

OCEANVIEWS UPDATES

October, 2025 - published September 30, 2025

ADMINISTRATION MEMOS

OceanView Regular Front Office Hours

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

New & Incoming Residents

Margie Thumm	9/9	6 Monarch
John & Andrea McCall	9/9-11	C44
Katherine Benson	9/15	L217
Bob Holmberg & Ruth McCracken Holmberg	9/16	MLE341
Lyle & Patricia Voss	9/26	136 LAD

Staff Away

Dustin Bonk	9/29-10/3
Mitchell DeBortoli	10/3
Jameson Burns	10/3, 10-13, 22-24
Marcia Emerson	10/9-14
Lisa Theiler Ertman	10/17-26

Staff Retiring

Wendy Pierce will be retiring this year, with her last day on October 24th. We are so happy for her as she begins a new chapter filled with time and freedom to enjoy life beyond her full-time career. Her presence will be deeply missed by both residents and co-workers.

For nearly a decade at OceanView, Wendy has been a steady and dependable resource, guiding residents through crises such as insurance claims and serving as the administrative backbone of the maintenance department. She has worked tirelessly with vendors to ensure preventative maintenance and necessary repairs were handled efficiently and effectively.

Wendy's keen attention to detail has benefitted OceanView in countless ways, from catching billing errors to securing valuable discounts based on volume. Her dedication, persistence, and resourcefulness have saved the company time and money many times over. We are grateful for all Wendy has contributed over the years and wish her every joy in retirement.

Thank You!

To **our neighbors at Falmouth House** for hosting the OV September Block Party; all participants of the "Books in Bloom" Art in Bloom event for their wonderfully thoughtful creations; Sam & Betsey Harding for their talk on helping Russian orphans. Thank you to **Neighbor-to-Neighbor Voter Service**

volunteers **Arlyss Becker, Meg Flack, Judith Moll, Susan Pines, Susan Sanders, and Nancy Struve** – who assisted OceanView residents in updating their voter registrations and/or applying for absentee ballots in September. And sincere thanks, too, to the dozens of **OceanView residents** who participated, with the goal to help make democracy work.

Congratulations! to our winners of the Annual Art in Bloom "Books in Bloom" event—third place went to Loli Hammond's "Stuart Little", second place to Christine Bradbury's "A Tree Grows in Brooklyn", first place and the people's choice award went Lana Johnson's "The Wizard of Oz".

OceanView Mail Theft Alert

We want to inform everyone that there were a few incidents of mail theft on the OV campus last week. These occurred when individuals left outgoing mail in their mailboxes with the flag raised for carrier pickup. Fortunately, the suspects were intercepted, and no financial losses were reported. The Falmouth Police Department is aware of the situation and is actively following up.

In light of this, we strongly recommend taking extra precautions with your outgoing mail—particularly when sending checks or anything containing credit card information. To ensure your payments are secure, please:

Hand outgoing mail directly to your mail carrier,
or

Use one of the secure drop boxes located at the Main Lodge, Hilltop Lodge, or Blueberry Commons mailbox stations.

Additionally, if you notice any suspicious individuals or vehicles on campus, please report them

(Continued on page 4)



**American
Red Cross**

**BLOOD DRIVE
Wednesday 10/8**

10:00-2:00p @ Lunt Auditorium
Volunteers & Donors - Critical Need!
Please Call **1-800 RED CROSS**

Updates & Special Dining Events in October

Special Whipple Farmhouse Event “Asian Night Market”

Friday & Saturday, October 10-11
5:30p seating

Enjoy a multi course tasting of small specialty plates frequently offered as “Street Food” at Asian night markets.

Cost for this *Prix Fixe* meal is \$45.00 plus tax or 3 meal plan points.

Call chef Michele for details & to reserve your spot, 207-274-4935.

Community Supper

Italian Night

Saturday, October 25, 5:00p

Join your friends and neighbors in the Blueberry Commons Room.
Menu to include: Chicken Parmesan with Baked Ziti. For dessert, Homemade Tiramisu

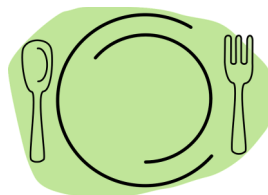
Main Lodge Dining Room Breakfast Buffet

Every Saturday, a rotating menu of all your favorites including bacon, omelets, cinnamon rolls, fresh fruit & yogurt parfaits and bottomless coffee. 2 meal plan points or \$23.75 for non-meal plan participants. Sign up with the front desk at 781-4460. (Heritage meal plan residents do not need to make a reservation)

OceanView Dining Services

Call OV Front Desk: 207-781-4460

After Hours for questions about your Order or Delivery
Call the ML Kitchen: 207-781-4464 x 124



Transportation by van or car to and from Whipple Farmhouse or the Main Lodge Dining Room

is now available
at no cost for
dinner Monday -
Friday. RSVP with
two days advance
notice to the
Transport office:
207-781-4460
x109



HOURS

GAZEBO GRILLE

Mon.-Fri. 11:00a-5:00p
Wine and Beer for On-Site
Meal Plan Points Vary
Bill to account or Cash only

MAIN LODGE DINING ROOM*

Mon.-Fri. 4:30p–1st Seating
5:30p–2nd Seating
Sat. Breakfast 8:00-9:15a
Sun. Brunch 11:45a-1:00p
2 Meal Plan Points

WHIPPLE FARM DINING**

Thu./Fri./Sat. 4:30-7:00p
3 Meal Plan Points

GOOD-TO-GO

Mon.-Fri. Call before 12:00n
Pick up at 4:45 or 6:00p (DR)
or Delivery (\$6)

*24 Hour Advance Reservations
required for: Residents' Guests;
Silver, Bronze, BBC, & Cottage
Plans, and No-Plan residents.

**Reservations required—call:
207-274-4935 (for WFD only)

Fall at The Gazebo Grille:

Chef Adam will be offering Comfort Food Classics every Wednesday this Fall at The Gazebo Grille. Additionally, Fridays will feature a delicious Seafood Specialty each week. Come see us and join in the fun!



**Donations gratefully accepted the mornings
of sale days in Blueberry Commons Room**
1:00-5:00p Fridays
October 10th & 24th | November 7th & 21st

Residents, families and staff can always see gift items for sale at our display case near the Gazebo Grille in the Main Lodge—Inventory changes regularly.

The Front Desk will hold any item you are interested in until you have paid; please leave exact cash or a check [*confirm to whom to write the check at the Front Desk*].

**Nonprofit recipient for the second half of 2025 is the
OceanView Employee Gift Fund**

Your suggestions and volunteering are encouraged and welcome because “it takes a village”. Here is a good opportunity to meet and talk with fellow residents and our OV staff.—Eunice W, Donna K, Mabel G, Judy P & Jane H. For inquiries: **eunice.w75@gmail.com**

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

Thank you for your support—the Gift Shop Committee.

CUMBERLAND CROSSING UPDATES

Happy Fall from Northwind Farm Community Center! With block parties, trips to local fairs, our popular speaker series, book group, clubs and fitness classes, there is always plenty to do here with friends old and new!

NEW MOVE-INS

Please help us welcome our newest residents Rick DePetris and David Gant this month to their beautiful cottage at 140 Little Acres Drive!

PHASE 2 SALES

There is still a chance to customize a cottage but don't hesitate as things are winding down very quickly. Call or email TODAY for special details and a late 2026 completion date.

TOURS

We are available for tours with just a quick email or call to: Gloria Walker at 781-4460 ext. 150 or gloria@oceanviewrc.com or Shireen Shahawy at 781-4460 ext. 103 or shireen@oceanviewrc.com. We would love to show you our beautiful community!

ACTIVITIES/EVENTS Highlights at OceanView

(FMI see pp 11, 14 &)

Sat., 10/11, 12:15p **Opera Saturday—Manon Lunt**

Tues., 10/14, 2:15p **Medicare 101—BBC**

Tues., 10/21, 2:15p **Fraud Talk—BBC**

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

OCTOBER ACTIVITIES at Cumberland Crossing

at Northwind Farm unless indicated

Monday, 10/20, 1:30pm—Cribbage

Monday, 10/20, 3:00pm—Coffee with Don *please sign up*

Tuesday, 10/14, 10:00am—Men's Discussion Group

Wednesdays, 9:30-11am—Office Hours with Amy

Wednesday, 10/8, 9:30am—Van—Sweetser's Apple Barrell (*see description page 12*) *please sign up with Amy*

Wednesday, 10/15, 10:00am—*The Quilters (desc pgXX)*

Wednesdays, 2:30pm—Stretch & Balance Fitness

Wednesday, 10/15, 11:00am - Book Club

The Exiles by Christina Baker Kline

Wednesday, 10/22, 3:30pm - CC Speaker Series

Jane Eberle, *A Citizen's Legislation* *please sign up*

Thursdays, 9:45am – Transportation to Thursday

Wellness Clinic hours at OV—call for ride

Thursdays, 10/2, 10/16, 10:00am – Stitchers Group

Thursdays, 4:00pm—Oneness Meditation (location TBA)
w/ Anne Dean (anneldean@gmail.com)

Fridays, 11:00am—Yoga with Grace

Friday, 10/31, 5:00-7:00pm—*The Witches of CC*
Halloween Party BYOB *please sign up*

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

immediately to the Falmouth Police Department and the OceanView Front Desk. Staff is also aware and will do the same.
Your vigilance helps keep our community safe—thank you!

EV Chargers at Lunt

We are pleased to announce the installation of 10 Level 2 electric vehicle (EV) charging stations in the Lunt parking lot.

The chargers are available for use via the ChargePoint app or by tap-to-pay with a credit card. A discounted charging **rate** is available exclusively for OceanView residents and staff.

Residents who own an EV and wish to utilize the charging stations are encouraged to contact Mitchell for additional information.

