



NEWS FROM THE FRIENDS OF BREWSTER SENIORS

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APRIL 2023

President's Corner

~ Marilyn Dearborn

April is Volunteer Recognition Month

What better time to extend a heartfelt thank you to all of the many volunteers who help the Friends and the Sea Captains' Thrift Shop. As we are a totally volunteer organization, the importance of those who volunteer is beyond measure. These volunteers give of their time and energy to keep our organization running like a "fine-tuned machine."

Why do these people give of their time and what do they get from it? They get the satisfaction that they are helping others as well as themselves. Many studies show that volunteering is good for your mental and physical health. It counteracts stress, anger, and anxiety. It has a positive impact on your overall well-being. Who wouldn't want that?

So to all our current exceptional volunteers, pat yourself on the back for a job very well done!! Without you, the Friends could not continue our work on behalf of all Brewster seniors.

As a thank you, we will be hosting a Volunteer Appreciation Luncheon in June in conjunction with the COA. Invitations will be sent out in May and we hope we will have a chance to personally thank our wonderful volunteers.

As we do every year, the Friends will be recognizing one of our volunteers for the many hours she gives on behalf of Brewster seniors. Wonder who it is for 2023 – turn to page 2!

Health Benefits of VOLUNTEERING



*Based on Dr. Allan Luks' research

**Based on Dr. Stephen Post's research in a survey about helping (an average of 100 hours/year)

Thank You! We've Got a Different Name, but the Same Goal.

We will now be known as the **Friends of Brewster Seniors** but the work we have always done on behalf of Brewster seniors will continue. And yes...we'll update the logo soon. We thank all members who took the time to vote on our new name and the new by-laws which will help the Board continue their work. **Thanks all!**

If you have the time and desire to help, please contact Marilyn Dearborn @ 508-385-2881

2023 FOBE Board Members

Donna Bowie, Thrift Shop ❖ Suzanne Dean ❖ Marilyn Dearborn, President
Ronnie Dickens ❖ Elizabeth "Sam" Gardiner, Secretary
Jane Hester, Treasurer ❖ Jim King, Website ❖ Kathy Macdonald, Membership
Jeanne Morcone ❖ Meg Morris, Newsletter ❖ Joyce O'Neil ❖ Linda Wood

Open monthly meetings are held on the second Wednesday monthly at 9:30 AM, Brewster Bible Alliance Church, Rte. 6A.

www.friendsofbrewsterelders.org ❖ email brewsterfriends@gmail.com ❖ visit our Facebook pages

2023

**Friends of
Brewster Seniors
Volunteer
of the Year!**

On behalf of our Board of Directors, I am pleased to recognize **Meg Morris** as the *Friends' Volunteer of the Year* for the incredible amount of time, energy, and effort she puts forth on behalf of Brewster Seniors. Meg has lived in Brewster for over 20 years, having moved from upstate NY. Like many, she and her family vacationed here for years and decided it would be a great place to retire.

Meg's term on the board has been short, but her reach is long. You already have a connection to Meg just by reading this newsletter. It is her responsibility to inform you on a monthly basis of what is going on with the Friends while adding a bit of humor and some "words of wisdom."

This is not Meg's only contribution to the Friends. When she isn't gathering and writing articles, or organizing pickleball or bocce, she's managing our two Facebook pages (Friends and Sea Captains' Thrift) as well. Meg was a driving force in the success of our first ever social at Crosby Mansion last September (it's coming back this September, again with her help -- yay!). She worked tirelessly for the past year to do what had to be done in order to change our name and update our by-laws. Meanwhile, she volunteers at the Sea Captains' Thrift Shop weekly espousing the benefits of reuse and is always there to help when needed, all of which makes her such a valuable volunteer.

But her contributions don't stop there. She is continually active in the Town, including Chairing the Brewster Recycling Commission for over 10 years, and, through her non-profit the Cape Cod Anti-Litter Coalition, she co-organizes Beautify Brewster. Her volunteer duties don't stop at Brewster's borders: she also volunteers weekly at the Cape Cancer Thrift Shop and is a coordinator for Cape-wide annual summits on the topics of litter, recycling & waste.

We are lucky to have Meg "on our side" and thank her for her many hours of dedication to Brewster and its seniors.

Way to go Meg!!!



Speaking of Volunteering...

April is the perfect time to "get on board" and lend a hand to benefit all Brewster seniors. We are an "all-volunteer group" and in order to continue our efforts, we are looking for "a few good men and women" to help us. Become one of our volunteers so we can recognize you for your support next year! Here's where we need volunteers:



Board of Directors – we need four additional Directors. Your commitment would be for one meeting a month on the 2nd Wednesday for no more than 2 hours. We might ask you to co-chair an event or just lend a helping hand. **New Directors bring new ideas and methods for doing things.** We have multiple committees and activities; there should be something of interest!

Sea Captains Thrift Shop – do you have 3 hours one day a week that you could work at the Thrift Shop? We have opportunities for both permanent hours and substitutes. It's a great way to get to know more people in town while helping our efforts on behalf of Brewster seniors.

You are most welcome to attend a Board Meeting to get to know our Board and the work we do. Also feel free to stop by the Thrift Shop to see our "workers" in action. Contact Marilyn Dearborn, President at 508-385-2881 if you would like more information.

We recognize that your time is a valuable asset – please think about sharing it with us!



