

# OCEAN VIEWS UPDATES

March 29, 2024

## ADMINISTRATION MEMOS

### *OceanView Regular Front Office Hours*

Monday-Friday 8:30a-5:00p  
Saturday & Sunday 10:00a-2:00p

### *New Residents!*

Larry & Jill Nixon	3/15	30 Whipple Farm
Peter & Judi Kleinman	4/1	11 Monarch Dr
Terrance & Ruth Moore	4/15	1 Collegiate

### *Staff Away*

Don Wessels	3/25-4/3
Rita Dennis	3/29-4/4
Jim McClendon	4/1
Marcia Emerson	4/8
Dustin Bonk	4/8-10
Wendy Pierce	4/8-12

### *Thank You!*

Members of the “Trash Committee”, **Len Freeman, Tom Allen, & Katie Porter; Merle Marie Troeger** for leading another great session of “The Bible and the Poets”; **Sue Schmitt** for leading a singalong on Sunday 3/24 when the power was out; **Dick Leslie (CC)** and **Michael Beaudoin (OV)** for their leadership of the March Wine Tasting Group; **Tom Simmonds** for his stewardship of Bible Fellowship.

## COVID-19 COMMUNITY UPDATE

In March we had just 1 resident case & 0 staff in the independent community, and 0 Falmouth House cases. 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

## SUSTAINABILITY

OceanView now has three drop-off locations for recycling plastic bag type (film plastic) items.

1. 3rd floor of Main Lodge, where there is currently also a returnable bottles and cans drop-off. It is down the hall from the Wellness Office on the left, towards the 3rd floor Conference Room. Bags can be placed in the old, blue recycling bin.
2. In the garage of BBC 5, close to the garage door next to the container where returnable bottles and cans are collected to be returned. To access the garage from

## Covid Booster Clinic

Thurs., 4/18, 9:00a—12:00p HTL

### Sign-up with Activities

This booster update is for folks 65+ and must be at least four months

out from their last booster, as well as 90 days out from any recent COVID infection.

If your physician or practice offers the shot to you sooner, please take it at your earliest convenience.

Please sign up for an appointment with Activities.

The form is the same one we’ve used for previous clinics.



the Main Entrance of Blueberry Commons, take a left to go into BBC 5, walk down the hall to the elevator or the stairs and go to the basement. You will see an entrance to the garage— after you go through the door the bins will be at the bottom of the ramp, Bags can be placed in the old, blue recycling bin.

3. Falmouth House, next to the cardboard recycling dumpster in a light blue trash can with a lid.

<https://nextrex.com/view/educate> This is the link to more details about what items are acceptable and which are not. Mitchell has also put posters above each of the receptacles.

Further, Falmouth’s Conservation Commission has **proposed a *Pesticide and Fertilizer Regulation Ordinance*** to ensure the proper use of outdoor pesticides and fertilizers in the community.

The Town Council will hold a concept discussion and public comment period on the proposed ordinance at a meeting in April. Members of the public may attend in person or via Zoom. The agenda and Zoom link will be posted <https://www.falmouthme.org/town-council-town-manager>

In addition to the public comment period, the Council is seeking broad public feedback through a survey. Please complete the survey <https://www.falmouthme.org/environmental-initiatives/pesticide-and-fertilizer-ordinance/webforms/proposed-pesticide-and> by April 8.

The ordinance can be found here, <https://play.champds.com/ATT/falmouthme/2024-02/1e842a74ad6fc371ba8ba28cd4bdc03c67a7b531.pdf>

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**Donations gratefully accepted**  
in BBC Commons Room  
9:00a-11:00a Friday, April 5th

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

**Friday April 5th, 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 April
- ⇒ electronic Resident bulletin board on OV portal
- ⇒ in person at next Pop-Up Sale **Friday, April 19th, 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**

#### **APRIL 2024**

Happy Spring! Fitness and wellness go hand-in-hand and we are very excited to be adding to our Cumberland Crossing exercise programs starting this month at Northwind Farm! We hope that you'll join one of our new classes soon!

#### **PHASE 2 SALES**

Phase 2B is almost sold out which mean 2026 completion dates will soon be gone. Phase 2C will offer completion dates in 2027 so if you know someone who is interested in our community, please have them call or email SOON!

#### **APRIL TOURS**

Tours are available any time by appointment – we're here to answer questions and arrange a tour 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.

#### **APRIL Activities/Events Highlights at OceanView**

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

4/10, 12:30p Cumberland Crossing Residents Only:  
**Van Tour of OV Campus & Amenities** (followed by optional **2:00p Maine Audubon Bird Talk**) - sign-up with Activities.

4/19, 2:00p **Mktg Event: "Blueberries, Broadway, & Brian" with Brian Allen (LUNT)**

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

4/13, 5:00p **Yankee Supper (BBC)**

RSVP at Front Desk.

4/29, 1:00p **Mktg Event: Reversing & Preventing Early Stage ALZ**—Catherine Gentile (Lunt)

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

**Request van transport from Transportation for the 3 events above.**

#### **At Northwind Farm:**

**No Writer's Group Meeting** this month

Tuesdays—1:00pm **Mah Jong**

Mondays—1:15pm (begin. 4/15)**Bodyweight & Bands**

4/1—3:00pm **Rescheduled Resident Meeting**

4/3 – 10-11:00am **Men's Discussion Group** \*loc. tbd

4/15 – 2-3:00pm **Coffee with the Concierge**

(Guest speakers: Caitlin Haney/Front Desk Manager and Mitchell DeBortoli/Sustainability Coordinator)

4/15 – 3-4:00pm **BYOB** to follow

4/17 – 1-2:30 pm **CC Book Club**

4/29—3:00pm **Resident Meeting**

**Women's Discussion Group** - Please call Elisabeth Crowley at 829-1275 for details (Guest speaker: Sheri Fistal, master gardener, as well as any gardening tips)

Please contact Don Wessels with any questions:  
(207) 781-4460, ext. 148 or [don@oceanviewrc.com](mailto:don@oceanviewrc.com)

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### Trash & Recycling Bins for Cottage Residents

Those of us who live in OceanView cottages are now required by the Town of Falmouth to use totes (one for trash and another for recyclables). This new system was met with some confusion and concern. A committee comprised of your neighbors and OceanView Management prepared a report containing finding and recommendations. Among their findings the committee learned that many residents feel the totes are too big and heavy. The Falmouth Town Manager agreed smaller totes can be made available at no cost to us. The smaller totes have a 48-gallon capacity compared to the present 64 gallons.

To help you understand the difference both sizes are available for comparison in the Community Room of Blueberry Commons. They will be on display from now to 15th.

Cottage residents will receive a “Notice Regarding Trash Bins” next week explaining how to request smaller containers. If you want to convert to the smaller totes, please return the form to the Front Desk in the Lodge.

The committee’s Final Report is available on the OceanView Portal: <https://oceanviewwrc.com/portal/> and in the Library.



### **COMMUNITY COUNCIL REFLECTIONS**

Nancy Wanderer, President

At the March Community Council meeting, we began discussing whether to extend our gratuities program to caregivers at Falmouth House and Legacy Memory Care. Although they are resident-facing, hourly employees, they have not received gratuities in the past. We also briefly discussed whether to have only one solicitation in the fall, with gratuities awarded shortly before the holidays in December. In the past, we have had two gratuities solicitations: one in the spring and another in the fall.

Naively, I had thought these changes would be welcomed by residents. Providing gratuities to caregivers who make the lives of Falmouth House and Legacy residents so much better seemed like a noncontroversial idea. I also thought residents would be happy to receive only one gratuities solicitation each year instead of two. Currently, residents are asked to contribute to the Oceanview Resident Assistance Fund once a year, in the fall, and to the gratuities collection twice a year, in the spring and again in the fall. It seemed like having one solicitation for each purpose instead of one for the OVRAF and two for gratuities would help prevent

the confusion that often arises when so many different solicitations come our way.

After I introduced those two ideas, however, I quickly discovered how wrong I was. People do have strong, differing opinions about how solicitations should be handled, so I am glad we tabled the discussion until the April meeting. At that meeting, I promise to keep the agenda to a minimum and introduce the gratuities discussion right after the staff reports are completed. The only other thing we need to accomplish at that meeting is to elect officers for 2024-2025. The nominations are Nancy Wanderer for President, Karen Thorpe for Treasurer, and Donna Knoblock for Secretary.

