



MAY 2025 MONTHLY NEWS FROM THE FRIENDS



President's Corner

~ Marilyn Dearborn

The saying goes "April showers bring May Flowers" – with all the rain we have had recently, Brewster should be bursting with color. Get out and enjoy!

This month we celebrate Mother's Day. Be sure to remember your mothers, mothers-in-law, grandmothers and great grandmothers. They have all played a very significant part of who we are today. Celebrate them!!!

Also this month we thank those who gave their lives to serve our country. Take a moment to reflect on not only their sacrifices but also those of their families. We are truly grateful for their service.

The "Friends" has a couple of fun events coming up for you to enjoy. Be sure to sign up early as in some cases, tickets are limited. Join us on for a wonderful afternoon at the Cape Cod Symphony with a tribute to Billy Joel. Next month, we will be offering a limited number of tickets to the Cape Playhouse in July to see "Rent". Order your tickets early so you don't miss out. We're already planning our annual "Lobster Roll Cruise" out of Sesuit Harbor in early September. October 5th, we'll again host "A Taste of Crosby Mansion," a fun afternoon of good food, drinks & friends. Mark your calendar now!



Most importantly, we are very pleased to announce (for the first time ever) Co-Volunteers of the Year (see below).

MEET OUR 2025 "VOLUNTEERS OF THE YEAR"

We are very pleased to announce that, for 2025, the Friends are acknowledging two dedicated Sea Captains' Thrift Shop volunteers as our **Volunteers of the Year**.

ETHEL WHITTEN and **EUNICE TERRENZI** are two very important people in our thrift shop family. Eunice (pictured below) works on Wednesday morning and Ethel (pictured on the right) on Thursday afternoons. Both greet customers with a warm smile and friendly hello. In addition to her regular shift, Ethel is always ready to pick-up another shift if the shop is short on staffing any given day. Besides working a 3 hour shift, our almost centenarian, Eunice, contributes regularly to the financial well-being of the thrift shop through her near-weekly purchases ☺.



Both Ethel and Eunice have lived in Brewster and been a part of the Friends for many years, Eunice since when we were located behind the Brewster Town Hall!

Ethel likes to read, garden and travel, while Eunice is a big Mahjong player; she was line dancing until COVID shut down the activity.

We thank both **Ethel** and **Eunice** for their many hours of service to the Friends. This amazing pair will be our honored guests at our Volunteer Luncheon in June.

CONGRATULATIONS LADIES – A WELL DESERVED HONOR FOR YOU BOTH!!!

Did You Know???

- ◆ We lose a few bones along the way? We are born with 350 bones in our skeleton. Over the course of time and during our aging process, our bones fuse together leaving us with only 206 bones as adults. We should weigh less then, right?
- ◆ We Seniors hold the most voting power here in the United States. Those 60 and over cast more ballots than any other age group. Keep up the good work!
- ◆ Creativity doesn't diminish with age. There are many famous authors and artists whose careers began after age 60. Can you name some?
- ◆ You (mostly) have control over aging. Studies argue that only 30% of the characteristics associated with aging are controlled by genetics. The remaining 70% is controlled by chosen lifestyle factors. Now is the time to stand up and walk around!
- ◆ Learning can save your brain, so break out the videos or online language or piano lessons because we senior citizens can grow new neurons over time which can help fight off dementia. You'll be surprised how much more alert you feel once you make learning something new a habit.
- ◆ Sleeping habits alter over time, so don't worry. Our sleeping patterns change as we age: we get tired earlier and wake up earlier; ain't that the truth.

Want to know more? Visit this website <https://www.seniorly.com/resource-center/health-and-lifestyle/> or click on the link below.

Source: [Did You Know? Fun Facts for Seniors](#)

Town Meeting Approaching Fast! May 5 @ 6 PM @ Stony Brook

Want to shape what happens in Brewster going forward? Plan to attend Town Meeting and speak up! Shy? Write your persuasive comments about any of the warrant items and read it out loud at the meeting.