Beautify Brewster April 29! Sign up or get details
Email rburch@brewster-ma.gov



SEA CAPTAINS' THRIFT SHOP

66 Harwich Road ~ (508) 896-8180

If in doubt about purchasing or donating, please call first.
NOW OPEN MON - SAT, 10 AM - 4 PM
Donation Days: Tuesday & Thursday
We Don't Accept Credit Cards...Sorry!

Spring has certainly sprung at Sea Captains' Thrift...and we're springing some good news on you, too! On a trial basis, we will be **accepting donations (as described below) on Tuesday and Thursdays from 11 AM - 2 PM**. That gives our valuable donors twice the time to drop off items no longer wanted or needed.

Our current selection of bright, colorful clothing for women and men will set the tone for spring gatherings: weddings, showers, reunions and graduations. Does your wardrobe need some sprucing up? At our fabulous, bargain prices, you'll find just what you need and your budget will thank you. You'll find slacks at \$5, dresses starting at \$8, ladies tops at \$4 and so much more.

SALES, SALES, SALES

- Table Top Room features 50% off (over \$1) all trays, vases, bowls, glassware, etc. Everything you'll need for that special event or cottage living!
- The ANNEX also features 50% off (over \$1) all items displayed. The inventory changes frequently, so be sure to take the opportunity to check out the ANNEX each time you visit.

The jewelry display has been refreshed with recently added, new (never used) items. Statement pieces and everyday wear are available at waaaaay below retail prices. Know someone going to a prom or commencement ball? Sea Captains' is the place to find that spectacular pair of earrings or sparkly necklace for under \$10.00.



April Wish List:

1. Volunteers
2. Spring and summer clothing (men's & women's) - CLEAN, CURRENT, COMPLETE.
3. Current novels, biographies & autobiographies.
4. Summer items: coolers, beach chairs, umbrellas, beach towels, picnic baskets, plastic ware, etc. All items must be in excellent, clean, workable condition.

Sea Captains' is looking forward to a busy spring/summer season, renewing our friendships with treasured, longtime clients and making new friends of visitors from near and far.

Donna Bowie, Manager



Start Warming up those Pickleball Rackets!

The Friends organization is once again offering the chance to learn, re-learn or just practice pickleball with wonderful instructors and fun Friends members. Interested? Please contact Nancy J. at mathlc@aol.com for more details on the season opener for new and not-so-new players!



Did Someone Say Ice Cream?

The Friends & the Council On Aging are again sponsoring the ever popular **Ice Cream Social** during **Brewster in Bloom Week-end**. Be at the COA Friday, May 5th from 2:00 - 4:30 PM -- or before we run out, whichever comes first! Ice cream for adults is \$2.00 and \$1 for children.



Bocce Your Game?



We'll be dusting off the bocce balls, pulling weeds and tamping down the gravel for those interested in learning or just having some fun playing bocce. Interested?

Contact fobenewsletter@gmail.com for more info on group times and/or how you'll need to reserve the courts/balls.

The Friends of Brewster Seniors

The Friends is a 501c3 nonprofit, charitable organization whose mission is to support, promote and enrich Brewster's senior residents and the Brewster Council on Aging, through general membership, donations and fundraising. The Friends welcome new members to become involved with our many activities and events.

Contact Marilyn Dearborn, President

Members News

Want to stretch your dollar during these tight times? Sign up now as a member of the Friends and get all kinds of discounts on events, trips, dining, concerts, etc. For just \$10/calendar year, you'll be entitled to reduced price ticketing for all events sponsored -- and sometimes even co-sponsored -- by the Friends! Need An Application Form?

Contact [Kathy Macdonald khelenmack@comcast.net](mailto:khelenmack@comcast.net) or just stop by Sea Captains' Thrift

Upcoming Events:

- ◆ April 29 - Beautify Brewster
- ◆ May 5 - Ice Cream Social
- ◆ May 24 - Patriots Museum Tour!
- ◆ June 6 - Volunteer Luncheon
- ◆ July 18 - Provincetown Whale Watching Cruise
- ◆ August 24 - Cape Cod Rail Tour, leaving from Hyannis
- ◆ September TBD - Lobster Roll Cruise
- ◆ September 24 - Crosby Mansion Social
- ◆ October 12 - Trip to Museum of Fine Arts in Boston

Are You a Pat's Fan? Join Us on May 24th!

Leave the driving to us! We'll take a comfy bus from the Exit 82 Commuter Lot (Rte. 124, Harwich), leaving at 9 AM sharp, arriving in Foxboro in time to visit the Patriots Hall of Fame featuring history, trophies, rings and interactive experiences such as stepping inside the huddle with Tom or making Malcolm's interception...wow! There'll be plenty of time to enjoy lunch on your own at any of the 19 restaurants at Patriot Place...and shopping too! We'll return late afternoon. Please PRINT clearly.

-----cut here-----

Name(s): _____

Email for confirmation: _____

Day of event phone number: _____

_____ of member tickets @ \$ 50.00/ea. = \$ _____ # _____ of non-member tickets @ \$60.00/ea. = \$ _____

Total enclosed: \$ _____ **Tickets must be reserved and paid for by May 8, 2023.**

Mail to Friends of Brewster Seniors, P.O. Box 2310, Brewster, MA 02631 or drop off at Sea Captains' Thrift.

Spring: a lovely reminder of
how beautiful change
can truly be



Friends of Brewster Seniors
Post Office Box 2310
Brewster, MA 02631