



NEWSLETTER

DURING THE PAST YEAR, we brought home 37 medals from the NSG, had a record attendance at our Maine games and had some changes in our management. After 12 remarkable years, Jo Dill will be retiring on December 31, 2022. During her tenure, Jo increased the number of events we offer and expanded our presence throughout the state. We wish Jo a well-deserved retirement. We know that we will continue to see her as a participant in the games.

We are thrilled to welcome Karen Reardon as the new Maine Senior Games Coordinator. She comes with many years experience as a track and field coach for South Portland High School and a health and physical education teacher. Please welcome Karen when you see her at our events.

We are blessed with a group of dedicated volunteers, without whose help, we could not execute the games effectively. Thank you for your time and commitment to the Maine Senior Games.

Thanks to all who made a financial donation this year to the Maine Senior Games. Your generosity is appreciated and is important to keeping the Games going.

Our celebration of the athlete's event is being planned for this spring. Keep an eye out for the dates.

We look forward to 2023! Hopefully it will be another banner year for both MSG and Nationals.

Maine Senior Games Board

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The Derry Rundlet TV Show
Linda and Charlie Einsiedler

VOLUNTEER SPOTLIGHT

MaryAnne Woodard

MaryAnne Woodard has been a volunteer for the Maine Senior Games since 2016 doing everything from bulk mailings, checking in athletes and filling the athletes' bags.

She moved to Florida for a while and was missed by all, but, as soon as she returned she reached out to volunteer. She now resides in New Hampshire but that didn't seem to bother her driving to Standish for track or to North Yarmouth for archery or wherever we needed her.



Thank you
MaryAnne for your
constant smile and
your years of
service as a
volunteer for Maine
Senior Games.

**Ways to Support MSG
Throughout the Year**

Financial support and donations are appreciated any time and important to keeping the Games going. Here are some ways you can contribute:

RAFFLE CALENDARS make great holiday presents and/or stocking stuffers. Each day in January has two chances of winning a fun prize. Go to the MSG web site to purchase the calendar.

CLYNK BAGS make it easy to donate your bottles and cans to the MSG.

REFERRALS are always welcome. If you know a business that would be a great sponsor, please tell them about us. Or better yet connect us with them.

IN KIND DONATIONS also go a long way.



SAVE THE DATE

**2023 National
Senior Games**

presented by Humana

Pittsburgh, PA

July 7-18, 2023



New Board Members

Welcome to new Maine Senior Games Board Members who will join us on January 1, 2023.



SUZANNE LACROIX

Suzanne retired after 30 years working in the insurance claims department as an adjuster and as a manager at Allstate Insurance. She enjoys volunteering with MSG and is inspired by the many participants. Suzanne enjoys all sports and has played many in her day. She will bring valuable feedback based on her prior experiences in sports. Suzanne is currently on the SMAA RSVP advisory board.



CINDY N SCOTT

Cindy worked as an administrator in long-term care for 40 years. She brings experience in many aspects of senior life, cultivating relationships, problem solving, and teamwork. She is interested in promoting an active lifestyle for seniors. Cindy currently serves on the RSVP Council advisory board for SMAA and looks forward to knowing that Maine seniors are given the opportunity to stay active and connected to their communities.



AIMEE FAVREAU

Aimee has been a volunteer for the Maine Senior Games at various events. She loves what the Senior Games are about and being involved with her community. Aimee has a health coaching background and one of her goals will be to add value to the health and well-being committee.



News From Jo

This was a banner year for MSG with the total number of athletes registered at 680. This is the second highest in the last 14 years. 61 % of this year's athletes were male and 39% were female.

Ten Pin Bowling had the biggest increase at 39 up from 23. Pickleball had the highest number at 140, followed by track and men's and women's basketball. Cornhole was up 50% from last year as well as Cycling.

After years of being at the Scarborough High School track we moved our event to St. Joseph's College – beautiful facility – plus we were able to add the Hammer Throw as an event.

Tons of records were broken in various sports and have been posted on the MSG website at www.maineseniorgames.org

Approximately 375 Maine athletes qualified for the National Senior Games thus July in Pittsburgh, Pennsylvania.



680

**ATHLETES
REGISTERED
FOR THE 2022 MAINE
SENIOR GAMES**



375

**ATHLETES
QUALIFIED FOR THE
2023 NATIONAL
SENIOR GAMES**



Results from 2022 National Senior Games

Maine athletes brought home 10 Gold, 13 Silver, and 14 Bronze medals (team and individual) from the National Senior Games in Fort Lauderdale. Congratulations to all!

ARCHERY

Dana Cyr Gold, **Randy Cyr** 4th

BASKETBALL

207 Silver (Division 1), **Moxie** Bronze (Division 2)

BOWLING

Men's Doubles: **Don Clayton/Loring Deagazio** Silver

Men's Singles: **Loring Deagazio** Silver

CORNHOLE

Women's Doubles: **Mary Murphy/Annette Markasky** Gold

Mixed Doubles: **Diane Lancaster/Joe Fitzgerald** Gold

Men's Doubles: **Joe Fitzpatrick** Gold

Womens' Singles: **Diane Lancaster** Gold,

Annette Markasky Silver, **Mary Murphy** 4th

CYCLING

5K TT **Sharon Longley** Bronze

20K Road Race **Sydney Duck**, Bronze

GOLF

Mary Brandes Bronze

PICKLEBALL

Men's Doubles: **John Lightbody** Silver (Div. 2)

Mixed Doubles: **Tom Boston** Gold (Div. 1)

Men's Singles: **John Lightbody** Bronze (Div. 1)

TABLE TENNIS

Mixed Doubles: **Irena Stepan** Silver

Women's Singles: **Irena Stepan** Silver

TENNIS

Men's Singles: **Jeff Gerhart** Silver

TRACK & FIELD

Discus: **Kim Coombs** Bronze

Hammer Throw: **Karen Reardon** Bronze,

Kim Coombs 4th

Javelin: **Kim Coombs** 4th

Long Jump: **Jennifer Meko** 4th

Shot Put: **Michael Snyder** Bronze,

Mike Hansen 4th

Triple Jump: **Jennifer Meko** Gold,

Linda Hunt Bronze



KAREN REARDON NEW MSG COORDINATOR

Greetings to all athletes, volunteers, and those who have contributed to and supported the Games. I am incredibly pleased to be assuming the Coordinator's position in January and will work hard to continue the fine work that Jo Dill has done for us over the past several years. Her efforts have been outstanding and have made Maine a leader in the world of senior sports.

During my career as a health/physical education teacher and coach I have become familiar with most of the Maine Senior Games offerings. I have participated in track & field, cornhole, and golf as an athlete.

One of my goals is to continue to grow the Maine Senior Games and keep running them well. As we move into the new year, I will be in touch regarding the 2023 schedule and upcoming events. I encourage you all to grab a friend or family member and get moving. It is one of nature's best ways to prevent problems and keep you healthy.

Happy Holidays to everyone and I am looking forward to an exciting 2023. Let's work together to get more people involved in the Maine Senior Games and for many of you, it is on to Pittsburgh!

Effective 1-1-2023, Karen can be reached at 207-370-8076

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