



OCEANVIEWS

SPRING 2025

Be Fit, Be Well, Be Safe!

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Our Fitness team offers personal training and more than 40 classes per week. Our Wellness team offers nursing expertise, consultation, and so much more.

This spring, we are highlighting our stellar Fitness and Wellness teams and how they benefit our community.

Ready to focus on your health in retirement?

Read on to see what OceanView and Cumberland Crossing can offer you!

FOR MORE INFORMATION

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of your life!





Diane Kibbin,
Director of Operations

Be Fit, Be Well, Be Safe

Our focus for this newsletter is ***Be Fit, Be Well, Be Safe***. In a community like ours, there are numerous ways to nurture a sense of safety and well-being for all residents.

Feeling Safe: A Cornerstone of Well-Being

Feeling safe is a fundamental human need, essential for mental and physical health. It provides a sense of security and freedom from fear or anxiety, allowing individuals to thrive and function at their best. This vital aspect of well-being influences everything from stress levels to overall happiness and quality of life.

What Does "Feeling Safe" Mean?

"Feeling safe in life" refers to the experience of security - both physical and emotional - where you feel protected from harm and free to navigate life with confidence. This sense of safety allows you to thrive in your environment and contributes to your overall well-being. It's nurtured through a combination of stable surroundings, supportive relationships, and a feeling of control over your circumstances.

Factors That Contribute to Feeling Safe:

- **Physical Security:** Stable housing, secure surroundings, and access to basic needs.
- **Healthy Relationships:** Supportive connections with trusted individuals.
- **Personal Agency:** Confidence in your ability to make decisions and shape your life.
- **Positive Self-Esteem:** Belief in your ability to handle challenges effectively.

Our diverse departments are dedicated to providing supportive services that bring peace of mind to our residents. Whether you have an immediate need or are planning for the future, it's comforting to know these resources are available.

Transportation services ensure you can attend medical appointments, run errands, or enjoy activities and events without the hassle of driving. Our dining establishments offer delicious, chef-prepared meals, eliminating the need to shop, cook, or clean up while creating opportunities to socialize with friends and family. This allows you to save your energy for more fulfilling experiences.

A vibrant life enrichment and fitness calendar promotes both intellectual and physical well-being. Our Wellness team provides expert guidance and advocacy for any medical concerns that may arise. Additionally, our maintenance and housekeeping teams handle the upkeep of your home, giving you more time to focus on what matters most to you.

With countless opportunities to connect with fellow residents, you can build meaningful relationships and enjoy a community that truly enriches your life.

- Diane Kibbin



Residents attend a Men's Strength and Balance class led by Fitness Manager Ryan Koenig.



The biography writing team includes:

From OceanView: Nancy Wanderer, Susan Sanders, Meg Flack, Fritz Farquhar, Nancy Struve, Priscilla Platt, and Cathy McDowell

From Cumberland Crossing: Betsey Harding



Annie Bartol (Cumberland Crossing), a native of Massachusetts, spent most of her youth in the seaside Town of Marblehead, where she took advantage of living by the sea. She would also spend summers at her family's residence on Vinalhaven Island in

Maine's East Penobscot Bay. In high school, in Providence, RI, she fell in love with modern dance. Encouraged by a teacher, Annie majored in dance at Bennet Junior College in Millbrook, NY, and, after graduating, continued dancing at The Boston Conservatory of Music for two more years.

Beckoned by the Big Apple, Annie moved to New York where she found a job in advertising making radio and TV commercials. But, missing the sea air and green trees, she returned to Boston, where she met her husband Sam at a friend's wedding. They moved to South Natick and their passion for cooking together took off! Sam, a finish carpenter, was fascinated with kitchen gadgets, and they both loved to create food for their friends.

After working in advertising for several more years, Annie made the transition into the commercial printing industry, working in customer service for several large metropolitan Boston companies for the next 30-plus years. Working in customer service, she was quickly fascinated with work in the graphics department, getting materials "press ready" and, as computers entered the printing business, she came to love everything "Mac".

