Welcome GFWC Maine!

“Soring to new Heights”! GFWC Maine has certainly flew through this first year of this administration!

State, Region, and National Conventions and Conferences have placed Maine membership to watch. Earning awards and recognition, this President stands proud.

The support of ‘Mental Health Matters’ has humbled me immensely. Hope Gardens have been planted and the first bloom was a success!

Our work is not done… The ‘Yellow Tulip Project’ continues! More yellow tulip bulbs will be available at the Fall Conference to create a greater abundance of new areas. www.theyellowtulipproject.org

I will say it again: “This administration brings energy and enthusiasm for all Clubs!” But let me add, “GFWC Maine Clubs are full of energy and enthusiasm for GFWC”! GFWC President, Deb Strahanoski’s motto: “Dream Big, Sparkle More, and Shine Bright”!

GFWC Maine has stood tall to meet her motto! Our Clubs continue to be active and engaged!

The GFWC website ‘Member Portal’ has valuable tools for all programs, events, news releases, etc. Please sign up today!

I am honored to represent GFWC Maine and have committed to raising the stigma of mental health, “Mental Health Matters”!

Please take time for yourselves, know your ‘Why’, ask for help, and rest well...

Thank you all again for your support!

With Love, Maureen Provencal GFWC Maine President

"It's precisely those who are busiest who most need to give themselves a break." - Pico Iyer
When We Listen. And Believe. We Become the Support.

Katherine (Kathy) White GFWC Maine Signature Program Chairman

Believe we will have a block buster year supporting GFWC Maine Signature Program. Please make a world of difference in our State. Please take the challenge!! Be sure to Report it and I believe we will have a block buster year supporting GFWC Maine Signature Program.

Those who attended the Spring Convention will remember we had excellent speakers from the Maine Coalition Against Sexual Assault who gave a dynamic talk on Human Trafficking & Commercial Sex Exploitation. A strong statement was “Human Trafficking and Commercial Sex Exploitation are a violation of human rights and a form of sexual violence”. It is a major problem right here in our own State of Maine. It is in our own communities, and we need to do something about it. Talking about it and educating each other is a beginning. Invite a speaker to your club meeting. Find out different ways, you as a volunteer service club, can assist those who are in desperate need of your help. There are many statewide and local resources available. I can assist and direct you in finding out more information if you wish. I will be happy to come and speak at your club meeting. (I am a snowbird so September through mid-December I am available and I’m back in May).

Prevention is possible. We all need to learn more and advocate for these victims. They need our voice. It is happening everywhere and not only to adults but also to our young children and at risk-youth and teens.

I recommend every club woman to go see the movie Sound of Freedom. I did it and it is powerful and very well done. This is one way each one of our members can be a part in preventing Human Trafficking and Sex Exploitation. It is educational and it starts a dialog with others to spread the word.

There are seven other areas that may be of interest that your membership would want to explore.

Military Sexual Abuse, Violence Against Native American Women, Campus Sexual Assault, Teen Dating, Child Abuse, Intimate Partner Violence and Elder Abuse. You can make a difference by learning more about any one of these areas and supporting one that is needed in your own town or city. I want to challenge you to “STEP Out of Your Comfort Zone” and utilize the resources available and find a new project or program. Then bring your individual shining light to make a world of difference in our State. Please take the challenge!! Be sure to Report it and I believe we will have a block buster year supporting GFWC Maine Signature Program.

Elder Abuse Scholarship

I want to thank the Clubs and individual members that supported this worthwhile statewide contest. Without you there would be no scholarship! Thank you!

We are once again accepting your donations for the 2024 essay scholarship to be awarded on National Elder Abuse Awareness Day, June 15, 2024. Your chairman has already received the first donation for 2024 scholarship, and it was from a dedicated club member. Thank you, Marion Sturtevant!

Please mail your checks to me: Katherine White, 15 Memorial Drive, Winterport Maine 04496. Checks payable to GFWC Maine and on the memo line add Elder Abuse Essay Scholarship.