License Plate Collection

Maine is transitioning from the chickadee plate to the new pine tree design. If you'd like to recycle your old plate, please drop it off at the front desk.

Questions? Contact Mitchell at

mitchell@oceanviewrc.com

CONSTRUCTION UPDATES

To Stay Informed about Construction: The best way to get construction updates is through our email list. If you are not on it, please contact Dustin at dustin@oceanviewrc.com

For your safety, do not enter the construction zone. Blasting schedules will be shared as soon as they're available, our goal is to include a sheet with expected days and time ranges.

Also, please make use of the weekly informational meetings for residents, held at the Main Lodge First Floor Conference Room across from the Reception, we're there every Thursday from 3-4:00p for questions and concerns. —*Mitchell DeBortoli*

COVID-19 COMMUNITY UPDATE

We've had two resident and one staff case on campus in September. 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

We vaccinated over 200 residents and staff at our fall flu and covid-booster vaccine clinic. Thank you to everyone who got vaccinated!

WELLNESS NOTES

Wellness Clinics—Drop-in ML3 WO

Mondays 1:00-3:00p

Thursdays 10:00a-12:00p

The Wellness Office is staffed during these times to evaluate medical concerns, check blood pressures, or offer advice in navigating the health care system. This service is included in your monthly fees when you visit the Wellness Clinic at these times.

Please do not wait until the clinic to reach out if you are experiencing a health issue, you may contact the Wellness Nurses for a home visit anytime you are experiencing in non-urgent medical issue. There is a fee associated with these visits, but it could save a trip to the emergency room with early intervention.

We continue to offer a van for Cumberland Crossing residents who would like to come to the either the Monday or Thursday Wellness Clinic hours; please confirm with Transportation (781-4460) the day before for pick-up.

Lab Services *on hiatus until we find a new provider*



Caregivers' Support Group

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 a member of the Community Wellness team.

Wed., 10/1, 1:00p—HTL

Wed., 10/15, 10:00a—BBC

Grief Support Group

Drop ins welcome, no sign-ups required. This is an informal, confidential support group for any resident who is grieving a spouse or otherwise, led by a member of the Community Wellness team.

Tues., 10/28, 1:00p—HTL

Garret Cole's Parkinson's Fitness & Support

Thursdays, 11:00a at Falmouth House

Hearing Aid Appts

Thurs., 10/9, ML3c

For an appointment call Falmouth Hearing Aids at 207-541-9295.

OTHER SERVICES

Hair 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 L. Pothier will come to your home for *foot and toenail* care services; she is increasing her days at OV to 2x a month.

Call 207-229-7968 or email jolinelpothier@gmail.com

Let her know you are an OV resident.

Bath Savings Bank—Main Lodge 3rd 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 bring quarters. For patrons of Bath Savings other services can be performed, as well.

THE RESIDENT PORTAL



See what's new on
The Resident Portal!

The Portal is a
spot for
residents to get



easy access to many resources, including
calendars, the Resident Bulletin Board, The Gazebo Grille Blackboard Specials, and more!
Please bookmark the Portal on your computer or phone and check it often! The Resident Portal is meant only for residents and members of our Priority Waiting List. It is not listed on our website, and it is not searchable online.

The link to the Portal is: www.oceanviewrc.com/portal/

—Dustin Bonk

OV LIBRARY COMMITTEE

LIBRARY USERS PLEASE READ THIS

The Library Committee needs positive feedback in order to continue several of its components. Please contact any member of the committee in person, or phone Tony at 781-2678 (leave a message), or email tony@ecoshift.net, if you use any or all of the following library services:

- 1) the New Books column right here in Updates (most important);
- 2) the children's book collection on the shelf below Biographies;
- 3) the DVD movie collection;
- 4) the CD audiobook collection;
- 5) the green ENV stickers that designate books about environmental issues.

We need to know how much these are being used

because they each take extra effort and/or shelf space.

Tony Federer, Chair

The **Library Committee** meets on the first Tuesday of the month (10/7) at 3:00p in the OV Library. During meetings, residents are welcome to come and share their concerns (or praises) about the Library.

FROM THE NEW BOOKS SHELF

The books in our OceanView library are donations from residents. Here are a few titles chosen by the library committee at our September meeting.

Among new **FICTION** are *Last Twilight in Paris* by Pam Jenoff and *Fairy Tale* by Stephen King, authors whose other novels are on the shelves. Larry Dyhrberg, resident of Falmouth and teacher in Westbrook, has written *Sutton Tales* which is a coming-of-age story about two young people living in a Maine paper mill town, one a daughter of a worker, the other a son of a doctor. Six new James Patterson and seven new **Large Print** are also ready to circulate.

Here are some **NON-FICTION** books noteworthy because of place. *Brave the Wild River* by Melissa Sevigny presents the experience of the two women who mapped the botany of the Grand Canyon in 1938.

Other books touched by botany and graced with beautiful illustrations are *The Comfort of Crows* by Margaret Renkl about the creatures and plants in her Tennessee backyard; and an artful presentation from Marta McDowell, *Emily Dickensons's Gardening Life*. Rounding out these visual treats is Amy Tan's *Backyard Bird Chronicles*.

Journeys are a common topic among new **NON-FICTION** books. There is the 1986 National Book Award winner, *Arctic Dreams* by Barry Lopez which explores the impact of environment on imagination. *American Ramble* by Neil King, Jr is a description of his walk from Washington, DC to Central Park. I read just a few sentences, and they stirred feelings of nostalgia for our beautiful and vulnerable country. More adventurous are these two. *Sea Drift* by P.J. Capelotti about which the jacket boasts "...document [s] all of the transoceanic raft expeditions" since Kon Tiki. Finally, NPR called *Labyrinth of Ice: The Triumphant and Tragic Greeley Polar Expedition* by Buddy Levy "...riveting...packed with ...tension, heartbreak and constant danger."

Barbara Briggs for the Library Committee

OCEANVIEW RESIDENTS ASSISTANCE FUND

The Board of Directors of the OceanView Resident Assistant Fund have elected the following officers for the next year:

(Continued on page 6)

President: Judy Parkhill
Vice President: Dave Hapke
Treasurer: Fred Winne
Secretary: Meg Flack
Clerk: Robin Ratcliffe

Congratulations to these newly-elected officers!

COMMUNITY COUNCIL REFLECTIONS

Nancy Wanderer, President

I am struck by all the ways OceanView residents are engaging with everything that is happening in our country right now. The women in **Save Democracy** are spreading the word about local and national initiatives to address the problems we are facing, bringing speakers to campus to discuss ballot initiatives, and doing whatever they can to keep everyone hopeful about our country.

Every month at Community Council, Meg Flack and her **Neighbor-to-Neighbor** team have been registering voters and encouraging all of us to fill out the paperwork to get absentee ballots. As we approach the November election, they have added additional opportunities to help us complete the necessary forms. We all need to repeat the mantra Meg taught us-- "Democracy is not a spectator sport"—as we register and vote on the referendum questions appearing on the ballot in November.

This year, two of the referendum questions are especially important to us. In my August Community Council Reflections, I discussed **Falmouth Article #1** which seeks to repeal the pesticide ordinance many of us fought for and which the Falmouth Town Council passed. On this initiative, a YES vote means you do not support limits on pesticides, a NO vote means you do support limits on pesticides.

State Referendum #1, particularly targeting older Mainers like us and people with disabilities, will make it harder to obtain and cast an absentee ballot. The wording of the referendum question, called "An Act to Require an Individual to Present Photographic Identification for the Purpose of Voting" reads: "Do you want to change Maine election laws to eliminate two days of absentee voting, prohibit requests for absentee ballots by phone or family members, end ongoing absentee voter status for seniors and people with disabilities, ban prepaid postage on absentee ballot return envelopes, limit the number of drop boxes, require voters to show certain photo ID before voting, and make other changes to our elections?" A YES vote means you do approve limiting options to cast an absentee ballot, a NO vote means you want to keep the current and ongoing options for absentee voting.

Shenna Bellows, Maine Secretary of State, will be coming to OceanView on September 30 to discuss this referendum question with us.

Stephen Miller, a close advisor to the President, disparaged the people protesting the military occupation of Washington, DC, as "*stupid white hippies that all need to go home and take a nap because they're all over 90 years old.*" Clearly, he doesn't know much about the power of older people to make a difference. I recently learned about a book called, *A Flower Traveled in My Blood: The Incredible True Story of the Grandmothers Who Fought to Find a Stolen Generation of Children*, in which Haley Cohen Gilliland recounts the efforts of a group of courageous grandmothers who fought to locate grandchildren stolen by Argentina's junta.

OceanView residents can have a tremendous impact in the upcoming election. Our community is filled with intelligent, informed citizens who care about the welfare of our town, our state, and our country. We always vote in large numbers, especially when we are electing Maine and national leaders. This November, we will only be voting on referendum questions; nevertheless, the stakes are high. If all of us vote, we can truly make a difference regarding some very important issues. I am counting on you to show Stephen Miller he is wrong. We won't be staying home to take a nap this year or any year. We will be going to the polls or voting absentee in this election and every election to come.



FITNESS NOTES

"Nutrition That Works" Fitness Presentation

Fri., 10/17, 1:15p BBC

Discover how to fuel your body the right way with *Nutrition That Works*, a presentation covering the foundations of healthy eating. We'll break down macronutrients and micronutrients, explore popular diets, and highlight how to spot unhealthy foods. You'll also learn how to apply dietary guidelines to your everyday meals and create a balanced approach to eating well. This is your chance to learn all about nutrition! Join Jameson on October 17th at 1:15 in BBC Note: There will be no Move and Groove, TRX Core and More or afternoon supervised lap swim on October 17th in hopes you will attend the Fitness Presentation!

Residents who are new to Fitness—Which programs are best for you? Give the Fitness Department a call to set up your *free* consultation, equipment review and fitness assessment.

