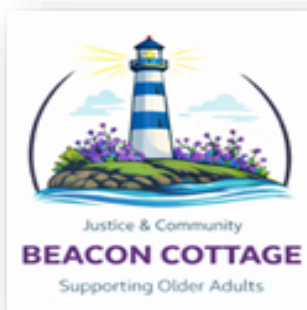


THE BEACON ADVOCATE



Welcome to the Beacon Advocate, a bi-monthly newsletter from the Beacon Cottage informing, empowering and supporting our older adults.

JUNE/JULY 2026

Introducing
the Beacon Cottage!
Home of Maine's Elder
Justice Investigator and the
York County Elder Abuse
Task Force!

The Beacon Cottage provides a safe, welcoming space where area older adults connect, learn, and gain the tools and support needed to prevent elder exploitation, fraud, and abuse. The cottage represents the true meaning of collaboration. With the Town of Ogunquit donating the building, various local partners contributing needs, volunteers donating their time/expertise/support and an investigator sponsored by Kennebunk Police Department/Maine Dept of Public Safety...it is a remarkable collaborative effort hosted by the York County Elder Abuse Task Force.

B: Belonging

E: Education

A: Advocacy

C: Community

O: Outreach

N: Networking



Cottage Updates

Come visit! 102 Main Street * Open Mon-Wed 9am-1pm



IMPORTANT MAILING UPDATE

The York County Elder Abuse Task Force
now receives mail at:

PO Box 1672
Ogunquit, Maine 03907

EFFECTIVE IMMEDIATELY

Please use this address for:

- Donations
- Correspondence
- Resources and Inquiries

All mail!

Thank you for supporting our mission

Taking care of those who once took care of us.™

www.yceatf.org

207~646~6492

The Stroll Patrol: Walking Club

Weekly, Wednesdays at 10am

First mission: Walk across Maine!

Maine is approximately 210 miles wide.

It is one of the largest states in New England! We will be logging the miles we each walk on the bulletin board and once we reach this goal...we will have a brunch together to celebrate. We have marked out miles along the route and will let the group know when they have hit a ½ mile mark so walkers and turn back around based on their desired mileage!

This is an intergenerational activity!

All welcome.

Stitch & Serve Club

Weekly, Tuesdays at 10am

First mission: Comfort Wrap Replenishment
Come knit, quilt, sew or crochet with us to help with the mission of the quarter. It is fun to get together to make a difference. Join us as we connect with others from around Southern Maine who have a similar interest and shared heart! Bring your supplies and we will have coffee, tea and snacks ready!
We also have several

Our COTTAGE BOOK NOOK

**Thank you Huntington Common
Charitable Fund for Seniors of the
Kennebunk Savings Bank Foundation!!**

The Book Nook will provide a comfortable, inviting environment that promotes literacy, relaxation and social engagement. It will include:

A curated collection of books, including large-print, fiction, nonfiction, wellness, and locally relevant topics. A simple lending system to encourage ongoing use and engagement

This space will encourage lifelong learning, conversation, connection, cognitive wellness and support our Book Club!



**www.yceatf.org for more information
about the task force and Beacon Cottage**

Meet Investigator Candice Simeoni...here is a bit about her.



Officer Candice Simeoni is a U.S. law enforcement officer and recognized expert on elder justice and elder abuse prevention, primarily serving in Maine. She is a police officer with the Kennebunk Police Department, where she specializes in elder crimes, community liaison work, court duties, and elder justice investigations. Simeoni began her law enforcement career in 2004 and graduated from the Maine Criminal Justice Academy's 9th Law Enforcement Training Program in 2005.

Simeoni is the Founder and President of the York County Elder Abuse Task Force, established in 2005 to address elder abuse, exploitation, and fraud. She is also a lead instructor at the Maine Criminal Justice Academy, teaching elder justice investigation courses to law enforcement officers.

Nationally, she has spoken on elder abuse issues and has testified before the U.S. Senate Special Committee on Aging regarding senior fraud and financial scams.

She holds degrees in Business Administration and Organizational Leadership Studies from the University of Southern Maine and recently obtained her Women's Leadership certificate from Yale University.

In 2025, Simeoni was appointed by the Maine Department of Public Safety as the State of Maine's Elder Justice Investigator, a pilot position focused on strengthening investigations, mentoring departments, and promoting best practices in elder crime response statewide.

