

# OCEANVIEWS UPDATES

February 29, 2024

## ADMINISTRATION MEMOS

### *OceanView Regular Front Office Hours*

Monday-Friday 8:30a-5:00p

Saturday & Sunday 10:00a-2:00p

### *New Residents!*

Fred & Vee Sheehan	2/13	4 Mallard CC
Dick Shand	3/1	L110
Larry & Jill Nixon	3/15 (projected)	30 Whipple Farm
Peter & Judi Kleinman	late March	11 Monarch Dr
Terrance & Ruth Moore	tbd	1 Collegiate

### *Staff Away*

Tess Coate	2/29-3/4
Marcia Emerson	2/29-3/4
Tamera Vogel	3/12-14
Shireen Shahawy	3/14
Don Wessels	3/25-4/3

### *Thank You!*

Thank you **Molly Morell** for making the arrangements for our trip to the Osher Map Library; to the residents who brought us wedding and other photos to share at the **Valentine's Social**; **Loli Hammond** for bringing to our attention Shannon A. Mullen and her wonderful book, *In Other Words, Leadership* for a talk and signing; **John Bischof** for coordinating our recent successful Potluck Dinner; and a special thank you to all our **Projectionists** for their patience and expertise while our Screening Room equipment upgrades are changing the way we operate, including **Peter Webber, Brian Knoblock, Marcia Rockwood, Steve Pinto, John Yelverton** and others.

## COVID-19 COMMUNITY UPDATE

In February we had 3 resident cases & 2 staff in the independent community, 8 Falmouth House residents. We continue to do contact tracing and encourage testing for those who have been in close contact with someone that has tested positive. Testing with any cold or flu symptom continues to be the most effective way to reduce transmission.

— Diane Kibbin

## ADMINISTRATIVE NOTES

It's time to remove **holiday decorations** throughout the community! Please take a moment and remove exterior holiday lighting and décor from your homes. Thanks for keeping OceanView a beautiful place to call home!

## Please do not bring your pets into Lodges Common Areas

A reminder that pets (except for service animals) should not be in any common areas including the Main Lodge Dining Room, The Gazebo Grille, Library and any of the community rooms at any time.

Main Lodge, Hilltop Lodge, Pavilion Apartments and Blueberry Commons Residents: **Paper bags** for recycling items can be found in the Activities Room located on the 2nd floor of the Main Lodge.

## COMMUNITY COUNCIL REFLECTIONS

Nancy Wanderer, President

Last month, our community lost three beloved members: Betty Shively, Arlene Clifford, and Chris Burner. Every time friends from our community die, we mourn their loss, but losing three beloved members at one time is a stunning blow. Although I thought I knew Betty, Arlene, and Chris, I learned much more about them from their obituaries, which all appeared in the Portland Press Herald on the same day. Last year, at age 101, Betty was declared the oldest female citizen of the Town of Falmouth and, as such, became the 33rd recipient of the Falmouth Boston Post Cane. Honoring a town's oldest residents in this way is a tradition that began in 1909 and is celebrated in hundreds of New England towns. We will miss Betty, who could always be counted on to lend a helping hand at the OceanView Library and holiday craft fairs.

Arlene, who died at age 98, was an active volunteer for the Red Cross for 50 years. She served as a Presidential disaster volunteer, helping people to recover from Midwest floods, California earthquakes, southern tornadoes, Maine ice storms, and the devastation of 9/11 in New York City. Until her death, Arlene stayed involved in local and national politics. As her obituary stated, "Nothing held her back from sending a well-crafted letter voicing her opinions." We will miss her dry wit and wisdom.

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## Donations gratefully accepted in BBC Commons Room

9:00a-11:00a Friday, March 1st

**Second Chance Gift Shop proudly reports over \$4100  
was raised for 3 nonprofits during its inaugural year.**

Thank you for your support.

## Friday March 1st, 9-11am - donations accepted at BBC.

Residents, Families and Staff may visit us and shop four different ways :

- ⇒ display case beside Gazebo Grill
- ⇒ glass cabinet in BBC hallway until Feb
- ⇒ electronic Resident bulletin board on OV portal
- ⇒ in person at next Pop-Up Sale Friday, **March 8, 1-5pm**  
in the Blueberry Commons room.

Common Threads of Maine, is the non-profit recipient for this quarter. Women are taught sewing skills to prepare them for jobs or to start businesses. Gift shop purchases may be paid with cash or checks made to Common Threads of Maine. [www.commonthreadsmaine.org](http://www.commonthreadsmaine.org)

Front Desk will hold any item you are interested in until you have paid. —Eunice Wilcox

To access items from BBC glass cabinet:

**eunice.w75@gmail.com**

To volunteer: **dknoblock@maine.rr.com**

## CUMBERLAND CROSSING UPDATES

### MARCH 2024

March is a wonderful month of hope - Daylight Savings Time begins on the 10th and Spring arrives on the 19<sup>th</sup>! We hope that you're looking forward to the milder temperatures and longer days ahead to enjoy more time for friends and fun at Cumberland Crossing.

### MARCH MOVE-INS

We would like to welcome Peter and Judi Kleinman to their new cottage at 11 Monarch Drive on March 28<sup>th</sup>!

### PHASE 2 SALES

If you have a friend or family member interested in our community, please have them call or email SOON! There are limited sites remaining in Phase 2B.

### MARCH TOURS

We're here to answer questions and are happy to arrange a tour by appointment any time! Just call 207-781-4460 and ask for Gloria Walker (ext. 150) or Shireen Shahawy (ext. 103) OR email [gloria@oceanviewrc.com](mailto:gloria@oceanviewrc.com) or [shireen@oceanviewrc.com](mailto:shireen@oceanviewrc.com) to schedule a good time for a visit.

## MARCH Activities/Events Highlights at OceanView

(FMI see pp 3, 11, 13, 15 in this Updates)

3/4, 3:00p **James Kennerly: Bach Birthday Bash Preview** (HTL)

Sign up and request van transport from Activities.

3/15, 2:00p **Irish Fiddler Frank Ferrel** (BBC)

Sign up and request van transport from Activities.

3/17, 12:00p **Irish Brunch Buffet** (MLDR)

RSVP at Front Desk.

3/28, 2:00p **Mktg Event: What to Know When**

**Considering Hospice**—Compassus Hospice (Lunt)

Please register on-line at [oceanviewrc.com/events](http://oceanviewrc.com/events).

### At Northwind Farm:

**Writer's Group** – contact Helen Williamson at [williamsonbh1@gmail.com](mailto:williamsonbh1@gmail.com)

3/6 – 10-11:00a **Men's Discussion Group**

3/18 – 2-3:00p **Coffee with the Concierge**

(Guest speakers: Dawn Wheeler/CC & OV Activities & Events Director, Becca Ruth/Cunningham Security)

3/20 – 1-2:30p **CC Book Club**

3/25 – 3:00p **CC Residents' Meeting**

3/25– 3-5:00p **BYOB to follow CC Residents' Meeting**

Please contact Don Wessels with any questions:

(207) 781-4460, ext. 148 or [don@oceanviewrc.com](mailto:don@oceanviewrc.com)

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Chris left us way too soon, dying at the age of 62. No one worked harder than Chris on behalf of OceanView's landscape and residents. His occasionally gruff demeanor could not hide his tender heart. He liked nothing better than making us happy by moving plants and rocks, helping to create new gardens, and maintaining the beauty of OceanView's campus. None of us will be able to see his white truck drive by without thinking of Chris. Susan and I will never forget the Saturday morning we awakened to a giant vehicle the size of a dinosaur pulling into our front yard. It was Chris, of course, arriving to drag out an overgrown shrub. His skill and devotion to our community were unparalleled. On Valentine's Day, as I write these Reflections, I wish we could tell these three departed friends how much we appreciated and cared for them. In their memory, let's all remember to express our love and gratitude to friends and others in our community who make a difference. There can be no more fitting tribute to Betty, Arlene, and Chris than that.

—Nancy Wanderer

## OCEANVIEW DINING & CATERING SERVICES

### ~ Special Dining Events in March ~

#### *Celebrate St Patrick's Day with an Irish Brunch Buffet*

Sun., 3/17, 12:00p DR

Join us in the Main dining room on Sunday March 17<sup>th</sup> for an Irish Brunch Buffet featuring Classic Scones, Corned Beef Hash, Smoked Salmon & Avocado Toast, Oatmeal Pancakes w/ Sweet Apples and More! \$29.95 plus tax or 2 meal plan points for Gold, Silver, and Bronze participants. RSVP at the Front Desk to reserve a spot, seating is limited.

#### *Nip & Nosh series with Wine and Foods of Greece*

Thurs, 3/28, 4:00p GG

Join Chef Keegan Drinkert and wine enthusiast Rileigh Bayard for an informative and fun event! Price is \$30. + tax or 2 meal plan points for Gold, Silver, and Bronze participants, and an additional \$5.00 for 4 wine samples (wine to be paid for at time of service). One limited 4:00p seating—RSVP to the Front Desk at 781-4460 to reserve your spot.

#### *Tuesday Wine Social in The Gazebo Grille*

Tues., 3/12, 3:00-4:30p GG

Enjoy some exciting wines by the glass while you socialize with friends and neighbors. Accessibly priced wine & a complimentary Charcuterie Board. Tuesday March 12th from 3:00-4:30. *Sign up at the*

*Activities Nook* (wine must be paid for at the time of service).

