



65+ Men's Shot Put: Mike Snyder (red shirt), Gold and Mike Hansen (blue shirt), Silver

Message From Your Coordinator

By Karen Reardon

As I look back on the Maine Senior Games of 2023, one thing immediately comes to mind, and that is a huge Thank You! I can't say it enough to all the athletes, volunteers, event coordinators, officials, and board members who helped with all the events and made my first year so enjoyable. Two special shout outs go to Jo Dill and Deb Smith for all their support, encouragement, and help with the transition. Jo Dill - a big thank you for taking me around and introducing me to so many people and places and telling me "I am only a phone call away". I may not call as much now as I did earlier but knowing I can is really appreciated. Your work to build the games over your time as Coordinator gave me so much to work with when I started. The other key person is our Maine Senior Games Board Chair, Deb Smith. What a talented administrator, passionate person about the Maine Senior Games, and all-around great help to me all this year, again thank you for all your assistance.

As we started the season, a certain four-letter word kept coming up for many of our events - RAIN! All our June events had to contend with rain, but we got them in by dodging the rain drops at Buoy Toss, finishing in a nick of time with the Road Races, and making use of the canopy at Archery. Kudos to everyone for hanging in there and still

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Message From Your Coordinator

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coming out to compete. July was so humid that some of the court tape for Pickleball was rolled right up when we arrived on Saturday morning. However, 125 players came out for the tournament, and it was impressive to see the level of play across all the events. As the summer continued, I learned to appreciate indoor events for their reliability like Table Tennis and Tennis. We were two events short of finishing the Track & Field meet when in came the thunder and lightning and Hurricane Lee wiped out our three-event weekend in September. Luckily, we were able to reschedule Golf and Cornhole to the next week and Cycling to October. While we lost some athletes to conflicts, we did well overall and had some great competitions. The swimmers and bowlers were great to watch and, like so many of the events, the respect shown by the athletes towards others from every age group was highly impressive.

Then before you knew it, the season was over. We had 400 athletes this year, which is down from last year but that seems to be a bit of a trend in non-qualifying years for Nationals – and occurs in

many states. These numbers did not include Basketball which was cancelled in 2023 due to the limited number of teams coming to the tournament. Having the National competition in July may have contributed to the decrease due to injury, fatigue, too much travel, etc. However, Basketball and the Foul Shot/Hot Shot will be back again next year on September 22nd in Saco!

The 2023 National Senior Games (NSGA) got back to its odd numbered year and happened in July in Pittsburgh, PA. As the medal portrays, there are a lot of bridges in the city and athletes were welcomed with open arms. Maine was represented by 127 athletes in Pittsburgh and had some great individual and team performances at the games for a total of 44 medals, a dozen of them Gold! Next up: Des Moines Iowa in 2025 and our 2024 events will qualify you for the 2025 National Senior Games.

I thoroughly enjoyed the 2023 Maine Senior Games and look forward to everything else coming up in 2024. Get ready to enjoy and spread the word to friends and family! Maine Games start at age 45.



National Results Pittsburgh 2023

Maine went to Pittsburgh with 127 athletes and family and friend supporters. It was a great couple of weeks with 44 medals won by Maine athletes: 12 Gold, 14 Silver, and 18 Bronze. Congratulations to all the competitors – you made your state proud. Here is a wrap up of the medalists. Remember 2024 is a qualifying year for the next NSGA Championships being held in Des Moines Iowa in the summer of 2025. Time to start training to be the best you can be on and off the field!



ARCHERY

Men's Compound Release (55+) **James Dion** Bronze
 Women's Compound Release (55+) **Dana Cyr** Gold
 Women's Compound Release (65+) **Jackie Belanger** Gold

BASKETBALL

Division I (55+) **207 Gold: Christine Dulac, Kelly Lafountain, Deb Sullivan, Beth Sullivan, Cathy Iaconeta, Michelle Lambert, Julie Woodbury, and Coach Diana Manduca**
 Division II (65+) **Maine Fusion Bronze: Nancy Esch, Lana Merchant, Deb Smith, Cyndi Bona, Janice Pendleton, Adrienne Turner, Sue Dunn, and Coach Mike Giordano**
 Division III (65+) **Maine Moxie Bronze: Deb Tefft, Karen Whitt, Sally Farrell, Judy Martin, Catherine Subi Link, Joan Wright, and Coach Elliott Tracy**



