



OCEANVIEWS

SPRING 2026

OceanView

AT • FALMOUTH

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Cumberland Crossing

by • OceanView

cumberlandcrossingrc.com

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Construction
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Here, Fitness Counts!



Personal Training



Hatha Yoga

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

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

Ready to focus on your health in retirement?

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



Water Aerobics



Diane Kibbin,
Director of Operations

Could OceanView at Falmouth Be a “Blue Zone?”

OceanView at Falmouth has proudly celebrated remarkable longevity among its residents.

At Falmouth House Assisted Living, plaques honor 18 centenarians who have called

OceanView home over the years. Today, that number has grown to 25 total centenarians, six of whom are currently residing in our community.

But could OceanView be considered a “Blue Zone?”

Blue Zones are regions of the world known for exceptional longevity, often defined by having at least 13 centenarians per 100,000 people. With six residents (either already a centenarian or turning 100 this year) among 375 independent living residents, OceanView’s percentage of centenarians equates to approximately 1.6% of our population, or about 1,600 centenarians per 100,000 people. Compared to the Blue Zone benchmark of 13 per 100,000 (0.013%), our community’s concentration of centenarians is extraordinary.

Longevity is influenced by genetics, environment, and, importantly, lifestyle factors. Centenarians are often studied to better understand how daily habits contribute to healthy aging. In recognized Blue Zones, residents share several key characteristics: diets that are rich in plant-based foods with low amounts of processed ingredients, regular natural movement woven into daily life, and strong social bonds.

These same elements are deeply embedded in life at OceanView. Residents stay active through walking groups, fitness classes, and engaging programs. Dining emphasizes balance and nutrition. Perhaps most significantly, OceanView fosters meaningful social connections through its life enrichment

programs, social events, shared meals, and supportive friendships. Research consistently shows that strong community ties reduce stress, enhance mental well-being, and contribute to longer, healthier lives.

Studying Blue Zones has helped shape public health initiatives worldwide by highlighting the power of lifestyle and community. OceanView exemplifies how a supportive environment, opportunities for movement, nourishing food, and a strong sense of belonging can promote vibrant aging.

While we may not be officially designated a Blue Zone, the numbers and the lives behind them suggest that something special is happening here at OceanView.

- Diane Kibbin



Resident Deena Weinstein attends the New Year's Eve Party in Blueberry Commons.



**Shireen Shahawy,
Director of Sales and
Marketing**

I am always delighted to highlight our fitness offerings and vibrant lifestyle calendar when welcoming visitors to our community. Over time, I have come to appreciate the significant role our many classes play in the overall well-being of our residents. In my view, their impact goes far beyond the physical.

Fitness at OceanView and Cumberland Crossing supports heart health in more ways than one. February was American Heart Month, and this year we focused even more intentionally on how physical activity contributes to lifelong wellness. While we take fitness seriously year-round, American Heart Month gave us a meaningful opportunity to reflect on the connection between movement, strength, and overall health.

Our active fitness and lifestyle calendars benefit our community in countless ways. I especially enjoy hosting an OceanView tour on a Tuesday or Thursday afternoon, when visitors can see our programs in action. I enjoy watching the men of OceanView and Cumberland Crossing come together

in the Hager Fitness Pavilion for their men's-only Strength & Balance class. The camaraderie in that room is just as powerful as the workout itself.

Another class that always makes me smile is our newly introduced Laughter Yoga. There is a special joy in seeing the smiling faces gathered there. As it has been explained to me, laughter engages muscles throughout the body, perhaps even some that often don't get much attention.

We also practice what we preach. We encourage our staff to take advantage of our fitness amenities, and during American Heart Month, our Fitness Team led special classes just for them. Our Safety and Wellness Committee continually seeks new ways to support the well-being of our team.

Ultimately, fitness here is about more than exercise. It fosters friendships, strengthens connections, and builds community. Residents look forward to their time together each week, and those bonds enrich daily life in meaningful ways.

In the pages ahead, please meet our newest residents. I have no doubt many of them have found their way to the perfect class (or lifestyle activity) for them. As always, we thank our volunteer biography writers for their hard work.

