

A photograph of a man and his dog sitting on a stone wall overlooking the ocean. The man is wearing a dark long-sleeved shirt, tan pants, and a baseball cap. He is looking down at the dog. The dog is a black and tan German Shepherd, sitting and looking towards the right. The background shows a blue ocean, a distant island, and a clear blue sky. A semi-transparent red heart shape is overlaid on the left side of the image.

MORE THAN JUST A SENIOR CENTER

FRIENDS IN ACTION
2025 ANNUAL APPEAL



Above: FIA client receiving his weekly prepared meal delivery.



Above: FIA supporters participating in the 2025 Annual Golf Tournament Fundraiser.



Above: FIA supporters participating in the 2025 Walk/Run Fundraiser.



Above: Carl singing at FIA's weekly lunch hour.

ABOUT US



In 2003, Friends in Action was founded to support our Hancock County neighbors in living as fully as possible, to remain connected and involved with the community, and to prevent them from feeling isolated and alone.

Our **mission** is to empower older adults and people living with disabilities to thrive and to live independently, with dignity and a strong quality of life.

FRIENDS IN ACTION STAFF

McKayla Peers, Executive Director
Nicole Rediker, Director of Development
Kristoffer Garcia, Transportation Administrative Assistant
Racheal Rediker, Administrative Coordinator
Europa Hagarman, Fitness Instructor
Patricia Jones, Fitness Instructor
Ursula Gammelin, Fitness Instructor

FRIENDS IN ACTION BOARD OF DIRECTORS

Charlotte Stetson, President
Candy Gammelin, Vice-President
Mary Ann Lock, Secretary
Kathleen Hughes, Treasurer
Kevin Davidson
Ross Baldree
Deb Leavitt
Tammy Nabozny
Chris Popper
Diane Nicholls
Maureen Giunta, *Emeritus*

OUR PROGRAMS

Friends in Action has three major programs:

TRANSPORTATION

For many of the elderly or disabled residents of Hancock County, getting to a doctor's appointment or to the grocery store can be a challenge. FIA coordinates **70 volunteers** who drive **over 70,000 miles** to take our clients to appointments, stores, and necessary tasks.

FOOD ACCESS

Food is fundamental to human life, but many Mainers do not have enough food to meet their basic needs. FIA partnered with other organizations to deliver **food pantry boxes, prepared meals, prescriptions, and pre-ordered groceries** directly to clients' door over **5,300 times in 2025**. We also serve weekly hot meals at our Senior Center, organize a food drive, and host Nutrition and Aging seminars. *In addition, due to the current economic challenges, we are accepting gift cards and donations to help clients purchase additional food items.*

SENIOR CENTER

Our Senior Center offers weekly fitness classes, weekly coffee and lunch hours, art classes, and a space for activities, club gatherings, and seminars for about **1,500 seniors and people with disabilities**. These social connections are key to a healthy and independent life and reduce the sense of isolation and loneliness that many of our neighbors experience every day. *Due to local organizations ending their programming, FIA has increased the classes and services provided to fill those gaps.*





Above: Photos from FIA's coffee and lunch hours where we always have music, activities, and celebrate holidays and achievements.



Above: The Women's Group meets twice a month to share stories, advice, and more. They are always welcoming new members!

MEET MCKAYLA

Friends in Action's new
Executive Director



Learn why McKayla believes Friends in Action is “more than just a Senior Center.”

Dear Friends,

As the year comes to a close, I’m reminded of how special this community is. Friends in Action isn’t just a place – it’s the warmth of a meal shared, a friendly call, and the comfort of knowing someone cares. Every smile and every ride happens because of people like you.

With statewide funding cuts, more older adults are turning to us for help with food, transportation, and connection. We are more than a Senior Center – we are neighbors helping neighbors, and many call us family.

I feel blessed to do this work each day, and your generosity makes it possible. Giving takes many forms, and we’re deeply thankful that your gift supports the continuation and growth of Friends in Action.