A Dionne Warwick song gave me the words to express my hopes for the donations for the scholarship this year. I am “Wishin’ and hopin’ and thinkin’ and prayin’ plannin’ and dreamin’ that my wishin’, and hopin’ and thinkin’ and prayin’ plannin’ and dreamin’ will make my dream come true”!

All donations are greatly appreciated. A small donation is appreciated just as much as a larger one. Let 2024 be the first year ALL GFWC Maine Clubs donated to the Elder Abuse Essay Scholarship. President Maureen and your Chairman would be delighted that 100% participation was achieved in her administration!! I BELIEVE We Can Do It!! I’m Wishin’!!!
After the GFCW Maine Spring Convention I weighed and tallied your contributions. Here are the results: Tab collection (GFWC Maine: 20 lbs. = $7.00) and Athens Community School (12 lbs. = $4.20) for a grand total of 32 lbs. @ $.35 for donation of $11.20 for the Ronald McDonald House in Bangor. The tabs are light, so we did our best so far! I would like to extend our tab collection until the GFWC Maine Spring Convention. I have put jugs and signs in my local library to invite the community to help. See who else in your club to ask for help with this project and we will tabulate that in May.

Corks were numerous and were taken to Whole Foods in Portland for recycling. Your donations filled a shopping cart and over the top. Please keep collecting corks too and I would like to ask clubs to bring corks to Fall Conference with the understanding clubs may take some for any projects if they have a use for them.

Upon reading the September newsletter sent by Tina Neese, GFWC Environment Chairman, recently sent to you by your District Directors; in it you will find a multitude of facts and projects your club may choose to work on that improve our environment.

Until the next issue of the PTN, I bid you a healthy and safe fall season.

Debra Burnham GFWC Maine Environment Chairman

Trust, this finds you enjoying one of the best weeks of this year’s summer season!! Your H&W chairman is encouraging you to get your flu shot this fall and the updated Covid-19 booster as soon as it is available in another month or so. We are NOT done with Covid and may never be, so it is important that we stay up to date on immunizations - even at “this” age!!

I hope you have all planned to join the inaugural GFWC Day of Service scheduled for September 30, 2023, which is a day in which all GFWC will come together and highlight an area of need in our communities and take action to address. All clubs across our nation are encouraged to join and this year we are trying to solve the issue of food insecurity in the United States. Contact your local food pantry and find out how you can be of service, plan a food collection drive, volunteer at the pantry, partner with other groups to find a way to help solve this problem. It is a good activity to use as a membership tool to encourage others who are not currently members to participate in meeting this need and join a club to experience GFWC in action!

I hope to see you all at the GFWC Maine fall conference at Maple Hill Farm in Hallowell October 14!!

In the meantime...take care of yourselves...Mental Health begins there!!

Sally Manchester Health & Wellness Chairman
THE MOTTO

The motto of Epsilon Sigma Omicron is “Enlighten Your Own Pathway,” which was chosen by Mrs. Quincey A. Myers and translated from Greek at the Indiana University. ESO are the initial letters for the Greek phrase, “Epsilon ten sautou hoden” which translates literally into “Enlighten the pathway of yourself.”

ESO Here we are now heading into fall. I hope you took some time for yourself this past summer to do some reading. I am happy to say there are some ladies in the Southern District taking part in the ESO program now as well as new members in the Northern District. Which is great! Remember your book reports don’t have to be long. Just a few sentences telling me a little something about the book. Examples would be that it is a western or it is about home life, or the story was written by a Maine author. Looking forward to receiving the first couple book reports from the new members of the ESO program.

Majorie Coburn-Black GFWC Maine ESO Chairman

Please note GFWC Maine Education & Libraries Chairman is now: Amanda Taylor amanda.taylor@beangroup.com

GFWC Women’s History & Research Center (WHRC)

The WHRC, founded in 1984, includes documents and collections of the organizations history since 1890. The reference library is a wealth of information on women’s history, the woman’s club movement, and the history of voluntarism. Access to documents, photos, etc. is available using the links at https://www.gfwc.org/what-we-do/whrc/

EDUCATION & LIBRARIES

GFWC ESO BOOK CLUB on Facebook This group of more than 1,200 members belongs to this online book club and features Education and Libraries project ideas. It is a private group, and you must ask to join. See GFWC ESO BOOK CLUB on Facebook.