Nearing retirement, she and Sam decided to relocate to Cotuit (Cape Cod), where they played lots of golf and racquet sports. Annie continued to build on her "press ready" knowledge and took classes in Photoshop, websites, and graphic design, resulting in her publishing a family cookbook. Always involved in their homeowners' community and volunteering on their board of directors (as social, secretary, and president), she created the community website and produced graphic designs for their community events. When Sam passed suddenly in 2021, Annie decided to move to Maine, closer both to relatives and to Vinalhaven. She arrived at Cumberland Crossing and immediately began connecting with others, setting up mahjong dates, designing a homeowner booklet, and more. She decided that this is the perfect place to become a "Maineah"! (AB, BH 9/2024)



A most unusual connection led to **Lois and Rick Provencher's** move to Cumberland Crossing: their son-in-law encouraged them to explore a retirement community where his father,

David Haynes, managed the landscaping. They learned of a cottage becoming available on a short, dead end lane bordering woods with lots of privacy, and they were immediately interested. Deciding to leave their Massachusetts home, they chose a completely fresh start, leaving all their furnishings behind and finding everything new, specifically sized for their new home!

They had met in Massachusetts when both were single with children; Lois had two teenagers, and Rick was left with three young children when his wife died. Lois had been working at St. Ann's Home, where she cared for children working through



Shireen Shahawy,
Director of Sales and
Marketing

Both of our campuses are in unique stages of development, and there's a lot happening! I'd like to take a moment to share some exciting news about our upcoming construction projects.

We're about to embark on a new chapter of growth at OceanView. In the coming weeks, we'll

begin construction on the OceanView campus, which includes two major projects: **the Blueberry Commons Expansion**, adding 14 new apartments, and the **Evergreen Commons neighborhood**, which will feature 20 new apartment homes and three cottages just across the street from Blueberry Commons. Reservations are already in progress, and we are thrilled to have all permits in place as we prepare for this exciting new addition to the Falmouth campus.

For me, the most exciting part of these projects is how they reflect our shared commitment to a sustainable future. In a recent feature in ReVision Energy's customer newsletter (ReVision Energy has been our solar partner since the beginning!), they highlighted the vision of OceanView/Cumberland Crossing owner, John Wasileski, who is deeply committed to creating a better world for our children, grandchildren, and generations to come.

The new apartments and cottages we are building will rely on solar energy, rather than fossil fuels. Solar panels are already a standard feature at Cumberland Crossing, and we are continually adding more at OceanView as well.

John Wasileski was quoted in the article, saying, "We as grandparents need to look at our grandchild in the other chair. Too many decisions are made today with short-sighted profits in mind. That's what gets us into problems. We need to look at the lifecycle analysis of our power systems and where we generate our electricity. And what better place to generate it than from the sun!"

You can read the article at revisionenergy.com. Look for the *Solar Champion Stories* tab.

Meanwhile, at Cumberland Crossing, we have reserved nearly all sites in our final phase of new construction. Building continues every day!

If you'd like to learn more about these exciting projects, please reach out to me or my colleagues.

