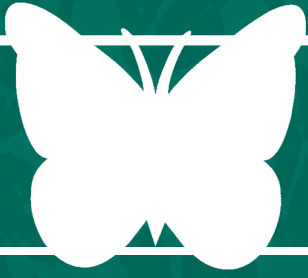


OCEANVIEW • AT FALMOUTH



OCEANVIEWS

SPRING 2024

Spring Into Fitness!

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This spring, we are highlighting our stellar fitness team and the new classes we have added to our monthly calendar since last year.

Ready to focus on your health in retirement?

Read on to see what OceanView can offer you!

FOR MORE INFORMATION

Call: 207-781-4460

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It's the *time of your life!*





DIRECTOR'S CHAIR

Diane Kibbin



Above: Diane Kibbin, OceanView's Director of Operations.

We take Health and Wellness seriously at OceanView. We understand maintaining mobility, physical strength, flexibility, and balance are integral to healthy aging. The benefits are numerous, including cardiovascular health, bone density, and joint mobility, not to mention the positive

mental and emotional effects, like elevating mood and reducing feelings of anxiety and depression.

As a fitness enthusiast, I can attest that our fitness facilities and services are impressive. The Hager Fitness Pavilion is a state-of-the-art fitness facility offering the luxury and amenities of a world-class gym. Spacious and modern, it's perfect for individuals who like to work out independently or with one of our trainers, taking advantage of our extremely affordable services.

Buddy sessions or private sessions between 30 minutes and one hour are one way to motivate and make exercise fun and interesting. Program design is another service where a trainer will evaluate your current capacity and fitness goals and then customize a routine. This is a great way to gain comfort and confidence in the gym setting by using equipment that may not be familiar to the average person.

Our pool facilities at OceanView (year-round) and Cumberland Crossing (seasonal) are utilized extensively by residents, whether through lap swimming or attending one of our water exercise classes.

Focusing on physical strength and conditioning can significantly reduce the risk of injury and falls, and as with all aspects of health, prevention is key. Falls are the biggest cause of injury in older adults. Hip fractures especially, but any bone fracture from a fall can set a swift trajectory of decline in older adults if not managed well with proper treatment and rehabilitation. Our knowledgeable team and extensive facilities can help rebuild from a traumatic injury so one can live life fully once again.

Fitness takes all forms here at OceanView requiring a separate calendar for the classes that are led by our highly qualified fitness staff. All strength, cardio, and flexibility classes are designed to meet the needs of residents at all levels of mobility. With boxing, spinning, water volleyball, yoga, and Tai Chi on the calendar, we have a myriad of options to try. This keeps fitness fresh and exciting for avid participants and adds intrigue for those considering something new to benefit their health.

We are proud vitality abounds here at OceanView, and we hope you enjoy perusing the following pages of our residents amidst their fitness journeys!

- Diane Kibbin



Above: OceanView's four-season heated pool, located near the Whipple Farm House.



Above: Cumberland Crossing's seasonal outdoor pool. It will open again around Memorial Day weekend.



Above: Shireen Shahawy, OceanView's Director of Sales and Marketing.

Welcome, almost, to Spring! Though the weather in Maine seems to become more unpredictable each year, I still love living in a state where we get to enjoy seasons. I love them all – for different reasons!

Weather conversations aside, we become very attuned to the change in activity on our campus

as trees start to bud and they get ready to bloom. That's why we so enjoy holding our **A Spring Move Made Easy** event in March. Spring is the time when people think about change and rebirth. Our event, being held over Zoom on **Tuesday, March 19** (at 1 p.m.), has become a useful tool for many future residents. I find that the Zoom recording we make helps people plan their moves to OceanView and Cumberland Crossing all year long. It is wonderful to join us live for the webinar to pose questions, but I know people always find value in the recording if time does not allow for their in-person presence.

Our expert panel walks our future residents through all the steps entailed in making a move to our communities: they cover downsizing, real estate sales, the financial side of a move, and moving tips. Our speakers help make the process seem more manageable, and for that I am very grateful.

