

December 2025

Light in the Longest Nights

There's a quiet that settles over Maine this time of year. It slips in around four o'clock, when the sun disappears before dinner and the air grows heavy with sleep. The trees creak in the cold, the sky folds itself into indigo, and even the stars seem to shiver. The world feels slower then, as if it is waiting for something sacred to return.

Winter has a way of reminding us how small we are. Time stretches out, and the nights grow long

enough to hold every thought we didn't have time for in the light. It's easy to think of darkness as an ending, but sometimes it's simply a pause, a soft invitation to notice what still glows.

Because even now, the light never truly leaves. It flickers in the kitchen window of a neighbor who waves every morning. It hums in the laughter that drifts through quiet houses. It lingers in the kindness between strangers who stop

to help when the wind is sharp and the road feels too long. It burns quietly in each small act of grace, each moment that reminds us we belong to one another.

Someone holds a door open. Someone checks in. Someone leaves a note, a smile, a simple reminder that the world is still gentle. And with every small gesture, the dark pulls back just a little.

The truth is that light does not need to be grand to be powerful.

It does not have to blaze to warm us. Sometimes, it is nothing more than a steady glow in the corner of a room, or the sound of someone's voice reminding us that we are seen.

Winter teaches us that light is not something we chase, but something we share. And even on the longest nights, kindness always finds its way home.



From the Director

As we surround ourselves with

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the Holiday season, we remain mindful that this time of year looks different for everyone. Many of us find joy in the festivities, the sights, the sounds, and the togetherness, while others may feel less celebratory.

I encourage everyone to look around this season and lift the spirits of those who may need your light. Give what you can, even if it's simply the gift of time, which is truly invaluable to those who may not have what you do.

Each of us can play a role in making someone's day, someone's moment, or even someone's season a little brighter. Take a moment to check in on your neighbors, especially the seniors in your area or those who may be living in isolation. Do they need anything? Are they safe and warm? Do they have food security? Can they safely get in and out of their homes with winter weather approaching?

By working together, we can make sure everyone is remembered this season and allow kindness to shine throughout our community. If you have not yet had the chance to get involved in our

programming or explore the many ways you can give, I would love to connect with you. There is a place and a need for everyone here.

And if you are someone in our community who could use a few more positive people in your life, or who is looking to build new friendships, please join us. We would truly love to see you at the Center, enjoying all that this community has to offer.

You will see a separate thank-you to our volunteers in this edition, but I want to take a moment here to say how deeply grateful I am for each of you. Your selfless acts of kindness and generosity, not just during this season but all year long, make an incredible difference. To our Board members who give their time, wisdom, and advocacy to our programs and the people who rely on us—thank you for your dedication and service.

They say it takes a village, and I am continually inspired by the village we have built together. I cannot imagine being part of a better team.

We simply could not meet the needs of our community without



any of you. Your compassion, your time, and your unwavering commitment are what make Friends in Action such a special place. You are, without question, one of our greatest blessings.

As we move into the New Year, my mindset will be focused on gratitude. I hope we can all take a moment to be thankful for even the smallest gifts in our lives, and remember that the things we often take for granted may be the very things others are wishing for.

McKayla

Executive Director, Friends in Action

With thanks to your Volunteers during this season of giving and throughout the year....

The Hands That Give

In quiet corners, work is done,
Not for glory, not for fun.
A gentle smile, a steady hand,
A heart that listens, under-
stands.
No clock to punch, no wage to
earn,
Just kindness given at each
turn.
They plant the seeds, they light
the way,
And brighten someone's cloudy
day.
The world feels warmer, hearts
beat true,
Because of all the things they
do.
For every soul they choose to
lift
A volunteer's the greatest gift.

To Our Amazing Volunteers,
I would like to take this time to
thank all our volunteers. Each and
every one of you gives not only your

time, but also your patience, your
listening ears, your thoughtfulness,
and a piece of yourself each time
you help someone in need through
our organization. Your kindness
and dedication truly make a differ-
ence.

Anytime someone is called
to a life of service, no matter how
much time that involves, it creates
something truly beautiful for those
around them. To be on the receiv-
ing end of the kindness and gener-
osity of people who give for all the
right reasons is where community
and friendship take root. The sense
of belonging that fills the halls of
the Moore Center, and the relief
that comes when someone receives
a ride to a doctor's appointment or
a trip to the store for much-needed
groceries, or the only hot meal they
may get that week is truly priceless.

All of My Thanks,
McKayla and the Friends In
Action Team

When the Orange Cat Met the Christmas Tree

Every December, I make the
same mistake. I believe, with all
the optimism of a Hallmark mov-
ie protagonist, that this will be the
year Snips, my one-eyed orange
cat and part-time demolition ex-
pert, will let me have a peaceful
Christmas tree.

I unwrap the ornaments, hum
a few carols, and gently place each
decoration just so, a small master-
piece of balance and holiday spir-
it. Snips watches from the corner,
his single golden eye gleaming
like he's planning a heist. His tail
flicks once. Twice. Then comes the
crouch, the slow, deliberate wind-
up of a creature whose only Christ-
mas wish is chaos.

And then, launch sequence:
initiated.