Beyond law enforcement, Simeoni is deeply involved in community outreach, providing fraud prevention education and organizing mission-driven events and initiatives. She is widely recognized for her dedication to protecting vulnerable populations, particularly older adults and individuals with disabilities. She just finished her first book, reflecting on her experiences in this field. Outside of her professional work, she participates in community service efforts, including creating and donating custom cakes to chronically and terminally ill children through Icing Smiles.

Candice L. Simeoni

Investigator, State of Maine – DPS Elder Justice & Kennebunk Police Department

President, York County Elder Abuse Task Force

www.yceatf.org

csimeoni@kennebunkmaine.us

yceatf@gmail.com

Candice would like to recognize that **June 15 is World Elder Abuse Awareness Day!**
The YCEATF is hosting a BBQ at the Beacon Cottage on this day as appreciation for the support the town, BOS, Committees and employees have given thus far.
Also, stop by the Kittery Community Center on June 12 for the Senior Safety Fair

"The thought of change can be overwhelming, especially when we are comfortably set in our routines and expectations. Often it is uncertainty that makes it most difficult- What is the right first step? How long will this take? What else will have to change if I change THAT? Will I be successful making that change? All of these are valid questions, but if we believe we have to have all the answer before we start we may never the the first step. Start small, take one step, and see how it goes. It's OK to be tentative, It's OK to pivot if things don't work out as planned, but we will never know if we don't take that first step!"

~Kris Clough, our amazing cottage LCSW



Justice & Community
BEACON COTTAGE
Supporting Older Adults

WIDOW SUPPORT GROUP

Losing a life partner is one of the most difficult events a person is likely to go through, and the longer you've been together the more complicated the loss can be.

Please join us on the **2nd Monday of each month** for an ongoing conversation about love and loss, and navigating the challenges of widowhood.

Our goals are to provide information and resources, support through the stages of grief, and offer a space to share memories, life lessons, and occasionally, even laughter.

Starting May 11

Beacon Cottage
102 Main Street, Ogunquit



Facilitated by:
Christopher "Kris" Clough, LCSW
Foundations Counseling, ME PLLC

Join us!!

Task Force Member Spotlight!

MIKE MOLONEY

Mike Moloney graduated from the University of Southern Maine in 1990 with a degree in Geography – Anthropology, and immediately went to work in the banking industry! He has worked at Kennebunk Savings Bank, managing branches in Eliot and York for most of that time. Since 2015 Mike has been the Vice President of Corporate Development and Training for the bank, where he oversees all training activities for the bank. Mike has been an active member of the York County Elder Abuse Task Force since almost the beginning and currently serves on the executive committee. Mike lives in South Berwick with his wife Cindy.

More about Mike:

When not working at the bank or volunteering in the fight against elder abuse you will likely find Mike in the Great Outdoors, hiking or kayaking with his buddy Pringle, The Adventure Dog.



Why Kayaking Is a Fantastic Sport for Seniors

Mike Moloney has been a member of the York County Elder Abuse Task Force for over 18 years and is a life-long kayaker. He regularly goes paddling on local waterways with friends and family, several of whom are in their 70's and 80's and are still able to enjoy this wonderful, peaceful, outdoor activity.

Kayaking has quietly become one of the most rewarding activities for older adults, and it's easy to see why. It blends low-impact movement with the serenity of being on the water, creating a sport that supports both physical health and emotional well-being. For seniors looking to stay active without punishing their joints, kayaking offers a perfect balance of challenge and ease.

Gentle on the Body, Great for Strength

Kayaking strengthens the **core**, **arms**, and **back** through smooth, controlled paddling. Because the motion is fluid and seated, it avoids the joint strain common in high-impact sports. Many seniors find that regular paddling improves posture, stability, and overall mobility. If you want to explore low-impact exercise, kayaking is one of the most enjoyable options available.

A Boost for Mental Health

There's something uniquely calming about gliding across a quiet lake or slow river. Time on the water reduces stress, sharpens focus, and encourages mindfulness. Studies consistently show that time in nature improves mood and cognitive function, making kayaking a natural fit for seniors seeking both relaxation and mental clarity.

A Social Sport That Builds Community

Kayaking can be wonderfully social. Many communities offer senior-friendly paddling clubs, guided tours, or group outings. These create opportunities to meet new people, stay motivated, and share memorable experiences outdoors.