I hope you will consider taking part in this event, as well as the wonderful variety of in-person presentations we share each month. Our community is vibrant and active, and we enjoy bringing people to our campuses so they can experience the atmosphere and meet our residents while they visit. The focus of this newsletter issue is on our Fitness commitment. We know how important this is to our current and future residents!

The pages that follow will hopefully give you a good sense of the people who live at OceanView and Cumberland Crossing. I bet you'll find people who share similar interests and past experiences. You'll also read about people who have done and seen things completely new to you. That's the beauty of our communities. There is always something new to learn.

Please enjoy these bios written by our very own volunteer team of residents who prepare them for us. We are so lucky to have this group of dedicated writers!

Enjoy the rebirth that Spring brings. I always marvel when the leaves on my street fill in and create the most magnificent canopy. I call my daughter each year when it happens, and we always have a good chuckle. We know it's coming, but it feels special each and every year! I hope you have occasion to feel that same joy in the weeks ahead.

Hope to see you soon!

- Shireen Shahawy



Above: OceanView will be in full bloom in the weeks ahead. These photos were taken in spring 2023, and we are looking forward to more fresh flowers across our 80-acre campus this season, including in our newly expanded wildflower meadow!



NEW RESIDENTS

Welcome!

The biography writing team includes:

From OceanView: Nancy Wanderer, Susan Sanders, Meg Flack, Fritz Farquhar, Pixie Kubeck, Nancy Struve, and Priscilla Platt.

From Cumberland Crossing: Betsey Harding and Lea Hopkinson.



It doesn't take long to realize how important family is to **Marlene Russell** (Cottages). Marlene delights in her extended family and has fond memories of large family meals followed by noisy family game nights. Marlene met her first husband while she was working at Prudential

Insurance Company in Portland. They began their married life in New Jersey, where their first daughter, Kathleen, was born. When Kathleen was a year old, they moved back to Maine to raise their family. A second daughter, Lynn, was born, and Marlene enjoyed being a stay-at-home mom.

After a divorce, Marlene found herself a single mother with two young daughters. She began working for Casco Bank & Trust Company and enrolled at Westbrook College. It was during this time that Marlene met her second husband, Harry Russell. When they married, they became a blended family of four daughters that has now increased to seven grandchildren and eight great-grandchildren.

Marlene's next career was with the United States Postal Service. She held several positions in the human resources department, including retirement counseling, and finally in the accounting department as a postal systems examiner. Harry was active in Dartmouth activities. He and Marlene participated in many alumni events including a cruise in Alaska and another on the Mediterranean. Marlene is a member of the Portland Pipeline Annuitant Club and enjoys her time with all the annuitants.

After she retired, Marlene volunteered at the Children's Museum in Portland and became a docent with the Longfellow House. She particularly enjoyed the history of Portland and sharing the history with school children when they visited the Longfellow House. Marlene loves to read, especially historical fiction. She was a competitive runner, played tennis, and now enjoys pickleball. She has played bridge with the same group for the last eighteen years. She says they laugh a lot, settle all the world problems, and still manage to get in some fun bridge. She loves outside sports and is looking forward to participating in OceanView fitness activities, becoming active in the women's book group, and volunteering in the library. (PP, 7/2023)

Continued on page 6

December brought our first new residents in Phase 2!

Two couples joined the **Cumberland Crossing** family before the new year. We also have two beautiful models available for touring that show each of the standard floor plans.

When completed, there will be 52 brand new homes in Phase 2 of Cumberland Crossing (in addition to 53 cottages in Phase 1).

Below: A newly constructed model cottage in Phase 2 of Cumberland Crossing.



Welcome to *a world away.*



Here, among a growing population of friendly neighbors, you'll find the privacy you cherish, the ease of maintenance-free living, and the freedom to help design and customize the solar-powered home of your dreams on the lot of your choice. All of that and the security of being part of **OceanView at Falmouth**, a full-service, family-owned retirement community offering supportive services and every lifestyle amenity you can imagine.

Our 35+ year commitment to quality, energy-efficient construction and a sustainable future is part of every home we build. Join us!