- Shireen Shahawy



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



OceanView staff take part in a Total Body Boxing class for American Heart Month.



NEW CONSTRUCTION AT OCEANVIEW

This spring marks one full year since new construction began at OceanView!

We are in the process of building a total of 37 homes on our campus, and, soon, we will be welcoming our newest residents to these brand-new homes!

In the new **Evergreen Commons** neighborhood, we are building 20 homes in three apartment-style buildings along with three cottages in a triplex configuration.



Evergreen Commons under construction; Building C is in the foreground, Building B in the background. (02/27/26)

Building C: These apartments are furthest along. We are anticipating May completion for this building, but exact timing is always subject to change. Workers have made significant progress on the interior.

Building B: The roof is officially done, and the doors and windows are in place. We are officially at, what we call, the "shell stage."

Building A: The construction team is making progress here, though not as dramatically obvious as when a building has siding. Our sales team is working closely with future residents in this building on their design choices.



Blueberry Commons Expansion under construction. (02/27/26)

In the **Blueberry Commons Expansion**, we are building 14 new apartments in one building attached to the three existing Blueberry Commons buildings. As of March, workers began waterproofing the tower. Our team has been reaching out to all residents in this building to start working through design choices.

Cumberland Crossing is a cottage-only community that has been under construction since 2019, and, when complete, will be home to 105 beautiful, modern, solar-powered cottages. As of this spring, we are at 82 complete cottages and counting!

Phase 2B is nearing completion and we are focused on starting more foundation placements in 2C, our final phase of construction. The team has been working closely with future residents on their plans.



Construction in Phase 2C of Cumberland Crossing. (02/27/26)

NEW CONSTRUCTION AT OCEANVIEW



New View!

We have moved our construction time-lapse camera. It is now focused on the Blueberry Commons Expansion.

Scan the QR code below to see a current view or a timelapse history of new construction.



Of these new homes at OceanView and Cumberland Crossing, **only a handful are still available for reservation.**

Schedule a tour today!



New construction in progress at the Blueberry Commons Expansion via our OxBlue live camera. (03/25/26)

An aerial view of OceanView at Falmouth before new construction began.





NEW RESIDENTS

Welcome!

*The biography writing team includes:
From OceanView: Nancy Wanderer, Susan Sanders,
Meg Flack, Fritz Farquhar, Nancy Struve,
Cathy McDowell, Nell Colburn, and Lois Lowry
From Cumberland Crossing: Betsey Harding and
Peter Kleinman*



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)



Fred and Vee (Viola) Sheehan's
(Cumberland Crossing) shared curiosity about the wider world began early for each.

Vee grew up in Washington, D.C. where her father's international work exposed her to a global perspective. Fred's interest was shaped by his Naval Reserve service in the Mediterranean.

When she attended Milton Academy, Vee's family returned to the Louisville area. She graduated from Bryn Mawr with a major in English and a minor in French. Fred, also from the Louisville area, moved from the Country Day School to Princeton University, where he studied Medieval and American History. He earned a master's degree in regional planning from the University of North Carolina at Chapel Hill.

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Talya Corsetti,
Wellness Coordinator

Being “fit” is something many of us strive for, but what does that mean exactly? Certainly, fitness refers to physical condition but there’s more to it.

I asked a few OceanView residents what fitness means to them.

Marcia D. says fitness is “being able to do the things you need and want to do.” She says, “if you can’t, it is incredibly frustrating; if you can, it is very satisfying.”

Tom G. says fitness means long life, specifically “quality of life,” and that fitness gives him more energy. We talked about taking those first steps to go exercise or socialize and how that can be the most difficult part. But once done, there are no regrets.

I also delved into what fitness means, and here are my five key ingredients for full body fitness.

What Exactly is Fitness?