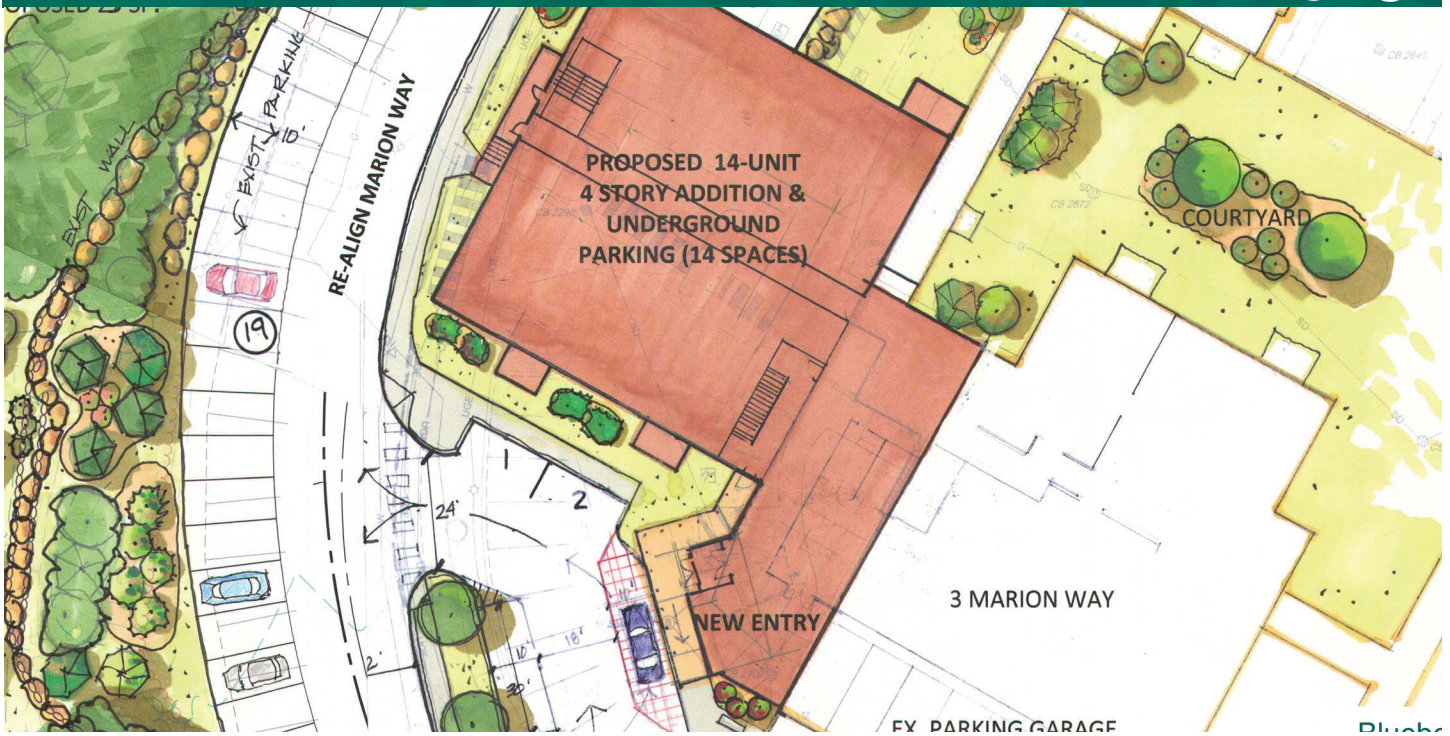
One thing I know for sure is that this commitment to environmentally responsible decisions is something that resonates deeply with those who choose to call OceanView at Falmouth and Cumberland Crossing home. You'll have a chance to meet some of these wonderful residents in the other pages of this newsletter. And as always, I'd like to extend my thanks to our dedicated volunteer biography writers for their work on these features.

- Shireen Shahawy



This is an artist rendering of the Blueberry Commons Expansion as seen from Blueberry Lane.

NEW CONSTRUCTION AT OCEANVIEW



This is a rendering of the Blueberry Commons Expansion, which will add 14 new apartments to Blueberry Commons in addition to an expanded community room, new entry, and more.



This is a rendering of the Evergreen Commons neighborhood, which will include three cottages and 20 apartments that will replace the current Cottages 1 neighborhood.



Continued from page 3

problems in troubled families. She easily filled the role of mother to all five children in their newly blended family.

Rick attended an electronics trade school and used the skills he gained there to get a job at Raytheon. Through night school, he eventually earned a BS in electrical engineering.

Soon he began working with production and field-related issues for the Patriot radar defense system, which led him to travel to Kuwait in support of Operation Iraqi Freedom. There, he worked with those systems and assessed a battle-damaged radar. Rick also traveled to Germany, where he trained NATO troops, as well as Saudi Arabia, Israel, Bahrain, and Japan. Thankfully, his frequent travels were usually brief, so he was often able to be home with minimal disruption. Rick enjoyed opportunities to volunteer with their children's activities, especially sports, between his trips.

Lois enjoys caring for her collection of Catrina dolls, which are elegant Mexican dolls inspired by Día de los Muertos. Two eye-catching, beautifully-dressed Catrina wedding dolls adorn the Provenchers' front hall!

Both retired, Rick and Lois travel extensively, primarily on cruises and often with long-time friends. Past favorite cruises include the Mediterranean, Hawaii and the South Pacific, Panama Canal, and Trans-Atlantic. This fall, they will travel down the East Coast to the Dominican Republic.

Their five children are widely spread, but one daughter and her family live nearby in Brunswick. (BH, 08/2024)



Linda MacDougall (Main Lodge) comes from a family committed to community service. Her grandfather volunteered with incarcerated young men; her grandmother provided support for single, pregnant women, one as young as

14 years old. Her parents continued the tradition, hosting kids and adults in their Lexington, MA, home.