BOWLING

Men's Doubles (75+): **Pete Shubert/John Skrabak** Silver
 Men's Singles (65+): **Rick Campbell** Bronze

CORNHOLE

Mixed Doubles (65+): **Annette Markasky/Brian Lynn** Gold,
Diane Lancaster/Francis Bass Silver,
Mary Murphy/Mike Viskovich Bronze
 Mixed Doubles (75+): **Gordon Kennedy/Teri Jordan** Gold,
 Women's Doubles (70+): **Diane Lancaster/Annette Markasky** Gold
 Women's Singles (70+): **Diane Lancaster** Gold,
Annette Markasky Silver, **Mary Murphy** Bronze



GOLF

Women's (65+): **Mary Brandes** Gold

PICKLEBALL

Men's Doubles (Div I, 75+): **Paul Hawkes/Glenn Martin** Bronze
 Men's Doubles (Div II, 65+): **John Lightbody/Roland Calingasan** Bronze
 Men's Singles (Div I, 65+): **William Brown** Gold
 Men's Singles (Div III, 75+): **Jody Capelluti** Bronze
 Mixed Doubles (Div II, 75+): **John Lightbody/Barbara Wintroub** Silver
 Women's Doubles (Div II, 50+): **Lauren DeLong/Margot Bloom** Bronze
 Women's Doubles (Div I, 65+): **Anne Gould/Sherry Scheer** Silver
 Women's Singles (Div II, 55+): **Anne Aldridge-Peacock** Silver



National Results Pittsburgh 2023

POWER WALK

Women's 1500 Meter(65+): **Margaret Milner** Silver

Women's 5000 Meter(65+): **Margaret Milner** Gold

RACE WALK

Women's 1500 Meter(70+): **Sherrie Gadd** Bronze

Women's 5000 Meter(70+): **Sherrie Gadd** Gold

RAQUETBALL

Men's Singles (50+): **Jason Dupuy** Bronze

ROAD RACE

10K (85+): **Jerry LeVasseur** Bronze

SWIMMING

Men's 100 Meter Backstroke (80+): **David Vail** Gold

Men's 100 Meter Breaststroke (70+): **James Goodman** Silver

Men's 100 Meter Freestyle (70+): **James Goodman** Silver

Men's 200 Meter Freestyle (80+): **David Vail** Silver

Men's 50 Meter Breaststroke (70+): **James Goodman** Silver

TABLE TENNIS

Mixed Doubles (70+): **Irena Stepan/Leonid Sukher** Bronze

Women's Singles (70+): **Irena Stepan** Bronze

TRACK & FIELD

Men's Shot Put (65+): **Michael Snyder** Gold ,
Michael Hansen Silver

Men's Triple Jump (85+): **Jerry LeVasseur** Silver

Women's Discus (65+): **Karen Reardon** Bronze

Women's Hammer Throw (65+): **Kim Coombs** Bronze

4 x 100 Meter Realy (85+): **Jerry LeVasseur** Silver



Jo Dill Spirit of the Games Award



When Jo Dill retired as the Maine Senior Games Coordinator the Board of Directors created this award in Jo's honor. If you know someone who embodies Jo's spirit and would like us to consider them in 2024, please send your suggestion along to Games Coordinator, Karen Reardon.

This award will be presented to an individual who most embodies the spirit of the Maine Senior Games and demonstrates the qualities that Jo exhibited throughout her tenure as the Games Coordinator and as an athlete. The qualities include participation, engagement, enthusiasm, inclusivity, sportsmanship, dedication, perseverance, joy, leadership, community, and camaraderie.

Recognizing Excellence

Highlights from the 2023 Maine Senior Games Celebration of Athletes

The 2023 Celebration of Athletes at the Maine Senior Games was a night to remember, honoring exceptional individuals who have demonstrated outstanding commitment, skill, and passion in their respective sports. The event, held this past June, welcomed incoming MSG Coordinator, Karen Reardon, celebrated award winners, inducted new members into the prestigious Hall of Fame and paid tribute to retired MSG Coordinator, Jo Dill.

Hall of Fame Inductees

This year's Hall of Fame welcomed two remarkable athletes - Sharon Longley, a distinguished cyclist in the 65-69 age group, and Irena Stepan, a skilled table tennis player in the 70-74 age group. Both inductees have earned multiple Maine Medals, showcasing their enduring dedication to their sports.