Please contact us to schedule a tour:
(207) 781-4460 or
info@cumberlandcrossingrc.com

Check out our 3D virtual models
at cumberlandcrossingrc.com



**Cumberland
Crossing**
by • OceanView

It's a world away.
Cumberland, Maine





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Business is in the blood of **Patti and Malcolm Poole** (Cottages). The two met on Patti's first day at the W.H. Shurtleff Company, Malcolm's family's chemical distribution business, founded in 1890. Patti recently retired

after 40 years in the chemical distribution industry. Malcolm's family, going back eight generations to 1793, also owns Custom Float Services and a portion of Union Wharf on Portland's working waterfront.

Patti grew up in Hartford, Connecticut, attended Simmons College, and graduated from UNH with a degree in zoology. During college, she waitressed summers at Old Orchard Beach before beginning work at W.H. Shurtleff in Portland, developing their new computer system back in 1979. Shurtleff was sold to a company in Massachusetts and then to Azelis Americas, a global chemical distribution business, and her job grew with each move. She married, gave birth to a daughter and a son, and later divorced. In retirement, she continues to work part-time for Eastern Trail.

Malcolm comes from a long line of Mainers, growing up in the West End of Portland, attending Waynflete, Kent School, and Trinity College. He rowed during his school years, sailed, and skied. After a stint in the Coast Guard, he joined the family salt and chemical business, married, and became the father of three children, who are now spread across the country. Forty years later, he manages the family business, which is primarily commercial real estate.

The two remain active, despite Malcolm's heart attack, which solidified their move to OceanView from Scarborough. Patti sadly left extensive gardens behind and is working to develop new gardens around their cottage. They walk every morning, ski, and snowshoe in winter. Malcolm is involved with Maine Adaptive Skiing and Friends of Casco Bay, and

served on the Board of Portland Stage Company. Their 29' cabin cruiser is their summer cottage that ensures time on the Bay. Malcolm regularly sails on other peoples' boats from Maine to the Caribbean. (NW & SS, 8/2023)



Welcome, **Lana and Dave Johnson** (Cottages)! Lana, an "Army brat," born in Tennessee, spent much of her childhood in Roseville, MI, near Detroit. She met Dave her freshman year at the University of Michigan (UM). They married and

lived in the York, PA, area for the next 47 years. An avid reader, Lana earned her teaching degree and taught English. While raising their three children, Lana took art classes and enjoyed painting and crafts, which she sold at the local farmers' market. Later, Lana counseled disadvantaged youth in the York County employment training programs and, as a summer Youth Corps counselor, supervised students who produced a newsletter and video about the youth programs while learning television production and broadcasting skills. Lana ultimately became a contract specialist, securing outside contracts for job-training skills.

Dave, whose father worked for General Electric, spent his childhood in Dalton, MA; San Leandro, CA; and Schenectady, NY. In high school, Dave enjoyed skiing and winter hiking in the Adirondacks. He built hot rods and, as a young adult, was the "trapeze man" on a Flying Dutchman. (Ask him to explain.) Dave earned a degree in mechanical engineering from UM and a Master's of Administration from Penn State. Over the years, he became an efficiency expert, helping companies ranging from Ingersoll-Rand to Yorktowne Cabinets to standardize their manufacturing. He also volunteered with his sons' boy scout troop, accompanying the scouts on hiking and canoeing trips and sailing with them on

NEW RESIDENTS

Welcome!



the Chesapeake Bay in his family's 36' sailboat. In addition, he served six years on the local school board and was an active member of "Better Investing," an investment club. A long-time member of the Susquehanna Yacht Club, Dave enjoyed sailing his 16' sailboat and teaching junior navigation through the United States Power Squadron.

After retirement, Lana and Dave also restored and flipped old houses. In 2013, they moved to West Falmouth to be closer to their two sons in Maine, their daughter in Rhode Island, and five granddaughters. They are delighted to be at OceanView and look forward to becoming involved in all our community offers. (LJ & DJ, MF, 9/2023)

and employment as an admin at Dartmouth. Ten years later, she bought a Eurail pass and spent some months exploring Europe before returning to Maine with an admin position at L. L. Bean. In her forties, Jean finally finished off her college degree as a full-time student at USM. Since then, she enjoys travel and being outdoors with Dick and continues to dabble in education with courses at the Maine College of Art & Design.