**Blueberry Commons Focus Groups** We are seeking input into the use of our current dining programs to meet your needs better now and in the future. If you live in an apartment at BBC, please join Jean Coughlin, Food Services Director, in The Gazebo Grille for a focus group discussion on Thursday March 7<sup>th</sup> or Thursday March 14<sup>th</sup> at 3:30p. Invitation reminders will be sent to those who reside in BBC apartments. *Please sign up at the Activity Nook.*

### ***Chef's Annual Soup Challenge***

March 22, 12:00p DR

It's time again for our annual celebration of soups! One of our OceanView chefs will earn bragging rights after you vote for your favorite soup. This year's theme is "International Soups". We are sure to have some creative entries and lively voting activity. This event will benefit the OVRAF; suggested donation is **\$10.00**. *Please note that the Gazebo Grille will be open only for takeout that day and closed from 12-1p during the event.* Sign up at the Activity Nook—seating is limited.

### ~ Hours for our Dining Venues ~

**The Gazebo Grille** is open weekdays from 11:00a-5:00p. Join us for lunch with full service inside or outside on the patio. Delicious wines and beers are now available for purchase for consumption on

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**Spring cleaning?** Getting a new sofa? Just too much stuff? Have furniture, area rugs or lamps in good condition which you would like to donate to a very good cause?

**Furniture Friends** in Westbrook gives donated furniture to recently homeless people and New Mainers in the greater Portland area. Demand has greatly increased and they are in desperate need of box springs, dressers, tables, chairs and couches as well as other furniture needed to make a home. Many clients are living in a totally empty space with no resources to acquire furniture.

OV residents Patty Meyer and Sally Dunning volunteer for Furniture Friends and are happy to answer questions about possible donations.



**If you have items you might like to donate, please contact one of them to indicate interest in a possible campus-wide pick up time for OceanView and Cumberland Crossing.**



premises.

**Whipple Farmhouse** is open Thursday – Saturday evenings from 4:30-7:30p. Chef Michelle offers a limited menu of unique and on-trend recipe preparations that change seasonally.

*\*\*Transportation service is being offered to and from the Farmhouse on 3/14 and 3/21—call the Front Desk to reserve a ride.*

**Main Lodge Dining Room** Please join us in our Main Dining Room for our first seating any time between 4:30p- 5:30p or for our second seating after 5:30pm.

Saturday breakfast is served from 8:00-9:15a, Sunday Brunch is available from 11:45a- 1:00p

Don't forget our fabulous **"Good to Go"** program.

Available Monday – Friday. Meals can be picked up at the Main Lodge Dining room at 4:45p or 6:00p or we can deliver it right to your door by request. The menu can be found on the resident portal, or you can request a copy to be delivered to your home. Call the Front Desk by noon for same day pick up or delivery 781-4460.

## THE RESIDENT PORTAL

See what's new on **The Resident Portal!**

The Portal is a spot for residents to get easy access to a number of resources, including *calendars and monthly updates, the Resident Bulletin Board, and The Gazebo Grille Blackboard Specials* (updated daily M-F ahead of lunchtime).

Some new additions to the Portal this month include an updated *OceanView Bird List*, new photos of our *Maintenance Team*, and a digital copy of the *Spring OceanViews Newsletter*.

The link to the Portal is:

<https://oceanviewrc.com/portal/>

Please bookmark this link on your computer or phone and check it often!

—Dustin Bonk

## WELLNESS NOTES

### Lab Services

**Fridays, 9:00a, ML3c**

Lab Services for lab draws are Fridays from 9am-10am. Anyone on campus can use this service; you just need to have the order from your doctor's office and insurance card. OVML Fax 207-781-4128

### **Tuesday Wellness Clinic—Drop-in (ML3 WO)**

From 9:00-10:00a on Tuesdays, the Wellness Nurse/s are available to check your blood pressure and/or

advise on any questions you may have.

### **Podiatrist—Dr. Rybka**

We are working to confirm a next date for Dr. Rybka's visit. Please sign up with Activities for a 15 minute appointment.

### **Balance Screenings**

Thurs., 3/14 1:00-2:00p—**HTLa**

(Amenities Room, lower level Hilltop Lodge)

### **Widow & Widowers' Support Group**

Tues., 3/12 11:00a ML3c

For more information please contact Gloria Otley 207-747-4562

### **Caregiver's Support Group**

Wed., 3/20, 10:00a—ML3c

Third Wednesday of the month at 10:00a. Drop ins welcome, no sign-ups required. This is an informal, confidential support group for any resident who is caring for another adult here at OceanView, led by Tess or a member of the Community Wellness team.

## OTHER SERVICES

### **Salon with Jodi Evers ML3S**

Call for appointment: 561-602-4200

### **Nail Services ML3S - on Saturdays**

Call Elaine Fitz for appointment: 207-956-2962

### **Massage with Linda Dillingham HTLa**

Please call Linda directly to make an appointment: 207-712-6889

**Traveling nurse Joline Pothier** will come to your home for **foot and toenail** care services; she is increasing her days at OV to 2x a month. Please ask the Wellness or Activities Offices for more information.

**Bath Savings Bank**—Main Lodge 3<sup>rd</sup> floor, ML3c  
A teller from Bath Savings spends one hour at OV on most Tuesdays at 9:00a. For residents they will cash a check, and they brings quarters for laundry machines. For patrons of Bath Savings other services can be performed, as well.

## OV COMMUNITY COUNCIL

Mon. 3/11, 3:00p BBC

Please email President Nancy Wanderer at [wanders@gwi.net](mailto:wanders@gwi.net) or call 207-837-4738 with your comments and concerns, and especially if you want to get on a future meeting agenda. Or visit in person at **Tuesdays with Nancy**, Tues., 3/5, 1:00-2:00p, HTL

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## OV RESIDENTS ASSISTANCE FUND

***Everything You Wanted To Know About Our Economy And Financial Markets (but were afraid to ask)!!***

Thurs., 3/7, 3:00p HTL

Please join us on March 7 at 3:00pm in the HTL Community Room to see a presentation by Sean Martin, Vice President of Bath Savings Trust. Mr. Martin manages the investments for the OceanView Resident Assistance Fund, and understands our economy and its investment opportunities better than anyone I know. Among the topics covered will be the U.S. economy, the stock market, bonds, and interest rates. There will be ample time after the presentation for questions from the audience. Please sign up in the nook!

Dave Scarlett, President

OceanView Resident Assistance Fund

## OV LIBRARY COMMITTEE

### FROM THE NEW BOOK SHELF

**FICTION:** Anne Enright's *The Wren, the Wren*, described as incandescent, follows the lives of three generations of Irish women. Enright won the Booker Prize for a previous novel. We now have the most recent novels by Kate Christensen, Louise Erdrich, John Grisham, and from Richard Russo, *Somebody's Fool*. Always popular mysteries have been added this month plus a thriller by Ruth Ware, who is already well represented in our collection.

**NONFICTION:** Have you recently noticed the popularity of books that address what humans might learn from our plant and animal companions on the planet? Here's another: Jackie Higgins has written *Sentient*, subtitled "How Animals Illuminate the Wonder of our Human Senses."

In general, the library committee is reticent to accept "How To" books. Here's an exception, *Eighty Somethings: a Practical Guide*. Author Katharine Esty offers guidance on the many issues that we 80-year-olds encounter and navigate. It's advice with a light touch and humor. Not so humorous is *Oath and Honor* by Liz Cheney, her account of the actions and aftermath of January 6, 2021. An addition to the **biography** shelf is *Lion of Liberty: Patrick Henry*. We have two new additions to the **MAINE** collection. *Wildflowers of Casco Bay* is by the three Radis brothers. A memoir about his island medical practice by Dr. Chuck Radis was added to the collection last month. This collection of photographs zooms in to reveal exquisite detail, perfect for taking with you on the trail. *River Voices* describes the Presumpscot, the river we cross on the drive to Portland on Route 9. Here are essays on all aspects of the river including history, ecology, biology, and economy.

**OV Author:** Resident Tom Allen served as US

Representative from the 1<sup>st</sup> District that includes greater Portland from 1997-2009. His book is *Dangerous Convictions* in which he discusses the political polarization which he experienced in his years in Washington.

—Barbara Briggs, for the committee

## FITNESS NOTES

### Annual Fitness Assessments

It's that time of the year! Time for annual Fitness Assessments! Any resident may participate, whether or not you are familiar with fitness programs. These assessments are great to see how you compare to yourself year after year and can be extremely helpful in determining what aspects of fitness you might need work on. We can also use these assessments to recommend a specific fitness class, personal training or custom program designs. Call or stop by the fitness department to schedule yours today!



### New Class!

Starting on March 7th

### Swing into Spring!

Come to get ready for golf season! The king and queen of the golf swing are your glutes and abs, so join us for exercises to strengthen your core and increase rotational power. We'll also touch on balance and mobility to give you more consistent ball striking and some added distance. This specialty class will get you all set for the start of the season! Thursdays at 11am in the HFP.

**Continuing—Lift Heavy Circuits** class on Mondays at 1:00p! In this 30 minute circuit based class we will be introducing you to compound exercises, meaning exercises that use many different muscles at the same time. These exercises will help you get the most "bang for your buck" all while teaching you safe and effective lifting form.

**Aqua Stretch and Balance** is now happening **every Wednesday at 1:15p** in the OceanView Pool.

### Fitness Talk—Exercise: The Fountain of Youth

Wed., 3/27, 2:00p—BBC

Doug will be giving a presentation about the Fountain of Youth...also known as exercise! Come down to learn more about how exercise can slow and even reverse the ageing process. Doug will also share the best ways to combat age related muscle loss also known as sarcopenia.

### Get Added to the Buddy List!

Here at OceanView we encourage everyone to make fitness a part of their lives. We also want everyone to

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stay safe when participating in fitness while using the Hager Fitness Pavilion and the OceanView Pool during unstaffed times. When the Fitness Pavilion and Pool are not staffed we expect residents to have another adult or “buddy” with them for safety. If you are in search of a workout or swim buddy let the Fitness Department know and we will add you to the Buddy List to connect with other like-minded residents!