Volunteer of the Year

Carolyn Clark was recognized as the 2022 Volunteer of the Year, a well-deserved honor for her tireless dedication and hard work on behalf of the Maine Senior Games. Volunteers like Carolyn play a crucial role in the success of such events, and her contributions have undoubtedly made a lasting impact on the organization and its participants.



Volunteer of the Year
Carolyn Clark



Athlete of the Year
Jackie Belanger



Athlete of the Year
Jeff Gerhart

Athletes of the Year

The spotlight shone on Jeff Gerhart and Jackie Belanger, crowned as the 2022 Athletes of the Year. Both athletes showcased remarkable versatility and talent, breaking through perceived limits and inspiring others to reach their goals. Their achievements serve as a testament to the limitless potential that seniors possess in the realm of sports.

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Highlights from the 2023 Maine Senior Games Celebration of Athletes

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Acknowledging Excellence – Jocelyn "Jo" Dill

A special moment of the night was dedicated to honoring Jo Dill, the long-time Coordinator of the Maine Senior Games. Jo's unwavering dedication to promoting and organizing the Games has left an indelible mark on the MSG and our athletic community. Her tireless efforts to involve athletes in the Games and provide a first-class experience for all participants did not go unnoticed. Her contributions were recognized at the National Senior Games on multiple occasions. Jo is truly one of a kind, and in a heartfelt tribute to the indelible impact of Jo, the MSG Board of Directors announced the creation of the Jo Dill Spirit of the Games award to honor her legacy.

Jo's exceptional contributions were recognized for being pivotal in maintaining the vitality of the MSG over the years. As Games Coordinator, she demonstrated unwavering dedication, serving as a beacon of enthusiasm and leadership. Jo's role extended beyond her administrative duties; she was a true ambassador for the MSG, inspiring not only participants but also setting a standard for games coordinators throughout the Northeast.

The 2023 Maine Senior Games Celebration of Athletes was a night filled with gratitude, recognition, and celebration. The award winners and inductees exemplify the spirit of the Games, inspiring all to embrace an active and fulfilling lifestyle regardless of age. The event underscored the importance of the MSG community, volunteerism, and the enduring impact of those who dedicate themselves to fostering a love for sports among seniors in Maine. Congratulations to all the honorees for their well-deserved accolades!



Mark your calendars
for the next
Celebration of
Athletes
May 3, 2024



We're excited to
announce dates for the
**2025 National
Senior Games**
July 24-Aug. 4, 2025
in Des Moines, Iowa.
The countdown
is on!

IMPORTANT INFO:
Hotel/lodging booking
services for The Games
will launch in late
summer of this year.
Using our housing partner
will ensure you get
the best rates.

The general competition
schedule is expected to
be released this spring.

To participate in most
sports at the 2025
National Senior Games,
athletes must qualify at
an NSGA Member Games
in 2024. Learn more at
[NSGA.com/howtoqualify/](https://www.nsga.com/howtoqualify/).

HALL OF FAME

Congratulations to Sharon Longly and Irena Stepan who made up the Hall of Fame Class of 2023 at the June 9th Celebration of Athletes held at the Portland Elks Lodge. Sharon is a multi-time Maine medalist in Cycling and the 5K Time Trial Maine Senior Games Record Holder in the 60-64 division. She won Bronze at the 2022 National Senior Games in Fort Lauderdale in Cycling's 5K Time Trial. In Pittsburgh she had a 5th and 6th place finish in the 5K and 10K Time Trials, just missing a medal. Her passion for the sport and intensity in each event she competes in has contributed to her success. Sharon leads by example showing her middle school students the importance of living a healthy, active lifestyle. She also participates in Swimming, coaches Track & Field and Swimming to middle school kids, and coaches Special Olympics.

Irena Stepan is a highly decorated MSG Table Tennis athlete who has also medaled at every National Senior Games she has attended winning three Silver Medals and two Bronze in Pittsburgh. Along with being a fierce competitor in Table Tennis, Irena has also helped grow the sport here



Cyclist Sharon Longly



Irena Stepan, Table Tennis

in Maine as the Event Coordinator for MSG Table Tennis. She has offered several enthusiasts a place to play and learn more about the game with many weekly play sessions at her house. Irena started playing seriously back in college at Cortland State, learning the finer points of the game and has never really stopped. Her love for the sport has taken her to many places to play and allowed her to meet people from all over the world. Table Tennis for Irena is a lifetime sport and a lifetime love.

