



MAY 2026 NEWS FROM THE FRIENDS

A message from the President – Marilyn Dearborn

Spring has sprung and not a moment too soon after the stormy winter we just experienced. The flowers are blooming, the birds are singing, and hopefully the temperatures are continually climbing.

Mother's Day on May 10th is the perfect opportunity to honor those special ladies in our lives – our mothers, mothers-in-law, grandmothers and maybe a great grandmother or even a friend's mother. Hopefully they will all have a chance to be celebrated by their circle! They deserve our thanks and recognition and the opportunity to be "star for a day!" Jodi Picoult, author, offered this Mother's Day tribute that I think is fitting for many mothers:

"My Mother: She is beautiful, softened at the edges, and tempered with a spine of steel. I want to grow old and be like her."

Also, in May we honor and remember those who gave their lives to guarantee our freedoms. Especially this year, take a moment to reflect on the sacrifices not only made by them but also by the families who supported them and were often left behind. We are forever grateful for their service.

Oops, I almost forgot....on behalf of the Board of the Friends, it's time to reveal our **2026 Volunteer of the Year!** Look on page 3 for the surprising announcement about our honoree!

Happy Spring!

May Proverbs, A Forgotten Tradition & Interesting Lunar Tidbits

You've heard and even used that old proverb "April showers bring May flowers." It can be traced to a 1557 English poem. But have you also heard "A swarm of bees in May is worth a load of hay?" This English beekeeping proverb became popular in the mid-17th century, valuing May's bee swarms. We should heed it and reduce our use of pesticides because we need bees! Irish folklore warns against marrying during May with the proverb, "Marry in May, and you'll rue the day." Uh oh....

One May tradition rarely continued today is May Basket Day. During the 19th and 20th centuries, May 1 was a day to hang baskets full of flowers and treats on the doors of friends or romantic interests. In fact, in 1927, two girls brought May baskets for First Lady Grace Coolidge at the White House. Think about it, this would be a nice tradition to continue right here in Brewster!

May's full moon has many names, including the Flower Moon, which symbolizes the blooming of spring and is attributed to the Algonquin and Ojibwe tribes. Different Native American tribes also have their own lunar names, such as the Frog Moon (Cree), Moon of the Shedding Ponies (Oglala) and Moon When the Horses Get Fat (Cheyenne). Back in the old country, in medieval England, it had names like Mother's Moon and Milk Moon, when cows could be milked 3 times a day.

Source: <https://www.history.com/articles/history-may-month>



Sea Captains' Thrift Shop

66 Harwich Road ~ 508.896.8180

Donna P. Bowie, Manager

**We're Open
Monday-Saturday
10AM-4PM
Cash or Local Check only**

"Wearing shorts in May? Bold move. Bring a parka just in case!" ... Anonymous

It's here . . . the merry month of May! Glorious signs of spring have sprung, and nature's colorful display is everywhere. This is the perfect time to refresh your wardrobe for summer, stock up on beach reads, pick up a puzzle or two and rethink your home or rental decor. Sea Captains' Thrift is the place to find it all.

Some gentle reminders...

- ✚ We cannot accept anything electrical, used baby equipment, used bike helmets, used stuffed toys, cosmetics, chipped, cracked or rusted items.*

AND . . .

- ✚ All clothing items must be CLEAN, CURRENT & COMPLETE...summer items only.*
- ✚ NO PARKING signs are posted. Please take note.*
- ✚ Cash only, CC checks only, ALL SALES FINAL.*
- ✚ Donation days: Monday - Saturday, 11-2.*

FEATURED THIS MONTH:

- ✚ gardening equipment & decorative flags*
- ✚ authentic, CC found buoys*
- ✚ small furniture items*

Summer is just around the corner and the expected influx of summer residents and visitors from afar will soon be among us. We need your help serving their thrifting needs. Interested in joining our volunteer sales staff? Just pick up an information packet at our front desk to decide if you and the thrift shop are a good fit.

Ready to See More of our Nation's Natural Beauty?

ICYMI, seniors over the age of 62 are eligible to purchase (\$80, once) the National Park Senior Pass. This pass grants your lifetime access to sites managed by the Forest Service, National Park Service, Fish and Wildlife Service, Bureau of Land Management, and Bureau of Reclamation. So...that includes the National Seashore right here in our backyard! The pass generally admits the pass holder and guests traveling in a non-commercial vehicle at per-vehicle fee areas. So why not take the grandkids to the ocean this summer?