To allow everyone an additional opportunity to ask questions and discuss the gratuity question, Karen Thorpe will be attending “Tuesdays with Nancy” at 1:00 p.m. on April 2 in the Hilltop Lodge living room. To simplify the discussion, we have tabled the idea of having only have one gratuities solicitation per year. That will leave us with only one question to discuss and decide: whether Falmouth House and Legacy caregivers will receive gratuities going forward.

I also want to remind everyone that Community Council Meetings are scheduled to last an hour and fifteen minutes. I try to end the meeting by 4:00 p.m., but that is not always possible, especially when we have important matters to discuss. Thank you for your patience and understanding when we go a few minutes longer, as we did at the March meeting. Of course,

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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.**



everyone is welcome to leave the meeting early if they need to go for any reason.

When we meet again in April, I hope everyone will have given this matter of gratuities some thought. The most important thing is to have a gratuities program that expresses our gratitude to hourly, resident-facing OceanView employees in a fair and generous way. It must be a program that sits well with most residents. I look forward to

resolving this issue through thoughtful, civil discussion at our April meeting. Until then, if you have any questions, please contact Treasurer Karen Thorpe or me. We will be happy to answer your questions and hear your ideas. Together, I know we can figure this out.

REMINDER: The April 8th Community Council meeting will begin at **1:00 p.m.** instead of 3:00 p.m. to allow everyone to experience the eclipse that will be occurring that afternoon.

—Nancy Wanderer

### OCEANVIEW DINING & CATERING SERVICES ~ Special Dining Events in April ~

#### *Yankee Supper*

Sat., 4/13, 5:00p BBC

Join us in the Blueberry Common's Room for a Hot Dog and Bean Yankee Supper. \$18.00 plus tax or 1 meal plan points for Gold, Silver, and Bronze participants. RSVP at the Front Desk to reserve a spot, seating is limited.

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

Tues., 4/16, 3:30-4:30p GG

Enjoy some exciting wines by the glass while you socialize with friends and neighbors. Accessibly priced wine & a complimentary Charcuterie Board. Tuesday April 16th from 3:30-4:30. *Sign up at the Activities Nook* (wine must be paid for at the time of service).

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

Thurs, 4/28, 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.

#### *Special for Passover*

Chef Ed's Matzo Ball Soup will be available from the

**OV & CC Residents Van Transportation to Whipple Farmhouse Dining or to the Main Lodge Dining Room** is now available at no cost, for dinnertime Monday-Friday, by reservation, with two days advance notice. Please call the Transportation Office at 207-650-6091 x109 for arrangements.

Grab & Go case in the Gazebo Grille from April 23-26. Copies of the recipe will be available.

#### ~ 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 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.

**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

##### *Hearing Aid Appts*

Thurs 4/4 (ML3c)

For an appointment call Bruce W. @541-9295



### **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.

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

Tues., 4/9 11:00a ML3c

FMI please contact Gloria Otley 207-747-4562

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

Wed., 4/17, 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. *No services on 4/2.*

### **OV COMMUNITY COUNCIL**

Mon. 4/8, \*\***1:00p** 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., 4/2, 1:00-2:00p, HTL

### **OV RESIDENTS ASSISTANCE FUND**

Congratulations to all the chefs who participated in the **Annual Soup Challenge!** We had some delicious offerings with this year's "International" theme, and I think no one was more surprised than OV's *Chef de Cuisine* Keegan Drinkert, who's uniquely delicious West African Peanut Soup won the day, earning him bragging rights for the year. In second place was Nicole Perkins' hearty and loaded Zuppa Toscana, and a top notch French Onion Soup by Maryann McCallister rounded out the champions podium. OV chefs Jill Bookataub, Bruce Luttrell, and JP Morris also participated. Thank you to all who came out to eat soup, vote, and support the OVRAF.

### **Board of Directors Meeting**

Thurs., 4/11, 3:00p HTL

Residents are welcome to attend in the Gallery.

Dave Scarlett, President

OceanView Resident Assistance Fund

### **OV LIBRARY COMMITTEE**

First, a couple of library rules, then some useful information.

- ⇒ Please do not bring your dog into the library. It can be annoying to library users.
- ⇒ And please **do not bring food or drink** into the library. The risk that you will leave some of it behind on the floor, the furniture, or the books is just too great. *The only exception to this rule is you may bring water in a sealable container while playing in the Card Room.*

The room at the right end of the library is called the *Media Room*. Not the room with the view, but the windowless room out the other door.

- ◆ If you are visually impaired, you might want to use the screen magnifier that is in the Media Room. It is there for you. Make an appointment with Activities to learn how to use it.
- ◆ The Media Room also contains a computer with the library catalog on it, just like in other libraries. It is very simple to look up a book, an author, or a subject, and find call numbers. Just type one or more words, but be aware that it requires correct spelling.

The books, magazines, audio books, and DVD movies in our library have all been donated by residents like you. We do not buy books. You can donate books by putting them on the workbench in the Media Room. But PLEASE read AND HEED the poster on the wall that lists what kinds of books we DO NOT WANT. Donating books we do not

want just makes extra work for the library staff in getting rid of them. This list is also in the document "Using the OceanView Library" which you can find online at the residents portal or in hardcopy next to the checkout counter in the library.

We also need more donations of magazines, as long as they are the MOST RECENT three issues and are of general interest. Older issues just make more work for the library staff as they must be recycled. Magazine donations go on the table by the magazine rack. And, if you remove a magazine from the rack, please do not put it back on the rack; leave it on the table.

Tony Federer, Library Chair

### **FROM THE NEW BOOK SHELF**

**FICTION:** We begin our list of new books with two best sellers: *The Heaven and Earth Grocery Store* by James McBride and *The Wager* by David Grann. Also in fiction, but in the **LGPR** section, are *The Final Storm* by Jeff Shaara and a 2 in1 volume, *The Mistletoe Secret* by R.P. Evans and *Triple Crown* by Felix Francis. The large prints are not new but still readable and more accessible to some of us.

**NONFICTION:** United States history is the topic of Nathaniel Philbrick's *Valiant Ambition: George Washington and Benedict Arnold and the fate of the American Revolution*. Another aspect of American history is Ned Blackhawk's *The Rediscovery of America: native people and the unmaking of U.S. history*. Blackhawk, a professor at Yale, interweaves native and non-native histories.

Topics farther from home are *China Road: a journey into the future of a rising power* by Rob Gifford. Gifford traveled Rte. 312 which connects Shanghai to Kazakhstan. I'm going to caution that this book was published in 2006, so it's not up to date. However, it sets the stage and illuminates the dramatic rise of China as an economic and political giant, telling the tale through Gifford's conversations with the many people he met on his long journey. *River of the Gods* is about the quest for the source of the Nile. The author is Candice Millard, respected writer and historian of other bestselling books about the assassination of President Garfield and early life of Theodore Roosevelt.

Barbara Briggs, for the Library Committee

### **FITNESS NOTES**

#### ***Annual Fitness Assessments***

It's that time of the year! Annual Fitness Assessments are ongoing. 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!

#### ***Welcome Back, Grace!***

Welcome back to our ***Fitness Specialist Grace Libby!*** Grace earned her Bachelor's degree from the University of New England (Biddeford, ME) in Exercise Science in 2022. She also attained a minor in Nutrition. In that same year she became a Certified Personal Trainer through the National Strength and Conditioning Association. During her time at UNE, she worked with a variety of age groups and fitness levels. Grace is passionate about helping clients meet their health goals and improving overall quality of life through exercise. We are very excited to have her back on the OceanView Fitness Team!

#### ***Class at Cumberland Crossing Balance, Bands, & Bodyweight***

Mondays at 1:15p, starting 4/15

Coming soon we will be holding our very first land based fitness class at Cumberland Crossing! Starting April 15th this class will take place every Monday at 1:15PM in the Cumberland Crossing Northwind Farm building. The main focus of this class will be strength, balance and cardio using bodyweight and banded exercises. We hope to see you there!