(Continued from page 6)

Laughter Yoga please sign up at the nook
Mon., 10/27, 11:00a HTL

After a successful trial visit, we welcome a monthly class with Chris Chapman, Certified Laughter Yoga Leader.

Here is a wonderful website that explains what Laughter Yoga is as well as it's history of how the practice began." www.laughteryoga.org

**Oneness Meditation with Anne Dean
at OceanView and at Cumberland Crossing**

Tuesdays at 11:00a in the Screening Room (SR)
Thursdays at 4:00p, 1 Firefly Ln or Northwind Farm
Anne Dean, anneldean@gmail.com

"The form of meditation I teach is a guided meditation and has an active component to it helping the meditator stay focused and present, instead of drifting off to wherever your mind is apt to lead you. There are 5 steps in the meditation and each step has been scientifically proven to shift the body and mind into a more calm and relaxed state. The meditation is 20 minutes long.

If you've been told meditation would be good for you and just never tried, or have tried and not succeeded, then this meditation might be the one that launches a positive meditation experience for you. We welcome both experienced and non-experienced meditators. Come join us as we connect to a higher consciousness, calm our mind, relax our muscles, reduce our stress and lower our blood pressure, leaving us with a sense of overall well-being and deep inner peace."

Zoomed Classes

On the Lifestyle 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

Van—MSMT Fall Satellite Series

Buddy Holly - Rave On!

Sat., 10/4, 6:15p

Donald M. Gay Performing Arts Center (ELHS) in Auburn, Maine.

Single tickets \$110-35 each 4 van seats remaining
Embark on a captivating musical journey through the timeless songs of Buddy Holly, Ritchie Valens, and The Big Bopper in this heartfelt tribute to the legendary artists. *Last of series.*



Vans—PSO Sunday Classical

Tchaikovsky & Brahms

Sun., 10/5 1:30p Merrill Auditorium

Tickets \$15-97 4 van seats remaining

Eckart Preu, Music Director

Randall Goosby, Violin

TCHAIKOVSKY: Violin Concerto in D Major

BRAHMS: Symphony no. 1 in C minor

Vans—PSO Tuesday Classical

Tchaikovsky & Brahms

Tues., 10/7, 6:00p Merrill Auditorium

Tickets \$15-113 6 van seats remaining

Please see description above

Van—Portland Stage Company

Eleanor

Thurs., 10/9, 1:00p 25a Forest Ave Portland

Tickets \$57-53 3 van seats remaining

A tour-de-force solo show brings the dynamic First Lady, Eleanor Roosevelt, to life. *Eleanor* is a peek into the life of one of the most influential women in American History. *Eleanor* spins a tale of politicians, society, and the small moments between historical giants. Taking us from childhood through the presidency, and from affairs of the heart to affairs of state. This stunning portrait of the first lady we think we know explores quiet, private memories that made Eleanor who she was, an advocate for the underdogs, a paragon of fairness, and, above all, the heart of the country. Playwright Mark St. Germain

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

Porttix!

**Don't overpay at
a 3rd party site**

PORTTIX

Porttix is open Mon-Fri 11:00a-3:00p and
90 minutes before shows. 207-842-0800,
bookmark <https://www.porttix.com/>

Tickets for PSO, Portland Ovation, Opera Maine, the Kotzschmar Organ, and even some area companies such as Portland Ballet at Westbrook Performing Arts Center and Portland Conservatory of Music, use Porttix as their trusted ticket partner.

(Continued on page 8)

Vans—Good Theater
It Shoulda Been You

Sat., 10/18, 1:00p Stevens Square Theater, Portland
Tickets \$45 5 van seats remaining
The charming, funny and original new musical, *It Shoulda Been You* invites you to a wedding day that you'll never forget, where anything that can go wrong does, and hope pops up in mysterious places.
Book and Lyrics by Brian Hargrove
Music and Concept by Barbara Anselmi

Van—PSO Pops ***Spooky Symphony***

Sun., 10/19 1:30p Merrill Auditorium
Tickets \$15-97 4 van seats remaining
Morihiko Nakahara, guest conductor
Some music is hauntingly beautiful, and some is just haunting...
From the eerie and unsettling to the downright bone chilling, experience a concert of spooky, ghostly, and thrilling tunes that will send shivers down your spine. Get ready to be bewitched by guest conductor Morihiko Nakahara and your PSO in this celebration of the spookiest time of year.

Van—Portland Ovation

We Are Water: A Northeast Celebration
Mon., 10/20, 6:00p Merrill Auditorium
Tickets: Sold Out 8 van seats remaining
Yo-Yo Ma and friends Jeremy Dutcher, Mali Obomsawin, and Chris Newell present an evening of songs and stories to ask how the waters of the North — from *Kwenitekw* (the Connecticut River) to *Supeq* (the ocean) and *Punkik* (the Arctic North) — connect us to each other and to our past, present, and future. This special event, rooted in wisdom and inspired by a dream for the future, invites us to come together as a community and find hope for a changing planet.

Van*—Kotzschmar Organ Concert

***The Cat and the Canary* silent film event**
Sat., 10/25, 6:00p Merrill Auditorium
Tickets: \$33 GA *tentative, need 6 to send a van
Get into the Halloween spirit with a spellbinding screening of *The Cat and the Canary* (1927), brought to life by Portland's Municipal Organist, James Kennerley, performing a fully improvised score on the mighty Kotzschmar Organ. This silent comedy-horror classic, known for its eerie charm and shadowy style, follows a group of heirs trapped in a haunted mansion as secrets—and a lunatic—emerge. Kennerley's live accompaniment, inspired by composers like Louis Vierne, heightens every suspenseful turn and playful fright in real time, showcasing the timeless power of

both film and music. A perfect blend of vintage cinema, live artistry, and Halloween chills, this annual Halloween tradition will leave you thrilled, impressed, and maybe just a little spooked.

Vans—PSO Tuesday Classical

Mozart's Jupiter Symphony

Tues., 10/28, 6:00p Merrill Auditorium
Tickets \$18-129 3 van seats remaining
David Amado, guest conductor

PROGRAM:

MISSY MAZZOLI: *Sinfonia* (for Orbiting Spheres)
DEBUSSY (ARR. ANDRÉ CAPLET): *Clair de lune*
BARBER: *Medea's Meditation and Dance of Vengeance*

MOZART: Symphony No. 41 "Jupiter"

UPCOMING THEATER & TICKETED EVENTS

Van—Portland Ovation

TINA—The Tina Turner Musical

Thurs., 11/6, 6:00p Merrill Auditorium
Tickets: \$59-145 8 van seats remaining
An uplifting comeback story like no other, *TINA—The Tina Turner Musical* is the inspiring journey of a woman who broke barriers and became the Queen of Rock 'n' Roll. Set to the pulse-pounding soundtrack of Turner's most beloved hits, this electrifying sensation will send you soaring to the rafters. One of the world's best-selling artists of all time, Tina Turner won 12 Grammy Awards and her live shows were seen by millions, with more concert tickets sold than any other solo performer in music history. Featuring her much loved songs, *TINA—The Tina Turner Musical* is written by Pulitzer Prize-winning playwright Katori Hall.

Holiday Programming—please let Activities know if you would like a seat on the van for these events. Tickets are on sale now for the following events:

Vans—Christmas at the Cathedral - ChoralArt

Sun., 12/7, 1:00p
Cathedral of the Immaculate Conception, Portland
Tickets: \$37-47 in advance
Join the Choral Art Singers, Portland Brass Quintet, organist Bridgette Wargovitch and keyboardist Kellie Moody as we usher in the holiday season with our 34th edition of Christmas at the Cathedral. Sublime a cappella motets, vibrant brass melodies, and familiar songs of the season — all will make for a deeply moving introduction to your holiday celebrations. Seating is first-come first-served in the sections so we will leave early for best selection. To order tickets: <https://www.choralart.org/Events/christmas2025/>

(Continued on page 9)



Vans—PSO Magic of Christmas

Sat., 12/13, 1:00p Merrill Auditorium

Tickets \$92-15 Call Porttix to order

Eckart Preu, Music Director

Magic of Christmas Chorus

PSO Children's Chorus

This beloved Maine holiday classic brings a delightful combination of nostalgic traditions and unexpected surprises. Experience perennial favorites like the "Hallelujah Chorus" from Handel's Messiah and "Sleigh Ride" (performed in a distinctly unique PSO fashion—and yes, pun intended for those in the know), new traditions like The Maine Christmas Song and specially selected brand-new selections heard for the first time each year.

Van—Christmas with Kennerley

Tues., 12/23, 6:00p Merrill Auditorium

Tickets \$58-28

Get into the holiday spirit with Christmas with Kennerley, a heartwarming event perfect for the entire family. Join renowned organist James Kennerley, the delightful Kotzschmar Brass & Percussion, guest artists and soloists, and local choirs as they bring the beloved "Home for the Holidays" experience to Maine. Immerse yourself in the enchanting melodies of cherished Christmas carols, feel the warmth of the season, and prepare for a truly sensational performance that will leave you in festive spirit. Do not miss this unforgettable evening of holiday joy, promising to be an absolute delight!

ONGOING/REPEAT ACTIVITIES

OV Community Council

Mon. 10/13, 3:00p BBC

Please email President Nancy Wanderer at wanders8899@gmail.com or call 207-837-4738 with your comments and concerns, and especially if you want to get on a future meeting agenda.

Tuesday with Nancy Tues., 10/7, 1:00p *BBC

OV Chorus

Chorus meets twice weekly on Mondays and Thursdays, 11:00a- 12:30p in BBC, working on their December concert. Questions? Please reach out to Bill Gatchell, Chorus Manager 781-5131.

Bible Fellowship

Tuesdays, 10:00a HTL (10/14 in ML1c)

This is a non-denominational study group led by a rotation of area pastors. Following the New Revised Common Lectionary, we first read and discuss the scriptures that will be used in the upcoming Sunday

church services.