No surprise then that Linda chose a four-year nursing program at Russell Sage College and has worked in the nursing field throughout her life. She earned a master's degree at Northeastern while working in Hanover, NH. When Linda and her husband lost an infant son, she started a support group at Dartmouth for other parents who had suffered the death of a young child. The group SHARE is still ongoing today.

Linda has two living children, a daughter in Salt Lake City and a son in Missoula, MT. While they were growing up, the family skied at Jackson Hole and in British Columbia. They also loved being at the family cottage on Pemaquid Pond, which Linda's father had built to encourage his children to be still and to be with nature. They also enjoyed their time at Groton Pond, the Ricker family camp.

But Linda's drive to community service never abated. Through her church, she did mission trips to Central America, to New York after Super Storm Sandy, and to Austin, TX.

She has also volunteered for Preble Street Teen Center and Girl Scouts and is hoping to volunteer for Hospice of Southern Maine.

Linda feels privileged to live at OceanView, enjoying "a lot of fun things with a lot of fun people." She believes community connection is great for physical and mental health and recently took part in a Fifth Graders' Visit to OceanView. From this setting, too, she hopes to continue making a difference in people's lives. (NS, 11/2024)



Talya Corsetti, BSN, RN
Wellness Coordinator

Talk with Talya

What is PRO, and how does it help our community be fit, well, and safe?

Preferred Retirement Options (PRO) Services is OceanView's personal care agency, and it includes companions, caregivers, and nurses that are all managed by me, OceanView's Wellness Coordinator.

- **Companions** can assist in everyday tasks such as dog walking and other pet care, light housekeeping, grocery management, meal preparation, walks, errands, transportation to appointments, and more.
- **Caregivers** can assist with bathing and all activities of daily living.
- **Nurses** can manage daily and/or weekly medications as well as administer medications. This includes calling in prescriptions, ensuring delivery, filling pill boxes and/or daily medication drops to residents.

PRO can be just the extra support you wanted or needed. I always say wants and needs are two different things, but, in this case, PRO can encompass all of your wants and needs.

Do you want a break from arranging your pill boxes? We can do that for you. Do you need help with grocery shopping? We can do that. Do you want someone to play cards with or go for a walk? Do you need help getting to the doctor and clarifying medical care? Or are you a caregiver and need a few hours to take care of yourself? PRO can help.

Mental health and physical health are both super important! Exercising and eating right are necessary to maintain physical health, but your mental health is equally important for overall fitness. Share some of your responsibilities with us! We are here for you.



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by • OceanView

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www.cumberlandcrossingrc.com



ACTIVITIES & EVENTS

OceanView Chorus Holiday Concert



(Left) Residents sing in the chorus. (Center) A mystery resident sings "I Want a Hippopotamus for Christmas" in a hippo costume. (Right) Alice Bredenberg conducts the chorus.

The annual OceanView Chorus Holiday Concert, entitled *Our Holidays Together*, was a big hit. The chorus performed twice for residents and their guests in a packed Blueberry Commons.

We also wished a happy retirement to Music Director Alice Bredenberg and Asst. Director and Chorus Accompanist Sue Schmitt as they wrap up their "chorus era." Thank you for all your hard work, Sue and Alice!



One of many international creches on display during December.

Holiday Decorations

Many residents adopted a space to decorate throughout the apartment buildings in December, each offering their own bit of holiday cheer to the campus, including a creche collection from around the world.



A Christmas village decorates the Main Lodge Dining Room.

Happy New Year!

Our residents toasted the new year by celebrating together in Blueberry Commons with delicious snacks, champagne, and festive outfits.

Dozens of residents celebrating the new year in Blueberry Commons.





Casco Bay and WWII

Seth Goldstein of the Cushing's Point Museum and the South Portland Historical Society, taught our residents about the WWII Liberty Ships that were made in South Portland, the 30,000 individuals who were employed in South Portland during the war, and the coastal defenses of Casco Bay in that era.

Seth Goldstein talks about southern Maine's role in World War II.

Klezmer Music



Rabbi Sruli and wife Lisa perform in Hilltop Lodge.

Rabbi Sruli and his wife Lisa visited from Temple Shalom Synagogue Center in Auburn. Renowned for their traditional Hasidic and Klezmer music, the duo performed for our residents in December.

Music from SinG



Singers from SinG perform in Hilltop Lodge.