An electronic version of the [Town Meeting Warrant](#) is now available. Printed copies of the Annual Town Meeting warrant will be available beginning April 23, 2025, at the Town Hall, Council on Aging and the Brewster Ladies Library as well as the following locations: Brewster General Store, U.S. Post Office, Café Alfresco, Brewster Pizza House and Millstone Liquors.

Got a question about a warrant item or the Town meeting process? Please contact the Town Manager's office with any questions at (508) 896-3701 x1100 or townmanager@brewster-ma.gov.

Scan this QR code to be taken directly to our FOBS website.



Want to See Cape Symphony's Tribute to Billy Joel?

Registration & payment must be received by May 3, 2025

The Cape Symphony's final Pops concert of the season "celebrates the genius of the first, last, and only *"Piano Man."* Stellar guest artists will join forces with the Orchestra to perform Billy Joel's greatest hits spanning more than five decades. Classics like "You May Be Right," "She's Always a Woman," and "Only the Good Die Young" will have you on your feet and wanting more." As the Symphony folks say: "Don't wait too long... this one will sell out fast!" When is the concert? May 18th at 1 PM. What's fastest? Online registration at www.friendsofbrewsterseniors.org. Please note that you'll need your own transportation. Don't drive? Maybe ask a more mobile neighbor to join you!

-----PLEASE PRINT VERY CLEARLY and SAVE THE TOP PORTION FOR YOUR RECEIPT-----

Name: _____

Name: _____

Mailing Address: _____

Email: _____ Day of event Phone: _____

_____ # tickets @ \$30/each (member) = \$ _____ # tickets @ \$45 (non-member) = \$ _____

Additional Donation = \$ _____ Total Enclosed for Billy Joel Concert \$ _____

Drop off your registration & payment (check payable to FOBS) at Sea Captains' Thrift Shop (66 Harwich Road) or mail to FOBS, PO Box 2310, Brewster MA 02631.



SEA CAPTAINS' THRIFT SHOP

66 Harwich Road ~ (508) 896-8180

Donna Bowie, Manager

If in doubt about donating, call first.
Effective March 3, 2025
HOURS: MON - SAT, 10 - 4
Donations Accepted Daily: 11 - 2pm
We Don't Accept Credit Cards...Sorry!

Had enough rain and dreary April weather? As promised, the resulting May flowers are bursting forth in abundance. The daffies, forsythia and tulips are everywhere and the azaleas and Rhodes will soon follow, brightening our Cape with a happy prelude to summer.

Sea Captains' Thrift is well-prepared to welcome the new season with lots of lighter weight clothing to refresh both men's and women's wardrobes. Shorts, golf shirts and ball caps for the men and capris, sleeveless tops and sandals for the gals are out, ready for your consideration. Our stock is plentiful, but the early bird catches the best merchandise at fabulous prices.



Need some beach reads for those lazy days by the ocean? Our book shelves are full of your favorite authors: Evanovich, Patterson, Steele, Baldacci and dozens more. In addition, jigsaw puzzles, playing cards and board games are available for that occasional rainy day (perish the thought!)

Sea Captains' children's corner in our ANNEX is ready for our young visitors. They'll find beach toys, games, puzzles, jewelry and lots of books. Everything is priced to fit the little ones' budgets. Also, in the ANNEX you'll find kitchenware to replenish your summer residence or to spruce up the rental property for renters. Looking for glassware, utensils, pots & pans, etc.? We have it all. Come in and explore home decor and so much more!

Donation days are Monday - Saturday, 11-2. We're accepting summer items ONLY at this time and they must be CLEAN, CURRENT & COMPLETE.

Summer residents and visitors from near and far will soon be among us and Sea Captains' Thrift needs your help serving their thrifting needs. Won't you consider joining our volunteer staff? Just 3 hours per week will support your community through Sea Captains' mission of helping Brewster seniors. You can even make new friends and have some fun, too. Come in [66 Harwich Road, Rte. 124] or call [508-896-8180] for a volunteer packet to decide if Sea Captains' is the right fit for you.