We explore and refresh participants Bible knowledge that apply to the wide variety of faith backgrounds, beliefs, and experiences of those attending. Discussion is welcomed and encouraged, though not required. 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. The monthly lectionary is available on the OV Portal.

(Continued on page 10)



On-Campus 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.

COTTAGE RESIDENTS: During construction, as parking is affected, we are asking that you use this van (or walk) to Activities instead of bringing your car to the Lodges Complex.

OV: If you haven't signed up for the van, please call 30 minutes in advance to be picked up: 955-0675.

When you sign up: please do so in the special column or slip marked "ON-CAMPUS VAN"

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

OCTOBER ON-CAMPUS VAN pick-up time:

- ♦ Thursdays 9:30a Men's Discussion HTL
- ♦ Thu/Fri *see list pg. 17* Movies SR
- 10/1 3:30p Wine & Cheese Birthday—BBC
- 10/6, 12:00p Kindergartener's Visit—HTL
- 10/8 10:30a Women's Discussion Group—HTL
- 10/13, 2:30p Community Council—BBC
- 10/14, 2:30p Medicare 101—BBC
- 10/15, 10:30a Women's Book Group—HTL
- 10/15, 2:30p Save Democracy w/Sam Zager—HTL
- 10/16, 3:00p Art Reception—BBC
- 10/17, 1:30p Fitness Presentation—BBC
- 10/17, 1:45p Concert: Sue Schmitt—HTL
- 10/21, 10:30a Fraud Talk—BBC
- 10/27, 1:30p Jim Bunting Vietnam Lecture—HTL

FALL MEANS HATS... AND MITTENS... AND SCARVES...

Cooler weather will soon be here and so we begin collecting handmade or new bought warm hats, mittens and scarves for the Falmouth Food Pantry. Falmouth Food Pantry hats/scarves pick up will be on Mon., October 27th in the library around 1:30pm, in conjunction with the Handcrafters Group meeting. Residents can come by on the 27th or just leave items in the box near Activities. Questions? Please call Donna Knoblock



(Continued from page 9)

Art for Fun/Dabbler's Group

Tuesdays at 10:00a—ML2

Art for Fun is our resident dabbler's gathering. No pressure, come and visit while exploring painting or pastels, or in other mediums if they are portable. Please bring your own art supplies.

Men's Discussion Group

Thursdays at 10:00a 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!

Women's Discussion Group

Wed., 10/8, 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.

Handcrafters Group

Second & Fourth Mondays (10/14, 10/28)
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 Donna Knoblock (797-2909).

PLEASE SIGN UP
FOR ACTIVITIES
& WEAR YOUR
NAMETAG!

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 CR

In the Card Room of the Library.

If you would like to know more or join in, please contact John Bischof at 781-2391.

Bridge

Mondays at 6:30p CR

Thursdays at 6:30p CR

Saturdays at 1:00p CR

Mahjong Poker

Wednesdays at 1:00p CR

Thursdays at 1:00p CR

German Conversation Group

Meets 2nd & 4th Wednesdays (10/8, 10/22)

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!

Van—Grocery Shopping

Thursdays 10/2, 9, 16, 23, 30

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—Walmart

The change to the departure time has been made to accommodate when the pharmacy is closed, so residents can easily pick up their Rx. (*you can also ask to go to the Falmouth Memorial Library instead, please note it when you sign up*)
Tuesdays, 1:00p: 10/7, 10/21

Van—Trader Joe's —OR— Whole Foods

Tues., 10/28, 1:30p

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

(Continued on page 11)

(Continued from page 10)

when shoppers are finished, they will pick up at Whole Foods on the way home. *There are seats to wait at Whole Foods.*

AARP Fraud Alert Show w/ Phil & Pam

Thurs., 10/9, 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>

Resident Photo Wall Photos with Activities

If you have not had a picture taken for our resident gallery wall, please call/email Activities. Retakes are also available at any time by calling to schedule. Call 207-781-4460 & ask for Activities.

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.

Wine & Cheese Party—October Birthdays

Wed., 10/1, 4:00p, BBC

Join us for our monthly wine and cheese party and help celebrate those with October birthdays! All residents are invited to attend this monthly gathering—*please sign up*. **If you are a cottage resident, sign up in the righthand column and let us know if you need a ride or are walking to the event.**

Downbeat; S'forzando Sfz! Concert Series

"Une Soirée Musicale" with Joëlle Morris

Fri., 10/3, 2:30p, Lunt Auditorium

Songs of the Legendary Édith Piaf Brought To Life - Originally from Evian, France, Mezzo-soprano Joëlle Morris is a highly versatile performer with a sure footing in both the classical and popular music worlds, having sung at concerts throughout Europe and the United States. You will love her warm mezzo voice and instantly appreciate her ability to sparkle on stage; she is admired for her versatility, from the concert stage to the operatic arena, in intimate jazz settings and French cabaret or simply sharing her gifts as Choral conductor, voice teacher, educator, and coach. Joëlle is a lecturer and head of the choral studies at Bates College and also on the voice faculty at Colby College (marking a rare "Triple" re Maine's

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:**

Saturday, October 11th

Total Run Time: 2 hours,
55 minutes

Experience the passion,
drama, and elegance of
Jules Massenet's *Manon* in
a breathtaking production

from Barcelona's famed Gran Teatre del Liceu.

International opera stars Natalie Dessay and Rolando Villazón shine as the ill-fated lovers in this sumptuous staging, bringing to life one of opera's most captivating stories of love, desire, and downfall. With Dessay's dazzling vocal artistry and Villazón's ardent intensity, this acclaimed performance is a feast for the eyes and ears—a perfect introduction for newcomers and a treat for opera lovers alike.

Subtitles: English; Language: French

Seating is limited—

Residents & PWLs: sign up with the Front Desk.

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

Lunt Auditorium, 74 Lunt Rd., Falmouth

OceanView will provide light snacks and beverages, and there will be an intermission at each opera. Opera Maine is selling tickets to its patrons who will also attend these films.

Coming Up: Jan. 17—Werther; Feb. 7—Mikado;
Apr 18—Hamlet; May 16—Capuleti e Montecchi

threesome of Top Colleges, she has also performed at Bowdoin). She holds a Masters of Music in Vocal Performance from the Lamont Conservatory in Denver Colorado and a Bachelor degree in Vocal Performance from the University of Colorado in Boulder. At Lunt, Joëlle will deliver a powerful performance that honors

(Continued on page 12)

Édith Piaf's legacy while adding her unique touch. Whether you're a lifelong fan or new to Piaf's music, this is a concert you won't want to miss! This event is resident sponsored by the "Downbeat; S'forzando Sfz! Music Series" group; resident music lovers who support classical music performances. While the group is assisted by OceanView Activities with scheduling of room use and on-campus Transportation [please make reservations with Transportation well in advance if you need a ride, and expect the program to extend to 75 minutes or so], the members of the Sfz! 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 these concerts, contact Sue or Hank Schmitt. [Sue: ragtimersue@gmail.com; Hank: kingpenguinpops@gmail.com; both 619-7334.]

Kindergarteners Visit

Mon., 10/6, 12:30-1:15p HTL

Join in as students from Falmouth Elementary School visit us for some educational adventures—this year we are getting Kindergarteners! Three classes of students will rotate opportunity to visit throughout the school year. Reading together, playing games, just a great opportunity to spend some time with some young people—*please sign up.*

Readers Theater Group

Mon., 10/6, 3:00p HTL

What is reader's theater?

Readers Theater is a style of theater in which the actors present dramatic readings of narrative material without costumes, props, scenery, or special lighting. Actors use only their scripts and vocal expression to help an audience understand the story. This "performance of the voice" does not require memorization. At this time, the group will be gathering monthly to read plays and other materials out loud together for themselves, with no planned performances.

Voting Is Not a Spectator Sport!

Help make democracy work by ensuring you can vote in the Nov. 4, 2025, General Election!

Would You Like to Automatically Receive an Absentee Ballot for Each Maine Election?

Apply for Ongoing Absentee Ballot Status!

- Who: Maine state election law provides that a voter who will be at least 65 years of age by the next election (Nov. 4, 2025) or who self-identifies as



LOCATION CODES:

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

having a disability may apply for ongoing absentee voter status.

- What: A Maine voter who applies and qualifies will automatically receive an absentee ballot for statewide, municipal, and any other election for which the voter is eligible to vote. That voter will no longer need to submit an absentee ballot request for each election. An absentee ballot will automatically be mailed to the voter.
- How: Neighbor-to-Neighbor volunteers will be available in HTL with applications for OceanView registered voters to complete if they are interested in automatically receiving an absentee ballot before each election.
- Note: If they would prefer, voters may complete a one-time absentee ballot request for the Nov. 4 election. These will also be available.

Van—Sweetser's Apple Barrel [CC trip]

Wed., 10/8 9:30a depart from the Community Garden. The Apple Barrel is a roadside farm stand located in Cumberland Center. They offer over 60 varieties of apples, from modern favorites to classic New England varieties, and hard-to-find heirlooms. In addition to apples and cider, the market offers a selection of local agricultural products such as honey, maple syrup, seasonal fruits, vegetables, and pumpkins in the fall. Apple Cider and Cider Donuts are available September through November. No Pick-Your-Own available—bring \$\$ for your purchases.

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

Women's Discussion Group

Wed., 9/10, 11:00a, HTL

This month we'll follow-up the September speakers from Equality Maine with an open discussion on what we learned, what questions we still have, and perhaps our personal experiences with LGBTQIA+ friends, family, colleagues. We will provide a quick summary of the September talk so don't worry if you missed it.

Van—Maine Military Museum & Learning Center

Wed., 10/8, 1:00p

No ticket cost to enter; donations accepted at the museum.

They have several Vietnam era displays about the museum, perhaps of particular interest to those who have been in attendance of Jim Buntings lectures on Vietnam.