Sweetest in the Gale (SinG), Classical Uprising's women's chorus, performed a mix of holiday classics for our residents in December. It was a delightful addition to our music-filled holiday calendar.



Flamenco dancers perform at the OceanView Anniversary Party.

Anniversary Party

We celebrated OceanView's 38th anniversary in November. The Anniversary Party is always popular! This year, we had a Spanish theme with delicious arancini and sangria and a delightful performance from the dancers of FLOR (Flamenco & Its Origins) out of Topsham.



Residents enjoying a delicious spread of Spanish food.



Jean and Carlos Quijano (Cumberland Crossing) were born in New York, although Carlos has Maine roots dating back to childhood summers at his grandmother's house in Lincolnville Beach. Both went to high school in NYC and

college in NJ; Jean at Douglass (then the women's part of Rutgers) and Carlos at Princeton where they met and married. After graduation and the birth of their first daughter, Carlos joined the old Chase Manhattan Bank and, after a brief spell in NY, was posted abroad: first Tokyo and Hong Kong in the late '60's, then Europe for the next 20 years. They lived in London (on three occasions), Brussels (where their other two daughters were born), Copenhagen, and Athens. They continued to summer in Maine and eventually built a house on North Haven.

In 1990, Carlos took early retirement. The family moved home to Maine, settling first in Camden and then Greater Portland. They worked together at several Maine companies in the '90's, however, it was a consulting project for Great Eastern Mussel Farms to investigate markets for composted mussel waste that led to the founding of Coast of Maine Organic Products in 1997. The new company was to initially produce and distribute bagged marine-waste-based composts as organic garden soils in Maine and perhaps beyond. In the years since, Coast of Maine has expanded from organic soils to mulches and fertilizers and from the East Coast to now national markets.

In 2016, Jean and Carlos sold a majority stake in the company to a private equity firm allowing them to retire and move to Castine in 2019. Post Covid and missing the Portland restaurant scene, they moved back to Cumberland and now split the year between their two homes.

They have three daughters. The eldest is an Emmy-winning filmmaker (as is her husband) living in Cape Elizabeth, the middle a gemologist and appraiser of fine art and jewelry in Piedmont, CA, and the youngest has run undergraduate study abroad programs at Virginia Tech, Johns Hopkins, and now Goucher College in Baltimore. Their nine grandchildren range in age from 12 to 34. (CQ & JQ, 11/2024)



If you want to know what active retirement looks like, look no further than **Sandy Labelle and Scott Searway** (Whipple Farm). Both Sandy and Scott were born in Maine. Sandy comes from Auburn, and Scott was born in the tiny town of Masardis in Aroostook County. Their beautiful OceanView cottage is filled with paintings by Maine artists.

Scott graduated from Deering High School in Portland and Maine Maritime Academy. He spent a few years after graduation at sea but gave up that life once he started a family. He worked for an engineering firm in Boston before becoming CEO and co-founder of SW&B Construction Corporation, a large industrial construction company that completed projects in over 30 states. Scott also co-founded Cormier Equipment Corporation. Both companies were eventually acquired by large national organizations. When Scott retired, he became majority owner of the Chebeague Island Boatyard. He has been elected to the Wall of Honor at Maine Maritime Academy and has endowed a scholarship open to students at the Academy. Scott has three daughters and seven grandchildren.



Sandy worked for the Maine Department of Marine Resources promoting underutilized seafood, particularly mussels, pollack, and eels. She and the rest of her team went to festivals around the state displaying samples of seafood. Sandy also worked at L.L. Bean for 15 years. She has hiked most of New Hampshire's White Mountain Presidential Range, summited Katahdin three times, and was a tournament-level tennis player, competing in the USTA Adult National Tennis Tournament five times. Why stop there? She also plays pickle ball. Sandy has a son who lives in California.

Both Sandy and Scott play golf. Scott plays in Maine senior golf events and spends a lot of time on his road bike. They both enjoy the house on Chebeague Island and cruising the Maine Coast on their powerboat "Grace."

Scott and Sandy spend winters in Naples, Florida. They plan to eventually become more involved in OceanView, but right now they are having way too much fun participating in activities they have spent a lifetime enjoying and perfecting.
(PP, SS, & SL, 9/2024)

husband settled in Manlius, NY, her family of four children was complete.