Accessible, Adaptable, and Beginner-Friendly

Modern kayaks come in stable, easy-to-enter designs—especially sit-on-top and recreational models—making the sport accessible even for those with limited mobility. Seniors can choose calm waters, short outings, or guided sessions tailored to comfort and confidence levels. Adaptive equipment also exists for those with physical limitations, reinforcing that kayaking truly is a sport for everyone.

Kayaking offers seniors a rare combination: gentle exercise, mental rejuvenation, and the joy of exploring the natural world. It's a sport that doesn't just keep people active...it helps you feel alive, capable, and connected.



Southern Maine Kayaking Hotspots

Don't let the developed coastline fool you - southern Maine kayaking delivers big time. The rivers here offer something the rocky coast can't: warm, calm water perfect for families and beginners.

Top Launch Sites:

- **Kennebunk River:** Launch at Kennebunk Landing, paddle to Kennebunkport
- **Biddeford Pool:** Protected tidal lagoon, seals guaranteed
- **Scarborough Marsh:** Maine's largest salt marsh - 3,000 acres of channels
- **Wells Harbor:** Mix of ocean and estuary paddling

Why Paddle Here: Water temps hit 70°F in summer (practically tropical for Maine). Plus, you can paddle to lunch - try Federal Jack's in Kennebunkport or grab lobster rolls at The Clam Shack.

Karens Newsletter Recipe!

If you were lucky enough to stop by the cottage when Karen made this you are likely wanting this recipe! This and other recipes shared at the cottage are in our "Cottage Cookbook" binder in the common room!

Lemon-Blueberry Bread

Recipe c/o Trisha Yearwood/www.foodnetwork.com

- 5 T unsalted butter, melted, plus more for greasing the pan
- 1 C fresh blueberries
- 1 ½ C + 2 T a-p flour
- 1 C granulated sugar
- 2 large eggs
- 1 lemon, zested and juiced (about 3 T of each)
- 1 t baking powder
- Salt
- ½ C milk
- ½ C chopped pecans

Glaze

- 1 lemon, juiced
- ¼ C confectioners' sugar

Preheat oven to 350. Grease a 4x8x2" loaf pan.

Toss the blueberries in 2 T flour and set aside.

Beat together the butter, granulated sugar, eggs, lemon zest and juice in the bowl of an electric mixer.

Sift together the baking powder, 1 t salt and remaining 1 ½ C flour.

Add the flour mixture and milk to the butter mix in alternating batches, beginning and ending with the flour.

Fold in the pecans and blueberries.

Pour the batter into the prepared pan and bake until a toothpick inserted in the center of the loaf comes out clean, about 1 hour.

Cool for 10 minutes in the pan, then turn out onto a wire rack.

For the glaze:

Stir together 2 T lemon juice with the confectioners' sugar in a small bowl until completely smooth.

Drizzle the glaze over the top of the loaf while it is still warm, allowing it to drip down the sides. Serve warm or at room temp.

Prep: 20 minutes

Cook: 1 hour (+/-)

Yield: 8 servings

Level: Easy

Have you heard about the Maine Golden Beauty Pageant? Its and event shining a spotlight on women 60+ who radiate wisdom, strength, style, and timeless beauty.

"The Golden Beauty Pageant celebrates the timeless elegance, resilience, and spirit of women aged 60 and above. Our mission is to honor the beauty that grows with age—beauty shaped by experience, compassion, and wisdom. We empower older women to embrace their stories, uplift one another, and shine brightly as role models to their families and in their communities."

www.yceatf.org/2026-golden-beauty



Help Us Fill Their SWAG BAGS!

SUPPORT. EMPOWER. CELEBRATE.

Our contestants pour their hearts into this journey—showing incredible *bravery*, inner strength, and radiant *beauty* inside and out.