The Fierce Female Librarians Who Delivered Books on Horseback During the Great Depression

by ROSE HEICHELBECH

In the middle of the Great Depression, America was grappling with not only the tightening of just about every single household budget, but the nation was also poorly connected. At the time most rural areas were without basic services like electricity and running water. As such, these remote areas were often devoid of public institutions like libraries. Some of the most isolated areas were nestled in the Appalachian area of Kentucky, among other locations. One of the many public programs initiated by FDR’s New Deal was the Works Progress Administration, which funded the Pack Horse Library Initiative. The project hired fierce “book women” (and occasionally men) who were fearless, who loved reading, and who were highly proficient on horseback for the job.

The following books are about the Kentucky Pack Horse Librarians.

The Book Woman of Troublesome Creek by Kim Michele Richardson
The Book Woman’s Daughter by Kim Michele Richardson

Reading is by far the most successful pursuit of happiness....
The three reasons to wear a 2023 GFWC National Day of Service button:

1. **Passion** - GFWC members are passionate about battling food insecurity and creative about it too.

2. **A sense of being** - When members identify with GFWC and the cause of food security, these buttons show their connection to following clubwomen working toward same goals.

3. **Identification** - When members are out completing their events and projects on Sept. 10, people should know that members are working together for a common cause and that they are a group that other people will want to join.

To participate in the inaugural NDS, please email Melanie Bisler, Membership Director at mgisler@gfwc.org and cc Deb Strahanoski, , GFWC International President at dstrahanoski@gfwc.org

To order your National Day of Service Button go to the GFWC Marketplace.

Together we can end food insecurity and hunger!

Marjorie Pfeiffer Civic Engagement & Outreach Chairman

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**Arts & Culture**

**Arts should be accessible to everyone.**

GFWC Maine Art & Culture Community Service Program information can be found in the GFWC Club Manual by going to the club portal or you can find Arts & Culture rules and regulations in our Club Directory.

Now is a good time to start your short stories and to take photos for the Clubwomen contest. Share your talents and show off a little. Maybe even win an award later.

Our clubs support the arts by having high school art shows in both districts. This gives encouragement to the art teachers and the students.

We want to enrich the arts, provide awareness and appreciation of art at all levels. We also appreciate and thank you for your donations to the art program.

Membership participation, working together to provide art programs and projects can be fun and often leads to partnership with the people in the community.

You might consider helping to set up the GFWC Maine Spring Art Show as a project in your club. Many helping hands make quick work. Your help is welcome.

Barbara Hathaway Arts & Culture Co-Chairman
**Share your Passion!**

**Passion** is defined as an interest in or wish for doing something. One person’s passion can have an effect in unfolding others passion. What are your passions and how do you share them with others? Are there others who may share your common goals? Never be afraid to ask people to get involved, including your club members.

Join GFWC clubs nationwide to promote the GFWC Membership “Sparkle and Shine” recruitment Campaign for September, October, and November, RECRUITMENT: Ruby — “Share your Passion. Food cupboards and pantries in all our communities are always looking for donations.

Have your club signed up for the GFWC National Day of Service, focusing on food insecurities? School is starting soon, and many families cannot afford basic items for their children. A backpack and school supplies drive may be just the project to help them with their needs. Many domestic violence shelters, veteran organizations, and humane societies have lists of items they are in desperate need of.

There are many ways club members can share their passion, what is yours?

Nancy Ames GFWC Maine Membership Chairman

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**Legislative Corner**

Kids Online Safety Act (S.1409) creates a legally relevant "duty of care" requiring online apps and platforms to center the needs of children and requires online safeguards for children.

This child protection Package needs to be enacted by the end of this year, so please urge your members of Congress to support this legislation. Together we advocate for those in need.

**St. Jude Children’s Research Hospital**

During Childhood Cancer Awareness Month, we will host St. Jude Walk/Run events in 40 communities across the country and virtually. Visit [www.stjude.org/walkrun](http://www.stjude.org/walkrun) to find a St. Jude Walk/Run event in your area.