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Dick and Jean Leslie
(Cumberland Crossing)
are essentially life-long
New Englanders.

Dick grew up in Rhode
Island, spending

summers sailing on Narragansett Bay. He graduated from MIT with two degrees in chemical engineering, leading to a job with Dow Chemical in Michigan. Missing the mountains and ocean of New England, he decided to try teaching chemistry at Tilton School in New Hampshire. The business world appealed more so he earned an MBA from Dartmouth's Tuck School. He then accepted a financial analyst position with L.L. Bean in Freeport. During his 30 years there, Dick improved marketing information systems, grew the international business, and expanded the number of retail stores. He has been on many non-profit boards such as the Portland Symphony, PortTix, Osher Lifelong Learning Institute, and two land trusts.

Jean grew up in New Hampshire, later moved to Boston and worked as a secretary in finance and insurance. She moved to Stowe, Vermont, in her early twenties, waitressing to support her skiing, hiking, and riding habits. Then, to Hanover, NH



FALMOUTH HOUSE
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OceanView's **Care Continuum** offers a supportive link between Independent Living and Assisted Living and Memory Care, providing peace of mind for the future for every resident. To learn more about **Falmouth House Assisted Living** and **Legacy Memory Care**, call:

207-781-4621



ACTIVITIES & EVENTS

Holiday Concert



Pictured above: (Left) OceanView resident Linda Lewis sings in the chorus. (Center) Alice Bredenberg conducts the chorus. (Right) Tom Greig performs a solo of "O Holy Night".

This year's holiday concert (offered twice by popular demand!) included "Pachelbel Noel", "Song of the Angels", and "Can You Hear the Christmas Bells?". The 40-person chorus is led by Music Director Alice Bredenberg and includes residents from both

Cumberland Crossing and OceanView. The concert was supported by two pianists, several soloists, many resident volunteers, and the Cumberland Bell Ringers.



Above: Didi's painting entitled "Rocky Coast Sunrise".

Didi's Art

Didi Washburn is a resident artist who works in many media. This exhibit was focused on her pastel paintings – bold colors are used to render the sun and moonlight in her atmospheric landscapes.



Above: Didi's art hanging in Blueberry Commons.

Happy New Year!

We celebrated the new year in style with some champagne, appetizers, and good company. Residents shared what they are thankful for,

toasted to the old and new year, and sang a verse or two of "Auld Lang Syne"!

Below: Dozens of residents celebrating the new year in Blueberry Commons, including Deena Weinstein (center).

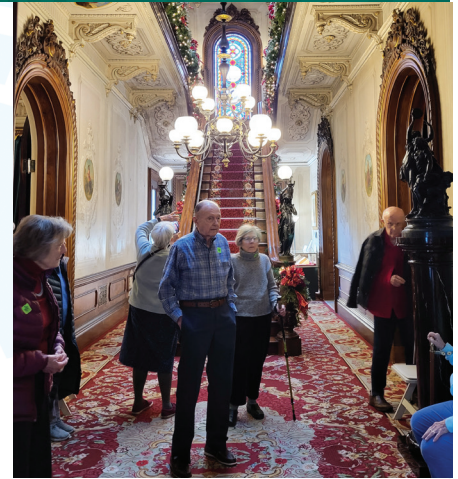




Above: Residents on the steps of the Victoria Mansion.

Victoria Mansion

At OceanView, we love to get out and about as often as possible. In January we took a trip to the historic Victoria Mansion in Portland to see their holiday decorations. Our residents John and Eunice Wilcox are docents and volunteers at the Victoria Mansion and lead the group in what felt like an extra special tour.



Above: Residents tour the Victoria Mansion.

McCloskey Exhibit



Above: Residents pose for a photo inside the Curtis Library.