Within seconds, the tree is
trembling like it's in a minor earth-
quake. Ornaments fly. The star on
top leans sideways like it's ques-

tioning its life choices. My orange
cat emerges from the branches
looking deeply satisfied, as if he's
completed a sacred seasonal ritual.

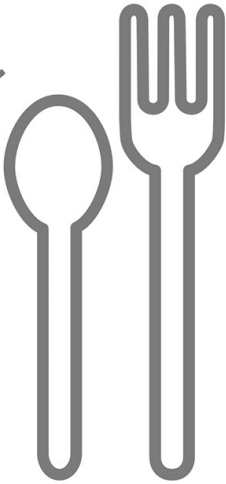
I stand there, holding a tangle
of lights, and remind myself that
perfection isn't the point.

Because honestly, the holidays
are a lot like that tree. We build
them up with all our best inten-
tions: perfect meals, perfect gifts,
perfect moments, only to have life
(or a one-eyed cat) leap in and
knock things sideways. But when
the laughter starts, when we pick
up the pieces together, when we
realize it's the imperfection that
made it memorable, that's when
the magic shows up.

So this year, I'll hang the un-
breakable ornaments low and the
memories high. And if Snips wins
again, at least the house will spar-
kle, and he'll look proud doing it.

FREE COMMUNITY MEAL

everybody
eats!



A PROGRAM OF

Loaves & Fishes

FOOD PANTRY

Free meal served
every Monday

St. Dunstan's Episcopal Church,
134 State Street, Ellsworth

1:00 – 3:00 PM

Doors open at 12:45 PM

If Ellsworth schools or government
offices are closed due to weather,
Everybody Eats will be closed.

Dear Friend,

Please call us at Friends In Action to get
started with our "Friends with Pens" program
at 207-664-6016. We would love to have you
as part of our senior pen pal program, as a
recipient or a friendly pen pal.

In today's world of instant messages and
emails, the tradition of letter writing has
nearly disappeared. Through Friends With
Pens, I hope to help reintroduce this timeless
form of communication and bring a little joy
to mailboxes across our community.

Our number: 207-664-6016

Winter Safety Tips for Seniors

Staying safe and comfortable during the winter months can make a big difference in your health and well-being. Please take a moment to review these helpful reminders.

1. Stay Warm
- Dress in layers, even when indoors.
 - Keep your home at a safe temperature (68–70°F).
 - Wear socks or slippers with good grip to prevent slips.
 - Use blankets, warm sweaters, and cozy hats or scarves when needed.
2. Prevent Falls
- Keep walkways, stairs, and driveways clear of ice and snow.
 - Use sand or ice melt to reduce slippery spots.
 - Wear shoes or boots with non-skid soles.
 - Use handrails when available and take your time moving from outdoors to indoors.
3. Be Cautious in Winter Weather
- Avoid walking outside during storms or icy conditions.
 - If you must go out, let someone know where you're going and when you'll return.
 - Keep an emergency kit in your car with a blanket, flashlight, and extra winter gear.

4. Stay Healthy
- Wash hands often and stay up to date on recommended vaccinations.
 - Drink plenty of water and eat regular, balanced meals—even if you don't feel as hungry in the winter.
 - Use a humidifier if your home feels too dry.
5. Prevent Carbon Monoxide Risks
- Never heat your home with the stove or oven.
 - Make sure your home has working carbon monoxide and smoke detectors.
 - Have your heating system checked regularly.
6. Stay Connected
- Keep your phone charged and nearby.
 - Reach out to friends, neighbors, or family if you're feeling isolated.
 - Join us at Friends in Action for warm meals, activities, and community support.
7. Ask for Help When You Need It
- Your Friends in Action community is here for you. If you need assistance with rides, meals, safety checks, or simply want some company, please reach out to our office—we are always happy to help.

The Walk-In Cafe

FREE AND FUN

EVERY WEDNESDAY 9:30 - 11:30 AM

11/19 COFFEE AND CHAT

12/3 HOLIDAY EVERGREEN CRAFT

12/10 BINGO

12/17 HOLIDAY MUSIC

12/31 NEW YEARS EVE PARTY

NO CAFE 11/26 & 12/24

Blue Hill Congregational Church
Fisher Hall (downstairs) or outside when weather permits

For more details call: 207.374.3257



MENU

December 2025

Tuesday, December 2nd Sawmill Gravy and Biscuits, Tater Tots, Grapes	Tuesday, December 9th Beef Stroganoff, Dinner Roll, Broccoli, Cinnamon Apple-sauce	Tuesday, December 16th Turkey Shepards Pie (Turkey, Mashed Potatoes, Peas, Corn, Gravy) Dinner Roll, Tropical Fruit	Tuesday, December 23rd Christmas Meal Ham, Mashed Potatoes, Stuffing, Dinner Roll, Mandarin Oranges	Tuesday, December 30th Cheese Pizza, Dinner Salad, Cinnamon Pears
Thursday, December 4th Deviled Egg Croissant Sandwich, Peas, Pineapple	Thursday, December 11th Cajun Chicken Pasta, Vegetable Medley, Peaches	Thursday, December 18th Goulash, Garlic Biscuits, Corn, Banana	Thursday, December 25th Closed For Christmas	



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