**Shot@Life**

GFWC members are encouraged to join Shot@Life, a campaign of the United Nations Foundation, to speak up for childhood immunization.

During this 45-minute remote training, you will learn about Shot@Life’s work and the tools and tips for advocating the message to members of Congress and local community leaders about global immunization programs.

When: September 12
Time: 7 p.m. ET

Note: Registered attendees will receive a link to view the training if unable to attend live.

Registration link: [https://unfoundation.zoom.us/webinar/register/WN_Hw1_PMUKRkweA35ObNYdPpA](https://unfoundation.zoom.us/webinar/register/WN_Hw1_PMUKRkweA35ObNYdPpA)
GFWC Skowhegan Woman's Club

The GFWC Skowhegan Woman's Club ended its year on a strong note, with much accomplished. The ladies look forward to the next year with organizing starting just as the old year ended. Multiple Board meetings took up planning for the 2023-2024 term and a designated committee updated our by-laws.

Many members gave to the Community Baby Shower in late June sponsored by the KVCAP. A strong showing reinforced the idea that this area needs the support of organizations like ours, to assist in clothing, feeding, supplying goods, and providing services to aid families in understanding what is needed for newborns, toddlers, and pregnant women. One member was able to increase her storage space by donating multiple bags of clothing for newborns and toddlers plus toys and other supplies. Another member ferried messages, goods, crates, and cribs throughout the four-hour day. We were well represented.

A member hosted an Ice Cream Social in mid-July for members and guests. Ice cream is always a reason for a gathering. We shared stories, giggled at our special invented names for the Social, (our presidents were Sweet Cherry Waffle Blast), and thoroughly enjoyed each other’s company that splendid summer day.

Two members continue to volunteer at the Travis Mills Foundation, supporting the President’s Project.

Our fundraising is underway, our programs for the upcoming months have been set, and our budget for the next year is balanced.

GFWC Skowhegan Woman’s Club is on its way to a full season of support and sharing.

Bonnie Chamberlain – President

GFWC Research Club of Limerick

Our tulips for the Hope Gardens ended up being planted in pots and looked lovely in bloom by the memorial bench for one of our deceased members at the Municipal Building.

In April we were very honored and delighted to have Limerick author Shelly Burbank as our guest speaker. Her book "Final Draft" had just been published and we were among the first to obtain an autographed copy. She is currently residing in San Diego and writing a sequel.

Our May program was "Show and Tell." A fun and interesting evening of sharing some of our special items and treasurers and the stories that went with them.

Four of our members attended the Spring Convention and our club earned two awards: one for our "Red Bow" project raising over $1,0000 to help with fuel assistance for townspeople and the other for donating hats and mittens at Christmas to Caring Unlimited.

We donated approximately 75 pairs of socks for the collection for the area homeless shelters and brought lots of wine corks and can tabs for the Maine Environment Challenge at Convention as well. We also raffled off a beach cooler filled with everything to complete a great day at the beach which was won by Carol Jarvais.

In June our annual meeting was held at the Oak Street Bistro in Alfred with 19 in attendance.

We discussed ideas for programs for the coming year and bid farewell to our dear member Mary Ann who was moving away to Massachusetts.

On Sat. July 1st, we held a "White Elephant" and baked goods sale outside at the Municipal Building. It was a successful and fun event.

All leftover items were donated to the upcoming St. Matthew Funshine Fair.

We do not meet in July and August.

Our focus this past year has been on increasing our membership and we are so pleased to have welcomed 10 new members to our club. I hope we will continue to grow in numbers and fellowship.

Jackie Foglio – President
GFWC Winterport Woman’s Club

Winterport Woman’s Club enjoyed a very busy spring. We hosted our popular Perennial Plant Sale during two weekends in May. The hard work of digging and potting plants culminated in this fun fundraising event.
Several of our members joined others in our GFWC family at the GFWC Maine Spring convention.