A van-full of residents toured the historic Curtis Library in Brunswick and took in an exhibit of the original book art of Robert McCloskey, a beloved children's author and illustrator. Four of his books were set in Maine, including *Blueberries for Sal*.

Water Volleyball



Above: The OceanView and Piper Shores water volleyball teams smile for a photo after competing.

OceanView's intrepid water volleyball team was invited to Piper Shores for a good-natured tournament. Our team played valiantly and had a wonderful time. Kudos to all the good sports who represented OceanView!

Latkes



Above: Chef Ed prepares and serves latkes to celebrate Hannukah.

Residents enjoyed trying Latkes in celebration of the first night of Hanukkah. Chef Ed Fertig, OceanView's Director of Dining Services, used his own family recipe. Chef Ed was kind enough to share the recipe for our website.

See that and more recipes here:
oceanviewrc.com/lifestyle/recipe/



Above: Chef Ed's latkes made from a family recipe.



Continued from page 7

Jean and Dick met on a hiking trip with mutual friends in 1985 and began dating. When Dick decided to join a 525-mile canoe trip down the Yukon River, he asked Jean to join him. They claim this was their honeymoon before their wedding. It is obvious they both have a strong sense of adventure!

In addition to their work, they have enjoyed gardening, hiking (Dick has climbed all the 4000+ foot mountains in New England), backpacking, bicycling, canoeing, kayaking, downhill and cross-country skiing, and even rollerblading. Now, they enjoy Cumberland Crossing with their yellow lab, Sammy, and their outdoor-loving cat, Coco.
(JL & DL 9/2023)



Dan Cheever and Sue Stasiowski moved to Cumberland Crossing in July after living in mid-coast Maine for 12 years.

Sue grew up in Springfield,

Massachusetts. She worked as a human resources specialist in higher education and Woods Hole Oceanographic Institution where she was a grants administrator. She is also a fiber artist. Using wool, she creates sculptures by continually shaping the roving with sharp needles. Each sculpture requires hours of work; a sculpture of a bald eagle, for example, took over 300 hours. Galleries in Camden, Rockland, Belfast, and Bath have sold over 200 pieces of Sue's work to collectors across the country.

Sue also served as a board member of Camden's animal shelter and volunteered at Camden's renowned public library, the only public library in Maine to earn a 5-Star rating.

An accomplished knitter as well as fiber artist, Sue led knitting groups in Camden and Lincolnville. She is interested in whether any Cumberland Crossing

or OceanView neighbors would join a knitting group here.

Dan holds three degrees from Harvard University. A contributing author of three books and over twenty articles, including op-ed pieces in The New York Times, he also wrote two books for family and friends: *My Grandfather's Trunk*, a family history spanning 400 years, and *Eye of the Beholder*, describing how his and Sue's paintings and sculptures reflect their life experiences.

Dan served for 34 years as the chief executive officer of several organizations ranging from public schools (superintendent of schools in Lincoln and then Weston, MA) and private colleges (president of Wheelock College, and then Simmons University) to a financial services company (ASA). On retirement, he became the independent trustee for four different high net worth family groups around the United States.

He also served as trustee of over 30 public and private organizations. He co-founded a boat building company and the Children's Discovery Museum and was profiled in the PBS TV series *Seasons of Life*.

Sue and Dan have attended cooking schools in Europe and the USA and love to cook for friends. Cooking, boats, gardening, music, art, and fun are central to their lives. (DC & SS 9/2023)



Thought you had a long trip to work? For eighteen months, banker **Mike Cassidy** (Blueberry Commons) commuted to Australia from Riverside, CT, where Anne managed

home life for their four children. The Cassidys met in Chase Manhattan Bank's training program. Anne was a native of Lancaster, PA, and graduate of Wells College. Mike, born in New Rochelle, NY, grew up in the family's furniture business, and is an alumnus



of Iona Preparatory School, College of the Holy Cross, and Air Force ROTC. Upon graduation, he was stationed in Michigan's Upper Peninsula for three years.