Those early years, Cynthia focused on parenting, working in a physician's office, and volunteering at her church and in the Head Start program. Then she learned to ski – but not just to ski for fun. She honed her skills and also mastered Red Cross first aid, becoming a first-aid instructor for the Song and Labrador Mountain ski patrols. For 23 winters – a couple long days each week – she oversaw the safety of skiers and administered emergency first aid to the injured. She loved the challenge and responsibility, and most of all, loved helping those in need.

Cynthia met Jerry Mahoney (probably skiing), and their loving marriage of 40 years was filled with family adventures. They especially enjoyed hiking and camping year-round at their Adirondack camp, regardless of the snow (lots of snow!); skiing Stowe and out West; and beach-combing on Cape Cod.

Cynthia also joined the YMCA, immersing herself in its volunteer service programs (e.g., providing services for veterans), hiking and book clubs, aerobic and art/craft classes, and pickleball. The Y, filled with great people doing good things, was a perfect focus for Cynthia's supportive, creative, and adventurous spirit, and she formed an extensive social network.

After Jerry died in 2022, daughter Lauren, in Falmouth, urged her to move to Maine. Cynthia, who had spent many wonderful summers at Lauren's China Lake camp, was sorry to leave New York state, but is delighted to be moving near family. With Minnie, her devoted Schnauzer/Poodle mix, Cynthia is happily settling in at OceanView, enjoying its welcoming residents and staff, and its full range of activities. (MF, 9/2024)



Cynthia Mahoney's (Main Lodge) rich and rewarding life has centered around her family, helping others, outdoor activities, and arts/crafts. She spent most of her life in the Syracuse area, and earned a BA in science education with a concentration in botany at Syracuse University.

Her plan to get a graduate degree and teach at the college level, however, was superseded by marriage and children. By the time Cynthia and her first



FITNESS FOR INJURY PREVENTION

"Maintaining good physical fitness and overall wellness plays a vital role in preventing falls, especially as we age. Falls are a leading cause of injury, but the good news is that they are largely preventable with the right habits.

"Stronger and more flexible bodies are less prone to injury."

- Ryan Koenig, Fitness Manager

Staying active, building strength and stamina, and taking preventive steps to stay safe will reduce the risk of injury and help you maintain your independence. By focusing on fitness and safety, you create a foundation for better balance, coordination, and overall health.



Fitness Manager Ryan Koenig leads resident John Wilcox in personal training.

Fall prevention is a focal point in many of our classes and training sessions. Almost all of our regular fitness classes, with options for all levels of fitness, include exercises and strategies to mitigate fall risk. While there are many variables that could lead to a fall, we focus on the things we can control and improve on like strength, stability, and balance.

Meeting residents where they are and offering classes for every ability is something we strive to provide.

Read on to learn more from our five-person fitness team on how our classes help strengthen bodies and prevent injury."

- Ryan Koenig, Fitness Manager

Yoga isn't just about being able to touch your toes, it is also a great way to prevent falls and reduce the risk of injury if a fall does occur.

"Yoga helps prevent falls and injury by having participants hold poses for a short period of time to build muscle strength and improve proprioception (awareness of one's body in space)."

- Grace Libby, Fitness Specialist

Poses such as Tree Pose and Warrior 3 help increase balance through practicing the ability to stand with a narrowed base of support and increasing ankle strength. Other poses, such as Chair Pose, focus more on increasing lower body strength and help prevent falls by improving your body's adaptability to sudden shifts in weight and stability while walking on uneven surfaces.



Resident Pat Gilman holds a modified gate pose in a Hatha Yoga class.

Yoga also helps mitigate our body's natural decline in bone density. Holding poses for 30-60 seconds forces your muscles to pull on their neighboring bones, stimulating new bone growth. Many poses that we practice in our Hatha Yoga and Chair Yoga classes at OceanView specifically strengthen the spine, the thigh bones, and the hips, which are commonly fractured areas in older adults.

Boxing is an excellent activity to improve balance as it uses your entire body.

"Boxing helps prevent falls and injury by teaching dynamic movement through moving in all planes of motion."

- Jameson Burns, Fitness Specialist

OceanView's Total Body Boxing class incorporates many different full-body dynamic movements such as shifting weight, quick footwork, and moving in all directions. These movements help improve coordination, reaction time, and stability leading to improved balance and a stronger body.



Resident Birdy Ellsmore practices a "jab, cross, hook" exercise with a partner in Total Body Boxing.