As the summer approached, we were excited to congratulate our 2023 scholarship recipient, Hampden Academy graduate Alexis Housewort.
We also honored Winterport’s 2023 Spirit of America Tribute recipient, graduating high school senior Stephanie Clisham, for her many volunteer contributions to our community.
Members attended our annual dinner in June, enjoying excellent food and conversation.
To help support New Hope Midcoast, an organization that works to end domestic violence, dating violence and stalking in Waldo and Knox counties, we collected and delivered gently used and new clothing to the organization to be used in their annual fundraising sale.
With the warmer weather, we set to work beautifying Winterport with community plants. We saw our Hope Garden of yellow tulips bloom, and members spent the summer pruning and watering our colorful flowering containers and gardens located around town.
In July, we were fortunate to be invited to an informal garden tour of a friend’s garden located in Carmel. It was a lovely day to stroll through the flowers, and even more exciting was that we were able to share the adventure with a club member’s twin babies.
August brought the Winterport Blueberries and Bluegrass Festival to town, a fundraising event hosted by The Winterport Union Meeting House. Several of our Club members baked some delicious blueberry pastries to help with the event.
We are looking forward to our next Club meeting on September 13th. This will be a potluck and we are excited to welcome GFWC Maine President Maureen Provencal to the meeting. We also look forward to this gathering as several women interested in becoming members of our Club will be joining us.

Julie Burgess – President

GFWC Westbrook Woman’s Club

Westbrook Woman’s Club finished its year with a speaker to give us an update on what is going on at Rock Row in Westbrook. A lot to offer our community and more coming in the future. We were honored to have Retired State Trooper Mark Holmquist, US Army Sentinel at Tomb of the Unknown for 14 months. What an impressive person! He gave us the story and why these people were chosen to be a part of such an elite group. We were treated to a special walk! One of the best speakers we have ever had. Members are still commenting on this presentation. The Club ended our year holding our Annual Meeting at the Coppersmith Tavern and Table.
Westbrook Woman’s Club has had a very eventful year with our move to the Community Center, taking in six new members, having a variety of wonderful programs, expanding our volunteer time, supporting our youth with scholarships and recognition of art, having our State President Maureen with us, and much more. A great year!
In the month of June, we visited the Treworgy Gardens in Gorham. Twenty-one of us took our lunch, were treated to desserts and beverages and a wonderful tour of gardens lovingly cared for for many years. My Grandmother visited these gardens, so we are talking about many years. A nice outing for the Club.

Westbrook Woman’s Club participated in a Community Fest held at Westbrook Community Center on August 23. A fun event to bring all of those holding events at the Center to gather to let people know who we are and what we do. There were food trucks, live music, and lots of people. A fun night!

Once again, we had members and Committees working to make our new year a great one for the Club. On Tuesday, September 5 we will have 39 members go to DiMillo’s for lunch and receive our new book for the year 2023-2024. The first meeting of Club will be Tuesday, September 19 with a speaker from the Teen Center.

Another busy year with great programs and activities has been planned. We will be living the Volunteer Spirit!

Beth Turner – President

GFWC Semper Fidelis Club

WOW, did we have a whole Summer? I mean it was SO busy and seems so short the older I get...

Busy ladies we have been. Our group of phenomenal go-getters heard a new school being built in our community needed to raise money to include an Early Childhood Education Center in the complex. Well, it didn’t take long for us to decide we needed help.

A couple of our members brainstormed a unique, fun, new idea! How about “A Night at The Speakeasy”? Well, we ran with the idea. With help from some generous sponsors, and our local Brewery, the band was booked the decorations were crafted, costumes were purchased a 1927 Model A Roadster was brought in by my husband for photo opportunities and did I mention the food? If we lose our day jobs, we’ve been told we could go into the catering business as each member made their favorite finger foods for all to enjoy. We sold raffle tickets for a chance at 15 different prizes each worth $100.00 or more. What a hit this was with all who attended and those who did not are already asking when we will do it again! I am delighted to say that we exceeded our expectations and brought in just under $5,000.00. That is the amount we had pledged over a 4-year period. Well done fellow Club members, well done!

Stay kind...

Karie Watson – President

21 Club of Kezar Falls

In the summer, I put some of my large indoor house plants outside under the honeysuckle and let nature take care of them. Soon, I will bring them back in and then must start being the best "plant mom" that I can. I’ll be honest, sometimes I am neglectful, and my plants let me know when they droop and fail to flourish.