***Residents who are new to Fitness—Which programs are best for you?***

Give the fitness department a call to set up your **free** consult, equipment review and fitness assessment.

***POOL CANCELLATION POLICY***

Hopefully we won’t need this, but just in case: If it is below 15° F at 8:00am according to Portland’s Time and Temperature Hotline: 207-775-4321, morning pool classes will be canceled. Please check the hotline and not wait for an email from the fitness team; however, these cancellations are also sent via email to all pool participants. If you would like to be added to this email list email Ryan at [ryan@oceanviewrc.com](mailto:ryan@oceanviewrc.com) or call the fitness department. If it is 15° F or less at 12:00p according to the hotline on a day with afternoon pool classes, we will not hold those classes.

Those who choose to use the pool when classes are canceled will still be expected to use the swim Buddy System.

Regardless of temperature, if the Falmouth Schools are closed, then the Pool will be CLOSED. This also matches the Concierge Van policy. Falmouth School information can be found at [NewsCenterMaine.com](http://NewsCenterMaine.com) or on the morning News Center Maine (NBC/WCSH6) broadcast.

***Please remember to use earbuds or headphones*** while enjoying the exercise equipment in the Hager Fitness Pavilion. Thank you.

***Zoomed Classes***

On the Calendar the classes which will be Zoomed are colored **RED and Bold**. The link remains the same:

<https://us02web.zoom.us/j/6041960161pwd=T3gwK3pMY1gxUc0bk9uRUZxc2k2dz09>

**Cancellations are Important!**

Activities would like to remind residents to check the posted lists for Season Ticket Holders every time you have a concert or play coming up. On 2/25 we planned 3 vans and drivers for the 31 requested riders.

However, **seven residents** failed to cancel their reserved seats on the van—we would have needed only 2 vans and drivers. Not cancelling prior to pick-up also means that drivers will stop at your home, looking for you unnecessarily.

Please help us to be efficient for you, and careful with our resources. On Saturdays and Sundays you may call the Front Desk between 10:00a-2:00p, or leave a message for them to give to the driver. Thank you.

Fitness also has a lot of **recorded classes** for you to enjoy if you can’t make it in-person or on Zoom. They can be found here:

<https://www.youtube.com/playlist?list=PL-mw-XsFMrfjXc5IgKa6mPQItNre2QZ9K>

**THEATER & TICKETED EVENTS**

**Looking for tickets** for a Merrill Auditorium or a greater Portland event? Be sure to start at **Porttix!**

Tickets for PSO, Portland Ovations, Kotzschmar Organ, Opera Maine, and even some area performances such as Portland Ballet at Westbrook Performing Arts Center and Portland Conservatory of Music use Porttix as their ticket partner. **Please don't overpay at a 3rd party site.** Porttix is open M-F 11:00a-3:00p and 90 minutes before shows.

207-842.0800, <https://www.porttix.com/>

***Van - Johnny Cash: The Official Concert Experience***

Fri., 3/8, 6:00p Merrill Auditorium  
Tickets \$94-59 *6 van seats remaining*  
Johnny Cash: The Official Concert Experience brings songs and stories from the “Man in Black” to the stage in a way that audiences haven’t seen or heard before. With video of Johnny from episodes of The Johnny Cash TV Show projected on a screen above the stage, a live band and singers accompany him in perfect sync. This concert experience showcases iconic performances from the TV show and highlight the spirit of the legend by revisiting some of his memorable words and anecdotes. Cash performs some of his biggest hits, including “Folsom Prison Blues,” “Ring of Fire,” and “I Walk the Line,” and shares stories of people he met along the way whose causes he championed – the working man from all walks of life. Plus, onstage male and female singers split vocal duties performing their own takes on Cash hits. The music never stops in this concert event!

***Vans—PSO Pops***

***“Broadway By Request”***

Sun., 3/10, 1:30p Merrill Auditorium

Tickets: \$90-28 *2 van seats remain*

Filippo Ciabatti, guest conductor

Teri Hansen & Destan Owens, vocals

It’s Broadway your way! Your PSO performs a selection of classic and contemporary

favorites—with a twist. Vote for what you want to hear in our survey sent prior to the performance to create the setlist YOU want to see!

***Vans—Good Theater***

***A Man of No Importance***

Sat., 3/16 2:00p The Hill Arts (formerly St. Lawrence Arts), 76 Congress St Portland  
Tickets \$34 (if available) 7 van seats available  
*A Man of No Importance*, book by Terrence McNally, lyrics by Lynn Ahrens, music by Stephen Flaherty  
Set in Ireland in the 1960s, *A Man of No Importance* is about bus conductor Alfie Byrne and his community theater players. Gorgeous music, funny and touching; the perfect closing to our season!

***Van—Portland Stage Company***

***What the Constitution Means to Me***

Thurs., 3/21 1:00p

Tickets: \$57-53 van is full

*What the Constitution Means to Me* by Heidi Schreck  
In this thrilling tour-de-force Heidi Schreck grapples with the Constitution, *Roe v. Wade*, and what it means to be a woman in America. Told through the lens of her teenage years as a Constitutional Debater, Heidi takes us through our nation's highs and lows and ultimately delivers a hopeful message, "We all belong in the preamble." Funny, thought-provoking, and heartwarming, this explosive piece culminates in a live debate to be judged by the audience: should we keep our centuries-old constitution, or start fresh?

***Van - Bach Birthday Bash***

***Friends of the Kotschmar Organ with James Kennerley***

Fri., 3/22, 6:00p Merrill Auditorium  
Tickets \$38 or Pay-What-You-Choose \$10 & Up  
James Kennerley leads FOKO's annual celebration of the "grandfather of classical music," Johann Sebastian Bach. The combination of internationally recognized scholar and interpreter of Bach (Kennerley) with the Kotschmar Organ, one of the finest organs in the world, is special indeed. Join us for a musical and intellectual exploration of the "Shakespeare" of composers, the composer of modest origins whose profound influence on music for the next 300+ years cannot possibly be overstated. Bach's music is of such profound beauty that it leaves novices and experts alike stunned and moved. *Preview presentation with James Kennerley at OceanView on Mon., 3/4.*

***Van—Brahms Requiem with ChoralART Singers***

Sun., 3/24, 1:30p

Woodford's Congregational Church, Portland

Tickets: \$47-37

<https://www.choralart.org/Events/brahms-requiem/>

Any lover of choral music knows the Brahms Requiem, celebrated since its inception as one of the sublime expressions of human grief and the comfort that scripture offers to the living. Brahms called it a German requiem but suggested that indeed it might be better called a human requiem. Most frequently performed with orchestra, we take our cue in this performance from musicologist Julius Herford who described the work as a succession of accompanied motets. Brahms himself made a four-hand piano version, and with

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***Concierge Van Service available to select events!***  
***Questions? Call Jim at 781-4460***

There is no fee for this service! All we ask is that you be diligent about signing up and cancelling, so that the service can be run efficiently for everyone participating.

***When you sign up: please do so in the special column marked "concierge van"***

Pick-ups will start approx. 30 minutes before the event starts—please be ready!  
Return trips will be made when the festivities end.

**MARCH CONCIERGE VAN**

***pick-up time:***

3/4	12:00p	Fifth Grade Visits—HTL
3/4	2:30p	Kennerley Kotschmar Talk—HTL
3/6	3:30p	Wine & Cheese Birthday—BBC
3/8	1:30p	Hitchcock & San Francisco—HTL
3/11	2:30p	Community Council—BBC
3/13	10:30a	Women's Discussion—BBC
3/13	2:30p	Dr. Russell ChoralART Talk—HTL
3/14	4:45p	WF Dining (return 6:30p)
3/15	1:30p	Frank Ferrel Fiddle Concert—BBC
3/18	2:30p	OV & the Environment—HTL
3/19	2:30p	Art on the Run D. Karraker—HTL
3/21	4:45p	WF Dining (return 6:30p)
3/22	11:45a	Soup Challenge Event—DR
3/26	2:30p	Falmouth Schools Jazz—Lunt
3/27	1:30p	Fitness Talk—BBC

*For concierge to other calendar events, please call Transportation 781-4460.*

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pianists Kellie Moody and Annie Antonacos – and distinguished guests Nola Richardson, soprano, and Enrico Lagasca, bass-baritone – we offer in the warm setting of Woodfords Congregational Church a more intimate experience of one of the greatest choral works of all time. *Preview presentation with Dr. Robert Russell at OceanView on Wed., 3/13.*

## LOOKING AHEAD

### **Portland Sea Dogs 2024 Season**

It's time to plan for our "9-inning vacations" to Hadlock Field and the Portland Sea Dogs 2024 baseball season. The Portland Sea Dogs are a Minor League Baseball team that plays in the Eastern League. Established in 1994, the Sea Dogs are now the Double-A affiliate of the Boston Red Sox. The dates we are attending include the following:

Date	Day	Van	Versus
5/21	Tues	4:45p	Hartford Yard Goats
6/09	Sun	11:45a	Akron Rubberducks
6/21	Fri	4:45p	Richmond Flying Squirrels (fireworks)
7/21	Sun	11:45a	Reading Fightin Phils
8/07	Fri	4:45p	Altoona Curve
8/25	Sun	11:45a	Somerset Patriots
9/15	Sun	11:45a	Binghamton Rumble Ponies

Senior Reserved seats (with arms) are \$11, so for 7 games the total is \$77 per person. Please make checks payable to "Portland Maine Baseball," and drop off at the Front Desk or put in Marcia, Amy or Dawn's hand – PLEASE DO NOT LEAVE CHECKS IN OUR UNSECURE DOOR BASKET. We are taking reservations for all 7 games at this time. If you would like to add on for a game or two, there will be opportunity to do so at a later date.