Help us recognize their courage and celebrate their participation with a special swag bag filled with *kindness, encouragement, and support!*

WE ARE COLLECTING Swag Bag Items! FOR ALL CONTESTANTS

SUGGESTED ITEMS INCLUDE:

- BEAUTY & SKINCARE
- INSPIRATIONAL ITEMS
- DRINKWARE & SNACKS
- ACCESSORIES & FUN FINDS
- GIFT CARDS OR COUPONS

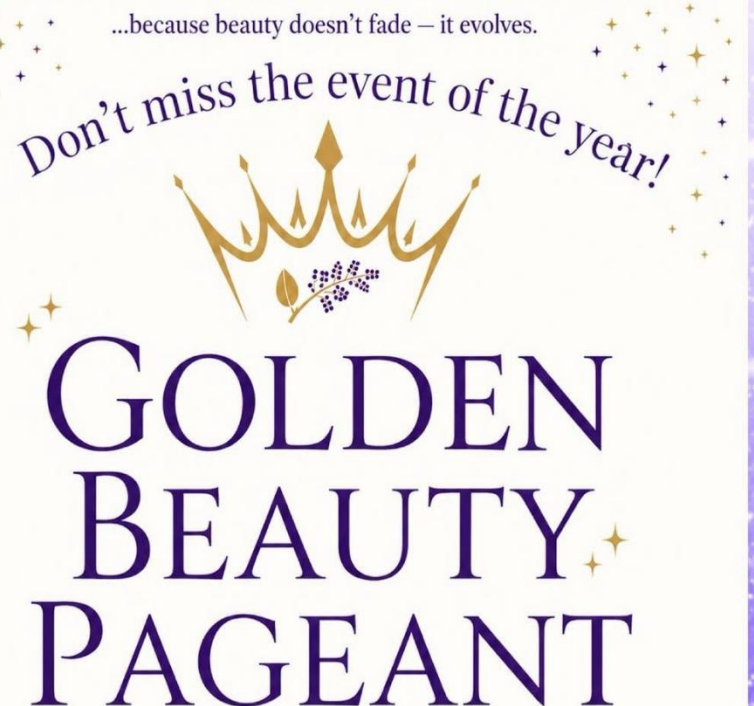
NEW, UNUSED ITEMS ONLY PLEASE.
Every item is a reminder that they are seen, valued, and supported.

GREAT WAY TO SHOW YOUR SUPPORT AND REPRESENT YOUR BUSINESS!

WANT TO DONATE?
Yceatf@gmail.com
Find us on Facebook!

DROP OFF AT:
Beacon Cottage
102 Maine Street,
Ogunquit, ME
OR MAIL TO:
PO Box 1672
Ogunquit, ME 03907

FOR MORE INFORMATION:
YCEATF.org
OR CALL
646-6492



...because beauty doesn't fade — it evolves.

Don't miss the event of the year!

GOLDEN BEAUTY PAGEANT



SPONSORED BY

YCEATF
York County Adult Task Force

Celebrating grace and wisdom in Maine women

Live event set for
1 PM Sunday, Sept. 20, 2026
Sanford Performing Arts Center

TICKETS NOW AVAILABLE!

In memory of Joan Fricke, The Golden Beauty Pageant celebrates the radiance that grows with age — beauty shaped by experience, compassion and wisdom. We empower older women to embrace their another, and shine brightly as role models to their families and in their communities. Please join us.

yceatf.org/2026-golden-beauty

SEEKING INSTRUCTOR



Share your passion.
Make a difference

Help older adults stay active, build connections, and feel their best!

Justice & Community
BEACON COTTAGE
Supporting Older Adults

We are seeking a volunteer instructor to lead a
YOGA, STRETCH OR PILATES
class on
WEDNESDAY MORNINGS
at 9:00 AM

CLASSES HELD AT:
Beacon Cottage
102 Main St.
Ogunquit, Maine

INTERESTED? *Let's connect!*
yceatf@gmail.com | YCEATF.org

TAKING CARE OF THOSE WHO ONCE TOOK CARE OF US.



Justice & Community
BEACON COTTAGE
Supporting Older Adults

VOLUNTEER OPPORTUNITIES

COTTAGE HOST VOLUNTEERS

Occasional 4-hour
blocks available.

Help welcome visitors,
keep the space comfortable,
and offer a warm presence to
older adults in our community.

BOOK CLUB LEADER

Seeking someone to lead
our Book Club by selecting
books and guiding
conversation in a
welcoming, engaging way.

More to come soon as we continue to grow.

For those interested, please email
yceatf@gmail.com
or reply to our Messenger here.



THANK YOU!

The York County Elder Abuse Task Force is dedicated to protecting our older population from abuse. From projects that lift them up to educating in various ways, the group is determined to make a difference. The mission is to provide resources, education and ways to help eliminate victimization and empower our older Mainer's.

They strive to take care of those who once took care of us.