21 Club has been on a little summer break and will be gathering again soon. Like those indoor house plants, Club friends thrive on good tending. "Feed" those friendships with love, kindness, and care. Don’t let each other droop! We have new friends in our Club and will be reaching out to enlist other women to join our cause. These new friendships require special care and attention. Please be good "plant moms".

I challenge us all to continue to build GFWC up and share in the joy and camaraderie that being a member brings! All the best to all our GFWC fellow club women from us at 21 Club in the coming year!

Jean Stanley – President
GFWC Outlook Club

GFWC/Outlook Club takes a hiatus from meetings during the summer. At St. Albans Summerfest in July, the club manned a table to disseminate information about the National Day of Service, focusing on the club’s project. The Executive Committee met for a planning session at the end of August, so the project is ready to go.

After years of meeting on the first Thursday of the month, it was decided to move the meetings to the first Saturday morning. The hope is to attract younger, working women to join.

Libby Wiers – President

GFWC Northern District

Greetings from the GFWC Maine Northern District!

The GFWC Maine Northern District Meeting took place on April 29, 2023, at the Newport Cultural Center. We had 38 attendees, representing 8 Clubs in our district. The meeting was catered for by the Newport Women’s Club, who did an amazing job! Each club gave a quick report on their fundraising activities (and some of those were astonishing) and how Covid has changed their clubs. Some clubs have had to be resourceful and find new meeting places, but all clubs have persevered through these trying times! We are happy to report a few clubs have acquired new members.

The High School Art Contest was back this year with 4 Clubs participating: GFWC Newport Women’s Club, GFWC Semper Fidelis, GFWC MIOSAC and GFWC Arts Club of Pittsfield. There was a lot of amazing work on display, and we can’t wait to see what next year brings. Our guest speakers were Kim Carson and Shamera Simpson from the Maine/ New Hampshire chapter of the American Foundation for Suicide Prevention. Their presentation titled Talk Saves Lives for Seniors was very informative but maybe even more importantly - very relatable. We learned the importance of reaching out to someone we think may need help. The AFSP puts on many different programs and operates hotlines all over our country, at no cost.

Overall, it was a great meeting, and we look forward to seeing you all and hearing what your Clubs are doing next spring!

Jen Mabee & Debbie Ferrell GFWC Maine Co-Presidents Northern District

DATES TO REMEMBER:

September: Suicide Prevention & Awareness Month

September 21-24, 2023: GFWC New England Region Conference
Rocky Hill, Connecticut

October: Domestic Violence Awareness Month

October 14, 2023: GFWC Maine Fall Conference
Maple Hill Farm Inn & Conference Center
Hallowell, Maine

May 9-10, 2024: GFWC Maine Spring Convention
Hilton Garden Inn Freeport Downtown
Freeport, Maine

June 28-July 2, 2024: GFWC International Convention
Chicago, Illinois

Pine Tree Notes Submission Dates:
November 1st, 2023
January 12th, 2024
March 8th, 2024
GFWC Maine Spring Convention

Kindness Rocks!

Morgan Sturdivant WABI

Piece of the Puzzle GFWC Maine

Jennie June

Kindness Rocks!
Hope Gardens around our State...

GFWC Maine ‘Soaring to New Heights’
GFWC International Convention – Louisville, Kentucky

GFWC Maine!

GFWC Category 4
GFWC Maine Awards:
Arts & Culture, Membership, Fundraising & Development

GFWC Club Creativity Award in Health & Wellness:
GFWC Semper Fidelis Club

GFWC Maine LEADS Graduate Jen Mabee and GFWC First Vice President Wendy Carriker
General Federation of Women’s Clubs
Maine Fall Conference
Saturday, October 14th, 2023
Maple Hill Farm Inn and Conference Center
11 Inn Rd, Hallowell, Maine 207-622-2708

“Ladies and gentlemen, boys and girls, children of all ages come into the circus, hear the music, laugh at the clowns, be thrilled by the perilous leaps of acrobatics, marvel at everything the performers do...only at the circus.”