Welcome Mike Hansen to the Maine Senior Games Board



We are excited to welcome Mike Hansen to the Maine Senior Games Board. Mike has been volunteering on the Maine Senior Games committee for the past year.

Mike shared the following with us: *"Activities such as MSG are only possible if participants volunteer their*

time beyond just participating in events. MSG is a key component of my interest in Masters Track & Field activities. If I want to ensure that opportunity continues to be viable then I feel obliged to offer my time and efforts in the administration and management of Maine Senior Games."

Mike has served on the following non -profits: Brunswick Naval Aviation Museum 2008-2013 Treasurer. USATF-Maine, member. BIW Ski Club/TrackTeam, member.

Keep the Flame Burning

We would like to thank the Maine Senior Games community for their generous donations throughout the year. We could not bring these athletic events to you without your support.

We do not have an official annual appeal but if you would like to donate, scan this QR code and it will bring you right to our website.

THANK YOU!



Tips for Staying Healthy*

As people age, changes such as hearing and vision loss, memory loss, disability, trouble getting around, and the loss of family and friends can make it difficult to maintain social connections. This makes older adults more likely to be socially isolated or to feel lonely. Although they sound similar, social isolation and loneliness are different. Loneliness is the distressing feeling of being alone or separated, while social isolation is the lack of social contacts and having few people to interact with regularly.

Several recent studies show that older adults who are socially isolated or feel lonely are at higher risk for heart disease, depression, and cognitive decline. **A 2021 study** of more than 11,000 adults older than age 70 found that loneliness was associated with a greater risk of heart disease. Another **recent study** found that socially isolated older adults experienced more chronic lung conditions and depressive symptoms compared to older adults with social support.

Research also shows that being socially active can benefit older adults. **A study** of more than 3,000 older adults found that making new social contacts was associated with improved self-reported physical and psychological well-being. Being social may also help you reach your exercise goals. **A 2019 study** found that older adults who had regular contact with friends and family were more physically active than those who did not.

Staying connected with others may help boost your mood and improve your overall well-being. Stay in touch with family and friends in person or over the phone. Meet new people by taking a class to learn something new or hone a skill you already have.

To assist Mainers with making those connections, Maine Senior Games is offering social and wellness opportunities this winter. Besides the Maine Mariners Hockey Games events where we held two 50/50 raffles in December, outdoor events will be happening in February and March. More information is coming soon.

*from www.nia.nih.gov/health/what-do-we-know-about-healthy-aging

Nutrient-Rich Delights for Smart Snacking

In a world where convenience often trumps nutritional value, healthy snack options have become a beacon of balance for those seeking a nourishing respite from the chaos of busy lifestyles. Enter protein balls, small yet powerful orbs of goodness that pack a punch in both flavor and nutritional benefits. Whether enjoyed as a post-workout refuel, a mid-afternoon pick-me-up, or a sweet yet nutritious treat, protein balls have earned their place in the realm of healthy snacking, proving that nourishing your body can be a delightful experience.



Energy Protein Balls

- 1/2 cup protein powder (any flavor works)
- 1 cup gluten-free oatmeal
- 2/3 cup organic coconut flakes
- 3/4 cup nut butter
- 1/2 cup ground flaxseed
- 1/2 cup dairy free choc chips (optional)
- 3/4 cup honey
- 1 tbsp. chia seeds
- 1 tsp. organic vanilla extract

Mix all ingredients together in a bowl until thoroughly mixed. If crumbly, add more honey or nut butter until it forms together. Chill, and then roll into balls. Roll in unsweetened coconut. Makes 20-25 balls. For easy grab and go, put 2-3 of them in snack baggies and store in the refrigerator for a healthy snack anytime!

National Senior Games Announces New Event Additions for 2025



This will be an OPEN event

Beach Volleyball



This will be an OPEN event

Disc Golf



This will be an OPEN event

Power Lifting



This will be an OPEN event

Billiards



This will be an OPEN event

Tai Chi



What is an Open Event?

