



**LOOKING BACK** on 2021, it was quite a year. Thanks to the hard work of the MSG board, we became our own independent nonprofit. With Jo as our fearless games' coordinator, we were able to offer most of the events in a live setting. We held 17 events with 525 participating athletes. Our games committee, in conjunction with marketing, presented a virtual opening ceremony. Through our partnership with UNE, we had students perform fitness assessments on over 35 athletes at the track and field event. The newly-formed health and wellbeing committee offered three webinars during the winter on various topics along with providing monthly wellness tips. Our fund development committee implemented a Clynk program to raise additional money. Of course, we would like to give a BIG shout out to our sponsors for making the Maine Senior Games possible!

But we could not have done it without our community of athletes, volunteers and friends who provided their support in time, participation, and additional funding to make the MSG a successful year!

With our sincere thanks – the MSG Board:  
*Deb, Kim, Jess, Pam, Jerry, Noelle, Cyndi, Ginny, Miranda, and Robin*

**PRESENTING SPONSOR**



**MARTIN'S POINT**<sup>®</sup>  
 HEALTH CARE

**GOLD SPONSORS**



Piper Shores

**SILVER SPONSORS**



The Derry Rundlet TV Show  
 Linda and Charlie Einsiedler



## We need your help

The Health and Wellbeing Committee's goal is to carry out the mission of the Maine Senior Games providing opportunities to improve health and fitness of people aged 45 and over. In 2021 we coordinated three wellness zoom offerings.

**January 28, 2021** – *Maintaining Readiness for the Games During a Pandemic* presented by Lyndie Kelley from the University of New England

**March 25, 2021** – *Maine Senior Games Health and Wellness Zoom* presented by Kendra Jarratt, Certified Lifestyle Nutritionist and Joseph Wolfberg from the University of New England and the Peer Connections Program

**May 27, 2021** – *How to Emerge Safely from the Pandemic* presented by Betty DeSisto, Justin Looser and Jo Dill

We have many ideas for outside wellness events. Please take a few minutes to provide us feedback using [this survey link](#). Your ideas could become activities that we offer.

In the meantime, we encourage MSG athletes to access the [Exercise & Wellbeing Resources](#) on the National Senior Games website for additional ideas.

### VOLUNTEER SPOTLIGHT

## Bev MacLean

By Jo Dill

There are a few volunteers that I have on speed dial and Beverly is one of them.

Bev lives in South Portland with her husband Al and has been a volunteer since 2009. She has done everything from lugging equipment, loading the van, registering athletes, checking athletes in, stuffing the bags and the list goes on.

During 2020 when everything was pretty much shut down, including the Maine Senior Games, Bev kept track of all our volunteer hours as we all worked tirelessly to become our own nonprofit. When we opened up again this year and had no place to fold T-shirts and put items in the bags, Bev offered her home and garage. When we ran out of boxes, she immediately appeared with new suitcases to finish our job.

Her car has made many trips to Martin's Point (where our equipment and supplies have been

When I reach out to volunteers that I need help with something, I will hear right away from Bev



stored) to load up for an event, to my home for help with paperwork and to our new storage place.

I know when I reach out to volunteers that I need help with something, I will hear right away from Bev whether she can help or not and 9 out of 10 times, she can.

Thanks, Bev!

# Plan Now and Follow Key Principles to Compete Well in 2022

Are you ready for the 2022 National Senior Games presented by Humana next May? The key to performing well will be dependent on you having a consistent and effective training plan leading up to the marquee event. This is especially important for individuals who have had their training regime disrupted over the past year.

To be competition ready, it is important to not miss long periods of training due to injuries or illnesses. Training too often, or too long, or too hard usually results in peaking too soon, or worse, too much inconsistency. Stated simply, you must plan your work and work your plan.

Effective planning starts with the end in mind. Roy Benson, MPE, my former head track coach at the University of Florida and exercise specialist, notes that a key question to ask yourself is “What am I looking for in terms of performance at the end of my training program.” When you can define that, you can work backwards to ensure that the correct amount of time is available to allow you to make the best modifications to your training.

Although many athletes play themselves into shape, all Senior Games sports generally require a basic level of fitness. The fundamentals of being fit enough to be competitive and perform at your very best at Nationals requires three to five workouts a week. Planning to train well requires a look at the big picture of a training program, including basic fitness principles such as frequency, rest, intensity, progression and periodization.

Looking at training from the point of view of how one organizes their training program is called periodization. The time period of each of our overall training programs may vary by sport, but you can use six months with the Games taking place in May of 2022. During the first part of your overall training program the focus should be on building a strong endurance base, one that emphasizes lower intensity exercises that target muscle endurance and stamina.