### **Van - Portland Ovations**

#### **Ukulele Orchestra of Great Britain**

Tues., 4/9, 6:00p Merrill Auditorium

Tickets \$55-35 7 van seats avail., tickets available

An Ovations audience favorite, The Ukulele Orchestra of Great Britain, performing on instruments bought with loose change, believes all genres of music are available for reinterpretation – as long as they are played on the ukulele. A concert by these all-singing, all-strumming musicians is a funny, virtuosic, twanging, awesome, foot-stomping obituary of rock-n-roll and melodious light entertainment. Featuring only the "bonsai guitar" and a menagerie of voices in a collision of post-punk performance and toe-tapping oldies – with no drums, pianos, backing tracks or banjos, no pitch shifters or electronic trickery – their joyous concerts are a revelation of the rich palette of

#### **LOCATION CODES:**

**BBC**—Commons Room in Blueberry Commons

**CC**—Cumberland Crossing

**CR**—Card Room behind Library

**DR**—Dining Room, Main Lodge

**FH**—Falmouth House

**FS**—Fitness Studio - Hilltop

**GG**—Gazebo Grille

**GR**—Game Room

**HFP**—Hager Fitness Pavilion

**HTL**—Community Room in Hilltop Lodge

**HTLa**—Hilltop Amenities

Room, lower level

**LIB**—Library on ML2

**LUNT**—Lunt Auditorium

**ML1c**—Main Lodge 1st Floor Conference Room

**ML2**—Main Lodge Activity Room, 2nd Floor

**ML3c**—Main Lodge Conference Room, 3rd floor

**ML3S**—Main Lodge Salon, 3rd floor

**NW**—Northwind Farm CC

**SR**—Screening Room

**WF**—Whipple Farm

**WO**—Wellness Office ML3

orchestration afforded by ukuleles and singing (and a bit of whistling). Going from Tchaikovsky to Nirvana via Otis Redding and Spaghetti Western soundtracks, the Orchestra takes audiences on "a world tour with only hand luggage" and gives the listener "One Plucking Thing After Another".

**ADDED!** Interest Sheet on Blue Clipboard now!

#### **Van—The United States Army Field Band & Soldiers' Chorus Concert**

Wed., 4/10, 6:00p Merrill Auditorium

The United States Army Field Band is an elite 65-member instrumental ensemble, founded in 1946. The Concert Band along with the Soldiers' Chorus, present a powerful and diverse program of marches, overtures, popular music, patriotic selections, and instrumental and vocal solos. The pageantry and professionalism of the band's performance is sure to be entertaining and emotional for all audiences, instilling pride in our American heritage.

**OV Activities has reserved 28 tickets for this free General Admission event - if we have more interest than tickets we will draw names. Concert event is free, only standard concierge van charge will apply.**

#### **Van - Portland Ovations "Jesus Christ Superstar"**

Sat., 4/13, 12:00p Merrill Auditorium

Tickets \$100-55 7 van seats available, tickets avail. in Balcony only

Celebrating its 50th Anniversary, a new mesmerizing production of the iconic musical phenomenon returns

(Continued on page 9)



(Continued from page 8)

to the stage. Appealing to both theater audiences and concert music fans, this production pays tribute to the historic 1971 Billboard Album of the Year while creating a modern, theatrical world that is uniquely fresh and inspiring.

### ***Van - Portland Ovations***

#### ***Alvin Ailey American Dance Theater***

Tues., 4/30, 6:00p Merrill Auditorium

Tickets \$55-35 5 van seats avail.; show is sold out

Marvel at their virtuosity and grace, feel their passion, connect to the heart of dance with the iconic Alvin Ailey American Dance Theater. This evening of extraordinary dance, expounding on Ailey's unique mix of contemporary and classic movement, features a variety of works through the company's 65-year legacy, including the timeless masterpiece Revelations. Using African American spirituals, song-sermons, gospel songs, and blues, Revelations fervently explores the places of profound grief and holiest joy. Whether experiencing Ailey again or for the first time, the artists take audiences on a path of discovery, where dance opens a window to the heart and soul, revealing our deepest selves.

### ***Are you interested??***

#### ***Van (tentative) Diana Ross in Concert***

#### ***Beautiful Love Performances - Legacy 2024***

Tues., 5/14, 6:30p Merrill Auditorium

Tickets \$147-294 need 6 to send a van

An evening not to be missed, Diana Ross performs at Merrill Auditorium for one night only on May 14! Diana Ross defines an icon. A national treasure with a magnificent legacy that has changed the course of music history and popular culture. Ms. Ross is a creator of life, an alchemist of an unprecedented career that has made her the most successful recording artist and entertainer of all time. In 2021, Diana Ross did it again, bringing the world together with the release of a new Grammy nominated album titled Thank You. "This collection of songs is my gift to you with appreciation and love. I am eternally grateful that I had the opportunity to record this glorious music at this time. As I walk my path, you are in front of me, we are one. These songs are from my heart and it brings me such joy to share them from me to you. I would like to thank everyone who participated in the making of these recordings and those that inspired me to create 'Beautiful Love' memories."

## **ONGOING/REPEAT ACTIVITIES**

### ***Library Committee***

The Library Committee meets on the first Tuesday of the month (3/5) at 3:00p in the OV Library. During meetings, residents are welcome to come and share their concerns (or praises) about the Library.

### ***Art for Fun***

Tuesdays at 10:00a—ML2 (3/5, 12, 19, 26)

*Art for Fun* is our resident dabbler's gathering. No pressure, come and visit while exploring painting or pastels. Please bring your own art supplies.

### ***OV Chorus***

Mondays at 11:00a Full Chorus

Thursdays at 11:00a Sectionals—Soprano, Alto

Thursdays at 12:00a Sectionals—Tenor, Bass

Please refer to weekly missives from Chorus Manager Bill Gatchell for further information.

### ***Bible Fellowship***

Bible Fellowship is a non-denominational group study led by area pastors and follows the New Revised Common Lectionary. See page 11 for more info.

***iPad Group***—Fridays 11:00a-12:00p via ZOOM

Classes led by computer tutor Bern Shanfield

Please let Activities know if you'd like to receive the link to the class.

"We cover all things Apple and how to use your apps on Apple devices like Zoom meetings, browsing the internet with Safari, tips and tricks for handling emails, Password management, etc. Bring your questions and curiosity and have fun learning with your fellow residents to better use your devices."

### ***OV Community Council—In Person***

Monthly, 2nd Monday, 3:00p, (3/11)

All residents are welcome and encouraged to attend each month—please sign up. To request inclusion on the Agenda, please contact the Council President in advance: Nancy Wanderer, [wanders@gwi.net](mailto:wanders@gwi.net) or call (207) 837-4738.

### ***Men's Discussion Group***

Thursdays at 10:00a (3/7, 14, 21, 28) HTL

An unscripted discussion on a wide variety of topics of interest among OceanView men from varied backgrounds: businessmen, doctors, professors, soldiers, liberals, conservatives, and men who just want to chat. Please join us!

### ***Handcrafters Group***

Second & Fourth Mondays (3/11, 3/25)

1:00-2:30p CR

(Continued on page 10)

The Handcrafters Group means to be inclusive of knitters, crocheters, those who do needle-point, cross-stitch, embroidery, who sew and quilt, spin, or any hand-crafts we have not thought of. If this includes you we hope you will try our group out. We encourage and inspire each other and sometimes lend a helping hand or a bit of advice while we work on our own projects. Questions call Suzanne Federer (781-2678) or Sue Schmitt (619-7334)

### **Game Night**

Tuesdays 6:30p CR

Come to the OV Library to socialize and play games! We have a backgammon set, cribbage boards, a deluxe Scrabble board and more in the storage room. Choose a game or bring a favorite, bring your coloring or your crosswords... and play on!

### **Duplicate Bridge**

Fridays at 12:30p (3/1, 8, 15, 22, 29) CR  
& Mondays at 6:30p (3/4, 11, 18, 25) CR

In the Card Room of the Library. If you would like to know more or join in, please contact John Bischof at 781-2391. The plan is to hold space for those who still want to play regular Bridge on Mondays in ML2.

### **Bridge**

Thursdays at 6:30p (3/7, 14, 21, 28) CR  
Saturdays at 1:00p (3/2, 9, 16, 23, 30) CR

### **Mah Jong**

Wednesdays at 1:00p (3/6, 13, 20, 27) CR

### **Poker**

Thursdays at 1:00p (3/7, 14, 21, 28) CR

### **Pool**

Taking interest for a scheduled time for playing Pool down in the Game Room—please sign up with Activities.

### **German Conversation Group**

2nd & 4th Wednesdays (3/13, 27) 10:00a @FH  
OV staff member Lisa Theiler Ertman facilitates a gathering of German-speaking residents. All levels of proficiency are welcome. Speaking or practicing a foreign language is great brain exercise as well as a lot of fun!

### **Artist Dialogue Group**

Second & Fourth Tuesdays (3/12, 26) 2:00p ML2  
Descriptions of planned activities on page 13.  
Questions? Arlyss Becker [arlyssbecker@me.com](mailto:arlyssbecker@me.com)

### **Van—Grocery Shopping**

Thursdays 3/7, 14, 21, 28

**Shaw's @ 9:30a**

**Hannaford @ 12:45p**

Trips to the Falmouth grocery stores usually run 35-45 minutes at the store for basic items pick-up. Personal transportation can be scheduled for other times.