***Fitness Talk—OceanView Fitness 101—or—  
Something for Everyone!*** *Bring all of your questions!*  
Wed., 4/24, 2:00p—BBC

Join OceanView's Fitness Manager, Ryan Koenig, to learn everything there is to know about OceanView's fitness program! If you are interested in fitness but are not sure where to start this presentation is for you! Come on down April 24<sup>th</sup> at 2:30pm in BBC!

#### ***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 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.

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**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=T3gwK3pMY1gxeUc0bk9uRUZxc2k2dz09>

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, bookmark <https://www.porttix.com/>

### **Vans—PSO Pops**

#### **“The Music of John Williams”**

Sun., 4/7, 1:30p Merrill Auditorium

Tickets: \$90-28 *van is full*

Eckart Preu, Music Director  
Music Director Eckart Preu and your PSO honor one of the most iconic film composers of all time—the great John Williams. Experience his critically acclaimed works live, including selections from Jurassic Park, Star Wars, and E.T.

### **Van - Portland Ovations**

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

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

Tickets \$55-35 *2 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 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”.

### **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.

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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.

### **APRIL CONCIERGE VAN pick-up time:**

- 4/1 12:00p Fifth Grade Visits—HTL
- 4/3 3:30p Wine & Cheese Birthday—BBC
- 4/5 1:30p Classical Uprising Preview—Lunt
- 4/8 **12:30p** Community Council—BBC
- 4/8 2:30p Eclipse Viewing—BBC parking lot
- 4/10 10:30a Women’s Discussion Group—BBC
- 4/10 1:30p Audubon Talk—HTL
- 4/15 2:30p OV & the Environment—HTL
- 4/16, 23, 30 12:30p End of Life series—BBC
- 4/16 2:30p Art on the Run D. Karraker—HTL
- 4/22 2:30p J. Sutherland, Adams—HTL
- 4/23 2:30p Concert with Bess Jacques—HTL
- 4/24 2:00p Fitness Talk w/Ryan—BBC

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



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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—all tickets are claimed, but if interested please add your name to the wait list, as we often have some movement closer to the event. Concert event is free, only concierge van charge will apply.***

***Van - Portland Ovations “Jesus Christ Superstar”***  
Sat., 4/13, 12:00p Merrill Auditorium  
Tickets \$100-55 2 van seats available,  
*tickets avail. in Balcony only*

Celebrating its 50th Anniversary, a new mesmerizing production of the iconic musical phenomenon returns 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 Stage Company  
Clyde’s***

***Thurs., 4/18 1:00p***  
Tickets: \$57-53 4 van seats available

It may seem like a run-down truck stop diner, but for the formerly incarcerated staff of Clyde’s, it’s a place where they can find community, support, and a second chance at life. Their quest to create the perfect sandwich keeps them motivated to access their full potential and move on to bigger and better things, even when Clyde tries to keep them right where they are. A savory comedy that shows us what we can achieve with patience, dedication, and a little thyme.

***Van - PSO Sunday Classical  
The Mighty Kotzschmar Organ***

Sun., 4/21, 1:30p Merrill Auditorium  
Tickets: \$90-28 4 van seats available

Eckart Preu, Music Director  
James Kennerley, organ  
Franz SCHMIDT: Intermezzo from Notre Dame  
César FRANCK: Le chasseur maudit (The Accursed Huntsman)  
J.S. BACH (orch. Stokowski): Toccata and Fugue in D minor, BWV 565  
Camille SAINT-SAËNS: Symphony No. 3 in C minor, op. 78 (“Organ Symphony”)

<b>LOCATION CODES:</b>	Room, lower level
<b>BBC</b> —Commons Room in Blueberry Commons	<b>LIB</b> —Library on ML2
<b>CC</b> —Cumberland Crossing	<b>LUNT</b> —Lunt Auditorium
<b>CR</b> —Card Room behind Library	<b>ML1c</b> —Main Lodge 1st Floor Conference Room
<b>DR</b> —Dining Room, Main Lodge	<b>ML2</b> —Main Lodge Activity Room, 2nd Floor
<b>FH</b> —Falmouth House	<b>ML3c</b> —Main Lodge Conference Room, 3rd floor
<b>FS</b> —Fitness Studio - Hilltop	<b>ML3S</b> —Main Lodge Salon, 3rd floor
<b>GG</b> —Gazebo Grille	<b>NW</b> —Northwind Farm CC
<b>GR</b> —Game Room	<b>SR</b> —Screening Room
<b>HFP</b> —Hager Fitness Pavilion	<b>WF</b> —Whipple Farm
<b>HTL</b> —Community Room in Hilltop Lodge	<b>WO</b> —Wellness Office ML3
<b>HTLa</b> —Hilltop Amenities	

***Van - PSO Sunday Classical  
The Mighty Kotzschmar Organ***

Tue., 4/23, 6:30p Merrill Auditorium  
Tickets: \$90-28 1 van seat available  
Program as above

***Alvin Ailey American Dance Theater***

Tues., 4/30, 6:00p Merrill Auditorium  
Tickets \$55-35 4 van seats available; *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.

***Brahms Requiem with ChoralART Singers***

PERFORMANCE POSTPONED—Rescheduled TBA from Sunday, March 24, 2024 - 2:30pm  
“We are very sorry to report that, due to a fire prevention system malfunction caused by the power outage at Woodfords Congregational Church, the Portland Fire Department required ChoralArt to

(Continued on page 9)



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*POSTPONE the Brahms Requiem concert. We will be back in communication very soon as we find a reschedule date for this event. We thank you for your support of ChoralArt and we are grateful for your understanding.*” Please hold on to your tickets until we have more information.

**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	Wed	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. I will now open up the reservations for the “Sundays only” series of 4 games (6/9, 7/21, 8/25, 9/15), at \$44 per person.

**Seaside Pavilion at OOB Shows**

Do we have any interest in attending outdoor concerts at the Seaside Pavilion in Old Orchard Beach this summer? Please sign up with interest in the following concerts on the Blue Clipboard at the Nook. If we have at least 5 we will see about ordering a "group sale" of general admission tickets. <http://www.seasidepavilion.org/events/default.asp>

**Tapestry, The Carole King Songbook**  
Sat 6/29 7:00p show \$32

**Deep Blue C Orchestra "Romancing the Summer"** Tues 7/9 7:00p show \$25

**Let's Hang On! Frankie Valli Tribute**  
Fri 7/29 7:00p show \$35

**"Studio Two" - The Early Beatles Tribute**  
Tues 8/13 7:00p show \$25

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**FREE OPERA FILMS for  
OV & CC Residents & PWLs!**

Opera Maine is excited to partner with OceanView at Falmouth to present a second series of famous opera performances from around the world. Let’s come together as a community to enjoy and discuss opera.

**Saturday afternoon beginning at 1:00p:**

⇒ April 6, 2024—*The Girl of The Golden West*, Giacomo Puccini  
**2 hours and 22 minutes**  
*Italian with English subtitles*

**This 1991 Production Cast Includes:** Placido Domingo, Mara Zampieri, Juan Pons, Sergio Bertocchi, and Luigi Roni.



**Seating is limited—**

Residents & PWLs: sign up with Activities.

Guests: RSVP via this link <https://www.operamaine.org/events/film-series/>

**Lunt Auditorium, 74 Lunt Rd., Falmouth**

**Coming Up:**

⇒ June 1, 2024—*Attila*, Giuseppe Verdi

OceanView will provide light snacks and beverages, and there will be an intermission during each of the operas.

Residents and PWLs should call or sign up at the Activities Nook—sign up for van.

Opera Maine is selling tickets to its patrons who will also attend these films.

**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 by 4/19 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 (4/2) 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 (4/2, 9, 16, 23, 30)  
*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 12:00p Sectionals—Tenor, Bass  
Please refer to weekly missives from Chorus Manager Bill Gatchell for further information.

**Bible Fellowship**

Tues. 10:00a, (4/2, 9, 16, 23, 30) HTL  
Bible Fellowship is a non-denominational group study led by area pastors and follows the New Revised Common Lectionary. 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.