It is important to keep the principle of progression in mind. After the initial twelve week period of building a foundation of endurance, you would want to progress to building other aspects of fitness important to performing your sport. Using running as example, this would be a good time to introduce speed work, hill work, and tempo runs which also increase intensity. As we monitor our progression over time to the final part of the program, your focus evolves to particulars like pacing, speed, power development and sport specific skills. At this point you are monitoring your progress and noting your body's ability for effective recovery. This is where you want to see if you are improving on schedule as you work toward your goal of peak performance at your National Senior Games event.

Including these key principles into your training plan will make it more likely you will arrive in Greater Fort Lauderdale ready to go with your best chances for success. Good luck and get to work!

*This article was prepared by Andrew Walker, MPH, NSGA Health and Wellbeing Director*

## RECIPE CORNER

By Noelle St Hilaire

This is the perfect recipe, only a few ingredients, healthy, AND so yummy! I skip the refried beans and add a little bit of shredded cheddar cheese. I've really mastered flipping the filled tortillas!



### Black Bean and Sweet Potato Quesadilla

#### Ingredients:

- 1 large sweet potato
- 1 cup brown rice, cooked
- 8 oz plant-based, no added oil, re-fried beans
- 1 cup of salsa
- 1 cup fresh spinach
- 8 oz canned black beans, drained and rinsed
- ¼ teaspoon onion powder
- ¼ teaspoon chili powder
- ¼ teaspoon cumin
- 1 jalapeño pepper, diced (optional and HOT)
- 6-8 whole-wheat tortillas

Preheat oven to 375° F. Line a sheet pan with parchment paper.

Peel and quarter the sweet potatoes. Bake sweet potatoes in the oven for 45 minutes to one hour, until soft.

In the meantime, prepare rice.

Remove sweet potatoes from oven and mash them in a bowl with the salsa, rice and fresh spinach.

Place sweet potato mash in a sauce pan and mix in black beans and refried beans, heating mixture thoroughly over medium heat. Add onion powder, chili powder and cumin to taste and stir.

Place a tortilla in a frying pan on medium heat, and slather the side facing up with sweet potato and bean mixture. Add jalapeños if desired.

Place another whole wheat tortilla on top. Press down on top tortilla with spatula with pan on medium heat for about 3 minutes. Flip with spatula and cook for another three minutes.

Cut into desired number of sections. Serve topped with salsa.

#### SAVE THE DATE

## 2022 National Senior Games

presented by Humana

Fort Lauderdale, Florida

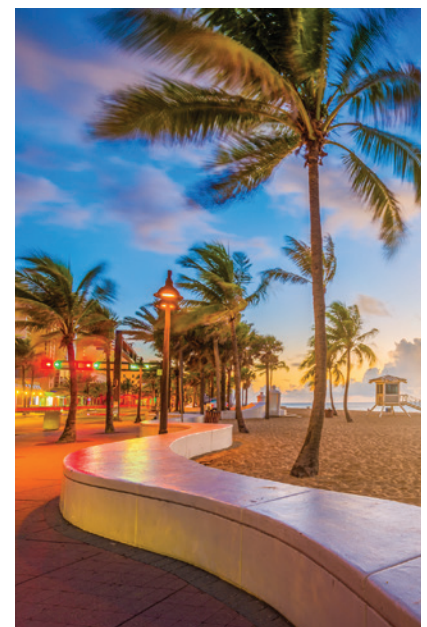
May 10-23



Need more information? [Click here](#) to find rules, registration, schedules, hotels, transportation and even a doubles partner or another team member.

#### Going to Nationals?

Please let Jo know: [maineseniorgames2020@gmail.com](mailto:maineseniorgames2020@gmail.com) so she can keep you updated as well as send out information as we finalize our Celebration of Athletes and Volunteers Dinner.



# Highlights of 2021

We became a **nonprofit** at the end of January thanks to the hard work of the MSG Board and Jo

Many of you taking part in the **Opening Ceremonies video**



90-Year-old **Mr. Talbot** who did the 50M with his walker

**Tennis** had the largest number of participants since 2008

The wonderful **volunteers** who did everything from moving equipment from one place to another, proofreading newsletters, helping at events, designing posters and loading and unloading the van

Wellness Zooms



Your generous **donations** when you registered

**Table Tennis** had the highest number of participants since 2008

42% of athletes were **new** to MSG



**Mr. Campbell** who did the 20K Cycling while battling stage 4 cancer

The **athletes** who came and participated

**Our sponsors** who make it possible for us to hold the games

**Zoom meetings** with athletes and volunteers

Thanks to **Martin's Point** who gave us a place to store our equipment until we got our storage place

## Thank you! Thank you! Thank you!



Just a reminder that MSG is participating in the Clynk program, a redemption system that allows you to drop off bags of redeemable containers at your local Hannaford. Simply save your returnables in a special Clynk bag and return it to the Clynk redemption kiosk located in your local Hannaford parking lot. MSG will receive the full amount of your returnables. Thank you for all you have done – we have already raised over \$150.00!