### **Van—Trader Joe's—OR— Whole Foods**

Wed., 3/13, 10:00a (new time!); Tue., 3/26, 1:30p

Please note: This van will concierge to either store.

Please mark your preference when you sign up so that the driver will know how many are going to each place: there is not time for you to visit both stores on one trip. The van drops off at Whole Foods first, then goes to Trader Joe's. Departing from Trader Joe's when shoppers are finished, they will pick up at Whole Foods on the way home. There are seats to wait at Whole Foods.

### **Van—Walmart (can also ask for Falmouth Library)**

Tuesdays @ 1:30p, 3/5, 3/19

### **Women's Discussion Group**

Wed., 3/13, 11:00a, HTL

The purpose of The Women's Discussion Group is to engage in civil discourse in order to educate ourselves on subjects of mutual interest, while remembering to respect and encourage different points of view. All women are invited. Please sign up, and come join us. Topic description page 13.

PLEASE SIGN UP  
FOR ACTIVITIES  
& WEAR YOUR  
NAMETAG!

### **AARP Fraud Alert Show w/ Phil & Pam**

Thurs., 3/14, 10:00a Zoom

An AARP Fraud Watch monthly update program with (OV resident) Phil Chin and Pam Partridge. To learn more about the program and register: <https://states.aarp.org/maine/aarp-maine-fraud-watch-a-virtual-monthly-scam-awareness-with-local-fraud-fighters>

### **ACTIVITIES—NEW**

**For any in-person activities, please sign-up at the Nook by the Activities Office**, or call/email (marcia@oceanviewrc.com). Signing up in advance allows us to efficiently plan set up of seating, refreshments and van needs. Thank you.

### **Available to Borrow—**

#### **Portland Museum of Art Passes!**

Activities has some passes for residents to use to visit the PMA! Speak to the Activities Office to sign one

out. <https://www.portlandmuseum.org/visit> or call (207) 775-6148 for more information.

### ***Skiing and Snowshoeing***

*(We can still hope, right?)* Resident Michael Beaudoin is helping Activities plan some outings this winter. If snow is expected, or has just fallen, a van will be sought to go to the trails at nearby Riverside or Pineland. Riverside is free with beginner to intermediate level groomed classic and skate lanes with adjacent snowshoe trails; Pineland has more extensive beginner to advanced groomed trails and snowshoe trails. Equipment can be rented at Pineland. *Crossing our fingers for one more outing.*

Michael will offer on-site mini clinics at the beginning of each session for anyone wanting an intro lesson or a refresher lesson. He can also advise anyone who may be interested in buying ski gear (Gear-Hub is a Portland non-profit that rehabs and sells used sports equipment at very good prices).

**Please speak to Activities if you'd like to be added to an email group to stay informed!**



### ***Resident Photo Wall Photos with Amy***

If you have not had a picture taken for our resident gallery wall, please call/email Amy. Retakes are also available by calling to schedule. Call 781-4460 & ask for Activities, or email [Amyc@oceanviewrc.com](mailto:Amyc@oceanviewrc.com)

**PLEASE SIGN UP  
FOR ACTIVITIES  
& WEAR YOUR  
NAMETAG!**

### ***Second Chance Gift Shop***

**Donations** will be accepted on **Friday, 3/1** from 9:00-11:00a at BBC, OR contact Eunice Wilcox at [eunice.w75@gmail.com](mailto:eunice.w75@gmail.com) or 207-878-8134 for individual assistance, questions, advice, etc.

**Pop-Up Sale Date: 3/8, 3/22, 1:00-5:00p.**

Purchases can be made from the display area by the Gazebo Grille, paying with exact change at the Front Desk.

### ***Fifth Grade Visits***

Mon., 3/4 12:30-1:15p HTL

Spend some quality time with some fifth graders from Falmouth schools—they bring their own activities and just want to interact with you. Sign up!

### ***“Bach” Talk with James Kennerley Concert Preview Talk for Bach Birthday Bash***

Mon., 3/4, 3:00p HTL

James Kennerley, who leads FOKO’s annual celebration of the “grandfather of classical music,” Johann Sebastian Bach. The combination of internationally recognized scholar and interpreter of Bach (Kennerley) with the Kotzschmar Organ, one of the finest organs in the world, is special indeed. Join us for a musical and intellectual exploration of the “Shakespeare” of composers, the composer of modest origins whose profound influence on music for the next 300+ years cannot possibly be overstated. Bach’s music is of such profound beauty.

### ***Bible Fellowship***

Tues. 10:00a, (3/5, 12, 19, 26) HTL

This is a non-denominational study group led by area pastors. As most area churches follow the New Revised Common Lectionary each week in their services, our first objective is to read and discuss the readings that will be used in the following Sunday church services.

Our second objective is to explore and refresh participants Bible knowledge that apply to the wide variety of faith backgrounds, beliefs, and experiences of those attending. Discussion is welcomed and encouraged; though there is no pressure to participate, and you may just listen. Monthly lectionary readings will be available at the Sign-up Nook or delivered by request. You are encouraged to read each passage prior to the meeting; bring your Bible with you. Questions? Please call Tom Simmonds, 781-0044.

### ***Wine & Cheese Party—March Birthdays***

Wed., 3/6, 4:00p, BBC

Join us for our monthly wine and cheese party and help celebrate March birthdays! All residents are invited to attend this monthly gathering—***please sign up.***

### ***Reading the Bible with the Poets Again***

Thursdays, 1:30p, BBC

Last 2 weeks: March 7th & 14th

How did the serpent convince Eve to eat the apple? How many pairs of animals boarded Noah’s ark? Who was that woman who snuck into a fancy dinner party to anoint Jesus? Did Caravaggio paint Paul’s Damascus Road incident correctly? Who was the angel who wrestled with Jacob?

The rabbis developed a genre of imaginative interpretation to answer questions like these. They called it Midrash, meaning “to study” or “to investigate.” Their Midrashim filled in the blanks, provided the settings, supplied the characters’ motives, and offered explanations for strange events. They wanted to get behind the sometimes-terse

## OV and the Environment

We have lined up some interesting speakers for this spring, as listed below.

**Monday February 19 at 3 pm in HTL. Falmouth Town Sustainability**

**Coordinator Theresa Galvin and Oona Molyneaux, Resilience Fellow**, will tell us about the new Falmouth Climate Action Plan, which “charts a course towards becoming more resilient to the effects of climate change while also taking action to reduce the Town’s greenhouse gas emissions. Successful implementation of this plan will rely on collaborative efforts between many entities beyond the Town, including state and federal government, local organizations, businesses, and individual community members. Resident engagement will be critical moving forward.” You can find the plan here: [falmouthme.org/sustainability](http://falmouthme.org/sustainability)

**Future meetings** (always the third Monday at 3 pm in HTL)

**April 15: Lissa Bittermann from Apparel Impact**

Web: [apparelimpact.com](http://apparelimpact.com) and Facebook: [facebook.com/apparelimpact](https://facebook.com/apparelimpact), who have placed bins both at the Transfer Station and on Rt 1, after ours was not successful. She will update us on the state of textile recycling both in the US and globally.

**May 20: Matt Kearns of Long Road Energy** [longroadenergy.com](http://longroadenergy.com), son of resident, Tom Kearns, will give us an overview of the many different ways to produce energy without carbon.

**March Tip:** During our February meeting, there was again a discussion about recycling food containers. You can find most answers in our **Disposal** brochure, which is both in paper copy at the Nook or a PDF on the Resident Portal. For more answers, go to EcoMaine’s **Recyclopedia** [ecomaine.org/what-can-be-recycled/recyclopedia/](http://ecomaine.org/what-can-be-recycled/recyclopedia/)

**OceanView’s Dining Services and Activities** have been working hard to source recyclable and or compostable products for all take-out food. This link shows all the containers OceanView uses, with a good explanation of their properties. [biomasspackaging.com/brands/greenware/](http://biomasspackaging.com/brands/greenware/)

Please wipe or rinse containers before recycling. Of course, when possible, bring along your own mug, eating utensils and even containers instead of using plastic, even if it is recyclable.

All **clear plastic cups** are made of a plant-fiber-based PLA (polylactic acid) Greenware®, which is recyclable (and possibly compostable.) When you place cups in the recycle bin, be sure the tops are attached to them, not loose.

All **cardboard containers** are recyclable and compostable.



You use them to store food waste for composting in your freezer and then place the container in a compost bin near one of OceanView’s kitchens.

Recycle plastic box **compartmented liners**.

The stronger **clear and black plastic boxes** are recyclable and *reusable*. Wash it out and take it with you when you get take-out at the grill.

Please place all returnable beverage bottles in the containers on the 3<sup>rd</sup> floor in ML, across from the hair salon. Put any caps (plastic or metal) back on the bottles. This protects the bottles so they can be reprocessed, and keeps the tiny tops from getting caught in machinery.

**Steel caps and lids** from jars that go into recycling can be placed separated, as magnets are used to separate them from the rest.

**Contact:** Brian [bknoblock@maine.rr.com](mailto:bknoblock@maine.rr.com)

(Continued from page 11)

biblical account. And they might go further, speculating, reacting, or arguing with the text. Poets do just what the rabbis did. They color in the details, give the weather report, retell the story, expand the plot line, round out the characters. They might argue with the biblical “point,” or they underscore it.

All this is possible because the Bible is an “open” text. We always bring ourselves, our imaginations, and our life situations to our reading. The Bible meets us there. Merle Marie Troeger will take five well-known biblical passages and explore what several poets have to say about them. You may gain some new insights into these very familiar stories.

