



Eagles' Eye View

The monthly newsletter for the
Eagles' Nest Clubhouse



Where Dreams Take Flight!

A New Year!

Starting this month we will be operating out of our new building at 412 High Street!



Announcement!

For the safety of our staff, members and transportation providers, Eagles' Nest Clubhouse will be changing its hours of operation to 7 AM to 3 PM starting on December 1st until April 30th, 2025. We will resume our regular hours of 8 AM to 4 PM starting on May 1st, 2025. Thank you for your support.

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Festival of Lights



Clubhouse members got together on the evening of December 7th at Clubhouse to watch the Parade!



We had pizza and made cookies and watched a movie until the parade started!



We even had a fire pit outside to keep warm!



CHRISTMAS!

We had a Christmas Party on the 20th! The Potluck was great and we had so much good food! Members brought in their own special recipes so there was plenty of food to go around.



CHRISTMAS!

Plenty of fun was to be had as we had various goofy games to play throughout the day. Members got to open their stocking and we even did the Yankee Swap! We had a really big member turn-out.



We even had our very own Santa Claus hand out the Yankee Swap gifts!

Hopefully next year will be just as great!



Nerd Corner

With Daniel Schaeffer

Ink Master Season 16 : OGs vs Young Guns : Ink Therapy or how tattoos play a role in mental health

By Daniel Schaeffer

I have decided to go a different route with this article and show. For nerd corner I am going outside my normal realm this month. I am going to review Ink Master Season 16: OGs vs Young Guns. I have been a long time fan of this long running show. A tattoo competition where a group of individual artists or teams compete against each other for 100,000 dollars, a feature in ink magazine and the title of Ink Master (well at least for the 1st 13 seasons). Now it's 250,000 and the title of Ink Master. The theme this season is experience vs young and inexperienced. Young guns have under 10 years and the OGs over 10 years in tattooing. It started with eighteen artists but four were eliminated (two from each team) to make it the top twelve artists. Narrowing it down to six artists each with the top twelve remaining. I choose to talk on Tattoos and their role in mental health as the tie in.

Ink Master season 16 : OGs vs Young Guns : This is the 16th season of Ink master. The format was a little different than what it normally is. This season they formed 2 teams of 6 artists. They started out with 16 artists. With 2 from each team going home on the 1st elimination tattoos. The competition picked up from there with a lot of challenging tattoos with the OGS sending a lot of the young guns home from the get go. It eventually became a back and forth. The challenges were fun for me to watch. There were interesting tattoos from your choice tattoo to mash ups and a 24 hour back piece and a 12 hr leg piece. This season was so memorable to me & here's why. The very 1st time they had a father son competing against each other. Here's the cool thing the dad taught his son everything he knows. Ultimately it came down to the final two. Being the father son duo from the OGs and for the first time a dad who was competing against his son won Ink Master. Here's my thought on the show: Ink Master has been a personal favorite show of mine since Season 9 shop wars. I have thoroughly enjoyed the last few years. I give this a 9.25/10

Ink therapy or how tattoos play a role in mental health: Ink therapy or Therapy where u get body art in the form of tattoos. There are many different ways to do this. From simple symbols to different icons or portraits symbolizing people or places that represent different things. Research shows there are very positive effects on mental health. From being confidence builders to nostalgia to self esteem.



Poetry Corner

Tis the Time of Merriment

By Jane Winslow Lennon


Tis the time of merriment, with Christmas oh so near,
the news of a child's birth that lasts all through the year.
A star shines in the heaven, foretells a holy birth,
The Christ child Jesus was born upon the Earth.
To special parents Mary and Joseph on this day
and then he was the Christ child and the animals bowed their heads and prayed,
and he blessed them in his Holy way this Blessed Christmas day.
and we carry the pure love he bestowed on us to give love so completely to be grateful
hear the music of the angels fill your heart with joy to remember
AND To celebrate all special Christmas days.