"The museum's mission is to teach today's and future generations the meaning of "SERVICE ABOVE SELF."

Through authentic artifacts displayed in various formats throughout the museum, viewers can witness the experiences and sacrifices of past members of our Armed Forces.

Museum exhibits cover every aspect of military service from the Revolutionary War to Afghanistan and Iraq. The primary focus is American Prisoners of War (POWs) from our Civil War up to the Vietnam Conflict.

It is not glorifying war but is a tribute to those who have served in the military, during peacetime, and in war. It is also a place to honor those who have paid the ultimate price while serving the state of Maine and our nation over the years."

PLEASE SIGN UP
FOR ACTIVITIES
& WEAR YOUR
NAMETAG!

Artists' Dialogue Group

Tues., 10/14 at 2:00p, ML2 (the activity room across from the library)

Questions or additions to agenda?

Call Arlyss Becker at 207 266 9423

Van—Colby College Museum of Art

Tues., 10/28, 9:00a

Art Dialogue Group will travel to up to Waterville for some art at Colby College, then go downtown for lunch at a restaurant TBD.

Medicare 101—Know The Changes for 2026

Tues., 10/14, 3:00p BBC

With OV resident Medicare expert Nancy Gordon.

This year's program is for residents, builders and PWLs only. Please sign up at Activities.

Open enrollment for Medicare happens every year from October 15-December 7. During this time, everyone is encouraged to review their plan for

the following year and make any changes if needed. Medicare Advantage plans and prescription plans with original Medicare can make changes to the plans every year. Some examples of changes can include price, what medications are covered, who is in the network, and any extra benefits offered. Bring your questions!

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!

Our next meeting, on October 15, will be your last chance to make a suggestion for a book, fiction or non-fiction, to go on the ballot for next year's book schedule! Think of what books you have read recently that you would love to have the group discuss, or a book that you want to be sure to read next year, and add it to the list! Ballots will be given out at the November 19 meeting and will also be available in the nook. Ballots must be returned by November 25 (two days before Thanksgiving holiday), delivered to BBC 5304 or to the Activities office. The new 2026 calendar will be presented at our December 17

meeting. Thank you all for your great suggestions! Questions? Marta Bent at 781-2912.

October's Book

Wed., 10/15, 11:00a—HTL

The Wager by David Grann, led by Dace Weiss

November's Book

Wed., 11/19, 11:00a—HTL

How to Read a Book by Monica Wood, led by Judith Moll

"It is hard for me to describe how much I love this book. Monica Wood has written something bittersweet, full of love and forgiveness and harsh realities (and parrots!). She tells a story that reminds us that we are all stories and that we are all human. We make mistakes but they don't have to define us... and there is always hope in the future. If you loved Remarkably Bright Creatures, you will love How to Read a Book." - Katherine Osborne, Letterpress Books

Cumberland Crossing Community Book Group

Wed., 10/15, 11:00a, Northwind Farm

Christina Baker Kline will be joining our discussion via Zoom.

The Exiles by Christina Baker Kline, Trisha and Betsey will lead the discussion. The Exiles follows the lives of three women from very different backgrounds who find themselves suffering a similar fate.

Save Democracy Special Event

REPRESENTATIVE SAMUEL L. ZAGER, M.D.

Member of the Maine House of Representatives,
District 116, Portland

Wed., 10/15, 3:30p Hilltop Community Room

Sponsored by Save Democracy and open to the entire
OceanView community

Rep. Zager represents District 116 to the Maine
Legislature, a part of Portland from Woodford's
Corner to the Jetport. He was first elected in
November, 2020, and is serving his third term. A
member of the Health and Human Services
Committee, Rep. Zager is also a Family Medicine
physician at Martin's Point Health Care.

Also joining us as a Special Guest—Representative Ed
Crockett, who represents District 112, part of
Falmouth (including Ocean View) and part of Portland
in the Maine Legislature. Rep. Crockett serves on
three committees: Elections, Taxation, and Education
and Current Affairs. This is his fourth term. He and
Rep. Zager are seatmates in the Legislature.

Rep. Zager is a graduate of the U.S. Naval
Academy and earned a M.Phil from Oxford
University. He served in the Navy from
induction at Annapolis in 1993 until 2004
including service as an intelligence officer, and
is a veteran of Operation Enduring Freedom.
He received his M.D. degree from Harvard
Medical School and completed his Family
Medicine residency at Maine Medical Center.
Rep. Zager is married and the father of two
daughters. OceanView resident Maggie
Philbrook, who has organized this event, has
been on Rep. Zager's campaign executive
committee since 2020.

FCP Travelogue

The Croatian Coast with Tim Lynch

Wed., 10/15, 6:30p, HTL

The Falmouth Community Programs *Travelogue*
Series offers the opportunity to explore the beauty and
customs of lands both far and near, as presented by
guest speakers. Do you have a travel adventure to
share? Contact Kim Doyon at FCP, 207-699-5302.

Art Reception & Talk

with Arlyss Becker & Mabel Gerquest

Thurs., 10/16, 4:00p BBC

Talk with artist and collector about their current
exhibits.

"Nutrition That Works" Fitness Presentation

Fri., 10/17, 1:15p BBC

More info page 6.

Concert—

Ragtime and More... Again! with Sue Schmitt

Fri., 10/17, 2:30p, HTL

Piano Concert (complemented with projections) --
Sue Schmitt has once more designed a concert of Fun
Tunes Everyone Loves, continuing the popular series
that since 2018 she has performed at HTL on the
Steinway that she "grew up practicing on". Her
program will include songs by top songwriters Scott
Joplin, Duke Ellington, Johnny Mercer, Meredith
Wilson, Sammy Kahn, Quincy Jones and Jelly Roll
Morton....., and also include 'Top20' winners by other
tune-smiths from when you (or your parents!) were
young. Visually displaying pictures of those and other
composers on the screen as Sue moves through her
program, husband Hank will display 100+ images
about the songs, including some pix related to hit-
parade stars who sang them and scenes from some of
the movies that featured those melodies. Expect some
surprises, and to have your memory cells operating in
Happy OverDrive! *Seating is limited—please sign up
at the Nook!*

Poetry Reading Group

Mon., 10/20, 1:00p, HTL

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 Don

Mon., 10/20, 3:00p Northwind Farm

Guests Speakers TBD *please sign up with Amy*

Drug Take Back Days—October 21-23

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 10/21-23 for pickup
by Falmouth Police. Official, national day is Saturday,
10/25, at Falmouth Police Department. See also:

<https://eyesopenforme.org/>

<https://www.dea.gov/takebackday>

Fraud Awareness & Prevention Presentation

Tues., 10/21, 11:00a BBC

Please join us for a Fraud Awareness & Prevention

OV and the Environment

This lecture series provides an opportunity to hear experts on a large variety of topics about the environment, and to discuss these topics.

October 20, 3 pm in HTL. **Allen Ewing-Merrill**, Executive Director, The **BTS Center**

www.thebtscenter.org, will look at **climate change and creation protection** through the eyes of religious leaders. BTS is the organizational successor to the former Bangor Theological Seminary, focused on cultivating and nurturing "spiritual leadership for a climate-changed world," with application beyond the religious community.

Before the meeting you might be interested in hearing the Canadian Evangelical Christian Environmental Scientist, Katherine Hayhoe, in her talk **Faith and the Future of Creation** <https://www.youtube.com/watch?v=i-kCGmx0b7U> at the **Fourth Lausanne Congress** <https://lausanne.org/> where she "explores the intersection of faith and environmental stewardship, highlighting the biblical call for Christians to care for God's creation. Drawing from her background as both a scientist and a Christian, she emphasizes the importance of justice, love, and compassion, particularly toward vulnerable populations impacted by climate change. Hayhoe calls for moral, faith-driven action to protect the planet, advocating for a collective responsibility to future generations and the Earth, ultimately reflecting God's glory in sustainable living."

Future meetings (third Mondays at 3 pm in HTL)

November 17. Dan Marks, Falmouth Wastewater Superintendent, will tell us about the Falmouth Wastewater facility falmouthme.org/wastewater-department, which is located right below us near Tidewater Farm. He will also discuss the problems with sludge containing PFAF chemicals that have polluted Maine farmlands, and the new threat of micro and nano plastic particles that we learned about in the film **Plastic People** on Earth Day.

We are planning a fieldtrip to the wastewater facility. More on that later.

February 17. Bonnie Yelverton will give an update on the newest to know about **plastics**—to use, recycle or avoid, based on a course with Judith Enck of Beyond Plastics

www.beyondplastics.org

Contact : bknoblock@maine.rr.com /

bonnie.yelverton@gmail.com



PLEASE SIGN UP
FOR ACTIVITIES
& WEAR YOUR
NAMETAG!

how to prevent this from happening to you. At the Falmouth Police Department, we value your financial safety, and we want to educate the public on how to not become a victim of fraud. Our presentation will allow you to take away important information on fraud prevention and be one step ahead of the scammers.

The presentation will be conducted by our very own field experts, Detective Wade Beattie and Community Resource Liaison Haylen Meader. We hope that you can join us, and we look forward to meeting you!

Cumberland Crossing Resident Speaker Series *A Citizen's Legislation with Jane Eberle*

Wed., 10/22, 3:30p – Northwind Farm

Inside the Maine Legislature. Jane Eberle served in the Maine House of Representatives from 2004 - 2012, representing district 123 South Portland and Cape Elizabeth. Jane will talk about what it's like serving in the 'citizens' legislature', and share stories about the diverse constituency that makes Maine wonderful. *All are welcome but space is limited—please sign up with Amy.*

OV Writers Group

Thurs., 10/23, *1:30-3:00p HTL

Welcoming OV writers and would-be writers who are willing to share ongoing efforts in finding the right words for writing reminiscences, stories, poetry, or essays. Part of our meeting is actively writing to a prompt, and the other part is sharing our writings with the group without criticism. As we have time to reflect on past experiences and adventures, writing can be a most satisfying activity.