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

Classes led by computer tutor Bern Shanfield  
"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, \*\*1:00p, (4/8)  
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 (4/4, 11, 18, 25) 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 (4/8, 4/22)  
1:00-2:30p CR  
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 (4/5, 12, 19, 26) CR  
& Mondays at 6:30p (4/1, 8, 15, 22, 29) CR  
In the Card Room of the Library. If you would like to know more or join in, please contact John Bischof at



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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 (4/4, 11, 18, 25) CR  
Saturdays at 1:00p (4/6, 13, 20, 27) CR

**Mah Jong** Wednesdays at 1:00p (4/3, 10, 17, 24) CR

**Poker** Thursdays at 1:00p (4/4, 11, 18, 25) CR

### **German Conversation Group**

2nd & 4th Wednesdays (4/10, 24) 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**

Usually Second & Fourth Tuesdays  
Meeting 4/23, 2:00p ML2  
Questions? Arlyss Becker [arlyssbecker@me.com](mailto:arlyssbecker@me.com)

### **Van—Grocery Shopping**

Thursdays 4/4, 11, 18, 25  
**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., 4/10, 10:00a (new time!); Tue., 4/23, 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, 4/2, 16, 30

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

Wed., 4/10, 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 14.

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

Thurs., 4/11, 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.

### **When you receive your OV & CC Enrichment**

**Academy and Fitness calendars** each month, there are many choices of things to do.

However, who is sponsoring what can get a little confusing at times. Here's what you need to know:

**OceanView Activities:** Most activities on the calendar are arranged for and financially

supported by OceanView via your monthly fee. The programming is for you through the Activities department and open to all residents as indicated; activities often require sign-up at the Activities Nook. **Marketing Events:** OceanView hosts educational and entertaining events monthly to bring guests and potential new residents into the community. These events are primarily for Marketing attendees but are often open to residents in limited numbers, and require a reservation through a digital link or at the Front Desk.

**Resident-Sponsored Programming:** There are resident groups which require an additional financial contribution to cover programming costs and require signing up for each event. Two examples of Resident-Sponsored groups are the Wine Tasting Group, and the "Downbeat; S'forzando Sfz! Music Series". While these groups are assisted by OceanView Activities with scheduling of space and on-campus Transportation, the members of the group itself financially support their own content. Resident-Sponsored Programs are open to all residents of OV and CC who choose to participate.



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## OV and the Environment

**Monday April 15, 3 pm, HTL: 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. He works actively here in Maine to help clients find what is right for their application. I hope we will hear about off-shore wind, new water power methods, solar farms, heat pumps, geothermal, etc.

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

**May 20: Lissa Bittermann from Apparel Impact** ([apparelimpact.com](http://apparelimpact.com) [facebook.com/apparelimpact](https://www.facebook.com/apparelimpact)) who have placed bins both at the Transfer Station and on Rt 1, after ours was not used adequately. She will tell us about the environmental impact of textiles and update us on the state of textile recycling both in the US and globally. If you have some clothes, including shoes, and other textiles that you can't use any more, bring them to the meeting, where there will be a temporary a collection location. We will ensure that they get into one of the Apparel Impact bins.

**June 17: John A. Mohan**, Assistant Professor in **UNE's School of Marine and Environmental Programs** [une.edu/cas/schools/marine-environment/majors/ms-marine-sciences](http://une.edu/cas/schools/marine-environment/majors/ms-marine-sciences) will tell us about his exciting project with students using technology to reduce shark bycatch to promote sustainable fisheries.

**September 16, Mila Plavsic**, the Executive Director of the **Falmouth Land Trust**, will speak about their education and preservation work. The mission of the FLT is to preserve and care for our town's natural and agricultural lands and to advance the quality of life for all in our community.

**November 18, Nancy Lightbody**, Chair, Falmouth Conservation Commission, will talk about plastics.

### April Tip:

Let's think about the different ways we use energy and the different sources.

When we lost our power at the end of March, this affects us in different ways. Those hardest hit in the oldest Main Lodge apartments use electric heat and hot-water, so we had neither. Others in the Lodge's had access to these through the common sourcing, and those in cottages had their noisy generators. So all-electric lost out. On the other hand, the generators were incredibly noisy, and, unfortunately, producing CO2 while burning natural gas to keep you warm.

Some of us have gas fireplaces and stoves, which also burn gas, rather than the wood we use at camp. Combustion generates CO2, but at least wood at camp is a



somewhat renewable source.

We drive cars that use gasoline, or maybe electricity or a mix in a hybrid.

And the electricity we use from CMP comes from a variety of sources, hydropower from dammed up rivers (some of which hinder normal fish spawning,) power generated by burning our trash in EcoMaine's large incinerator, wind or solar that neighbors don't want.

No matter what kind of energy we use, there are drawbacks. We need heat and electricity to run our lives. What is the best source of energy then, not only for our lives, but for the next generations? Can we learn to need less energy by insulating better and using more energy efficient appliances?

**Contact:** [bknoblock@maine.rr.com](mailto:bknoblock@maine.rr.com) / [bonnie.yelverton@gmail.com](mailto:bonnie.yelverton@gmail.com)

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**Private Activities:** Finally, something marked "Private" on the calendar is just that, e.g., a family celebration for a resident's 90th birthday.

### **Second Chance Gift Shop**

**Donations** will be accepted on **Friday, 4/5** 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: 4/19, 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., 4/1 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!

### **Van - The Maine Jewish Museum**

**Exhibit "Father and Daughter: William Zorach and Dahlov Ipcar"**

Mon., 4/1, 1:30p

As a sculptor in the United States, William Zorach pioneered the art of direct carving stones. He preferred direct carving granite boulders, which he often found himself on walks. There is a spirituality to Zorach's sculptures inspired by the stones he used and they are uniquely expressive – largely conveying love, strength and inner peace. Zorach was very thoughtful and articulate about his work.

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Many of these direct carved sculptures in stone and wood were cast in bronze. In this exhibition, guest curated by Rachel Walls, seven (7) works in bronze created between 1949 and 1956 will be shown together for the first time. These bronzes – Battle of the Ghetto, Refugees, Their Annihilation, Sacrifice, The Prayer, Samuel Answers the Lord and Head of Moses (pictured) – are deeply personal works Zorach created as he processed his own reaction to the Holocaust in Europe and World War II.

Dahlov (Zorach) Ipcar is considered her parents' greatest creative experiment. Ipcar was born at a hospital in Windsor, Vermont to the famed sculptor, painter and educator William Zorach and his wife, the painter and textile artist Marguerite (Thompson) Zorach in 1917, while they were living at Echo Farm in Plainfield, New Hampshire.

Ipcar describes her childhood as unusual, "I grew up in a home full of modern art, of Fauvism and Cubism, in a creative atmosphere, where everything in our home was exciting and different from other people's homes. From the beginning, art seemed like a natural part of life."

In the late 1930s after marrying Adolph Ipcar, a longtime friend and summer neighbor in Maine, in New York City, the newlywed Ipcars moved to Maine permanently where they lived on Robinhood Farm, part of the Zorach's property on Georgetown Island, Maine. Over twenty works from Ipcar's personal collection, the majority of which were created in her studio and later hung in her residence on Robinhood Farm will be shown in this exhibition.

The *Maine Jewish Museum* is housed within the restored Etz Chaim Synagogue, a turn-of-the-century house of worship. The museum is a venue for contemporary art exhibits feature established, Jewish-connected, and Maine-connected artists and rotate every eight weeks.

**Wine & Cheese Party—April Birthdays**

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

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

**Computer help with Will**

Thursdays, 4/11, 25 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.

*Not available 4/2 or 4/18.*

**Classical Uprising/Oratorio Chorale Preview**

Fri., 4/5, 2:00p Lunt Auditorium

Join Oratorio Chorale for a preview of their spring concert! Quiet the noise of the modern world and give your spirit Room to Breathe with this candlelight [style] concert. This immersive experience will prepare you for the solar eclipse by tapping into the power of light and sound to create a deeper connection with yourself and the universe. Featuring the music of Caroline Shaw, Nico Muhly, Caleb Burhans, Howard Frazin, Frank Ticheli, and David Lang.

**Solar Eclipse Viewing**

Mon., 4/8, 3:00p **OV Blueberry Commons**

Join us to view the upcoming eclipse. Community Council will meet at 1:00p to free us up to watch the solar eclipse as it passes over southern Maine. We aren't perfectly in the line of its path, but we should have a pretty good view, nonetheless. We have ordered some viewing glasses—we may have to share. Bring your own if you have a pair. We'll have some snacks, and a good time, with fingers crossed for clear weather.