With heartfelt thanks and warm holiday wishes,

McKayla Peers
Executive Director



FRIENDS IN ACTION SERVES ELLSWORTH AND BEYOND

WE ARE MORE THAN JUST
A SENIOR CENTER



**MAKING
ESSENTIAL RIDES**



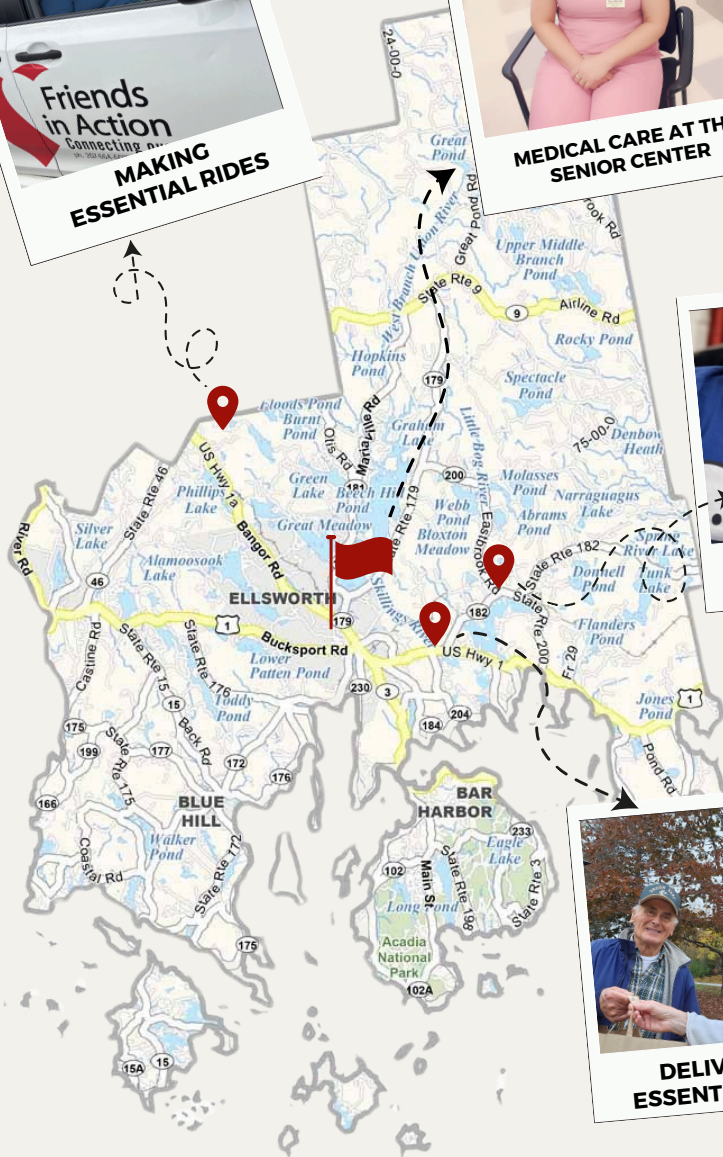
**MEDICAL CARE AT THE
SENIOR CENTER**



**SOCIAL VISITS
AT HOME**



**DELIVERING
ESSENTIAL FOOD**





MEET NURSE PILAR

Pilar conducts monthly foot care clinics at FIA. In addition to these clinics, FIA offers educational opportunities, such as tax support, vaccine clinics, fraud prevention, etc.

"Thanks to FIA, I am able to help provide low-cost foot care for seniors who otherwise are suffering needlessly with foot pain. These services can cost over \$100 from other providers, which many seniors cannot afford, but still desperately need. I volunteer my time and expertise to serve others, but would not have a place to do this without Friends in Action."



MEET ROBYN & RACHEL

Rachel visits Robyn at her home every week to keep her company. FIA has set a goal to increase home visits & *Friends With Pens* in 2026 because the need is now greater.

"She [Rachel] is very friendly and so helpful. She is nice to talk to and very sweet. I am happy." - Robyn



MEET BOB

Bob and his sister, Judy, deliver prepared meals to Friends in Action's clients every week. The meals are prepared by local churches and delivered by volunteers to about 110 clients. FIA delivered more than 5,000 meals in 2025.

"We are thrilled to do our part to support the Ellsworth community, particularly our elderly residents. The meals we deliver each week are vital to their health and well-being." -Bob and Judy



MEET RHONDA

Rhonda relies on Friends in Action to take her to essential medical appointments after surviving breast cancer. With a local organization closing their transportation program recently, the need for rides is now greater.

"After my breast cancer surgery, Friends in Action would continue to call to check on me and also give me rides to all of my appointments. They saved my life. I depend on them faithfully, and knowing they're close by helps me stay in this area."

HELP US CONTINUE TO BE “MORE THAN JUST A SENIOR CENTER” WITH A GIFT TODAY!

There are many ways to support
Friends in Action.

Your gift today will help us continue
to serve our community tomorrow.

MAIL A CHECK

Friends in Action
PO Box 1446
Ellsworth, ME 04605

Visit 5 General Moore Way
to make a donation, sign up
to become a volunteer, or
become a member!

VISIT US

JOIN FRIENDS FOREVER SOCIETY

Visit our website to learn
more about our Planned
Giving programs



GIVE ONLINE

Scan the QR code to donate to
Friends in Action or visit
friendsinactionellsworth.org/donate





Above: Chris Keefe, transportation volunteer, starting a ride for a client in FIA's van.



Above: FIA community member participating in a Wednesday art class.



Above: FIA community members enjoying each other's company at FIA's weekly coffee hour.

Connecting the Community



info@friendsinactionellsworth.org
207-664-6016
friendsinactionellsworth.org

PO Box 1446
5 General Moore Way
Ellsworth, ME 04605