



AGE-FRIENDLY FREEPORT & POWNAL HAS PARTNERED WITH THE ARTVAN TO PROVIDE COMMUNITY ART-MAKING OPPORTUNITIES TWICE A MONTH AT FCS.

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FCS COLLABORATES TO EXPAND COMMUNITY IMPACT

Working together to strengthen Freeport and Pownal

Freeport Community Services offers many programs and services in partnership with other local organizations. These collaborations expand our reach, create more options for residents, and ensure shared resources go further—benefiting everyone in our community.

Partnering with the Freeport Community Library

FCS is proud to work with the Freeport Community Library on several initiatives designed to benefit residents of all ages.

One highlight is **Tech Time**, a monthly event co-hosted with the Library and Age-Friendly Freeport & Pownal. Community members can bring in devices and get hands-on help with everyday tech problems.

“It’s been incredibly well received. People really appreciate having a place to go for simple, judgment-free help.”

— Marie O’Donnell, FCS Age-Friendly Coordinator





MISSION STATEMENT

To enrich lives, connect neighbors and help those in need in Freeport and Pownal.

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Age-Friendly Program Manager
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Events Manager
Miriam Tanner
Thrift Shop Program Manager
Andy Wyatt
Food Programs Supervisor

GREETINGS NEIGHBORS!

There's something about this time of year that brings our community into full bloom, from the shores of the Harraseeket River to the trails of Bradbury Mountain and everywhere in between. The long days invite us to gather and to enjoy the deep sense of place that makes Freeport and Pownal feel like home.

At FCS, that spirit of connection is alive every day. Whether it's a neighbor dropping off a bag of food, a volunteer offering a ride to a medical appointment, or a child bursting with excitement on the first day of summer camp, we see the quiet power of community in action; real people showing up for each other in meaningful ways.

This spring, we've also carried some heavy hearts. We've said goodbye to remarkable people who were part of the fabric of FCS. Individuals who gave their time, their wisdom, and their love to this organization over many years. Their absence is deeply felt. And yet, their legacy surrounds us. It lives on in the work we do and in the care we extend to others. We continue forward in their honor, guided by the same values that led them to dedicate so much of themselves to this place.

As summer settles in around us, I'm filled with hope knowing that this community continues to show up with generosity, with care, and with a deep belief in the power of neighbors helping neighbors. At FCS, we're here through both the joyful and the difficult moments, doing the steady, essential work that keeps our community strong and connected.

With appreciation,

Sarah Lundin
Executive Director

CONTACT US

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Executive Director x204
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FCS HAS BEEN A PLACE TO MEET NEW FRIENDS AND FIND MANY NEW ACTIVITIES FOR KAREN AND LOUISE.

A LOVELY PLACE TO BE

FCS is a great place to make connections, as Karen Colman and Louise Munsen can tell you. The two met volunteering in the Thrift Shop on Saturday mornings and have become the best of friends.

Karen describes her shift as one of the highlights of her week.

"It's a great deal of fun," Karen said about her shift. "We have regular customers who come in, and the two and a half hours go by very quickly."

Louise said she enjoys getting to know the people in the community better by being in front of the cash register and helping customers in the shop. "I've met such nice people here. When you are out in the community, you recognize a familiar face."

The two ladies also enjoy some of the many Age-Friendly Freeport & Pownal activities, such as the weekly yoga class on Mondays at 10 a.m. "It's a great way to start the week," Karen said. "It's a marvelous class." She appreciates the gentle exercises and the welcoming group, which always includes new faces giving it a try.

Karen also added AFFP's new Strength & Stretch class on

Wednesdays at 11 a.m. to her routine. "It's proven to be a really good class. It's worth a try," she said. "Heather is a great teacher."

Louise said she has gotten a lot out of the AFFP Lunch & Learns, such as those focusing on fraud prevention and another on spinal health. "I try to take advantage of everything I can," she said.

In another act of service, Karen delivers donated food items from her church to the Food Pantry every Monday morning—just before yoga. "I've just enjoyed it," she said.

Through her involvement with FCS, Karen says she feels like part of the community—a special connection she doubts she could find anywhere else. "It's a lovely place to be," Karen said. "The minute you walk in you can't help but feel you can find something to do."