**Solar Eclipse Viewing**

Mon., 4/8, 3:00p **CC Northwind Farm**

Join us to view the upcoming solar eclipse as it passes over southern Maine. We aren't perfectly in the line of its path, but we should have a pretty good view, nonetheless. We have ordered some viewing glasses—we may have to share. Bring your own if you have a pair. We'll have some snacks, and a good time, with fingers crossed for clear weather.

**Artists' Dialogue Group**

Meets 2nd & 4th Tuesdays (4/9, 4/23)

Tues., 4/23 2:00p ML2 *Show and Tell*

**"Olde-Tyme Piano" Concerts with Adam Swanson**

Tues., 4/9, 2:00p Lunt Auditorium

Fri., 4/12, 2:00p Hilltop Lodge Community Room

On Tuesday and Friday, April 9 & 12, a pair of Resident Sponsored "*GoldRushSaloon PianoPlay'in*" concerts featuring popular ragtime-stride-boogie-woogie piano-wiz Adam Swanson will be performed at Lunt Auditorium and Hilltop Lodge, respectively. Each session will start at 2:00p. During a Maine concert tour away from his regular nightly home base at the historic *Diamond Belle Saloon* in Durango, Colorado, Adam's return to OV will bring audiences two different shows. *Both concerts will be*



(Continued on page 14)

open to OV'ers and CC'ers who wish to make an advance contribution for Adam. As usual when Adam performs at OV, large enthusiastic crowds are expected -- Consider Being There! Contact Sue or Hank Schmitt to request having your name put on the respective signup lists. [Hank: [kingpenguinpops@gmail.com](mailto:kingpenguinpops@gmail.com); Sue: [ragtimersue@gmail.com](mailto:ragtimersue@gmail.com); both 619-7334.]

**Women's Discussion Group—Orchids**

Wed., 4/10, 11:00a, HTL

OV resident Ellen Feldman will share her long experience growing a wide variety of orchid plants. She will talk about caring for orchids, repotting methods, and ways to broaden an orchid growing hobby. Orchid enthusiasts at any level welcome and questions will be discussed.

**For Cumberland Crossing Residents Van—Tour of OV Campus & Amenities**

Pick up 12:30p at Cumberland Crossing Ride the concierge van with Amy, and tour the amenities at OceanView around campus from the van, as well as walking through the lodges. Stay for the *Maine Audubon Bird Talk* (below, optional) before heading home. *Please sign-up with Activities.*

**Maine Audubon Bird Talk**

Wed., 4:10, 2:00p HTL

Doug Hitchcox, Staff Naturalist at Maine Audubon, will focus on the birds of our area, talk about migration, and explain some of the cool new technology for tracking birds that will be arriving.

**Michael Perry Travelogue**

**Scenic Southern Maine Road Trips**

Fri., 4:12, 6:30p HTL

Join Freeport, Maine's Michael Perry for a collection of scenic road trips in Southern Maine and along the Mid-Coast. Breathtaking vistas from Ogunquit's Cliff House to the shores of Lovewell Pond in Fryeburg to the windjammer fleet in Camden. We will stop to enjoy beautiful beaches, classic Maine eateries like Bob's Clam Hut in Kittery to Wasses Hot Dog stand in Rockland. Unique library buildings, funny signs, brilliant flowers, the oldest house in Maine, Nathaniel Hawthorne's boyhood home, the Olson house in Cushing made famous by artist Andrew Wyeth, and so much more.

Settle in and let Michael do the driving via beautiful pictures to some of your favorite places, and perhaps to some venues brand new to you! We will end the show with a stop in Portland to see what is new in Maine's largest city.

**Marston-Kotzschmar Club Concert**

Sun., 4/14, 2:00p HTL

"MK Club" meets monthly, and, since several members live at OceanView and members take turns hosting, we enjoy the benefit of hosting their concerts in our community room a couple of times a year. This concert includes performances from Evelyn Burckle on piano, as well as a duet with Ann Sanborn on saxophone and John Wilcox on piano. There will also be other members of the group playing/singing. *Please sign up - seating is limited.*

**Poetry Reading Group**

1:00-2:30p, HTL (3rd Monday—4/15)

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., 4/15, 2:00p – Northwind Farm

Guest speakers: Caitlin Haney/Front Desk Manager and Mitchell DeBortoli/Sustainability Coordinator

~Rescheduled from October~

**End-of-Life Planning and Decision Making with facilitator Bill Jose**

Four-part series. Tuesdays at 1:00p, BBC Topics as follows:

**4/16** What is a Good Death and How Can You Have One

**4/23** Intentional Death: What It Is and Why You Might Want One

**4/30** Accessing Medical Aid in Dying (MAID) /Death With Dignity

**5/14** Escaping Dementia - A Personal Story about a Spouse's Journey [\*in HTL]

These four topics will form an integrated whole, but each can also stand independently. Participants should sign up for each program they wish to attend.

**Bill Jose** earned a PhD in Social Psychology from Stanford University, was a Postdoctoral Fellow at the M. S. Hershey Medical Center of Pennsylvania State University, and earned a post-retirement BFA in Sculpture from the Massachusetts College of Art. More recently he completed a Certificate in Clinical Ethics at the Center for Practical Bioethics. He has volunteered at Maine Medical Center in the Hospital Elder Life Program and is also trained as a Hospice of Southern Maine volunteer. His career was in healthcare research, working in businesses, non-profits, and universities. He has a long-standing interest in science, philosophy of science, religion and dying. He also teaches a 16-contact-hour



course co-developed with Priscilla Platt, titled “End of Life Planning and Decision Making” at the Osher Lifelong Learning Institute (OLLI) senior college of the University of Southern Maine.

**OV & the Environment**

Mon., 4/15, 3:00p HTL *please sign up*

**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. He works actively here in Maine to help clients find what is right for their application. I hope we will hear about off-shore wind, new water power methods, solar farms, heat pumps, geothermal, etc.

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

Tues., 4/16, 3:00p HTL

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

**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.

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

May’s Book

Wed., 5/15, \*\*11:00a—HTL

**Old God’s Time** by Sebastian Barry,

led by Pixie Kubeck

In his novel, *Old God’s Time*, Sebastian Barry follows Tom as his life is thrown even further into disarray when he’s confronted with a past he’d rather forget.

**Cumberland Crossing Community Book Group**

April: Wed., 4/17, 1:00p, Northwind Farm

*This Other Eden* by Paul Harding - historical fiction about a shameful part of Maine’s history, which took place not far south of Bath.

**Van—Monthly “Brew Crew”**

Gritty McDuffs, Freeport

Wed., 4/17, 1:00p

Gritty’s began as a brewpub in Portland, founded at 396 Fore Street in 1988 by Ed Stebbins and Richard Pfeffer. The brewpub on Fore Street is considered the first brewpub to open in Maine since Prohibition ended. In 1995, a second location with a larger brewing facility was opened in Freeport.

Best Bitter, Black Fly Stout, Pub Style Pale Ale, Maine Maple Porter, more, and we’ll leave early enough to consider lunch. <https://grittys.com/freeport-brew-pub/>

**No Travelogue this month**

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. Do you have a travel adventure to share? Contact Kim Doyon at FCP.

**Covid-19 Vaccine Booster Clinic**

Thurs., 4/18, 9:00a—12:00p HTL

**Sign-up for an appointment with Activities**

This booster update is for folks 65+ and must be at least four months out from their last booster, as well as 90 days out from any recent COVID infection.



**OV Writers Group**

Thurs., 4/18, 2:00p HTL

Welcoming OV writers and want-to-be writers who are willing to share ongoing efforts in finding the right words for writing reminiscences, stories, or essays. As we have time to reflect on past experiences and adventures, writing can be a most satisfying activity.