Mike started Chase's Visa card relationship. He went on to set up the bank's residential mortgage banking business and afterwards returned to Chase's Consumer Bank to oversee the New York Metropolitan Area branch network. Then came the Chase partnership with an Australian bank. In 1993, he retired from banking and transitioned to non-profit work as a trustee and volunteer at St. Luke's Lifeworks (now Inspirica), a non-profit in Stamford, CT. It provided emergency, transitional, and permanent housing and support services for homeless individuals and families in lower Fairfield County.

As the Cassidys' children grew, Anne volunteered in their schools and community. She spent more than twelve years on the board of a residence for low to moderate income well elderly and was instrumental in raising funds and building a new facility, doubling the number of apartments to thirty-eight.

In 1999, Anne and Mike moved to Greensboro in Vermont's Northeast Kingdom. Anne joined the board of a Craftsbury assisted living residence. Mike became treasurer of the Land Trust and local golf club. Both were active in helping to maintain Greensboro's cross country ski trails. Their home has been a mecca for children, grandchildren (ages two to twenty-one), and friends who enjoy beautiful Lake Caspian and the ski trails outside the front door. Anne and Mike deliver Meals on Wheels, which they find very rewarding.

Encouraged by their two daughters living in Portland, the Cassidys chose OceanView where they appreciate the warm, relaxed atmosphere and the opportunity to be outside. (NS, 10/2023)



Attracted to coastal Maine, **Don and Evelyn Fulton** recently moved to Cumberland Crossing from their summer home in the Berkshires, choosing to be closer to their daughter's home in Norway, Maine.

Having grown up in Nassau County and Queens respectively, Don and Evelyn met 51 years ago at their first teaching jobs in East Harlem, NY and married two years later. Don was a science teacher and worked steadily toward his doctorate in botanical sciences. Evelyn taught in elementary schools and became a reading specialist, then a staff developer, then an assistant principal, and finally principal. Eventually, she became one of the longest serving principals in the City of New York. Don also became assistant principal and then principal. During these years, they lived in Manhattan, the Bronx, and Chappaqua in Westchester County.

Don retired from his position at age 55 and became Director of Children's Education at the New York Botanical Garden. Evelyn continued to love her work as principal, retiring years later amidst the accolades of colleagues and students alike.

Since retirement, they have spent winters at their condo in Deland, Florida, near Daytona Beach and will continue to do so from their new home in Cumberland Crossing. Although they are heading south in November, they will return to spend Christmas holidays with their family before returning to seek the warmth of Florida until May.

Upon their return, they look forward to more shared time with their daughter, an accomplished young adult novelist, their son-in-law, a master carpenter who built fabulous wall mounted bookshelves and an entertainment center for their cottage, and, of course, their five-year-old and almost seven-year-old grandchildren. They are also eager to connect with more of their new northern neighbors.

(BH & LH, 11/2023)

Continued on page 14



FITNESS FOR LIFE

Dave and Jan Hapke feel at home in OceanView's Hager Fitness Pavilion.

***"We're here three times a week.
We do this so we can do
everything else."
- Dave Hapke***

The couple says their exercise regimen is what makes them feel confident and independent in their day-to-day life.



Above: Dave and Jan Hapke pose for a photo in the Hager Fitness Pavilion after personal training.

The two usually prefer to exercise on their own but say the team of fitness specialists regularly offers advice, adding that they have become like family. Jan even says Fitness Manager Ryan Koenig gave her a specialized workout regimen to aid her broken wrist.

That's all in a day's work for Ryan and OceanView's fitness specialists. The five trainers hold bachelor's degrees in exercise sciences and many certifications in personal and group exercise programs.

***"Our job is to help encourage
residents to stay as healthy and
independent as possible."
- Ryan Koenig, Fitness Manager***

Ryan says their primary goal is to help OceanView and Cumberland Crossing residents maintain independence. The team works hard to help residents in the gym so they can be happy and healthy on their own.



Above: The OceanView Fitness Team. From left to right: Fitness Specialists Doug Michaud, Colby King, Hannah Damron, Jameson Burns, and Fitness Manager Ryan Koenig.

