



WELCOME to our first newsletter as a new non-profit. It has been quite an eventful year in the history of the Maine Senior Games. It began with us making the difficult yet correct decision to cancel the 2020 games in the midst of the worst pandemic in 100 years.

In June, we lost our home at SMAA and the board quickly pulled together to keep MSG going. Thanks to the generosity of many of you, we had a successful *Keep The Flame Going* campaign and raised over \$10,000. We got word in early January that we are an official 501(c)(3) nonprofit.

Our community sponsors have contributed to this year's games and a big shout-out goes to our presenting sponsor, Martin's Point, and to our returning sponsors, Bangor Savings Bank, Piper Shores and the Senior Planning Center. Please welcome our newest sponsors, Eyecare Medical Group, Caring Transitions, the Derry Rundlet TV Show and Linda and Charlie Einsiedler.

Under the guidance of our fearless leader, Jo Dill, the games committee is hard at work to make the 2021 games both safe and enjoyable for all. We look forward to seeing you at our first event.

Let the games begin and thanks so much for keeping that flame burning.

The MSG Board

PRESENTING SPONSOR



MARTIN'S POINT[®]
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GOLD SPONSORS

Bangor
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You matter more.



Piper Shores

SILVER SPONSORS



The Derry Rundlet TV Show
Linda And Charlie Einsiedler



2021 SCHEDULE

OPENING CEREMONIES:

Thursday, July 22, Virtual

TRACK & FIELD:

Saturday, July 31, Scarborough High

1 MILE ROAD RACE:

Sunday, August 7, Scarborough High

10K ROAD RACE:

Sunday, August 7, Scarborough High

BUOY TOSS:

Saturday, August 14, Sanford/
Springvale YMCA

ARCHERY:

Sunday, August 15, Lakeside Archery
(Rain Date August 29)

CORNHOLE:

Wednesday, August 18, Sanford/
Springvale YMCA, (Rain Date August 19)

MEN'S BASKETBALL:

Saturday, August 21, Cape Elizabeth High

MEN'S HOT SHOT/FOUL SHOT:

Saturday, August 21, Cape Elizabeth High

WOMEN'S BASKETBALL:

Sunday, August 22, Cape Elizabeth High

WOMEN'S HOT SHOT/FOUL SHOT:

Sunday, August 22, Cape Elizabeth High

5K ROAD RACE/POWER WALK:

Thursday, September 9
Sanford/Springvale YMCA

TENNIS:

Women's Singles/Men's Doubles/Mixed

Saturday, September 11

Men's Singles/Women's Doubles

Sunday, September 12

Maine Pines, Brunswick

GOLF:

Monday, September 13
Willowdale, Scarborough

CYCLING:

Sunday, September 19
The Landing, Brunswick

BOWLING - CANDLEPIN:

Thursday, September 23
Big 20, Scarborough

PICKLEBALL:

Men's/Women's Doubles

Saturday, September 25

Mixed Doubles/Singles

Sunday, September 26

Payson Park, Portland

SWIMMING:

Saturday, October 2, Bangor YMCA

BOWLING - 10 PIN:

Sunday, October 3
Sparetime Recreation, Hallowell

CELEBRATION OF ATHLETES:

Friday, October 22

Fireside Inn, Portland

TABLE TENNIS, RACQUETBALL:

To be scheduled

Maine Senior Games Opening Ceremonies

To keep everyone safe, this year's Opening Ceremonies will be virtual. We usually combine it with our Celebration of Athletes dinner but, due to COVID-19, the dinner has been moved to the end of the season in October. Nancy Fortin has been busy making beautiful torches for the torch bearers and Eve Abreu has been repainting the sports signs. The Opening Ceremonies is scheduled for Thursday, July 22 from 5:30-6:00pm. Please join us on Zoom as we carry the torches and signs, listen to the "Star-Spangled Banner," and officially open the MSG 2021 season. [Click here to join the Opening Ceremonies.](#)

Follow Us Online!

[MSG Website](#)

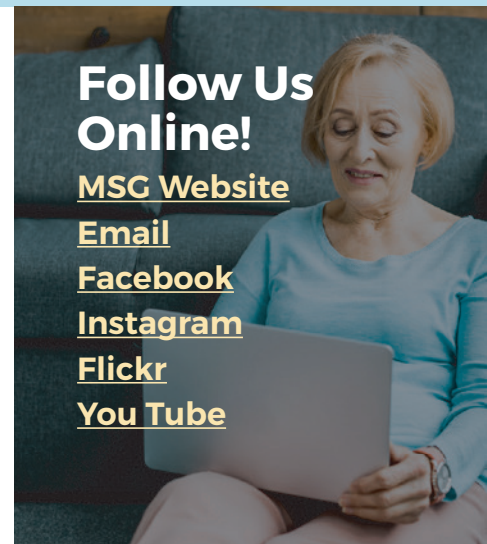
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VOLUNTEER SPOTLIGHT

Claudia Lackee*By Jo Dill*

I first met Claudia when I started playing senior basketball in the Fall of 2003. The basketball teams had recently returned home from the National Senior Games in Virginia and Claudia was due for her first hip surgery. After a brief recovery, she returned to the court and we played together as the Pioneers until 2009 when Claudia retired from playing basketball. It was a tough decision but she knew her other hip needed surgery and thought it was best.