**Marketing Event: Blueberries, Broadway, and Brian**

Thurs., 4/19, 2:00p - Lunt Auditorium RSVP

This one-man play speaks to Allen’s wit, turn of phrase, and deliciously outrageous sense of humor. The monologue recounts Allen’s autobiographical journey from scion of a Maine blueberry dynasty (Allen’s Blueberries is one of the world’s largest producers of wild blueberries) to a familiar fixture on the New York and regional theatre scene. Told with a self-deprecating humor and just the right blend of provocative and boyish charm, Allen narrates his family history, his flying in the face of parental expectations by choosing a life in the theatre, and countless stories of the colorful characters he has met along the way. —*Broadway World.com*

Brian P. Allen is the co-founder and Executive & Artistic Director of Good Theater. Some of his favorite productions include: *The Curious Incident of the Dog in the Night-Time*, *August Osage County*, *Act One*, *An*



Inspector Calls, Clybourne Park, Light up the Sky, and A Man of No Importance to name a few. Allen brought back this last play for the Theater's 100<sup>th</sup> production last month. He is a Maine native who has worked in professional theater for over 40 years starting with Maine State Music Theatre in 1982. For seven years, he worked with the Portland Symphony Orchestra directing Magic of Christmas and creating Pops concerts. He has also directed at The Theater at Monmouth, The Theater Project, Biddeford City Theater and Portland Players. Brian directed the off-Broadway run, as well as the national tour, of the original musical Radical Radio. He has taught classes on the history of musical theater and serves as a consultant for small non-profits as well as individuals who need some direction in their lives. As a performer, he has played a variety of roles, and he has a one-man show that is available to tour. Please register at [oceanviewrc.com/events](http://oceanviewrc.com/events). Residents may call the Front Desk to RSVP.

**History with John Sutherland  
Four Generations of the Adams Family**

Mon., 4/22, 3:00p **ZOOM & HTL**  
**We will 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., 4/22 4:00p BBC  
The Wine Tasting Group will be sampling Malbec wines this month. We will purchase enough wine for the residents who have signed up by Thursday, 4/18—please be sure to cancel by 4/18 if you cannot attend. Please bring \$5 per person to help cover this expense.

**76... er, Two Trombones  
Downbeat; S'forzando Sfz! Music Series**

Mon., 4/22, 6:15p, HTL  
A Resident Sponsored concert for the popular

"Downbeat; S'forzando Sfz! Music Series" will be held on Monday evening, April 22, at 6:15p in HTL. Along with each evening some solo works, the PSO's Principal Trombonist and the PSO's Bass Trombonist will show off their duo-skills, playing of all things, some Mozart! As usual, lively Q&A is also planned as members of the audience enjoy getting to know the personal sides of the professional musicians many of us see in Merrill Auditorium at Portland Symphony Orchestra concerts.

This concert is presented by the "Downbeat; S'forzando Sfz! Music Series"; a group of resident music lovers who support classical music performance. While the group is assisted by OceanView Activities with scheduling of room use and on-campus Transportation, the members of the group itself financially support their own content. All residents are welcome to join "S'forzando Sfz!" and attend its concerts. For information about participating or signing up for this concert, contact Sue or Hank Schmitt. [Hank: [kingpenguinpops@gmail.com](mailto:kingpenguinpops@gmail.com); Sue: [ragtimersue@gmail.com](mailto:ragtimersue@gmail.com); both 619-7334.]

**Drug Take Back Days—April 23-25**

Bring any expired or unwanted prescription and OTC drugs to the Front Desk for drop off, to be safely disposed of by law enforcement. *"The National Prescription Drug Take Back Day aims to provide a safe, convenient, and responsible means of disposing of prescription drugs, while also educating the general public about the potential for abuse of medications."*

Directions: Empty any and all pills together into a zippered plastic bag; leave liquids/creams in their containers. If you are able, kindly remove products from blister packs. Please do not bring regular Health & Beauty items that can be disposed of in the garbage. Bring to Main Lodge Front Desk 4/23-25 for pickup by Falmouth Police. Official, national day is Saturday, 4/27, at Falmouth Police Department. See also: <https://eyesopenforme.org/> <https://www.dea.gov/takebackday>



**Bess Jacques in Concert**

Tues., 4/23 3:00p HTL  
Pianist and singer Bess Jacques recreates the vintage decades of American music - think early jazz, swing, the American Songbook, rhythm and blues and soul - and combines these with fresh originals for a sound that is both vibrant and nostalgic.

In 2012 Bess abandoned a career in math and computer sciences to pursue music full time, returning



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to her home state of Maine in 2014. She and her musician/carpenter husband live in Westbrook, and work is underway to convert the old family hen house into a music studio. Bess performs regularly in the greater Portland area with various projects, including her combo, Bess Jacques & The Strays, and the jump blues / swing band The Zoot Jumpers. Learn more at: [www.bessjacques.com](http://www.bessjacques.com)

### ***Food Forum with Dining Services***

Wed., 4/24, 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—OceanView Fitness 101 Something for Everyone!***

Wed., 4/24, 2:00p—BBC

Join OceanView's Fitness Manager, Ryan Koenig, to learn everything there is to know about OceanView's fitness program! If you are interested in fitness but are not sure where to start this presentation is for you! Come on down April 24<sup>th</sup> at 2:30pm in BBC!

### ***Van(s)—Maine Holocaust & Human Rights Center, Lunch in Augusta***

Fri., 4/26, 10:15a (return by 4:00-30p)

We will travel to the Augusta area, stopping at *The Red Barn* for lunch \$\$, excellent seafood chowder and well-prepared fried seafood favorites—fingers crossed for a nice day so we can eat outside.

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

Then we will spend the afternoon at the *Holocaust & Human Rights Center of Maine*, with an introduction to the space and the work they do before touring the permanent and current exhibitions, including *Babushkas*, by Lesia Sochor.

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

### ***Community Potluck Dinner***

Sat., 4/27, BBC

4:45-5:30p Appetizers/Cocktail Hour

5:30p Dinner

Sign-up sheets are out now—please indicate how many will attend and what type of item you will bring to share. Don't cook? A bottle of wine or something from the store is always welcome.

Have a question? Call John Bischof (781-2391) for ideas/answers. Don't hesitate! Sign up! It's fun!

John is also looking for some additional volunteers to help facilitate this event—perhaps there are some new folks who are interested. Please call John, above.

### ***The End of Alzheimer's: What We Now Know, and the Challenges Ahead***

Mon., 4/29, 1:00p, Lunt Auditorium

Catherine Gentile will discuss the tensions between the one-pill approach to the management of Alzheimer's disease, and the "36-holes" approach promoted by research neurologist Dr. Dale Bredeesen, who has successfully reversed and prevented brain disease. Sharing her personal experiences using Bredeesen's RECODE protocol to support her own health, she will discuss the pros and cons of implementing RECODE, its far-reaching social implications, and ways in which this integrated model of maintaining brain health offers hope for an end to the scourge of Alzheimer's and other neurological diseases.

Catherine Gentile, published author and writer, speaker, educator, and former caregiver, worked within multi-disciplinary teams as a special education administrator to provide integrated mental health services to individuals with severe handicapping conditions. This background proved invaluable when her mother was diagnosed with Alzheimer's, and Catherine participated with her family in the role of caregiver, communications coordinator, advocate, and health care power of attorney. Determined to share the information she had accumulated over thirteen years of her mother's illness, she organized a support group for caregivers, Together With Alzheimer's, now in its tenth year. Her outreach to caregivers expanded throughout the United States via the publication of her free monthly online newsletter entitled, Together With Alzheimer's Ezine. Catherine's award-winning novel, *The Quiet Roar of a Hummingbird*, a fictionalized account of her family's experiences with Alzheimer's, offers reader-friendly guidelines for managing this brain disease. FMI: <http://www.catherinegentile.com> Please register at [oceanviewrc.com/events](http://oceanviewrc.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.

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(Continued from page 17)

Please talk to Amy or Marcia in Activities if you would like to learn how.