In the last year, the five trainers have really upped their game. OceanView's busy fitness calendar offers more than 40 classes every week! That includes 17 pool-based classes, and that's an extra five classes per week compared to one year ago.

The classes offer a variety of activity as well as level of intensity, and many of these classes are also new.

The calendar features long-running mainstays like ***Strength and Balance, Yoga, and Floor Cardio***, but in the last year, new additions include ***Move & Groove, Aqua Stretch and Balance, Parkinson's Exercise Group, Spin Class, and Total Body Boxing***.

Total Body Boxing starts with shadow boxing to practice form and technique, then on come the gloves and pads to work with a partner. Jameson Burns leads the class with "Jab, cross, hook!" to run them through drills that improve speed, power, and hand-eye coordination.



Above: Resident Julia Poppell attends Total Body Boxing.

"Of all the classes I teach at OceanView, this is the one I see the most people laughing, smiling, and having a good time."

- Jameson Burns, Fitness Specialist



Hand-eye coordination is also one of the benefits of ***Move & Groove***.

Hannah Damron says the dance class is one of the monthly calendar's more intense cardio options.

Above: Hannah Damron leads a Move & Groove class.

"It's a fun way to get a cardiovascular exercise. It's a really great way to get up and moving."

- Hannah Damron, Fitness Specialist

Combining a workout with a beat, she says the class teaches a lot about body awareness and can help with protective stepping, a fall prevention technique.



Left: Tess Coate, OceanView's Wellness Director.

If you're unsure **where to start on your fitness journey**, "start slow. Any movement is good movement," says Tess Coate, OceanView's Wellness Director and an RN.

Tess says the adage "an ounce of prevention is worth a pound of cure" is entirely true.

She says exercise can encourage mobility, improve blood flow, and reduce the risk of injury, and that's on top of helping your mental health.

"You want to feel good? Exercise. Even if it's just taking a walk."

- Tess Coate, Wellness Director

If high intensity classes are intimidating, seek a low intensity option, like ***Aqua Stretch and Balance*** led by Colby King in the pool, a specialized class like Doug Michaud's ***Parkinson's Exercise Group***, or a number of chair cardio classes. The team also offers a map of indoor and outdoor walking routes.

Tess adds that having fun with your fitness is important for motivation. Ryan agrees. "Having everyone get together, be social, have fun; that's what's going to keep them coming back," said Ryan.

John and Eunice Wilcox attend many classes at OceanView, working out together almost every day. The two have a long history with fitness, but here at OceanView, the busy fitness calendar appeals to them.

"Use it or lose it. If you sit down, you might not get back up again."

- Eunice Wilcox



Above: Residents John and Eunice Wilcox work out together.

They say they could work out at home if they wanted, but the supportive and social environment of a class adds something special.

Want to learn more about fitness at OceanView? Visit oceanviewrc.com/lifestyle/fitness.



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A self-described “faculty brat,” **Tom Kearns** (Main Lodge) was born and raised in Champaign-Urbana, Illinois, where his father was a professor at the University of Illinois. His mother, a skilled bridge player, focused on rearing three children, Tom being the middle child.

Tom admits to some rebelliousness as a child, ranging from smoking unfiltered Camels to reading philosophy as a teenager. Both experiences were addictive, but philosophy was also unsettling. In college, he shied away from philosophy and studied chemistry instead. The period from 1955 to 1968 was one of protracted procrastination and meandering self-discovery. Along the way, he earned a BA in chemistry from Illinois; a JD from UC Berkeley; an MA in philosophy from UC Berkeley; and a PH.D in philosophy from Wisconsin. While at Berkeley, he married Ann Cleary, a grade-school love interest. The marriage lasted thirty years and resulted in a daughter, a son, and eventually five grandchildren.

Still in Berkeley, Tom was admitted to the California Bar and practiced law in the Bay Area while simultaneously earning his master’s degree in philosophy. Kearns’s first academic appointment was at Indiana University, followed by a career-long professorship (1972–2014) at Amherst College. Though his appointment at Amherst was in philosophy, he regularly taught courses in Law, Jurisprudence, and Social Thought (an innovative program in legal studies he helped pioneer) and in environmental studies.