March 7 – An Unknown Woman Crashes a Dinner Party

March 14 – Noah Builds a Ship and Sails to Safety

***Everything You Wanted To Know About Our Economy And Financial Markets (but were afraid to ask)!!***

Thurs., 3/7, 3:00p HTL

Please join us for a presentation by Sean Martin, Vice President of Bath Savings Trust. Mr. Martin manages the investments for the OceanView Resident Assistance Fund, and understands our economy and its investment opportunities better than anyone. Among the topics covered will be the U.S. economy, the stock market, bonds, and interest rates. There will be ample time after the presentation for questions from the audience. *Please sign up!*

(Continued on page 13)



### **Computer help with Will**

Thursdays, 3/7, 14, 21, 28 3:30-4:30p LIB  
Falmouth High School Senior (& OV Dining staff member) Will is working on a Senior Project that includes helping residents with their computer issues. Please sign up and stop by on one of the above dates and see how he can assist you with your iPad, computer or smart TV challenges.

### **“Alfred Hitchcock’s San Francisco”**

**A virtual tour led by Jay Sherwin**

Fri., 3/8, 1:00p HTL

Alfred Hitchcock loved San Francisco and used its elegance, beauty and mystery to great effect in some of his best films. In this presentation, you’ll see brief scenes from *Vertigo*, *The Birds* and other Hitchcock classics filmed on location in the San Francisco Bay Area. You’ll hear great stories about how Hitchcock chose those locations and how he filmed them. It’s a treat for Hitchcock fans and lovers of the City by the Bay.

Jay Sherwin is a writer and consultant who has been watching, studying and enjoying Hitchcock films for decades. As a San Francisco resident, he created and led a walking tour of Alfred Hitchcock’s San Francisco that continues to attract Hitchcock fans from around the world. He created this virtual tour to share his favorite stories and photos with anyone who loves Hitchcock films or loves San Francisco, no matter where they live.

### **Oscars Sunday—96th Academy Awards**

Sun., 3/10, 6:00p red carpet; ceremony starts at 7:00p  
BYOB in Screening Room.

### **Artists’ Dialogue Group**

Meets 2nd & 4th Tuesdays (3/12, 3/26)

Tues., 3/12 2:00p ML2

Tues., 3/26 2:00p ML2

### **Women’s Discussion Group**

Wed., 3/13, 11:00a, HTL

Please join us to hear a very interesting story about one of our newer residents to OceanView, Don Colburn. He sometimes titles it “Notes of a Cross-Training Writer”. While he was enjoying a career as a successful journalist, he discovered poetry. He will tell us how he found the commonalities and differences in the two forms of writing, and will likely share some poetry. Our meetings are a discussion group, so after his presentation, questions are always welcomed.

### **Music Talk with ChoralART’s Dr. Robert Russell**

Wed., 3/13, 2:00p HTL

*Ein Deutsches Requiem* by Johannes Brahms is widely

loved, perhaps second only to Handel’s *Messiah* in the choral world, as a sublime response of consolation in times of mourning. Come and find out why. ChoralART’s Music Director, Dr. Robert Russell, will offer variety of musical examples with commentary to demonstrate the significance of this choral masterwork and will leave ample time for questions from the group.

### **St. Patrick’s Day Celebration with Fiddler Frank Ferrel in Concert**

Fri., 3/15, 2:00p BBC

Enjoy a concert of music with acclaimed fiddler Frank Ferrel, as we also enjoy some of the trappings of St. Patrick’s Day.



### **Poetry Reading Group**

1:00-2:30p, HTL (3rd Monday—3/18)

Join us as we gather to share poetry out loud, either our own or our favorites. We’ll be by the fireplace - check around the corner.

### **Cumberland Crossing Monthly ‘Coffee with the Concierge’**

Mon., 3/18, 2:00p – Northwind Farm



### **Falmouth Climate Action Plan**

*Hosted by OV & the Environment*

Mon., 3/18, 3:00p HTL [please sign up](#)

Falmouth Town Sustainability Coordinator

Theresa Galvin and Oona Molyneaux,

Resilience Fellow, will tell us about the new

Falmouth Climate Action Plan, which “charts a course towards becoming more resilient to the effects of climate change while also taking action to reduce the Town’s greenhouse gas emissions. Successful implementation of this plan will rely on collaborative efforts between many entities beyond the Town, including state and federal government, local organizations, businesses, and individual community members. Resident engagement will be critical moving forward.” You can find the plan here:

[falmouthme.org/sustainability](http://falmouthme.org/sustainability)

### **“Art on the Run” with David Karraker**

Tues., 3/19, 3:00p HTL

Former PMA docent David Karraker will present “Art of 20th century Ireland”.

### **OV Women’s Book Discussion Group**

We alternate fiction and non-fiction and all books are readily available by request at the Falmouth Public Library, most appearing also in Large Print, E-book, Audio Book or Spoken CD. Come and join us for a lively, informative discussion!

2024 calendars are now available in the sign-up nook. Check out what you will be reading for this New Year! Be ready to sign up for leading discussions in 2024! Please call Marta Bent to sign up; 781-2912.

March's Book

Wed., 3/20, 1:00p—HTL

***The Covenant of Water: A Novel***

by Abraham Verghese, led by Ethel Carmolli

April's Book

Wed., 4/17, 1:00p—HTL

***Hell and Other Destinations: A 21st Century***

***Memoir*** by Madeleine Albright,

led by Merle M Troeger

In this revealing, funny, and inspiring memoir, seven-time *New York Times* bestselling author and former Secretary of State Madeleine Albright—among the most admired and tireless public servants in history—reflects on the challenge of continuing one's career far beyond the normal age of retirement.

***Cumberland Crossing Community Book Group***

March: Wed., 3/20, 1:00p, Northwind Farm

*Remarkably Bright Creatures* by Shelby Van Pelt

***Van - Art in Bloom***

***Portland Museum of Art***

Wed., 3/20, 2:30p

Featuring floral work by designers, artists, farmers, and florists from across southern Maine, the museum comes alive with fragrant blooms, extravagant displays, and incredible floral installations of all types—each inspired by an artwork from the museum's collection. No admission fees—if you are not a member we'll use our passes.

***FCP Travelogue***

***Vibrant Central Mexico with Rick Scala***

Wed., 3/20, 6:30p HTL

The Falmouth Community Programs *Travelogue Series* offers the opportunity to explore the beauty and customs of lands both far and near, as presented by guest speakers.

***OV Writers Group***

Thurs., 3/21, 2:00p HTL

***Chef's Annual Soup Challenge***

Fri., 3/22, 12:00p DR

It's time again for our annual celebration of soups! One of our OceanView chefs will earn bragging rights after you vote for your favorite soup. This year's theme is

“International Soups”. We are sure to have some creative entries and lively voting activity. This event will benefit the OVRAF; suggested donation is \$10.00. *Please note that the Gazebo Grille will be open only for takeout that day and closed from 12-1p during the event.* Sign up at the Activity Nook—seating is limited.

***History with John Sutherland***

***Four Generations of the Adams Family***

Mon., 3/25, 3:00p ZOOM & HTL

**We will also be projecting the Zoom in HTL, for those who do not Zoom at home—join us.**

Four Generations of the Adams Family. Few, if any, families have produced so many who contributed to American life in so many fields: a revolutionary Founding Father and leading political theorist, two Presidents and their compelling First Ladies, a secretary of state, a senator and two congressmen, three significant ambassadors, a pioneer female photographer, four historians (including one of America's greatest), a novelist, and a President of the Union Pacific Railroad. We sometimes talk of Renaissance individuals; indeed, this was a Renaissance family! *This topic will progress as an ongoing series.*

***Wine Tasting Group***

Mon., 3/25 4:00p BBC

The Wine Tasting Group will be sampling Sauvignon Blanc wines in various styles from different regions this month. We will purchase enough wine for the residents who have signed up by Thursday, 3/21—please be sure to cancel by 3/21 if you cannot attend. Please bring \$5 per person to help cover this expense.

***Falmouth Middle & High School Jazz Bands Concert***

Tues., 3/26 3:00p Lunt Auditorium

Join Falmouth Middle School's "Iron Twinkies" Jazz Band and the High School Jazz combos, including their jazz band, vocal group, and often more, performing the music they've been working on and competing with this year. This concert will start as close to 3:00p as they can, and will run about 75 minutes. We're excited for this annual event - *concierge van ridership is highly encouraged for this popular program. Be sure to sign up!*

***Food Forum with Dining Services***

Wed., 3/27, 11:00a, BBC



Sit down with a senior member of Dining Services staff to discuss the food you've experienced in the past month; likes, dislikes, what you'd like see more.

***Fitness Talk—Exercise: The Fountain of Life***

Wed., 3/27, 2:00p—BBC

Doug will be giving a presentation about the Fountain of Youth...also known as exercise! Come down to learn more about how exercise can slow and even reverse the ageing process. Doug will also share the best ways to combat age related muscle loss also known as sarcopenia.

***Van—Monthly 'Brew Crew'***

Nonesuch River Brewing Company, Scarborough location

Wed., 3/27, 2:45p

<https://nonesuchriverbrewing.com/>



***Marketing Event: What to Know When Considering Hospice***

Thu., 3/28, 2:00p—Lunt

A *Compassus* Hospice Care Consultant will present an overview of Hospice services and answer all of your questions about the Hospice journey.

This event is free and open to the public. Seating is limited. Registration is required. Masks are optional for those who are fully vaccinated.

Please register at [oceanviewwrc.com/events](https://oceanviewwrc.com/events). Residents may call the Front Desk to RSVP.



**SCREENING ROOM**

**Welcome to the Screening Room!** With full capacity to seat attendees in our 36 seat theater, we have returned to single showings of most films in the Screening Room; showing newer or anticipated popular films twice. ***Please be sure to sign up for movies at the sign-up nook.***

***We want you!*** Do you enjoy coming to the movies? Are you technically inclined? Can you manage your TV remote at home, switching from cable to your DVD or BluRay player, or locating streaming services? In just a few short steps we can teach you how to run the movies in the Screening Room—key to having our night and weekend films up and running. Please talk to Amy or Marcia in Activities if you would like to learn how.