The Psychology of Compliments: A Nice Word Goes a Long Way

Research shows that compliments often make the receivers feel better than most people anticipate. Why not compliment someone, whether you know them or not. How about the person who is in front of you in the checkout line? Maybe they have a nice jacket on; or their hair looks nice, whatever! It will benefit you as much as it benefits them! I came across two great articles which can be found online: [The Psychology of Compliments: A Nice Word Goes a Long Way | Psychology Today](#) and [5 reasons why... you should give compliments The Daily The Daily](#) (Case Western Reserve University study). Here's a bulleted synopsis if you don't have easy access to the internet. Give it a try. You will feel better!

- ♥ Giving compliments increases your happiness and well-being.
- ♥ Giving compliments makes you grateful.
- ♥ Giving compliments strengthens your interpersonal relationships.
- ♥ Giving compliments increases your stress resilience and physical health.
- ♥ Giving compliments creates a ripple of positivity.
- ♥ Giving genuine compliments boosts self-esteem, strengthens relationships, and recognizes accomplishments.

COMPLIMENT
PEOPLE
MAGNIFY THEIR
STRENGTHS
NOT THEIR
WEAKNESSES

An honest and sincere compliment validates who we are and the emotional effort we have taken to share positivity with another. By the way, have I told you how much I appreciate your membership in the Friends?

Sources quoted listed above

Are You a 2025 Friend?

Are you wondering if you're a "2025 Friend?" Contact Kathy and she'll look it up for you. Remember, if you're a friend you'll be getting a discount on our sponsored events. If not, you'll pay a \$15 upcharge each time you sign up for another event. Do you get the drift? The modest \$15 annual commitment lets us help other seniors in multiple ways. You can register online for membership or contact Kathy Macdonald at khelenmack@comcast.net

Upcoming Events

May 2 - Ice Cream Social
May 5 - Annual Town Meeting
May 16 - Health & Wellness Fair
May 18 - Billy Joel Concert
July 9 - "Rent"
Sept TBD - "Lobster Roll" Cruise

Please help us take this sign down!!!!

We can't unless you're willing to donate a little time to the Friends.
Please contact Marilyn Dearborn (508-385-2881) for more info.



Current 2025 Friends Board of Directors

Donna Bowie, Thrift Shop ♦ Suzanne Dean ♦ Marilyn Dearborn, President ♦ Ronnie Dickens

Elizabeth "Sam" Gardiner, Secretary ♦ Jane Hester ♦
Kathy Macdonald, Membership ♦ Jeanne Morcone, Events ♦ Meg Morris, Treasurer/Newsletter

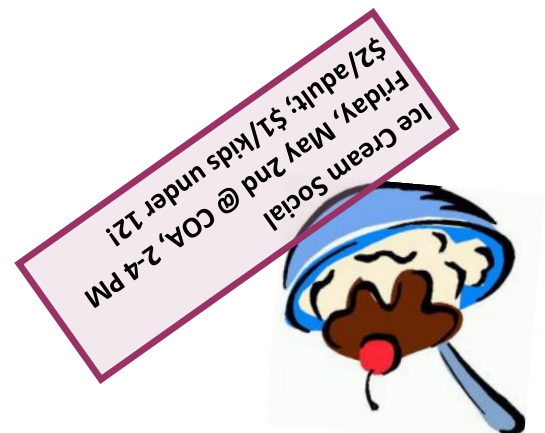
Open monthly meetings are held the 2nd Wednesday at 9:30 AM,
Brewster Bible Alliance Church, Rte. 6A.

www.friendsofbrewsterseniors.org ♦ email brewsterfriends@gmail.com ♦ visit our Facebook pages

Need to get in touch with the Council on Aging? Simply call 508-896-2737

The Friends of Brewster Seniors is a 501c3 nonprofit organization whose mission is to support, promote and enrich Brewster's senior residents and the Brewster COA through annual participant support, donations & fund-raising. The Friends welcome you to become involved with our many activities and events. After all...

Everyone and Anyone Can & Should be a Friend to Brewster Seniors!



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