### Opera and Dance on Film

**Tues., 4/9 – 6:30p** *Paquita*

2003 NR 120 min. Ballet

The story takes place in Spain during the presence of Napoleon's army. The heroine is the young Romani girl, Paquita. She doesn't know that she is really of noble birth, having been abducted by Romani people when she was an infant. She saves the life of a young French officer, Lucien d'Hervilly, the target of a Spanish governor who plots to have him killed by Iñigo, a Roma chief. Choreographed by Pierre Lacotte after Joseph Mazilier and Marius Petipa; Music by Edouard-Marie-Ernest Deldevez and Ludwig Minkus, first premiered in 1846. **Cast:** *Agnès Letestu, José Martínez, Karl Paquette, Richard Wilk, Céline Talon et Les Premiers Danseurs, le Corps de Ballet et l'Orchestre de Opéra National de Paris.*

### Friday Video Lectures - New Series!

**Our Night Sky** (from *The Great Courses*)

For thousands of years, the star-filled sky has been a source of wonder, discovery, entertainment, and instruction. Ancient people from nearly every continent and culture wove exciting stories about the mythological figures they saw in the heavens. People also used the sun, moon, and stars for time-keeping and navigation. And careful observers throughout Europe, the Middle East, Asia, and elsewhere kept precise astronomical records, eventually paving the way for the Scientific Revolution and its remarkable discoveries about the nature of the universe. 12 Lectures, 30 min each, with Edward M. Murphy, Ph.D.

Fri., 4/26 2:30p Screening Room

- 1 *The Constellations and Their Stars*
- 2 *Seeing and Navigating the Sky*
- 3 *Using Binoculars and Backyard Telescopes*

### Quick Reference List

Wed., 4/3 – 6:30p *Oppenheimer* 2023 Drama  
Thurs., 4/4 – 2:30p *The Lion King* 1994 Animated  
Sat., 4/6 – 6:30p *Rebecca* 2020 Thriller  
Tues., 4/9 – 6:30p *Paquita* 2003 Ballet  
Wed., 4/10 – 6:30p *Parenthood* 1989 Comedy  
Thurs., 4/11 – 2:30p *Amy Tan: Unintended Memoir*  
2021 Documentary  
Sat., 4/13 – 6:30p *Yesterday* 2019 Drama  
Wed., 4/17 – 6:30p *The Best Exotic Marigold Hotel*  
2011 Comedy  
Thurs., 4/18 – 2:30p *Mank* 2020 Drama  
Sat., 4/20 – 6:30p *The Last Samurai* 2003 Drama

Wed., 4/24 – 6:30p *The Lost Daughter* 2022 Drama  
Thurs., 4/25 – 2:30p *Crazy Rich Asians*  
2021 Rom-Com  
Sat., 4/27 – \*6:45p *Moneyball* 2011 Drama

**Wed., 4/3 – 6:30p** *Oppenheimer*

2023 R 180 min.

Drama

The story of American scientist J. Robert Oppenheimer and his role in the development of the atomic bomb. **Cast:** *Cillian Murphy, Emily Blunt, Matt Damon, Robert Downey Jr., Alden Ehrenreich, Scott Grimes, Jason Clarke, Kurt Koehler*

**Thurs., 4/4 – 2:30p** *The Lion King*

1994 G 88 min.

Animated

Lion prince Simba and his father are targeted by his bitter uncle, who wants to ascend the throne himself. **Cast:** *Matthew Broderick, Jeremy Irons, James Earl Jones, Whoopi Goldberg, Rowan Atkinson, Niketa Calame-Harris, Jim Cummings, Robert Guillaume, Moira Kelly, Nathan Lane*

**Sat., 4/6 – 6:30p** *Rebecca*

2020 PG-13 123 min.

Drama/Thriller

A young newlywed arrives at her husband's imposing family estate on a windswept English coast and finds herself battling the shadow of his first wife, Rebecca, whose legacy lives on in the house long after her death. **Cast:** *Lily James, Armie Hammer, Kristen Scott Thomas, Keeley Hawes*

**Wed., 4/10 – 6:30p** *Parenthood*

1989 PG-13 124 min.

Comedy

Four Buckman siblings attempt to raise their children - each in their own different style - and deal with the joys and sorrows that the process brings. **Cast:** *Steve Martin, Mary Steenburgen, Dianne Wiest, Jason Robards, Rick Moranis, Tom Hulce, Martha Plimpton, Keanu Reeves, Harley Jane Kozak, Dennis Dugan, Joaquin Phoenix, Eileen Ryan*

**Thurs., 4/11 – 2:30p** *Amy Tan: Unintended Memoir*

2021 TV-14 101 min.

Documentary

From her painful past to her successful career after "The Joy Luck Club," groundbreaking writer Amy Tan shares her life story in this documentary. **Cast:** *Amy Tan*

**Sat., 4/13 – 6:30p** *Yesterday*

2019 PG-13 116 min.

British/Quirky

A struggling musician realizes he's the only person on Earth who can remember The Beatles after waking up in an alternate reality where they never existed. **Cast:** *Himesh Patel, Lily James, Sophia D Martino, Ellise Chappell, Meera Syal, Harry Mitchell, Ed Sheeran*

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**Wed., 4/17 – 6:30p *The Best Exotic Marigold Hotel***

2011 PG-13 124 min. Comedy  
British retirees travel to India to take up residence in what they believe is a newly restored hotel. Less luxurious than advertised, the Marigold Hotel nevertheless slowly begins to charm in unexpected ways. **Cast:** *Judi Dench, Bill Nighy, Maggie Smith, Tom Wilkinson, Patrick Pearson, Hugh Dickson, Penelope Wilton, Dev Patel*

**Thurs., 4/18 – 2:30p *Mank***

2020 R 131 min. Drama  
1930s Hollywood is re-evaluated through the eyes of scathing social critic and alcoholic screenwriter Herman J. Mankiewicz as he races to finish the screenplay of *Citizen Kane* (1941). **Cast:** *Gary Oldman, Amanda Seyfried, Lily Collins, Tom Pelphrey, Arliss Howard, Tuppence Middleton, Monika Grossmann, Joseph Cross*

**Sat., 4/20 – 6:30p *The Last Samurai***

2003 R 154 min. Action/Drama  
Nathan Algren, a US army veteran, is hired by the Japanese emperor to train his army in the modern warfare techniques. Nathan finds himself trapped in a struggle between two eras and two worlds. **Cast:** *Tom Cruise, Ken Watanabe, Billy Connolly, William Atherton, Chad Lindberg, Ray Godshall Sr, Tony Goldwyn, Masato Harada, Masashi Odate, John Koyama, Timothy Spall*

**Wed., 4/24 – 6:30p *The Lost Daughter***

2021 R 121 min. Drama  
A woman's beach vacation takes a dark turn when she begins to confront the troubles of her past. **Cast:** *Olivia Colman, Jessie Buckley, Dakota Johnson, Ed Harris, Peter Sarsgaard, Paul Mescal, Dagmara Dominczyk, Robyn Elwell, Jack Farthing; Director: Maggie Gyllenhaal*

**Thurs., 4/25 – 2:30p *Crazy Rich Asians***

2018 PG-13 120 min. Romantic Comedy  
This contemporary romantic comedy based on Kevin Kwan's global bestseller follows native New Yorker Rachel Chu to Singapore to meet her boyfriend's family. **Cast:** *Constance Wu, Henry Golding, Michelle Yeoh, Gemma Chan, Lisa Lu, Awkwafina, Harry Shum Jr., Ken Jeong, Sonoya Mizuno, Chris Pang, Jimmy O. Yang, Ronny Chieng, Remy Hii, Nico Santos; Director: Jon M. Chu*

**Sat., 4/27 – 6:45p *Moneyball***

2011 PG-13 133 min. Drama/Sports  
Frustrated that his baseball team can't afford big-

money players, Oakland A's general manager Billy Beane bets on a bold new strategy to change the game.