Additionally, the focus on agility and muscle memory helps build up confidence in your movement. When it comes to preventing injury, boxing is as effective as it is fun!



The Move and Groove dance class combines movement and music as a form of exercise that teaches seniors how to prevent falls through protective stepping, a fall prevention technique.

Fitness Specialist Hannah Damron leads a Move & Groove dance class.

"Dance exercise helps prevent falls and injury by teaching residents how to consciously move their bodies to the beat of music, which results in protective stepping."

- Hannah Damron, Fitness Specialist

Protective stepping is a consciously executed step we take to save ourselves from losing balance, which we apply through dance.

When we dance, we are making gait adjustments through volitional stepping to the beat of music; this technique strengthens the hips, which in turn strengthens gait, and therefore helps seniors avoid fall hazards that frequently occur in daily life.

One excellent exercise seniors can do at home to help prevent falls is standing leg lifts. This simple practice helps improve balance, strengthen the lower body, and enhance coordination, all of which are crucial for preventing falls. Stand tall next to a sturdy chair or counter for support.

Engage your core and stand up straight. Lift one leg out to the side, keeping the knee straight and the foot flexed. Hold for a couple of seconds. Lower your leg slowly back to the starting position. Repeat 10-15 times for each leg. Switch legs, repeat.

Tips: Keep your supporting leg slightly bent for stability. If balance is difficult, start by holding onto the chair or counter more firmly. To increase difficulty over time, you can add ankle weights.



Fitness Specialist Grace Libby demonstrates a standing leg lift.





ASK ALEKS



Aleks Kazimierczak, RN, BSN
Director of Assisted Living

Ask Aleks **How can you stay fit in Assisted Living?**

The safety of our residents is the top priority in Assisted Living, and the best way to keep each of our residents safe is by maximizing each individual's physical condition.

When residents move in to Falmouth House, one of the first doctor's orders we receive is for an occupational and physical therapy consult. The therapists will perform an evaluation and continue to work with residents that need ongoing therapy.

In addition, the OceanView Fitness Team visits three times a week to offer classes suitable for all ranges of physical ability. Other physical activities like Tai Chi, Yoga, and walking groups are also available.

In assisted living, our staff works closely with the residents, and they can promptly recognize if a resident presents with signs of deconditioning. Staff will work with the resident's healthcare provider to understand the cause of the changes and, if warranted, provide professional guidance for the provider to order more therapy for strengthening.



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Beautiful Quilts

Cumberland Crossing resident Penny Myles presented her quilting journey in a talk called "From Hingham to Houston - A Group Quilting Adventure" for our Resident Speaker Series at Northwind Farm in January. She showed off several ornately designed quilts where each portion of the quilt was made by a different person, resulting in a beautiful mosaic of unique designs for a collective image, including this quilt, seen to the left, of Fenway Park.



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

Pianist **Dana Cunningham** once again visited our campus for our annual holiday concert in December. This is one of OceanView's most popular annual traditions. Dana performed her beautiful original renditions of holiday classics for a full Hilltop Lodge Community Room. For many, her concerts are the highlight of the season.



Dana Cunningham plays the piano in OceanView's Hilltop Lodge Community Room.

Parkinson's Foundation 101 - An Introduction

Eva Zoeller, an ambassador for the Parkinson's Foundation New England Chapter, spoke to our audience in December on what the Parkinson's Foundation is, the work they do, and how people can volunteer to help. Eva shared her own experiences volunteering for the Parkinson's Foundation and caring for her husband who lives with Parkinson's disease.



Eva Zoeller of the Parkinson's Foundation speaks to an audience in OceanView's Lunt Auditorium.

Democracy Diminished - Is Local News Dying?

As local newspapers slowly vanish, a panel of local news experts addressed an increase in "news deserts" and how this trend can impact Maine to a full Lunt Auditorium in November. This discussion was a precursor to February's **2025 Camden Conference**. The panel included Lisa DeSisto of the Maine Trust for Local News, Micaela Schweitzer-Bluhm of The Maine Monitor, Jo Easton of the Bangor Daily News, and Matt Storin, formerly of the Boston Globe.



The "Democracy Diminished" panel discussion led by moderator Matt Storin, former editor for the Boston Globe.

OceanView

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A 21st century retirement community

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JOIN US!

A Spring Move Made Easy **Tuesday, March 18th 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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