***Friday Documentary Series***

***Inside the Met: An Unforgettable 150<sup>th</sup> Year***

3 parts 180 minutes 2021 Documentary

The Metropolitan Museum of Art, the largest museum in the Americas, prepares to celebrate its 150th birthday with a treasure trove of landmark exhibitions. When COVID-19 strikes, the Met is forced to shut its doors indefinitely. Then, in the wake of the killing of George Floyd, the museum is met with urgent demands for social justice. Facing an uncertain future and questioning its very purpose, this great institution makes history in ways no one could have predicted.

Fri., 3/1, 2:30p ***The Birthday Surprise***

Watch as the Metropolitan Museum of Art prepares for its landmark 150th birthday, and how quickly the plans change when COVID-19 hits New York City. As the Met is forced to close its doors for the first time in history, a skeleton staff battles to protect 1.2 million precious objects while executives face losses approaching \$150 million, revealing the new reality inside this storied institution.

Fri., 3/22, 2:30p ***All Things to All People?***

After the COVID-19 pandemic forces the Metropolitan Museum of Art to place plans for their 150th year on hold, the killing of George Floyd in May 2020 leads to renewed calls for social justice across the country. The Met is forced to confront its historical record on inclusion, exclusion and diversity in art and staffing, as questions are raised about some of the Met's most treasured objects.

Fri., 3/29, 2:30p ***Love and Money***

As fall 2020 begins, the Metropolitan Museum of Art has reopened, welcoming visitors back in a safe and limited way, but the museum has suffered major financial losses. Now, every department is calling in favors to patrons and supporters, from philanthropists who have contributed millions over generations, to art collectors now realizing it is time to make public their personal treasures.

***Opera and Dance on Film***

**Tues., 3/12 – 6:30p *Bellini's La Sonnambula***

2009 138 min.

The Metropolitan Opera International *bel canto* stars Natalie Dessay and Juan Diego Floréz play the young lovers in Bellini's tale of a young woman whose sleepwalking puts her romance in jeopardy. Mary Zimmermans's groundbreaking new production offers a teasing interplay of reality and fantasy, with the opera set in a modern-day rehearsal room where the players are preparing for a traditional staging of the opera. What is unmistakable is the beauty of Bellini's haunting melodies and a feast of sublime singing from the matchless duo of Dessay and Floréz.



**Quick Reference List**

Sat., 3/2 – 6:30p **Nyad** 2023 Drama  
Wed., 3/6 – 6:30p **Fried Green Tomatoes**  
1991 Drama  
Thurs., 3/7 – 2:30p **Rustin** 2023 Biopic  
Sat., 3/9 – 6:30p **The Imitation Game**  
2014 Drama  
Tues., 2/13 – 6:30p **La Sonnambula** 2009 Ballet  
Wed., 3/13 – 6:30p **Persuasion** 2022  
Drama  
Thurs., 3/14 – 2:30p **Miss Americana** 2020 Doc.  
Sat., 3/16 – 6:30p **The Secret of Roan Inish**  
Drama  
Thurs., 3/21 – 2:30p **Steel Magnolias** 1989 Drama  
Sat., 3/23 – 6:30p **Faraway** 2023 Foreign:  
German  
Wed., 3/27 – 6:30p **Falling for Figaro** Comedy  
Thurs., 3/28 – 2:30p **Moonstruck** 1987 Comedy  
Sat., 3/30 – 6:30p **Chocolat** 2000 Comedy

**Sat., 3/2 – 6:30p Nyad Oscar Nominated!**  
2023 PG-13 121 min. Drama/Inspiring  
Athlete Diana Nyad sets out at 60 to achieve a nearly impossible lifelong dream: to swim from Cuba to Florida across more than 100 miles of open ocean.  
**Cast:** Annette Bening, Jodie Foster, Rhys Ifans, Ethan Jones Romero, Luke Cosgrove, Jeena Yi

**Wed., 3/6 – 6:30p Fried Green Tomatoes**  
1991 PG-13 130 min. Drama  
Flashbacks reveal the remarkable story of soulmates Idgie and Ruth, whose antics cause an uproar in their rural Southern town in the 1920s.  
**Cast:** Kathy Bates, Mary Stuart Masterson, Mary-Louise Parker, Jessica Tandy, Cicely Tyson, Chris O'Donnell, Stan Shaw, Gailard Sartain, Tim Scott, Gary Basaraba, Lois Smith

**Thurs., 3/7 – 2:30p Rustin Oscar Nominated!**  
2023 PG-13 108 min. Drama  
Activist Bayard Rustin faces racism and homophobia as he helps change the course of Civil Rights history by orchestrating the 1963 March on Washington.  
**Cast:** Colman Domingo, Chris Rock, Glynn Turman, Aml Ameen, Gus Halper, CCH Pounder, Da'Vine Joy Randolph, Johnny Ramey, Michael Potts, Jeffrey Wright, Audra McDonald

**Sat., 3/9 – 6:30p The Imitation Game**  
2014 PG-13 113 min. Drama  
During World War III, a mathematician leads a team of cryptanalysts as they work feverishly to break the Germans' notorious Enigma code. **Cast:** Benedict Cumberbatch, Keira Knightley, Matthew Goode, Rory Kinnear, Allen Leech, Matthew Beard, Charles Dance,

Mark Strong, James Northcote, Steven Waddington

**Wed., 3/13 – 6:30p Persuasion**  
2022 PG 109 min. Romance/Comedy  
Eight years after Anne Elliot was persuaded not to marry a dashing man of humble origins, they meet again. Will she seize her second chance at true love?  
**Cast:** Dakota Johnson, Cosmo Jarvis, Nikki Amuka-Bird, Mia McKenna-Bruce, Richard E. Grant

**Thurs., 3/14 – 2:30p Miss Americana**  
2020 TV-MA 85 min. Documentary  
In this revealing documentary, Taylor Swift embraces her role as a songwriter and performer - and as a woman harnessing the full power of her voice.  
**Cast:** Taylor Swift

**Sat., 6/16 – 6:30p The Secret of Roan Inish**  
1994 PG 103 min. Drama  
Young Fiona lives with her grandparents in a small fishing village where she takes an active role in unraveling the mysterious secrets. **Cast:** Jeni Courtney, Eileen Colgan, Mick Lally, Pat Slowey, Dave Duffy, Declan Hannigan, Mairéad Ní Ghallchoir

**Thurs., 3/21 – 2:30p Steel Magnolias**  
1989 PG 117 min. Comedy  
A young beautician, newly arrived in a small Louisiana town, finds work at the local salon, where a small group of women share a close bond of friendship, and welcome her into the fold. **Cast:** Shirley MacLaine, Olympia Dukakis, Sally Field, Julia Roberts, Dolly Parton, Daryl Hannah, Tom Skerritt, Sam Shepard, Dylan McDermott

**Sat., 3/23 – 6:30p Faraway**  
2023 TV-MA 109 min. Foreign: German  
(language, nudity)  
After inheriting a house on a Croatian island, a woman embarks on a spur-of-the-moment trip that reignites her joy in life and opens a door to new love. **Cast:** Naomi Krauss, Goran Bogdan, Bahar Balci, Adnan Maral, Artjom Gilz, Vedat Erincin, Mladen Vasari, Davor Tomic, Paula Schramm, Christian Schneller

**Wed., 3/27 – 6:30p Falling for Figaro**  
2021 TV-MA 104 min. Comedy  
(language)  
A fund manager trades her cushy life in London for a tiny Scottish village, where she chases her singing dreams coached by a crotchety former opera star.  
**Cast:** Danielle Macdonald, Hugh Skinner, Joanna Lumley, Gary Lewis, Shazad Latif, Vicki Pepperdine, Rebecca Benson, Ian Hanmore, Bhav Joshi, Saskia Ashdown, Chriistina Bennington





**Thurs., 3/28 – 2:30p *Moonstruck***

1987 PG 102 min. Comedy  
Loretta Castorini, A bookkeeper from Brooklyn, New York, finds herself in a difficult situation when she falls for the brother of the man she has agreed to marry. **Cast:** *Cher, Nicolas Cage, Olympia Dukakis, Danny Aiello, Vincent Gardenia, Julie Bovasso, John Mahoney, Louis Guss*

**Sat., 3/30 – 6:30p *Chocolat***

2000 PG-13 121 min. Romance/Comedy  
A French woman and her young daughter open up a chocolate shop in a small remote village that shakes up the rigid morality of the community. **Cast:** *Juliette Binoche, Johnny Depp, Judi Dench, Alfred Molina, Carrie-Anne Moss, Lena Olin, Aurelien Parent Koenig, Antonio Gil*

**March 2024 Birthdays**

1 Cyndi Farquhar, 30 Marion  
2 John Scully, WF42  
2 Mark Willhoite, HTL2C  
3 Noreen Evans, WF14  
3 Joan Merkwaz, 4 Lilac  
4 Jeanette Duvall, C52  
5 Tom Greig, L346  
5 Gil Michaud, 8 Mallard  
5 Andre Turenne, C40  
6 Marty Scarlett, B7402  
7 Lea Hopkinson, 72 LAD  
8 Lew Brown, 3HL  
9 Jane Baldwin, C102  
9 Cynnie Henriques, C28  
9 Bev Thomas, C24  
9 Julie Woods, C110  
10 Jane Volin, L347  
11 Ethel Carmolli, L352  
11 Hazel Gustafson, L357  
12 Peter Webber, B7102  
12 Gordon Weil, FP301  
13 Mollie Heron, 20 Marion  
13 John Wilcox, 1 Alumni  
14 Ann Deering, HTL3D  
14 Barbara Heath, C50  
15 "Bing" Bingham, B5102  
15 Alma Thomas, L120  
16 Pam Adams, L343  
18 Birdie Britton, 27 LAD  
18 Paul Butler, C35  
18 Dodie Willcox, C36  
19 Margaret Cope, B5203  
19 Suzi Deitz, C39  
19 Lyall Rogers, L231  
20 Lois Lowry, WF09

23 Ed Manuel, C47  
24 Len Freeman, C64  
24 Bill Webster, 2 Mallard  
27 Norman Stiles, 4 Honeysuckle  
28 Schuyler Grant, 13 Periwinkle  
28 Sandra McElwaine, WF05  
29 Roberta Stothart, B3102  
29 Didi Washburn, 3 Collegiate  
31 Marcia Dworak, B3101  
31 Carroll Knapp, 16 Mallard  
31 Sally Wheeler, L219

**BEYOND OCEANVIEW**

***Alzheimer's Association - New England Family Conference***

March 1-2, 2024

A free, virtual conference for individuals living with dementia and family caregivers.

