunteer of the Month. Kathy currently serves on our Board of Directors and was recently elected Treasurer—but her connection to Maine began long before her board service.

Twenty-five years ago, Kathy and her husband were living and working full-time in Massachusetts—Kathy in physician practice management. They often vacationed in New England, and on one trip to the Crocker House in Hancock, they noticed nearby tennis courts and a charming home for sale. They hadn't planned to buy a house, but a "just for fun" visit with a real estate agent turned into a two-hour tour... and, eventually, the purchase of a new home. Soon after, they relocated to Maine, where Kathy found work in Ellsworth.

A lifelong tennis player, Kathy made many of her friends on the court. Now retired, she enjoys Strength and Balance classes at the Senior Center, where she finds the atmosphere warm and welcoming. She especially appreciates instructor Europa's thoughtful approach, tailoring exercises for all abilities. For a time, Kathy also volunteered in the FIA office, where she saw firsthand the scope of activities and services offered to our community.

Serving on the Board has been both worthwhile and fulfilling for Kathy. It gives her the opportunity to use her skills and experience alongside other dedicated community partners. Her local connections with individuals and businesses have been invaluable in fundraising—an essential effort that helps Friends in Action maintain staff, purchase equipment and supplies, and cover operating expenses.

We are fortunate to have Kathy Hughes as a dedicated board member, community advocate, and friend to Friends in Action.

Ellsworth has been home to **Phyllis Young** her entire life, so it's no surprise she has devoted much of her time and energy to her community. Her career included working at the Ellsworth Chamber of Commerce, where she came to know Jo Cooper and was involved during the early days of Friends in Action's growth and re-naming. About 10 years ago, Phyllis also helped found the **Heart of Ellsworth** and served as its president—another testament to her dedication to community life.

Phyllis understands the value of the friendships and connections that come from staying active and engaged. Her participation at the Senior Center is a perfect example of that spirit and one reason we're pleased to recognize her as our September Participant of the Month.

Twice a week, you'll find Phyllis in **Strength and Balance** class. Afterward, she might browse the shelves in the hallway for a good book or a jigsaw puzzle to take home. On most Wednesdays, she joins **Zumba**—then often stops by the atrium's information table to check for concert announcements from the Music Center. Sometimes she picks up a piece of sheet music from the basket there—free for the taking—because yes, Phyllis also plays the piano.

Physical activity has long been part of Phyllis's life. She and her husband of 50 years walk four to five miles every day. She first joined FIA fitness programs after being diagnosed with osteoporosis, choosing exercise over medication to strengthen her balance and confidence. She appreciates the Center's open-door approach and finds the **10-class punch card** an easy, cost-effective way to participate in multiple wellness activities over six months. Better yet, her insurance company reimburses her for the cost. (Call the FIA office if you'd like to learn more.)

If you see Phyllis Young at the Senior Center, take a moment to say hello. You'll quickly discover what an interesting, friendly, and inspiring member of our community she is.



Kicks for a Cause

Sneaker drive to benefit



Loaves & Fishes

FOOD PANTRY

Deposit your gently used (or new!) sneakers or hiking shoes here to help fight hunger in our community.

In collaboration with



A Sneaker Recycling Organization

Why do Yoga

Flexibility

Strength

Joint Health

Bone Health

Stress Reduction

Cardio Vascular Health

Contact Patricia Jones at Friends in Action

MENU

September 2025

Tuesday, September 2nd Beef Taco Salad (Lettuce, Tomato, Cheese, Sour Cream, Guacamole and Corn Chips), Corn, Peaches	Tuesday, September 9th Hot Turkey Sandwich, Mashed Potatoes, Green Beans, Cinnamon Applesauce	Tuesday, September 16th Meatball Sub, Dinner Salad, Macaroni Salad, Grapes	Tuesday, September 23rd Chili W/ Cheese, Sour Cream and Green Onions, Dinner Roll, Cantaloupe	Tuesday, September 30th Blackened Chicken, Rice-A-Roni, Corn, Pears
Thursday, September 4th Ham and Beans, Coleslaw, Corn Bread, Pears	Thursday, September 11th Beef and Noodles, Dinner Roll, Cauliflower, Pineapple	Thursday, September 18th Broccoli Soup, Dinner Roll, Carrots, Mandarin Oranges	Thursday, September 25th American Chop Suey, White Rice, Peas, Peaches	



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