At per-person sites, it covers the pass holder and up to three additional adults. If you like camping, swimming, boat launching, and guided tours, it includes discounts for those activities, too!

Exploring the great outdoors is about more than just admiring stunning vistas; it's an investment in physical, mental, and emotional health. Nature's therapeutic effects are well-documented, making national parks invaluable resources for enriching one's quality of life, especially for seniors. Want to know more?

Visit: <https://www.nps.gov/planyourvisit/senior-pass-changes.htm>

And (Unbeknownst to her)
the Volunteer of the Year is...
Marilyn Dearborn



The Board of the Friends of Brewster Seniors (“the Friends”) is very pleased to present its current president, Marilyn Dearborn, with the coveted **Volunteer of the Year** award. In addition to being the current president, she served previously as both president and secretary during her prior tenure. Her current presidency brought fresh ideas and programs to the organization, including an update of its name and bylaws. Additionally, a website was developed, and **A Taste of Crosby Mansion** was born!

Despite what it seems, Marilyn wasn’t always engaged with seniors. It was after retiring from the Nauset School system that Marilyn decided she missed working and for the next 10 years was the Program Coordinator at the COA. It was through this job that she met many Brewster seniors. Her retirement from that job didn’t last long either as she missed using her energy, enthusiasm, and organizational skills for the benefit of Brewster’s seniors. Thus began her commitment to the Friends of Brewster Seniors.

When she isn’t doing things for the Friends, Marilyn spends any remaining free time with her husband, two sons, and many friends -- until March that is -- when she and husband, Dick, annually head to the beaches of Aruba where she can be found reading and soaking up the sunshine!

Congratulations Marilyn!

Volunteerism Defined: Does the Description Fit?

According to bloomerang.com, “Volunteerism is the act of contributing free labor to conduct community service or support a nonprofit organization. [Instead of] a financial reward, volunteers change the lives of their community members out of feelings of social responsibility and a desire to give back.” While the idea of helping others has likely existed as long as humans have, the first volunteer organizations can be traced back to medieval Britain, where over 500 volunteer-run hospitals operated to help the poor and sick!

Some fun facts about volunteering:

- ✚ The estimated value of each volunteer hour contributed in the USA is \$33.49!
- ✚ The verb “volunteer” first originated in 1755.
- ✚ US volunteerism dates back to the Revolutionary War when civilians contributed to the war effort.
- ✚ About 63 million American adults volunteer annually. Are you one of them? THANK YOU!!

Membership Update: We're happy to report that our membership is growing again following the lingering effects of COVID. Who would have dreamt its impact on social organizations would have been so long-lasting? But that's over, so please encourage your friends and neighbors to join us for just \$15 per calendar year. Members save money when buying tickets for events while it also helps support other Brewster seniors. Know someone who should be a member? Contact Kathy MacDonald (khelenmack@comcast.net).

Some Upcoming Events

- ✚ Ice Cream Social
- ✚ Live Theatre
- ✚ Lobster Roll Cruise
- ✚ A Taste of Crosby
Mansion 5th Anniv.
- ✚ Holiday Concert
- ✚ Holiday Luncheon

Current 2026 Board of Directors

Donna Bowie, Thrift Shop ♦ Amanda Campbell ♦ Suzanne Dean ♦ Marilyn Dearborn, President
Ronnie Dickens ♦ Elizabeth "Sam" Gardiner, Secretary ♦ Alice Halla ♦ Jane Hester
Kathy Macdonald, Membership ♦ Maddyson McKay ♦ 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.
Contact Marilyn Dearborn, President (508-385-2881) for more info.

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 & fundraising. The Friends welcome you to become involved with our many activities and events. After all...
Everyone and Anyone Anywhere Can & Should be a Friend to Brewster Seniors!*



If you get this newsletter by May 1st, don't forget that the Friends co-sponsor the Annual Ice Cream Social with the COA to kick off Brewster in Bloom.

Come on down to enjoy your choice of 2 flavors of ice cream, a variety of toppings, whipped cream and a cherry too...

It's only \$2 for adults and \$1 for children under 12

Hours this year are from 1 pm til 3 pm.

Hope to see you there!

*Friends of Brewster Seniors
P.O. Box 2310
Brewster, MA 02631*