Louise said she feels appreciated by the staff and by the community for her volunteer efforts. She also loves that the center and the AFFP activities attract all ages and types of people.

"I'm very happy to be a part of the wonderful activities here," Louise said.



VOLUNTEERS SORT FOOD BROUGHT IN FROM A LOCAL FOOD DRIVE.

FOOD PANTRY CALLS ON COMMUNITY SUPPORT

Demand at the Food Pantry has surged this year, even as federal food supplies have been drastically reduced.

Since January, FCS has welcomed 35 new households—more than 70 individuals—many facing food insecurity for

the first time. Over the past decade, visits to our pantry have increased by 63%, and in just the past year, they've risen another 33%.

At the same time, two key federal food programs we rely on are being cut. One program that provided essential funding—about \$5,000 annually—has been suspended. Another, which accounts for nearly one-third of our annual food supply, has lost one of its funding streams, reducing the amount of food it provides..

Despite these challenges, FCS is committed to keeping the pantry well-stocked—and with your support, we can do it. We've already seen incredible community response so far. Individuals and groups are donating food and organizing food drives.

We're regularly updating our list of the most-needed items. You can sign up to purchase these for your neighbors by scanning the code below or visiting shorturl.at/CRAX6.

Together, we're finding a way forward. Thank you for your continued generosity.



THE FREEPORT LIONESS LIONS HELD A SUCCESSFUL FOOD DRIVE FOR THE FCS FOOD PANTRY.

Sign up to purchase needed items by scanning the code



ALL ARE WELCOME: HONORING VAUGHNDELLA CURTIS

Vaughndella Curtis lives in the hearts of many here at Freeport Community Services, and she is missed as we pay tribute to her memory. Vaughndella passed away on May 10, 2025, at the age of 92.

Vaughndella was among the group of 5 community leaders coming out of South Freeport Church who came together to start Freeport Community Services in 1974. Vaughndella became most associated with the Food Pantry, where she volunteered as a greeter for many years. The Food Pantry now bears her name.

“Whenever she was the greeter at the pantry, Vaughndella would know just about everyone who came to shop. She was a friend and mother figure to many,” said Freeport Community Services Executive Director Sarah Lundin. “She was a mighty spirit, telling jokes and ready with the scoop on what’s going on in town. She was a good connector.”

Many said that she touched lives through her kindness, wisdom, and tireless dedication to others.

Cheryl Smith worked alongside Vaughndella in the early days of FCS. “Words cannot express what Vaughndella accomplished during her long life. She basically was FCS before FCS was created,” Cheryl said. “She helped so many families over the years. She was one of a kind with such a big heart.”

“As a neighbor on Pine Street, she invited me to get involved with affordable housing through the housing trust and food security through the pantry,” said longtime FCS Volunteer Chris O’Neil. “I saw her lead with respect,



civility, determination and a clear belief that all should have access to the basic resources required to live securely and with dignity.”

“Vaughndella’s way was to love everyone, and she meant all of us, no exceptions,” said Alice Pellitier, Vaughndella’s friend and hair stylist for over 40 years.

Vaughndella’s celebration of life at South Freeport Church on May 31 fittingly included an overflowing, loving and delicious potluck supper at her beloved church —where all are welcome.

“We are so grateful for Vaughndella, to have known and loved her. She will be missed,” Sarah said.

IMPACT CHANGE LOCALLY

You can help today by making a donation, volunteering, planting an extra row of vegetables for the pantry this spring, or organizing a food drive.

Some ideas...

Volunteer at FCS!

We will need volunteers to help with the major effort that is Community Day, and we always have openings

for regular or one-time efforts throughout the year. Visit fcsmaine.org/volunteer

Food Pantry Donations!

We are keeping a running list of needed items in the Food Pantry, so it’s easy to know what to pick up when you are at the store.

Starting this summer, we're also excited to launch a new **Darn It!** mending group, which will alternate meeting locations between the Library and FCS.

Bringing the Art Van for Regular Activities

Age-Friendly Freeport & Pownal is thrilled to have an ongoing collaboration with **The Art Van**, an organization dedicated to creative expression and community connection through art.