GFWC Maine will hold its Fall Conference
Saturday, October 14th, 2023

CELEBRATING 130 YEARS!
JOIN GFWC MAINE MEMBERS CELEBRATING
THE PROCLAMATION OF ‘GFWC MAINE DAY’!
RECEPTION with SPECIAL GUESTS invited...

Registration & Marketplace 8:30 a.m. - 9:30 a.m.
Business Opening Session 9:30 a.m.

Plan a day of friendship, entertainment, and information!
Interactive Sessions: Leave filled with information and inspiration!
Insightful information on GFWC Signature Programs and more...

Registration fee $60 includes - Coffee, tea assortment, cocoa, & hot morning muffins
Buffet Lunch: Homemade soup, make your own sandwiches & assorted condiments, salads, & dessert. Assorted soft drinks, sparkling water, coffee, teas, & cocoa.

Maureen Provencal GFWC Maine President
President’s Project - “Mental Health Matters”
GFWC Maine “Soaring to New Heights!”

A complete GFWC Maine Official Call is available through your Club President
CONFERENCE REGISTRATION

Name: ________________________________________________________________

Address: ____________________________________________________________________

City/State/Zip: ____________________________________________________________________

Telephone: Daytime: ___________________ Evening: _________________________________

Cell Phone: ____________________________ Email: _________________________________

GFWC Maine Club Affiliation: _______________________________________________________

GFWC Maine position: [ ] GFWC Maine Executive Committee

[ ] GFWC Maine Chairman (program or committee) ________________________________

[ ] GFWC Maine District President

[ ] GFWC Maine Club President

[ ] GFWC Maine Club Member

MEDICAL EMERGENCY INFORMATION

Who to Contact in an Emergency ___________________________________________________________________

Telephone: Home: ___________________________ Cell: _________________________________

Special Medical Needs/ Allergies: ___________________________________________________________________

PLEASE: Send checks payable to: GFWC Maine

Mail this form by October 1st to: Debra Burnham

197 Malbons Mills Rd

Skowhegan, ME 04976

REGISTRATION FEE: $60.00 per person for the entire Conference [ ]
Statewide Essay Contest Winner

Logan Blanchette, Mount Desert Island High School, Hancock County

What is Elder Abuse and Why Does It Matter To You?

Elder abuse is a serious issue that affects many senior citizens in our society. It can range from physical, emotional, and financial abuse to more subtle acts of neglect or abandonment. Elder abuse includes any action taken against older adults that causes them harm or puts them at risk.

As awareness around elder abuse increases, its importance to our society becomes more evident. It affects the older adult being abused and their family, friends, and community. Elder abuse can lead to physical and emotional trauma, financial exploitation, and neglect of basic needs like food, shelter, and medical care.

At a personal level, elder abuse matters to me because it reflects how we, as a society, treat our elderly. We should be taking care of and protecting our seniors, not exploiting them or ignoring their needs. Elder abuse is wrong, and we must do our part to stop it.

I believe more people need to join the fight against this abuse. We should advocate for stronger laws to protect our elderly and raise awareness. In addition, students can make a difference by satisfying their community service requirements by volunteering at senior centers or getting involved in awareness campaigns. Without raising awareness, we cannot hope to end elder abuse. Here are three ways to do it:

1. Share awareness materials: Information is power, and many local, regional, and national groups have created resources that explain what constitutes elder abuse and neglect, as well as how to identify and report it. We can share these materials with our community, family members, and friends to inform everyone about the critical issue of elder abuse.

2. Take action: People committed to making changes can talk to lawmakers and advocate for laws that protect seniors from neglect and abuse. A big step would be to reach out to local organizations dedicated to helping elders in need and find out what can be done to help in this area.

3. Educate people online: Use social media to talk about the issue with your family, friends, coworkers, and anyone else who will listen. We can let people know how to spot older adults being abused because there are things to watch out for. Social media is also a good place to find out about awareness events or raise funds to support organizations trying to help.

By implementing these strategies, we can work together to raise awareness of elder abuse on social media. This will help prevent elder abuse and neglect and ultimately provide a better quality of life for our elderly population.