Time

By Melissa

Time heals all,
Time hurts all.
Depending on the circumstance,
A heart is broken and heals in time.
In time a baby's born into this world,
As an elder takes their last breath of life.
In time grief heals,
And in time we remember those we lost though time itself.
Time is kind as well as greedy,
Taking the ones we hold and treasure so deeply.
Yet time gives the gift of new life,
Bringing happiness once again.



Art Corner



The Desert of Pink Glass (Night)

By Kevin



We have a few members currently considering education opportunities!

Congratulations to Paige, Nick, and Zoey for starting Adult Ed Classes!

Danny completed his College Transition course and will at some point be enrolling in EMCC or UMA!

Shane was accepted into UMA in their Early Childhood Education program!

Xavier is starting Driver's Ed this month through Voc. Rehab!

Great job everyone!



A Special Thanks!

A thank you to the Community of Christ Church for the donation of:

\$28.37

Art Supplies

Food

Office Supplies

Handmade Winter Hats and Ear Warmers

We appreciate the help!



View From the Boardroom

It's January and the beginning of an exciting new year. I'm still struggling to believe that 2024 is over. However, I am so excited about all the challenges we've overcome and all the new and exciting things that have happened and are still happening.

Membership continues to increase slowly but having a new building, more space and access to more businesses with more opportunities for growth and TE's should help us increase even more.

December ended the month with 2895 billable units and an ADA of 12.5 and January has not been tabulated for billable units and an ADA of approximately 12. We have had two interviews with great exposure and member highlights with both the Ellsworth American and the Bangor Daily in the past month. Hopefully we will be able to get more exposure when we do our open house with both newspapers and tv/media exposure.

December 7th was the Festival of Lights parade in downtown Ellsworth with members, staff and guests attending for pizza, cookies, hot chocolate and a fire pit to make s'mores out front. Although we are excited about moving to our new location it will be sad to not be in a prime location for many of the downtown activities each year. Next year we will have to be in the parade instead of watching from the sidelines.

Our big Christmas party was on the 20th of December with several members, staff, board members and guests in attendance. A potluck style meal was shared by all, with games and prizes plus a Yankee Swap gift exchange.

ENC will be open all of Christmas week to continue moving any last-minute items and New Year's Day for hot chocolate and cookies from 8-1 PM.

Annual appeal letters are almost ready, and we hopefully be sent in January 2025, just before our Open House so we are still fresh in everyone's mind.

Although we've been very fortunate meet and exceed our billable units each month, the past month we've struggled with transportation issues with Modivcare not picking up due to limited drivers, cancellations and/or providing a ride one way but not the other which is difficult as many of our members do not live in the Ellsworth area. Hopefully more options will become available as we continue to grow.



This menu may not reflect exactly what this month's menu is due to the transition to the new building! Sorry for the inconvenience.



Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Bagged Lunch	2 English Pizza	3 Leftovers
6 Breakfast Lunch	7 Pork Chops	8 Whole Chicken	9 English Pizza	10 Leftovers
13 Breakfast Lunch	14 Chop Suey	16 Fish Sticks	17 English Pizza	18 Leftovers
20 Breakfast Lunch	21 Meat Loaf	22 Pulled Pork	23 English Pizza	24 Leftovers
27 Breakfast Lunch	28 Chicken Legs	29 Pork Tenderloin	30 English Pizza	31 Leftovers



JANUARY 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 Online Game Night—9:00 PM
5	6	7 Skill Share: Computers 1-2PM Tobacco Aware- ness Workshop at 10:00 AM	8 Skill Share: Nutrition 1-2 PM	9 Game Night 2-4 PM	10 Group Wellness Walk 1-2 PM	11 Online Game Night—9:00 PM
12	13	14 Group Wellness Walk 1-2 PM	15 Skill Share: Nutrition 1-2 PM	16 Game Night 2-4 PM	17	18 Online Game Night—9:00 PM
19	20	21 Skill Share: Computers 1-2PM	22 Clubhouse Christmas	23 Game Night 2-4 PM	24	25 Online Game Night—9:00 PM
26	27 Skill Share: Mobile/Tablet 1-2 PM	28	29	30	31	