Claudia has volunteered at most all of the MSG events checking folks in, handing out snacks, presenting medals and selling shirts



Claudia reminded me that I had told her I would keep her busy with volunteering. Since that time, she has volunteered at most all of the MSG events checking folks in, handing out snacks, presenting medals and selling shirts. She has also worked on mailing, filling athletes' bags, office work, inventory and you name it, she has done it. I have her on speed dial when I need something done and she is always the first to respond when I send out my all-call email for volunteers. Claudia enjoys volunteering and says it keeps her young and she finds the athletes inspiring. She looks forward each year to seeing the athletes and other volunteers. It just feels good to volunteer. Oh, did I tell you that she has also had back surgery, a plate in her wrist and both shoulders replaced? At 80 years old, she is NOT playing basketball but she does participate in candlepin bowling, cornhole and buoy toss... and that is on top of volunteering.

**Our trusty van has finally retired!**

The van has been donated to Maine Public Radio. Thanks to Harmon's Automotive Service for assessing and storing it at their service station until it could be picked up.



SAVE THE DATE

2022 National Senior Games

presented by Humana

**Fort Lauderdale
Florida****May 10-23****The 2023 NSG will be held in
Pittsburg, PA**

Dates have not been announced at this time. You will need to qualify in 2022 for the 2023 Games.

MAINE SENIOR GAMES

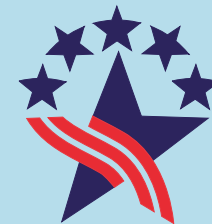
Guidelines for 2021 Participants

All Athletes/Volunteers/Spectators Must Follow These Mandatory COVID-19 Safety Protocols:*

By Jo Dill

- DO NOT participate if you are feeling unwell or have been exposed to the virus. DO NOT participate if you are at high risk for serious complications due to contracting COVID-19 or are awaiting test results.
- DO NOT register for events if you feel uncomfortable participating! We respect everyone's feelings during these times. For 2021, the Maine Senior Games is offering the sports we believe can be staged safely. However, each individual needs to make their own decision based upon their level of personal comfort. Err on the side of caution – if you are apprehensive, do not participate.
- When athletes/volunteers and spectators arrive, each will have their temperature taken and it must be 100.4 degrees or below to stay.
- Athletes must arrive at events no more than 30 minutes prior to the event starting time. Athletes should also leave the facility promptly following the event.
- Please bring a mask to all events; athletes will be required to wear a mask upon arrival and while in the registration area. Feel free to wear a mask during competition if that makes you more comfortable. Volunteers/spectators must wear masks at all times when you cannot maintain a distance of six feet from others.
- Each facility may have its own guidelines that Maine Senior Games athletes will be required to follow and if so, athletes will be provided with details before each event.
- Some sanitizer and wipes will be provided but please bring your own to use before and after each competition.
- Athletes are encouraged to bring their own lawn chair and an umbrella or canopy for shade at outdoor events.
- Spectators must abide by the same rules as the athletes and volunteers.
- Maine Senior Games will follow the State Guidelines as mandated and these may change at any time.

*The Maine Senior Games has a list of COVID-19 protocols for all participants in the 2021 games including but not limited to athletes, volunteers, and spectators. These protocols are in place for the safety of all participants. This information may change as time goes on and through recommendations from the CDC.



**National
Senior Games
Association®**

National Senior Games Update

By Deb Smith, NSGA Board Member
Secretary and Northeast Regional Rep

The National Senior Games exists today as a non-profit organization dedicated to motivating active adults to lead a healthy lifestyle through the senior games movement. The [NSGA website](#) is full of information! You'll find:

- **Competition Schedules**
- **NSGA Official Rulebook**
- **Exercise Resources**
- **Balance And Fall Prevention Training Resources**

Senior Athlete Fitness Exam (SAFE)

We are excited to be partnering with the University of New England to offer the Senior Athlete Fitness Exam at several of our Maine Senior Games events. Dr Jennifer Audette, Physical Therapy Program Director, along with her physical therapy students, will be on hand to offer the test to anyone interested. SAFE has been administered by Dr. Becca Jordre at the National Senior Games for several years. Her research has revealed several insights into older athletes. For example, senior athletes typically function at much higher levels when compared to their less-active peers, but these individuals can still possess weaknesses in one or more areas, which are generally specific to their sport and training program. SAFE involves balance, strength, flexibility and cardiovascular fitness. We hope you will visit Dr. Audette and her students so we can get some great data on the fitness of our Maine athletes.



More Seniors Using TikTok

A year in isolation has driven many older adults to learn and embrace technology and social media to stay connected with friends and family. Even now as the world begins to re-open, older adults have increasingly shifted away from the carefully curated images on Facebook and Instagram to a more realistic slice of life that TikTok offers.