Join us!!



COMMUNITY FARM FOOD SHARE

Neighbors Helping Neighbors



Justice & Community
BEACON COTTAGE
Supporting Older Adults

— Also sponsored by —



The Beacon Cottage is excited to announce that we have a CSA share sponsored by York County Elder Abuse Task Force (YCEATF), Partners for Healthier Communities, and the York County Food Council!



Items we pick up each week will be on our cottage porch for you.

HAVE EXTRA? DROP IT OFF!

Share your surplus fruits, vegetables, herbs, or garden goodies and help reduce food waste while supporting our neighbors.

NEED SOME FRESH PRODUCE? STOP BY AND TAKE A FEW!

Fresh fruits and vegetables are here for anyone in our community.

EVERYONE IS WELCOME!

Together, we can support healthy eating, build connections, and strengthen our community.



Thank You!

A heartfelt thank you to York County Elder Abuse Task Force (YCEATF), Partners for Healthier Communities, and the York County Food Council for helping make this opportunity possible.



BEACON COTTAGE
102 MAIN STREET

SHARE WHAT YOU CAN ♥ TAKE WHAT YOU NEED ♥ TOGETHER, WE GROW COMMUNITY

Justice & Community
BEACON COTTAGE
Supporting Older Adults

★ BEACON COTTAGE PRESENTS ★

VOLUNTEER VA SPECIALIST

★★★ *Meet Meghan* ★★★

We are proud to welcome Meghan to Beacon Cottage, where she will be offering guidance, support and education to help navigate VA benefits and available resources.

Join us!

SUPPORTING OLDER VETERANS & THEIR FAMILIES

We are proud to welcome Meghan to Beacon Cottage, where she will be offering guidance, support and education to help navigate VA benefits and available resources.

★ **WHAT SHE OFFERS** ★

GROUP SESSIONS

- ★ VA benefits education
- ★ Resource awareness
- ★ Understanding available services

PRIVATE APPOINTMENTS

- ★ One-on-one support
- ★ Benefit questions & applications
- ★ Personalized guidance

★ **MEETINGS & OFFICE HOURS** ★

FIRST THURSDAY OF EVERY MONTH
10:00AM – 11:00AM
Office hours will be until 2:00PM

Other appointments available upon request.

102 Main St. Ogunquit, ME | 207-646-6492 | APPOINTMENTS AVAILABLE UPON REQUEST

★ ALL PROGRAMS AT THE COTTAGE ARE FREE! ★

★ **YOU SERVED. LET US SERVE YOU.** ★

★ **ADDITIONAL RESOURCES** ★

VA BENEFITS
Help understanding and applying for earned benefits.

CAREGIVER SUPPORT
Resources and support for those who care for our veterans.

MENTAL WELLNESS
Information on counseling and wellness resources for veterans.

COMMUNITY CONNECTIONS
Linking veterans and families to local services and support.

Be sure to like us on Facebook!

Beacon Cottage
&
York County Elder Abuse Task Force
&
Maine Golden Beauty



MAINE \$300
Affordability Checks

The State of Maine is sending
\$300 checks to eligible residents!

WHO QUALIFIES?

-  **Single filers** earning up to **\$50,000**
-  **Head of Household** earning up to **\$75,000**
-  **Married, Filing Jointly** earning up to **\$100,000**

- ★ About **514,000** Mainers are expected to qualify!
- ★ Checks are expected to be mailed beginning in **LATE JULY!** 
- ★ You **MUST** file your 2025 Maine income tax return by **October 15, 2026**.
- ★ The payment is **NOT** taxable for Maine state income taxes.

NO FORM TO FILL OUT!

 There is no separate application. Eligible residents will receive the payment **automatically** based on your 2025 Maine income tax return.

BEWARE OF SCAMS — PROTECT YOUR INFORMATION!



If anyone contacts you asking for your bank account number, Social Security number, debit card information, or payment to receive these funds, it is a **SCAM**.



The State of Maine **will not** call you requesting sensitive financial information in order to receive this payment.

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BEACON COTTAGE
Supporting Older Adults

♥ For updates, visit: maine.gov/revenue

A heartfelt thank you to everyone who has supported, donated, volunteered and been part of the York County Elder Abuse Task Force's mission and activities. Your generosity and commitment have helped us make a meaningful difference in the lives of older adults. We couldn't do this important work without you!