Learn more - register: <https://www.alz.org/manh/events/family-conference>

***The Footlights Theater***

190 US Rt 1 Falmouth

All seats \$20 BOX OFFICE 747-5434

Thursdays 7:00p; Fridays 7:30p,

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<https://www.thefootlightstheatre.com/>

DOMINION by Hal J Cohen

MARCH 14 - 30

Maine Playwright, Hal J Cohen (Leonora Rabinowitz, I Love You) brings his new play to the Footlights Theatre Stage. Dominion: It's about people. Five of them. Their stories come together at a faith-based attraction in a small Midwest town. Some come for answers. Some for revenge. Some leave changed. Some do not. For some, faith is a guiding light that leads them to a better way. For others, it's a blinding beam that takes them down a dead end.

***Maine State Ballet presents Cinderella***

March 22-April 7

Fridays at 7:00p

Saturdays at 2:00p & 6:00p

Sunday 4/7 at 2:00p

at MSB's Lopez Theater, 348 US Rt 1 Falmouth

Tickets \$35-25

<https://www.mainestateballet.org/>

### **Diana and Tom Allen**

(Whipple Farm) became a couple in 8<sup>th</sup> grade and have been married for 55 years. Oh, that we all knew the direction of our lives at such a tender age!

Portland natives and graduates of Deering High School, Diana attended Wellesley College and Tom headed off to Bowdoin, where he graduated Phi Beta Kappa and was captain of the football and track teams. Tom led the Bowdoin chapter of his fraternity out of its national association because of its racially discriminatory membership practices. He received a Rhodes scholarship to Oxford University. During his first year at Oxford, Diana lived and worked in Boston. They were married and returned to England for the next two years until Tom completed his MPhil in Politics. Tom graduated from Harvard Law School in 1974, the same year their daughter Gwen was born. Returning to Maine, where Tom's roots go back for generations, he started a 19-year law practice at Drummond Woodsum. Their second daughter Kate was born in 1978.

Tom was active in civic affairs, serving two terms on the Portland City Council as his father and grandfather had done. From 1997 to 2009, as Maine's First District Member of Congress, Tom wrote ground-breaking health care and ocean acidification legislation, co-founded the House Oceans Caucus, and helped lead the opposition to the invasion of Iraq. After Congress, Tom was President and CEO of the Association of American Publishers for eight years.

While raising their daughters, Diana helped start a Rape Crisis Center, worked at Lincoln Middle School, served as a Hospice volunteer, and led activities for patients in a nursing home in Portland. Diana has loved pottery and is a calligrapher, knitter, embroiderer, quilter, and gardener.

Diana and Tom love spending time at the 19<sup>th</sup> century farmhouse in Sebago that Tom's parents bought when he was six. Tom manages the woodlot and serves as board president of the Maine Woodland Owners. The solar-powered farmhouse, with views of Mt. Washington and abundant bird life, is a beloved gathering place for their family, which includes five grandchildren, ages 9-16.

(SS & NW, 2/2024)



There have been three constants in **Bobbe Miller's** (Main Lodge) ever-evolving life: family, spirituality, and Maine. Bobbe grew up in Wakefield, MA, where her father, an Episcopalian minister, served. She began her spiritual journey early on, a journey that includes prayer, meditation, Bible study, and a commitment to good works. Bobbe's love for Maine also began early. Her family summered on Southport Island, and she embraces all Maine has to offer: its amazing land and seascapes, outdoor activities, extraordinary people, and, above all, time with family.

After earning a nursing degree at Russell Sage College, Bobbe married her soulmate, Dick, a Rensselaer Polytechnic Institute graduate. They first lived in San Francisco where Dick worked for Stauffer Chemical Company. Then they moved to Fairfield, CT, where they raised their son and daughter. Over the years, Dick oversaw a variety of chemical-related businesses, and they lived in Chicago, Houston, the Netherlands, and Bedminster, NJ. But always there was Maine and their summer home on Southport Island. Finally, in 2004, Bobbe and Dick achieved their goal and permanently settled in Cape Elizabeth.

And her ever-evolving life? Bobbe's first career was as a stay-at-home mom, whose busy schedule included co-operating a part-time catering business (competing with Martha Stewart? no threat) and as a Junior League volunteer, surveying and then facilitating communication among area youth agencies to enhance their effectiveness. When her children reached their teens, Bobbe began her second career. She returned to nursing, providing homecare and hospice support via agencies in Connecticut, New Jersey, and Maine. Most memorable to Bobbe, and valued by her, was managing a clinical team that served disadvantaged people living in Bridgeport, CT's, high-rise projects, who would otherwise have had no access to healthcare. Throughout, she has continued her spiritual growth as a follower of Christ. Following Dick's death in 2022, and despite her own mobility challenges, Bobbe ("stubborn" according to her children) refuses to leave Maine, where she has found so much joy. She's brought her warm smile and compassionate spirit to OceanView, where "there's a lot more going on than bingo." Bobbe is enjoying everything the community offers.

(MF, 1/2024)



### **DeCourcy (Dick) McIntosh**

(Schoolhouse) had a varied career in the art and non-profit world and, thanks to friendships formed in college, had a long association with Prouts Neck before moving to OceanView in late 2023.



Dick was born in Baltimore, grew up in rural Baltimore county, attended Phillips Exeter

Academy, and then Harvard (class of 1965), where he concentrated in English and art history. After Harvard, he entered foreign-service graduate school at Georgetown University to prepare for a State Department career, but the Vietnam-era ban on overseas hiring put an end to that career plan.

While in Washington, Dick had met and married Susan Bell of Pittsburgh; with foreign service plans on hold, he and Suzy moved to Suzy's hometown. There he worked for the R. K. Mellon family office, managing aspects of that family's educational, civic, and cultural philanthropy. A daughter and son were born to the couple during this time. The daughter now lives in New York and has twin sons; the son lives in Florida.

In Pittsburgh, Dick developed an interest in historic restoration that eventually prompted a move to Savannah, where he directed the Historic Savannah Foundation. Next, the family headed to St. Paul, MN, where Dick managed the transformation of the Old Federal Courts Building into a headquarters for arts organizations. Three years later, he crossed the Mississippi to be V.P. for Development of the Minneapolis Institute of Arts.

The next career shift was to return to Pittsburgh for a 17-year stint as director of the Frick Art & Historical Center, an outgrowth of the art museum the daughter of industrialist Henry Clay Frick had established on her estate. There, Dick oversaw the restoration of the Frick mansion and the development of the estate into an active center for local history and for exhibitions of old-master and 19<sup>th</sup> century art.

In 2001, Dick shifted his focus to research and writing about the growth of art collecting in America, his research based on the vast archive of M. Knoedler & Company in New York, as well as on primary sources in France, England, and Germany.

(DM & FF, 2/2024)

### **Polly Taylor (Main Lodge)**

lived for most of her life in Marblehead, Massachusetts, where she enjoyed her childhood and later returned to raise her family, always sailing and spending lots of time on the water. When she was young, she had a Brutal Beast on which she learned to sail. Later, Polly and her husband raced a Tiger Cat.



In between, she did some dinghy frostbiting and had great fun riding the trapeze on a Jollyboat.

In grade school, Polly walked a mile each way—to school in the morning, home for lunch, and back again in the afternoon. For her high school years, she went to Winsor School in Boston, commuting each way by foot, train, subway, and bus, which took an hour and a half in each direction.

After earning her degree in psychology at Sweet Briar College in Virginia, she spent a year in NYC, working in the Time-Life Picture Collection. Then she returned to Massachusetts, where Polly worked as an assistant to a graduate student in the Psychology Department at Harvard. When he completed his degree and went into business for himself, she continued as his assistant, writing teaching-machine programs (programmed instruction) for a few years.

Polly married and raised a family of three boys. Her husband, an engineer, ran a small business, so Polly became adept in small-business operations. She handled the payroll, taxes, and other things, including occasionally writing electrical test-set panels for him. Polly also took charge of a sideline product for which she developed a marketing approach and handled manufacturing. As her sons grew older, they participated, which was a great way for them to learn to earn and save money.

On the side, Polly enjoyed learning BASIC and COBOL programming languages. In her fifties, she pursued a master's degree in information systems at Northeastern University and became a software developer.

After retiring, Polly explored the United States by train and took two trips to Europe. She documented her family history, wrote a genealogy of her father's family, and pursued her favorite activities, including walking, bicycling, gardening, rowing, and sailing.

(PT, PK, & NW, 2/2024)



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