**Cast:** *Brad Pitt, Jonah Hill, Philip Seymour Hoffman, Robin Wright, Chris Pratt, Stephen Bishop, Reed Diamond, Brent Jennings, Ken Medlock, Tammy Blanchard, Jack McGee, Glenn Morshower*

**APRIL BIRTHDAYS**

1 Annie Bartol, 80 LAD  
1 Joyce Turenne, C40  
2 Marilyn MacDonald, C60  
2 Ad Winters, 3 Mallard  
3 Birdy Ellsmore 6 Lilac  
4 Woody Beach, L336  
5 Bud McCue, WF 25  
6 Ed Becker, L349  
6 Jerry Tipper, 2 Primary  
6 Claudine Weatherford, B5204  
7 Martha Briscoe, 4 Azalea  
7 Ruth Faulkner, L116  
8 Audrey Fatula, HTL3E  
10 Steve Horowitz, 22 Marion  
10 Barbara Owens, 87 LAD  
13 Joe D'Appolito, 1 English  
14 Fritz Farquhar, 30 Marion  
15 Lois Klein, WF19  
16 Tom Allen, WF3  
16 Nick Witte, C38  
17 Ellen Feldman, C55  
18 Howsie Stewart, WF22  
19 Donna Knoblock, C49  
19 Lee Robbins, 1 Weathervane  
22 Gene Waters, L111  
23 Denny Morton, HTL2A  
23 Loli Hammond, B5302  
25 Ted Reynolds, L334  
26 Dave Johnson, C27

**Pam Yale** (Pavilion) grew up, one of four kids, riding horses on her father's hundred-acre dairy farm in rural Connecticut. After graduating from the Mary Burnham School in Northampton, MA, she married Montgomery Yale, a young man from Maine, who bought a branch of the Arctic Insulation Company. They moved to Yarmouth, ME.



While Montgomery worked and traveled to grow the business, Pam became a nurse. She gained experience on the cancer floor of Maine Medical Center, then moved to an outpatient clinic for kidney dialysis. During the next twenty years, she was part of a revolution in patient treatment as the new dialysis machines were refined and improvements to non-rejection drugs expanded kidney transplantation.

Pam and Montgomery raised their family, a daughter and two sons, in Yarmouth, a “Norman Rockwell” town. The Yale children attended Yarmouth schools and had the run of the village on their bikes. The family had boats. Montgomery raced, and the family sailed; they loved to spend weekends camping on the islands of Casco Bay. They found kindred spirits and had lots of friends at the Portland Yacht Club. Through Arctic Insulation, the Yales traveled in Europe, China, and Japan.

After retirement, Montgomery and Pam spent winters at their home in a golfing community in Sarasota, FL, and summers in Yarmouth. He played golf. She “made friends and had fun.”

Montgomery died about ten years ago, but their children are close and supportive. Pam's daughter Joanne remains in Florida, but sons Chris and Skip live in Cumberland and Yarmouth with their families. Interestingly, both work for Yale Cordage in Saco, a company founded by Montgomery's father. They are glad that Pam chose OceanView, near grandchildren and a great grandchild, just turning four.

“It's hard to start again,” Pam concedes, but she loves the OV staff and is getting to know more and more residents through activities, including Mahjong, movies, birthday parties, the Christmas concert, and chair cardio. She also enjoys swimming and reading.

(NS, 1/2024)

**Cathy and John McDowell** (Whipple Farm) wanted to make a difference with their lives--and they have! Each grew up in a Philadelphia suburb, but they didn't meet until students at Smith and Amherst Colleges, respectively. After graduation, they reconnected and married while John was at Yale Medical School. John initially focused on pediatrics, but ultimately found family medicine more appealing and happily became, in his words, “a disappointment to Yale,” where the intent was to train academicians and researchers. John interrupted his residency program to fulfill his obligation to the US Public Health Service in return for scholarship supportNP NNfor .



He was assigned to a family practice site in Gorham, NH--a rural area with limited specialist availability and few high-tech resources. But the area was friendly and welcoming: nice folks, including many with significant health issues, and many living at or near poverty level. There, Cathy and John found a sense of belonging and the opportunity to make a difference. Their two-year assignment became a forty-year commitment to the community. John co-founded the area's first family practice group. He later worked as an ER doctor, a hospitalist, and then director of care management at the local hospital. In 2010, John received the Clinician of the Year award from the New England Rural Health Association.

Cathy found other ways to address the needs of the community. She founded the first family-planning program in Coos County and went on to create and direct several non-profit organizations focused on supporting families and children--always, always collaborating to ensure a holistic approach to families' well-being. In 1991, she founded the Family Resource Center in Gorham (NH), which continues to offer comprehensive resources, education, and support for individuals and families. Cathy also served on many local, county, and state boards, including the NH Commission on the Status of Women where she served with Sen. Jeanne Shaheen, and received numerous awards for her work.

In addition, over the years the McDowells raised two sons; spent summers on Kezar Lake; and enjoyed hiking, biking and skiing in the White Mountains. They've made a difference, indeed!

(CM & JM, MF, 01/2024)



**Nancy and Bill Gregory's** (Cottages) shared journey began when Nancy saw Bill play in a high school basketball game in Glendale, CA. They both graduated from Occidental College, Nancy in physical education, Bill in political science, and were married five days after graduation.



After trying out various jobs in business, Bill questioned his choice of careers. This led him to the Claremont School of Theology where he was privileged to represent the seminary in Martin Luther King Jr.'s march for voting rights from Selma to Birmingham, AL.

Bill became minister of youth and social justice at a church in Claremont, CA, after receiving his doctorate in ministry in 1967. It was the first of four churches he served in the United Church of Christ, followed by 14 years at First Parish in Lincoln, MA, then eight years at First Congregational in Berkeley, CA. The final eight years were at Woodfords Congregational in Portland, ME, followed by retirement to Cousins Island in 1999.

Bill has led Bible study at OceanView for the past 20 years. He leads and co-leads classes and groups seeking spiritual life and practice, and has been active in justice action, recently with the Royal River Alliance in Yarmouth to restore the natural life of the river without dams.

Nancy taught physical education in junior high and later found employment and community in libraries in Lincoln and Yarmouth. In Berkeley, she helped organize and run a successful thrift store. She found meaning and joy working with and for asylum seekers in Portland adult education.

Ever the storyteller, Bill described a summer car trip from Maine to California with three teenage grandsons. When later asked about the trip at the family Thanksgiving table, Bill said he had been ready to share the meaning of life with them, but nobody asked. The oldest replied, "We know what you think is the meaning of life. It's relationships."

With their three children, five grandsons, and two great granddaughters nearby, Bill and Nancy are settling into Oceanview, which they embrace as a new chapter in their story, always supported by loving relationships.

(PP & BG, 02/2024)

**Gonzalo and Ellen Verdugo** (Cumberland Crossing) came to Maine from the seaside village of Annisquam MA, after calling Cape Ann home for 17 years, and Lexington and Cambridge for the previous 24.



Gonzalo, a Chilean from Vina del Mar and Santiago, and Ellen, a native of New York and Connecticut, met in Lexington as management consultants for Nolan, Norton & Company (NNC), a business strategy and technology management practice.

After more than a decade on the west coast in information systems design, project management, and planning, Ellen came home to New England. Marrying Gonzalo and his three children in 1982, she then joined BankBoston as an officer in Strategic Planning. The couple welcomed a daughter together in 1984. Today, they share nine grandchildren and three great-grandchildren.

Gonzalo's journey took him from teaching decision sciences and a position as Dean of Academic Studies at the University of Chile's School of Management to Boston and the doctoral program at the Harvard Business School. He subsequently began a 34-year consulting career, joining his former Harvard academic advisor's start-up, NNC. Partnerships at other prominent business consulting firms followed until his retirement as Senior Director at Deloitte Consulting in 2011.

In her "third age" (as Chileans refer to the years after 60), Ellen chose to pursue her love of gastronomy at Boston University's Certificate Program in the Culinary Arts, founded by Jacques Pepin and Julia Child. "Happy cooking" with Chef Pepin was the "highlight" of her time there. Contest cooking, food competitions and some national prizes followed, with Gonzalo, Ellen's avid taster, critic, and sometime "sous chef".

After retiring, Gonzalo returned to teaching - coaching seniors in technology and mentoring new immigrants to help them succeed in their adopted homeland. He looks forward to resuming his volunteer teaching in the Portland area. He is a founding member of Prometheus Endeavor, a "think tank," which focuses on developing perspectives on the impact of information technology on business and society. Turning 70, Gonzalo's adventurous spirit led him to successfully climb Mount Kilimanjaro. Ellen and Gonzalo plan to make yearly trips to Chile to visit family and explore the country's diverse landscapes.

(EV and GV, 04/2024)

# **SAVE THESE DATES!**

**Campobello Island, New Brunswick, Canada  
OV & CC Trip—4 days, 3 nights—August 19-22**



**PRICING & REGISTRATION DETAILS**

**AVAILABLE IN MAY**

**OTHER GENERAL QUESTIONS—SEE DAWN!**