Save Democracy Group

Thurs., 10/23, 4:00p HTL

SAVE DEMOCRACY is a group of women who assemble every month to discuss and implement plans for supporting local, state and National pro-democracy efforts.

Please Join Us to Hear

JENNA MAYOTTE

Library Director, Falmouth Memorial Library

Thurs. 10/23, 4:00p, HTL

Save Democracy Special Event

Open to the entire OceanView Community

Jenna will be talking about **"How Trump's executive orders have affected the library in Falmouth as well as others in the State."** She will also give an update on programs offered to members of the community as well as other updates of interest to the OceanView community.

Jenna Mayotte joined the Falmouth Memorial Library as

(Continued from page 14)

Presentation hosted by the Falmouth Police Department!

The presentation will focus on tips and tricks on how to identify potential scams, what to do if you encounter fraud, the most recent fraud schemes, and

(Continued on page 16)

Director in June 2020, after serving for four years as the associate director at Portland Public Library. She moved to Maine in 2016, after working as the Business Resource Center Coordinator at Simsbury Public Library in CT, and before that as the Business Subject Specialist Librarian at Syracuse University Library in NY. Prior to obtaining her Masters in Library & Information Science, she worked in the financial services industry in Chicago and San Francisco, and for a renewable energy nonprofit in Washington DC. Jenna is passionate about information access and community engagement and lives by the motto – “free people read freely”. (Quoted from a speech by former American Library Association (ALA) Executive Director Tracie D. Hall.)

Downbeat; S'forzando Sfz! Concert Series Ocean Breezes Classical Guitar Concert

Fri., 10/24, 1:15p, Lunt Auditorium

Embark on a vibrant musical journey that transcends borders, blending classical mastery with global rhythms. From the intricate works of Paganini to the modern Turkish textures of Celil Refik Kaya's *L'Histoire du Tangos* (arr. by Astor Piazzola), this special program brings together composers from Argentina, Cuba, Turkey, and Italy, each contributing a distinct voice shaped by place and history. During both classical-guitar and string-ensemble compositions, join violinist Robert Lehmann, cellist Dr. Rebecca Hartka, and classical guitarist Benjamin Scheck (engaged by USM/Osher's String-Faculty-Head Dr. Lehmann, while on tour in the U.S. from his home in Switzerland) for an unforgettable exploration of sound, spirit, and connection. Mr. Scheck studied at the conservatories of Zurich, Bern and Lucerne, as well as at the Ecole Normale Supérieure de Musique in Paris. At home he performs both as a soloist and in various chamber music formations, and is particularly interested in folk music, such as Brazilian *chorinho* music, where he also plays bandolim, the Brazilian variant of the mandolin. Also accompanying will be the PSO's Lucas Goodman, on viola.

This event is resident sponsored by the "Downbeat; S'forzando Sfz! Music Series" group; resident music lovers who support classical music performances... for more, please see page 12.

Marston-Kotzschmar Club Concert

Sun., 10/26, 2:00p HTL

“M-K 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 Hilltop Community Room a couple of times a year. This concert includes performances from OV residents, including Evelyn Burckle on piano. There will also be other members of the group playing,

featuring a varied classical program. *Please sign up - seating is limited.*

Jim Bunting Lecture the second of two programs Vietnam, the Fall of Saigon

Mon., 10/27, 2:00p HTL

2025 marks the 50th anniversary of the end of the Vietnam War. OceanView resident Jim Bunting will make a two-part presentation examining the history of this still controversial conflict and America's role in it. The second session on the history of the Vietnam War will pick up in late 1963 and end with the defeat of the South Vietnamese army and the last helicopters leaving the American embassy rooftop on April 30, 1975. Topics to cover include the Gulf of Tonkin resolution, the entry of American ground combat troops in 1965, the Tet Offensive, the Paris Peace Conference, and the 1973 peace treaty and release of American POWs.

On November 11th, we'll welcome Ralph White, author of *Getting Out of Saigon: How a 27-Year-Old Banker Saved 113 Vietnamese Civilians*, for a book talk and signing. Please reach out to Marcia if you'd like to get a book in advance from Letterpress Books of Portland, who will be here on the day of the event, as well.

PLEASE SIGN UP
FOR ACTIVITIES
& WEAR YOUR
NAMETAG!

Wine Tasting Group

Mon., 10/27, 4:00p BBC

In October we will taste three white wines—Albarino or Alvarhino. One bottle each from Spain, Portugal and hopefully the US West coast, all made from the same grape varietal, just different locations.

We will purchase enough wine for the residents who have signed up by Monday 10/20—please to cancel by 10/23 if you cannot attend. Be sure to bring \$5 per person to help cover the expenses as a *Resident Supported* event.

Men's Breakfast

Tues., 10/28, 8:30a DR

Breakfast Buffet and Men's Fellowship. OV Chefs will be cooking up fresh omelets, crispy bacon, delicious pancakes or French Toast with Maine maple syrup, and more. *Please sign up by Friday 10/24 for this tasty activity.*

Food Forum with Dining Services

Wed., 10/22, 11:00a BBC

Discussion with Director of Dining regarding cuisine and service for those who partake in any aspect of Dining Services. Also, **Demystify Your Dining Plan**—come with your questions and learn how to get the most out of your meal plan.

Van—Sweetser's Apple Barrel Farm Stand

Wed., 10/29 2:00p [OV trip]

The Apple Barrel is a roadside farm stand located in Cumberland Center. They offer over 60 varieties of apples, from modern favorites to classic New England varieties, and hard-to-find heirlooms. In addition to apples and cider, the market offers a selection of local agricultural products such as honey, maple syrup, seasonal fruits, vegetables, and pumpkins in the fall. Apple Cider and Cider Donuts are available September through November. No Pick-Your-Own available—bring \$\$ for your purchases.

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

Downbeat; S'forzando Sfz! Concert Series

The Dirigo Trombones

Fri., 10/31, 6:30p, Lunt Auditorium

"If it's Hallo'ween..., There's Just Gotta'be BONES!", For decades a popular Maine Music Fixture, PSO trombonist Mark Manduca returns for a "Sfz!" concert, this time to em'cee and direct a LOT of Friends, an ensemble of accomplished trombonists (some of your grand-kids maybe took lessons from one of them). The repertoire will run from Renaissance to jazz and contemporary works; a lot of variety and showcasing the great tonal possibilities of the t'bone. Mark also plays with the Portland Brass Quintet and the Portland Jazz Orchestra, and he freelances with numerous jazz and classical groups. He has played with artists including Barry Manilow, Anne Murray, Johnny Mathis, and The Guy Lombardo Band.

This event is resident sponsored by the "Downbeat; S'forzando Sfz! Music Series" group; resident music lovers who support classical music performances... for more, please see page 12.



UPCOMING—NOVEMBER

Anniversary Party—Friday November 7th

Book Talk & Signing with Ralph White, author of *Getting Out of Saigon*—Tuesday, November 11th

Award-Winning Documentary *The Other*

Wednesday, 11/19, 5:30-8:00p at Lunt Auditorium

Join the Camden Conference and Maine Jewish Film Festival for a powerful documentary exploring Israeli and Palestinian peace-builders working toward reconciliation amid conflict. Filmed from 2017-2024, including post-October 7th perspectives, *The Other* follows activists, artists, former fighters, and bereaved

parents who demonstrate that transformation is possible even in the face of generational trauma. The evening begins at 5:30 PM with a reception featuring refreshments, followed by the film screening at 6:00 PM and a post-film discussion. This free public event is part of our annual programming leading up to the 2026 Camden Conference, "Today's Middle East: Power, Politics and Players."

Space is limited. Register at <http://bit.ly/46oz6dD> to reserve your seat.

Gardens Aglow is on for 2025—further info in November.

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 Blu-ray player, or locating streaming services? In just a few short steps we can teach you how to run the movies in the Screening Room—key to having our night and weekend films up and running. Please talk to Katie or Amy in Activities if you would like to learn how.

At Cumberland Crossing—Documentary Short

Wed., 10/15, 10:00a Northwind Farm

The Quilters

2024 TV-14 33m

In this short documentary, inmates at a maximum-security prison in Missouri sew custom quilts for children in the adoption waiting list.

THE QUILTERS follows the daily lives of several men, spending most of its screen time inside the sewing room at South Central Correctional Center, a Level 5 maximum security prison in a small town two hours south of St. Louis. As we follow several quilts from design to completion, audiences will come to know these men, witnessing their struggles, triumphs, and sense of pride as they create something beautiful in this windowless, sacred space, deep within the prison walls.