Tom’s nonacademic interests embrace the outdoors and include birding, gardening, hiking, backpacking, fly fishing, and mountain climbing. He scaled the Grand Teton as a teenager and summited a 20,000-foot peak in Nepal at sixty. He ran a Boston

Marathon and was an avid squash and tennis player. He has actively supported several environmental organizations.

Tom has traveled extensively, including in China, India, Nepal, and Japan. He enjoys reading, museums, and classical music. He adores his daughter and son. She is an attorney in Boston, and he, a resident of Falmouth, is a renewable-energy developer. Four months of the year, Tom resides in a log home in the mountains of Wyoming, where he happily communes with pronghorn, sage, and the resident Osprey. (TK & FF, 11/2023)

Happy Retirement, Kate!

"Hip, hip, hooray!"

A beloved staff member, Kate Silvers, retired at the end of 2023. Kate served as the Administrative Coordinator at the Front Desk for nearly seven years. In December, many residents joined staff as we celebrated Kate’s new adventures. With her recently retired husband, the two plan to travel more and tackle some long neglected projects at home, but Kate will still return to the Front Desk at times on a per diem basis. Thank you for your hard work, Kate!

"Needless to say, I am emotional about leaving my full-time position. I am grateful to staff and residents for many acts of kindness and generosity as well as many lessons learned. Thank you all!" - Kate

Below: Kate hugs a resident at her retirement party.



We host events for the public and our residents every month at OceanView! This winter, we hosted a number of wonderful musicians and educational speakers, and we invite you to join us for more great events in the future. Visit our events page www.oceanviewrc.com/events to see what's coming up!

Holiday Concert with Dana Cunningham and Michael Sakash

Pianist **Dana Cunningham** once again graced our campus for our annual holiday concert. This is one of OceanView's most popular annual traditions. This year, she performed with saxophonist **Michael Sakash**. The duo played two concerts this year, one private performance for our residents and another open to the community.



Above: Dana Cunningham plays the piano alongside saxophonist Michael Sakash in OceanView's Hilltop Community Room.

Carmen Opera Maine Film Series

We are more than halfway through this season's **Opera Maine Film Series**. In January, a large crowd came to Lunt Auditorium to view a 2008 performance of the famous opera **Carmen**. We showed **L'italiana in Algeri** in December and **The Merry Widow** in February. We have showings planned for **The Girl of the Golden West** and **Attila** in the months ahead.



Above: Residents and members of our community enjoying a showing of Carmen in Lunt Auditorium.

2024 Financial Market Outlook

Finance experts from **Spinnaker Trust**, based in Portland, spoke to our residents and visitors in our event **2024 Financial Market Outlook - What It Means to You**. Speakers **Zach Smolkin** and **Tony Alaimo** reviewed recent tax policy changes and potential implications for estate and financial planning, among other topics, to guide investors in the new year.



Above: Speakers from Spinnaker Trust presenting on stage at Lunt Auditorium.

OceanView

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A 21st century retirement community™

20 BLUEBERRY LANE
FALMOUTH, MAINE 04105

Would you still like to receive mailings from OceanView at Falmouth and Cumberland Crossing? If you have a new email address or would like to be removed from our mailing list, please let us know! Email Dustin at **dustin@oceanviewrc.com** with updates. We can also share this quarterly newsletter with you in a digital format if you prefer.

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JOIN US!

A Spring Move Made Easy! Tuesday, March 19th at 1 p.m.

We invite you to join us for this annual Zoom webinar to learn about selling your home, “right-sizing,” financial resources, and the ins and outs of safely moving your belongings to a new home at OceanView or Cumberland Crossing!

Guest panelists include:

- Sandra Wendland
Legacy Properties - Sotheby's International Realty
- Liz Pattison & Kim Dorsky
Simply Sized Home
- Jean Libby
Bath Savings Institution
- Preston Hughes
Bisson Moving & Storage

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