You do not have to qualify to participate in Open Events. You will have to pre-register! Get event details at [NSGA.org](https://www.nsga.org)

This will be an OPEN event

Golf Scramble



This will be an OPEN event

One Mile Road Race
May 18 is the ME. one mile race in 2024.



This will be an OPEN event

Basketball Skills...foul shooting and 3 point contest



This will be an OPEN event

Non-ambulatory Pickleball



COMING SOON!

OPENS ON 1/12



MAINE SENIOR GAMES



Maine Senior Games sportswear will be available for a limited time January 12-22. Watch your email for a link to the online store!

MAINE SENIOR GAMES

2024 SCHEDULE



1 Planning & Preparation

We are using January to plan for the best season ever in 2024. The Raffle Calendar is drawn this month too!

1

JANUARY
2024

FEBRUARY
2024

2

2 Enjoy Winter!

We will be sending out info on the Bridgton Winter Carnival on Feb. 17th. Come join us for snow shoe walk & a bite after!

3 Get Ready!

Crank up your training and think spring! Registration will open March 15th and the first event is 1 month away!

3

MARCH
2024

APRIL
2024

4

4 Season '24 Starts

April 27th: Swimming @ the Bangor YMCA - 10:30 a.m.
Remember 2024 is a Qualifying Year for the 2025 National Senior Games

May 3rd-4:30pm Celebration of Athletes
Opening Ceremonies-Elks Lodge Portland
May 1st: Candlepin Bowling 10 a.m.
Big 20 Lanes/Scarborough
May 18th: Road Races-5K/10K/1 mile Runs
1 Mile & 5K Power Walks-Sanford YMCA 9 am

5

MAY
2024

JUNE
2024

6

6 We are rolling now!

June 22-23: Pickleball-Maine Pines Racquet & Fitness Brunswick - 9 a.m.
June 29: Track & Field-St. Joseph's College Standish - 9:30 a.m.

7 Time to Have Fun

July 28th: Buoy Toss - Sanford YMCA - 9:30 a.m. Come out and have a great time with friends.
Cycling: TBA

7

JULY
2024

AUGUST
2024

8

8 More Events to Try

Aug. 17: Cornhole-Sanford YMCA-9:30 a.m.
Aug. 18: Archery-Lakeside Archery-No. Yarmouth-9 a.m.
Aug. 24: Table Tennis-Bridgton Recreation Dept. 10 a.m.

9 The Grand Finale

Sept. 7/8: Tennis-Maine Pines Racquet & Fitness-Brunswick- 9 a.m.
Sept. 11: Golf-Biddeford Saco Country Club-Saco 8:30 a.m.
Sept. 22: Basketball & Hot Shot/Foul Shot-XL Sportsworld-Saco-8 a.m.
Sept 29:10 Pin Bowling: Sparetime-Augusta-10 a.m.

9

SEPTEMBER
2024

OCTOBER
2024

10

10 Fall Outings

New Events to try and new events to enjoy. More info will be coming as we progress in 2024! Stay tuned for new programming.

New Sports for '25 NSGA Games
New Sports: Beach Volleyball 2 & 4 person, Billiards, Disc Golf, Power Lifting, & Tai Chi - Maine Events are TBA.

11

NOVEMBER
2024

DECEMBER
2024

12

12 New Events for '25 NSGA Games

New Events: 1 mile Road Race, Golf Scramble, Basketball Skills: Foul & 3 Point Shooting Contests, Non-Ambulatory Pickleball - Maine Events are TBA

Join Our Board

Join our mission! We're seeking passionate, thoughtful, and dedicated individuals to join the Maine Senior Games board. Shape the future, drive change, and be a vital part of sustaining the Maine Senior Games. Your expertise matters - inquire about the rewarding role of a board member today!

Board members play a vital role, ensuring that the Maine Senior Games will stay true to its purpose and are accountable to Maine athletes ages 45+.

Contact Board Chair Deb Smith at N2Ldeb@yahoo.com or Games Coordinator, Karen Reardon at maineseniorgames2020@gmail.com

Coming Soon!

Maine Senior Games will soon be offering a new volunteer opportunity. We are currently working to develop an Ambassador Program. The role of the Ambassador(s) will be to promote and raise awareness of the Maine Senior Games.

Our hope is that the enthusiasm and encouragement of the Ambassador(s) will lead to increased participation in our games throughout the state.

Information will be made available on our website as we fine tune this new program. Stay tuned for all updates!