Friday Series—Lost Treasures of Rome *National Geographic*

Archaeologists unearth lost Roman treasures in this immersive new series. Season 2

Fri., 10/3, 2:30p

1. Gladiators of the Lost Colosseum(45m)

2. Pompeii's Forgotten Victims (45m)
Fri., 10/10, 2:30p
3. Nero's Lost Megastructures (45m)
4. Lost Ships of Rom (45m)
Fri., 10/24, 2:30p
5. Rome's Desert Cities (45m)
6. Battles on Rome's Frontier (45m)

Opera, Dance & Theater on Film

Tues., 10/14 – 6:30p *Carousel*
1956 NR 135 min. Opera/Dance/Theater on Film
Based on the lauded Rodgers and Hammerstein stage musical, this film follows the romance of Billy Bigelow, a charming carousel barker, and Julie Jordan, a pretty worker from a nearby mill. When the attractive young couple gets married, they also both find themselves unemployed, which puts a strain on their relationship. When Billy finds out that Julie is pregnant, he resorts to extreme measures to get money, a decision that leads to tragedy. Filmed in Boothbay Harbor, Maine, score includes "If I Loved You", "You'll Never Walk Alone", and "A Real Nice Clambake". **Cast:** Shirley Jones, Gordon MacRae, Cameron Mitchell, Barbara Ruick, Robert Rounseville, Claramae Turner

Quick Reference List

Wed., 10/1 – 6:30p *Stand By Me* 1986
Drama
Thurs., 10/2 – 2:30p *A Birder's Guide to Everything*
2013 Comedy
Sat., 10/4 – 6:30p *Sneakers* 1992 Thriller
Sun., 10/5 – 6:30p Resident Movie TBA
Wed., 10/8 – 6:30p *Kingdom of Heaven*
2005 Drama
Thurs., 10/9 – 2:30p *Becoming Led Zeppelin*
2025 Doc
Sat., 10/11 – 6:30p *Good Morning Vietnam*
1987 Comedy
Sun., 10/12 – 6:30p Resident Movie TBA
Tues., 10/14 – 6:30p *Carousel* 1956 Musical
Thurs., 10/16 – 2:30p *Beyond the Steps* 2007 Doc.
Sat., 10/18 – **6:45p** *Parenthood* 1989 Comedy
Sun., 10/19 – 6:30p Resident Movie TBA
Wed., 10/22 – 6:30p *Our Souls at Night*
2017 Drama
Thurs., 10/23 – 2:30p *Paddington in Peru* 2024 Fam
Sat., 10/25 – 6:30p *The English Patient*
1996 Drama
Sun., 10/26 – 6:30p Resident Movie TBA
Wed., 10/29 – 6:30p *The Ghosts of Buxley Hall*
1980 Family Comedy
Thurs., 10/30 – 2:30p *Military Wives*
2019 Music/British

Wed., 10/1 – 6:30p *Stand by Me*
1986 R 88 min. Drama
"You guys wanna go see a dead body?" So begins a life-changing adventure for four boys in this nostalgic coming-of-age drama directed by Rob Reiner. **Cast:** Wil Wheaton, River Phoenix, Corey Feldman, Jerry O'Connell, Kiefer Sutherland, John Cusack, Casey Siemaszko, Gary Riley, Richard Dreyfuss

Thurs., 10/2 – 2:30p *A Birder's Guide to Everything*
2013 PG-13 86 min Family
David Portnoy, a fifteen-year-old birding fanatic, thinks that he's made the discovery of a lifetime. So, on the eve of his father's remarriage, he escapes on an epic road trip with his best friends to solidify their place in birding history. **Cast:** Kodi Smit-McPhee, James Le Gros, Daniela Lavender Kingsley, Katie Chang, Alex Wolff, Zandi Holup, Michael Chen, Tobias Campbell

Sat., 10/4 – 6:30p *Sneakers*
1992 PG-13 126 min. Drama
A security pro finds his past returning to haunt him when he and his unique team are tasked with retrieving a particularly important item. **Cast:** Robert Redford, Dan Aykroyd, Ben Kingsley, Mary McDonnell, River Phoenix, Sidney Poitier, David Strathairn

Wed., 10/8 – 6:30p *Kingdom of Heaven*

2005 R 145 min. Drama
A young Frenchman travels to Jerusalem during the Crusades of the 12th century, and there he finds himself as the defender of the city and its people, from director Ridley Scott. **Cast:** Orlando Bloom, Eva Green, Jeremy Irons, David Thewlis, Brendan Gleeson, Marton Csokas, Liam Neeson, Edward Norton

Thurs., 10/9 – 2:30p *Becoming Led Zeppelin*
2025 PG-13 121 min. Music Documentary
From the visionary director of the "American Epic" series, this documentary follows the young members of Led Zeppelin as they rocket to stardom. **Cast:** John Bonham, John Paul Jones, Jimmy Page, Robert Plant

Sat., 10/11 – 6:30p *Good Morning Vietnam*
1987 R 121 min. Comedy
In 1965, an unorthodox and irreverent DJ named Adrian Cronauer begins to shake up things when he is assigned to the U.S. Armed Services radio station in Vietnam. **Cast:** Robin Williams, Forest Whitaker, Tom T. Tran, Bruno Kirby, Robert Wuhl, J.T. Walsh



Thurs., 10/16 – 2:30p *Beyond the Steps*

2006 NR 60 min. Documentary
BEYOND THE STEPS follows Alvin Ailey American Dance Theater during a pivotal time in its history as the company ventures abroad while establishing new roots at home in New York City. When the company moves into a state-of-the-art facility called "the largest in the country devoted exclusively to dance," longtime company Artistic Director Judith Jamison creates a new ballet entitled *Love Stories*. Choreographed in collaboration with hip-hop pioneer Rennie Harris and modern dance maverick Robert Battle, Jamison explains that *Love Stories* expresses "the past, present and future" of the company. Ailey dancers take center stage in this documentary as the troupe brings this new work to the White Nights Dance Festival in St. Petersburg, Russia.

Sat., 10/18 – 6:45p *Parenthood*

1989 PG-13 123 min. Family Dramedy
An extended family faces parenting challenges and personal ups and downs in this charmer that Rolling Stone hails as "heartfelt and howlingly comic."
Cast: Steve Martin, Mary Steenburgen, Dianne Wiest, Jason Robards, Rick Moranis, Tom Hulce, Martha Plimpton, Keanu Reeves, Harley Jane Kozak, Dennis Dugan, Joaquin Phoenix



Wed., 10/22 – 6:30p *Our Souls at Night*

2017 TV-14 103 min. Drama
After widowed neighbors Addie and Louis begin sleeping in bed together platonically to alleviate their loneliness, a real romance begins to blossom.
Cast: Robert Redford, Jane Fonda, Bruce Dern, Matthias Schoenaerts, Iain Armitage, Judy Greer, Phyllis Somerville

Thurs., 10/23 – 2:30p *Paddington in Peru*

2024 PG 106 min. Adventure/Family
A marmalade-loving bear embarks on an adventure to his homeland on a quest to find his Aunt Lucy - and a mysterious secret city. **Cast:** Ben Whishaw, Hugh Bonneville, Emily Mortimer, Julie Walters, Jim Broadbent, Olivia Colman, Antonio Banderas, Madeleine Harris, Samuel Joslin, Imelda Staunton, Carla Tous

Sat., 10/25 – 6:30p *The English Patient*

1996 R (sexuality, some violence, language) 162 min.
In the final days of WWII, a nurse tends to a severely burned man and unearths a tale of passion, adventure, and betrayal from his charred journal. Academy Award Winner for Best Picture. **Cast:** Ralph Fiennes, Juliette Binoche, Willem Dafoe, Kristin Dafoe, Kristen

Scott Thomas, Naveen Andrews, Colin Firth, Julian Wadham, Jurgen Prochnow, Kevin Whately

Wed., 10/29 – 6:30p *The Ghosts of Buxley Hall*

1980 PG 93 min. Family Comedy
When the century old Buxley Military Academy falls on hard times, it has to merge with a school for girls, which angers the ghosts who haunt the academy. As the boys learn to live with the girls, the ghosts declare war on everyone — but in a totally fun and non-frightening way. **Cast:** Dick O'Neill, Victor French, Louise Latham, Rad Daly, Monte Markham, Ruta Lee

Thurs., 10/30 – 2:30p *Military Wives*

2019 PG-13 112 min. Music, British, Military
In this feel-good dramedy, a group of women on a military base in England start a choir while their partners are deployed. **Cast:** Kristin Scott Thomas, Sharon Horgan, Jason Flemyng, Anya James-Kelly, Lara Rossi, Gaby French, Greg Wise, Emma Lowndes, India Amarteifio, Laura Checkley

OCTOBER 2025 BIRTHDAYS

1 Bonnie Hahn, HFP302
1 Jean Meakin, L108
3 Deb Alford, 121 LAD
6 Bill Slayton, 7 Mallard
7 Barbara Briggs, C54
7 Patty Meyer, 1 Principal
7 Jane Smith, HTL1F
8 David Willcox, C36
9 Howard Corwin, WF9
9 Fred Sheehan, 4 Mallard
10 Margery Parks, L220
10 Mary Beth Morris, B5301
14 Phil Chin, WF27
16 Nancy Stahl, C34
16 Spomenka Banovac, HTL2F
17 Ligia D'Appolito, 1 English
19 Gail Dankert, 2 Firefly
19 Julie O'Gorman, C31
21 Marilyn Mays, L240
21 Kresimir Banovac, HTL2F
22 Jane Eberle, 3 Firefly
24 Walter Yaceshyn, 3 Elementary
25 Rick Kimball, HTL2G
25 Maggie Philbrick, WF11
26 Nancy Cunningham, C22
26 Sally Dunning, 5 Principal
27 Charles Owens, 87 LAD
28 Dave Scarlett, B7402
29 Dave Hapke, L223
29 Judy Hyde, L354
31 Ellen Stacey, HTL1E
31 Mary B Whittemore, WF7

First, you must meet Woody, the golden retriever, who happily acknowledges his cottagemates, **Lise Kirk** and **David Wood** (Schoolhouse), and welcomes affection from passersby.



Lise grew up in Saco, Maine, and cultivated a love of the outdoors, music, and dance at an early age. In high school, she performed with America's Youth in Concert, travelling internationally. She then attended Walnut Hill School for the Performing Arts, focusing on dance, which led to a year with Up With People and performances throughout the Americas.

After attending Denison University, Lise launched her marketing career with radio stations in Ohio and Boston. Returning to Ohio, she became an account manager at a firm that had McDonald's as a client. Eventually, McDonald's hired her, and for ten years, she worked on nationwide marketing projects. Next, Lise developed an incentive program linked to digital banking products to help minimum-wage employees. McDonald's signed on along with other large corporations. This business morphed into consulting with payment companies.

David spent his youth in South Portland, attending local schools. His college years were at Northeastern, where he majored in business. Boston University and Harvard followed, garnering him a master's in business and advanced work in marketing/finance. Leisure time involved sports and learning to sail. This led to teaching sailing/navigation at an Outward Bound School. After graduation, David taught at the B.U. Business School and the American University of Beirut. Lebanon's civil war ended that experience.