The Art Van team brings a variety of **art-making activities** to the Community Center, creating a welcoming space where participants of all ages can explore creativity at their own pace. Each session is thoughtfully designed using **art therapy principles** to gently explore emotional, social, and cultural topics through the creative process.

These regular visits have quickly become a favorite for many, helping build community while nurturing wellness and self-expression.

Sharing with Neighboring Food Pantries

FCS works closely with the **Yarmouth**



LOCAL FOOD PANTRIES SHARE ITEMS AMONG EACH OTHER WHEN ONE GETS MORE THAN THEY CAN USE.

and Lisbon Falls food pantries to share resources and reduce waste. When one pantry receives more than it can distribute—such as an extra-large donation of milk or fresh produce—it reaches out to the others so nothing goes to waste.

Collaborating to Provide Summer Camp Scholarships

The **FCS Summer Camp Scholarship Program** relies on trusted community partners to identify kids who would benefit, connect with families, and offer spots in a wide range of programs.

Seeds of Independence works with schools and families to match children with camps and help them prepare for their summer adventure

Wolfe's Neck Center and **L.L.Bean** save program spaces specifically for Freeport and Pownal youth receiving scholarships.

RSU5 Community Programs uses a shared scholarship form with FCS and meets monthly to coordinate support.

The Summer Camp and **The Main Idea at Camp Walden** donate several overnight camp spots each year—completely **free of charge**.

“All of us working together are able to maximize every camp scholarship dollar.”
—Kara LaRoche,
Director of Programs

“We value our connection to other local pantries whose operations overlap with ours. It’s great that the relationship is reciprocal!”
— Andy Wyatt,
Food Programs Supervisor

NEW FACES AT FCS

FREEPORT COMMUNITY SERVICES IS PROUD TO WELCOME THREE GREAT NEW MEMBERS TO OUR TEAM



Kara LaRochelle is the FCS Director of Programs and comes to us from Ketcha Outdoors, where she was the director of youth development and ran the summer camp, after school care, and vacation camps. "I go home every day feeling like I've helped someone, even in a small way," Kara said.



Darius Iranpour is FCS' new Facilities Manager and joined FCS from a similar position at the Children's Museum. Darius has 20 plus years of experience in property and facilities management. "I enjoy working with our unique site and hands on and face to face with the community and the multiple services we provide," Darius said.



Tina Randall is joining FCS in a new position as Events Manager. She bartended in Portland after moving to the area from Washington, D.C., with a background in political communications. "Hearing the feedback after events inspires me to keep planning, get more creative, and respond to the needs of our residents," Tina said.



Age-Friendly Freeport & Pownal Events Spring/Summer 2025



YOGA
Mondays at 10am



UKULELE JAM
Mondays at 3pm



STRENGTH & STRETCH
Wednesdays at 10am



ART VAN
2nd and 4th Thursdays
10:30am



BINGO
2nd Tuesdays, 1pm



SOCIALS
4th Tuesdays, 1pm



COMMUNITY FREE LUNCH FRIDAYS
1st and 3rd Fridays, 12pm



MONTHLY TECH SUPPORT
1st Thursdays, 1pm

JOIN US!



All events are free and take place at 53 Depot Street, Freeport, ME
fcsmaine.org/age-friendly
(207) 865-3985 ext. 222



THANK YOU TO OUR GENEROUS SPONSORS

L.L.Bean



Jensen Financial Services LLC



THANK YOU TO OUR FOOD DONATION PARTNERS



VISIT US

53 Depot Street
Freeport, Maine 04032

Freeport Community Services
Monday - Friday 9-5

THRIFT SHOP HOURS

Monday - Friday 12-5
Saturday 10-3
Closed Sunday

Donations

Tuesday & Friday 10-3
Saturday 10-1

COMMUNITY CENTER HOURS

Monday - Friday 9-5

FOOD PANTRY HOURS

Monday 11-3
Tuesday 9:30-11:30
Wednesday 11-1:30

NEIGHBOR TO NEIGHBOR

NEWS FROM FREEPORT COMMUNITY SERVICES

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FCSMaine.org/get-updates



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