According to a recent AARP article, in February 2020, 19.4% of TikTok users were 40 to 50 years old or older.

Older celebrities are also giving TikTok a whirl and people of all ages enjoy seeing famous and regular people in their home environments offering a bit of entertainment.

Whether seniors are dancing with their grandkids, performing a skit, telling a joke, or doing a magic trick, fans are eating up these glimpses into the lives of elderly people they would otherwise never know. User @grandma_droniak is 91 years old and has more than 1.5 million followers!

Contributors to TikTok and their followers develop a sense of community which for many people, and especially those who live alone, has been missing over the past year. Although people will hopefully soon return to workplaces, schools and in-person social activities, many elderly adults will continue to live in relative isolation. Social media is one way they can stay connected with others and make a contribution – even if it's just a bit of comedic relief from the everyday strains and stresses of daily life.

RECIPE CORNER

By Noelle St Hilaire

This recipe is quick and easy for any level cook. I use it with shrimp or chicken. I always keep a bag of Gulf shrimp (USA) in the freezer - you can find this at Hannaford in front of the seafood counter. I also use whatever veggies I have on hand, fresh or frozen. The riced cauliflower is a game changer - so easy! You can get this fresh in the produce dept or frozen. So yummy!

Shrimp Cauliflower Fried Rice

MAKES 4 SERVINGS

Ingredients:

- ¼ cup sesame oil, divided
- 2 large eggs, lightly beaten
- 3 cups riced cauliflower
- 1 pound large shrimp (31-35 count), peeled and deveined
- 3 cups broccoli florets
- 1 medium red bell pepper, thinly sliced (about 1 cup)
- 3 cloves garlic, sliced
- 3 tablespoons reduced-sodium soy sauce or tamari
- 2 tablespoons water
- 1 tablespoon rice vinegar
- ½ teaspoon ground pepper

Heat 2 teaspoons oil in a large flat-bottomed wok or large, heavy skillet over high heat. Add eggs and cook, without stirring, until fully cooked on one side, about 30 seconds. Flip and cook until just cooked through, about 15 seconds. Transfer to a cutting board and cut into 1/2-inch pieces.

Add 2 teaspoons oil to the pan; heat over high heat. Add cauliflower in an even layer; cook, undisturbed, until lightly browned, 3 to 4 minutes. Transfer to a plate.

Add 2 teaspoons oil to the pan; heat over high heat. Add shrimp; cook, stirring often, until just opaque, about 3 minutes. Transfer to the plate with the cauliflower.

Add the remaining 2 tablespoons oil to the pan; heat over high heat. Add broccoli, bell pepper and garlic; cook, stirring occasionally, until lightly charred, 4 to 5 minutes. Stir in soy sauce (or tamari), water, vinegar and pepper. Bring to a boil; boil for 30 seconds. Remove from the heat. Stir in the reserved eggs, cauliflower and shrimp.



65 is Still Young!

How old is old? The World Health Organization (WHO) has declared that 65 years old is still considered young. Before, based on the Friends Societies Act (1875) in Britain, old was defined by age 50. The UN has not adopted a standard criterion but lately 60 years old was referred as the border age to the word 'old.' But according to recent health quality and life expectancy research by the WHO, new criterion that divides human age has been defined as:

- 0 – 17 years: underage
- 18 – 65 years: young
- 66 – 79 years: middle-age
- 80 – 99 years: elderly or senior
- 100+ years: long-lived elderly



The Long Run

National Senior Games Association
Official e-Newsletter

Are you receiving the NSGA official e-newsletter? If not, [click here](#) and keep up to date with all that is happening at the National Senior Games!

The NSGA is dedicated to keeping you up to date on all the events and excitement surrounding the National Senior Games and our partners! Our free e-newsletter will feature stories of inspiration from senior athletes around the country, keep you informed of events occurring at The Games, provide you with new health updates, offer you exciting recipes from our athletes, and so much more. Sign up today!

Scroll to the bottom of the page to sign up to receive *The Long Run* newsletter.



We've all heard how important it is to stay hydrated. Good news: now you can stay hydrated AND support the Maine Senior Games at the same time. 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.

Bags will be available at all MSG games events beginning in July. Until then, bags can be picked up on the porch at Deb Smith's house, 201 Bradley Street in Portland. Pickleballers who play at FHOP can pick up bags there.

Please raise a glass to MSG and hydrate early and often. Cheers!



IN MEMORY

Since our last Maine Senior Games event in October of 2019, we have lost several amazing athletes and volunteers. They were all passionate about their sports, volunteering and Maine Senior Games. They played basketball, track and field, cornhole, bowling, and the buoy toss. They won many medals, cheered others on, checked people in, were road marshals and some went to Nationals. Most were in their eighties, one in their fifties, but they all left us too soon and they will be missed.

Terry Thompson

Frank Goodwin

Joel Stinson

Betty Moberg

Joan Jagolinzer