David's business career began in sports medicine, developing data to aid orthopedic and physical therapists in preventing, treating, and rehabilitating injuries. A highlight was working with Bobby Orr. Next David worked at businesses focused on manufacturing/marketing flexible plastic and product packaging, consulting across varied industries.

David and Lise met playing beach volleyball. Their dates often involved hiking, especially in the White Mountains. After one hike and some kayaking, they were married on a camp dock. The couple built a home in remote Maine to be near the mountains they so loved, but eventually, they returned to the Falmouth area. Vinalhaven was their last stop before landing at OceanView.

(LK, DW, & FF, 9/2025)

Lise Wellehan (Blueberry Commons) was born in 1940 in northern Sweden, where her grandparents had a farm. Until age five, Lise was raised by her mother while her father ran war-time convoys from Halifax, Nova Scotia, to London, a treacherous undertaking as the Germans destroyed 15 of his 20 ships. There were food shortages, but Lise remembers spending blissful summers on an island surrounded by family and friends.



When Lise was 13, her father was promoted, and the family moved to Stockholm. In high school, Lise studied English, German, Latin, French, and Spanish. At Stockholm University she remembers having a great social life, but not much sense of direction. Her mother urged her to get a job. As a nurses' aide, she encountered a variety of medical specialties and chose to study physical therapy. A friend from physical-therapy training encouraged Lise to join her in traveling to the United States by ship.

On board she met a man—an American law student from a Swedish family. After a year in the United States, they returned to Sweden to be married in December 1964. For the next three years, they lived in New Jersey, giving birth to a daughter and a son. Lise became a childbirth educator, among the first to include fathers in her classes.

In 1967, Lise and her family moved to Maine. They settled in Falmouth, near the land that is now OceanView. Lise was recruited by the PT department at Mercy Hospital, where she supervised PT students and remained for most of the next 25 years. The family enjoyed skiing and boating. They restored an old fort on Cushing Island for a summer home. Eventually, however, the couple divorced.

Ten years later, Lise met the man who would become her second husband, a successful shoe manufacturer and historian with six daughters. They lived in a house they restored in Yarmouth. After his death last year, Lise chose OceanView, where she enjoys art, music, exercise, and cooking for friends. Above all, she is an avid correspondent, exchanging letters with friends dating back to elementary school in Sweden.

(NS, 8/2025)

John and Nancy Rapoport's (Cumberland Crossing) life together reflects a shared love of learning, teaching, volunteering, and being active outdoors. They met while pursuing graduate degrees at the University of Pennsylvania—Nancy with a bi-



ology background from the University of Rochester and John, a Dartmouth graduate, already set on becoming an economics professor. After Nancy earned her master's degree and John completed his PhD, they moved to South Hadley, Massachusetts, where John began teaching economics at Mount Holyoke College, focusing on the economics of healthcare and technological change.

Nancy joined Springfield Tech Community College as a biology instructor, specializing in microbiology for nursing and dental students, while also earning a second master's degree from UMass Amherst. Over three decades in that academic mecca, they raised two daughters, explored northern New England's hiking trails, and spent a few weeks each summer with family on the Maine coast.

In 2007, they retired to New Hampshire, immersing themselves in mountain life. They climbed many of the state's 4,000-footers and volunteered in many different ways with the Appalachian Mountain Club, most appreciating their trail maintenance work. Nancy also enjoyed giving evening naturalist talks for AMC trekkers. John continued his healthcare focus, consulting in Canada. They volunteered in forming an adaptive sports program, helping disabled people to participate in a wide range of outdoor activities in all seasons terrain.

Eventually, living on a dirt road in Dalton, New Hampshire became more challenging, prompting a move to Cumberland Crossing. Almost immediately they involved themselves in the community distributing newsletters. Now, Nancy keeps busy with knitting, a quilters group, and the Cumberland Crossing book group, and the couple participate in fitness classes together. John enjoys leading local group hikes, especially with Buddy, their spirited Cavalier King Charles Spaniel. Both Nancy and John have found many area trails to explore around Cumberland Crossing, and they hope to continue trail maintenance work.

With one daughter living just outside Boston, they find the train an easy way to get together. The other daughter and their four grandchildren live in Australia, where they take an annual family adventure down under.

BH, 08/2025

Birdy Ellsmore and Sam Johnson (Cumberland Crossing) met on a blind date in 1980.

Birdy grew up in Erie, PA, earned a B.S. in anthropology-sociology from Eastern College in Philadelphia, including a



year studying in the Philippines. She co-founded Youth Enrichment Services (YES) - a Boston non-profit that introduced inner-city youth to hiking and skiing - where she acquired great fundraising skills. Later, she pivoted to the corporate world, travelling across New England, bringing management training programs to companies like GE and Xerox, often earning President's Club sales honors.

Sam's path began in Wisconsin. He earned a B.S. in psychology and an MBA in management at the University of Wisconsin-Madison, also enjoying the freshman golf team and paying his way through college as a student athletic trainer and summer construction worker. As a management consultant, he worked for the New York Stock Exchange, three international compensation firms, and Fidelity Investments.

They love the outdoors. In the 80's and 90's, they were Charles River Wheeler members, often leading Greater Boston bike rides. Sam served as club president for two years. Vacations were active: hiking and telemark skiing on six continents, climbing 66 northern New England peaks over 4000', many western US high points, skiing the Swiss Haute Route, and five Canadian Rockies hut-to-hut ski trips.

In retirement, they traded South Natick, MA for Bartlett, NH, where their volunteer work blossomed. Birdy guided the Bartlett private preschool to become New Hampshire's first publicly funded, full-day preschool. She also co-led a women's hiking group, delivered Meals on Wheels, volunteered at the Way Station, and founded a Parkinson's support group.

Sam started as a volunteer builder with Mount Washington Valley Habitat for Humanity, later joined its board, and now chairs the Investment Committee. He also volunteered at Memorial Hospital in North Conway for 10 years. Both were named MWV Volunteer of the Year: 2013 (Birdy) and 2022 (Sam).

From 2008 to 2022, they continued exploring: Egypt, Bhutan, China, S. Korea, Vietnam, Chile, Peru, and more. Annually, they visit Sam's daughter, Jennifer, a family therapist, and her husband Tim, a director for The Simpsons in California.

BE, SJ 8/2025

A few reminders about riding the concierge van, as the busy theater season arrives.

We depart for Portland area events one hour before the curtain. PSO evening concerts and many theater offerings start at 7:00p, so the van (s) will depart the Main Lodge/Blueberry Commons at 6:00p, picking up at cottages on our way off campus. These departure times will be clearly marked on our monthly calendar.



Season Ticket Holder van lists are posted on the left side bulletin board at the Sign-Up Nook—please ask if you need clarification. We invite you to check for your name when passing by and the new lists are out.

If you are not a season ticket holder but would like to ride a van to attend an individual show, please talk with Activities staff during business hours, and *have them add your name to the van list*. They may know if tickets are still available at the venue, for example.

If you live in one of the **Lodges**, please be ready and waiting 5 minutes before the scheduled departure time in the (ML & HTL) Lobby/Parlor; or (BBC 3-5-7, HFP) at the 5 or 7 Marion Way Fire Lane, unless told otherwise. The driver will want to be able to get all lodges residents on the van by the departure time.

- Once you have boarded the van, please stay on the van. If you are worried about a friend not remembering they have an event to go to, the time to check on them is on your way to the front, not once you've gotten on the van. Use your smart phone to call or text them.

If you live in a **Cottage**, we will pick you up at your cottage.

- The exception: unless you check in with Activities to make a plan to be picked up elsewhere (e.g. "we're eating in the ML Dining Room before the show"). Otherwise, it is best for you to be at your cottage: that's where the driver is going to look for you.

Please be ready to go at the departure time - if there are multiple vans going, your van may get to you quickly. You may choose to wait outside in better weather, and the driver may beep their horn if they don't see you.

Give your name to the driver when you board the van, so they can reconcile it with their list (or I'm Jane Doe, I'm going in place of John Buck).

- If there is more than one van, your name is on only one of the lists—each driver has to pick up the residents on their list only, to avoid confusion. For multiple-van events, everyone has been

thoughtfully sorted to allow the vans to quickly make their rounds and get off campus. Don't plan to get on the van at a neighbor's house unless you *know* you are both scheduled to be on the same van. You can sit together at the theater, but you might not be on the same van, depending on where on campus you live.

If you need to cancel after hours, the Front Desk at the Main Lodge is staffed on Saturday & Sunday from 10:00a-2:00p. That is your best opportunity to get a message to a driver. Typically the Main Office has only one staff person on duty on week-ends, so if you get a voicemail, leave a message (207-781-4464 if calling when the Front Desk is not staffed, to avoid transfer to the Falmouth House nurse on duty) - they will listen to the message when they return and give you a callback if there are questions. If you are canceling a ride, you can also ask a neighbor or friend who you know is going to let the driver know your plans have changed, so the driver doesn't stop or wait for you. Email or leaving a voicemail for Activities or the Transportation Coordinator will not be received until Monday morning.

Additionally:

The vans picking up for concerts/events will be running their flashers/hazard lights while moving about campus.

Please put your seatbelt on as soon as you find your seat, for everyone's safety.

Our drivers are instructed not to call a resident if they are late or missing

—they must attend to the needs of the residents who are present and ready. The vans are scheduled appropriately to get attendees to their concerts and plays in a timely fashion, and waiting for the resident who forgot makes everyone potentially late.

At the driver's discretion, they will go without you if you are not ready.

The Activities Department does their best to get all the season ticket event dates onto the monthly calendar. Please be respectful of other residents and our drivers, and do your part to make our trips to the theater successful and happy. Thank you!

****TEAR OFF AND KEEP FOR FUTURE REFERENCE ****