- 1. Exercise:** Ten minutes is better than no minutes. Stretching, walking, strength training, core, yoga - whatever you want! Every day, do 10 minutes. If you can add more, add it.
- 2. Food for fuel:** No diets here. Rather than take away food, add in the right foods. Get lean protein into your diet and make certain you consume at least five servings of fruits and vegetables daily. Fuel your body with whole foods.
- 3. Socialize:** Socializing boosts overall health and is linked to longevity. Plus, it’s fun! If you are looking for options, check in with our Activities Department. There’s so much to do!
- 4. Therapeutic activities:** For some, it may be those relaxing moments in your favorite chair or a walk on the beach. Is meditation, deep breathing, or yoga your therapy? It can be anything that helps you calm down, from professional counseling to time with a close friend.
- 5. Do something for you:** Every single day! Life is full of chores, taking care of others, paperwork, to-do lists. What are you doing for you today? You name it, but do something, anything, for you!



Strong Shoulders: The Key to a Strong Body

In February, Fitness Specialist Jameson Burns presented ***Strong Shoulders: The Key to a Strong Body***, focusing on protecting one of your body’s most important joints. Jameson discussed common shoulder problems and demonstrated practical exercises and stretches to help keep strong, flexible shoulders. The Fitness Team holds an educational presentation (or game!) every month.

Fitness Specialist Jameson Burns shows a slide displaying shoulder anatomy.



ACTIVITIES & EVENTS

OceanView Chorus Holiday Concert



(Left) John McDowell and John Perkins play flugelhorn. (Center) Music Director Tom Greig addresses the audience. (Right) OceanView and Cumberland Crossing residents perform in the Chorus.

The OceanView Chorus Holiday Concert was a cheerful way to welcome the holiday season. This year's concert was entitled *A Savior Born*, featuring a collection of Christmas and Hanukkah songs.

The Chorus, led by Music Director, and resident, Tom Greig, is composed of more than 30 voices from both OceanView and Cumberland Crossing. Their concerts always pack the house!

Latkes



Chef Ed Fertig serves latkes in the Main Lodge.

Chef Ed Fertig, OceanView's Director of Dining Services, used his own family recipe to serve up latkes for residents to celebrate Hanukkah.

Casco Bay Tumblers



The Casco Bay Tumblers perform in Hilltop Lodge.

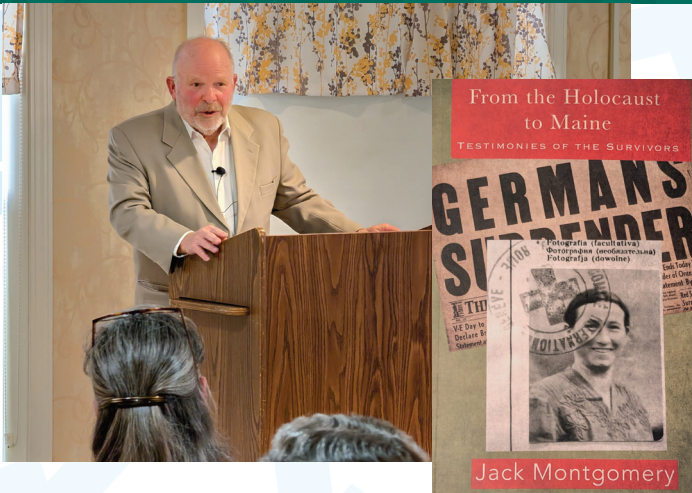
To celebrate Hanukkah, the Casco Bay Tumblers performed Klezmer music in a cultural performance with songs from various parts of the world.

Happy New Year!

Our community ended 2025 with a party in Blueberry Commons full of delicious hors d'oeuvres, champagne, happy people, and lots of laughs.

Miriam Congdon celebrates the new year in Blueberry Commons.





Author Talk

Jack Montgomery, Maine lawyer turned photographer and the originator of the Maine Jewish Museum/Temple Etz Chaim acclaimed *Soul Survivors* exhibition, presented his new book, "From the Holocaust to Maine: Testimonies of the Survivors."

Author Jack Montgomery speaks to interested readers in the Hilltop Lodge Community Room.

Governor Mills Visit



Governor Janet Mills speaks at Lunt Auditorium.

In February, Maine Governor Janet Mills visited our communities as she campaigns for the U.S. Senate. She answered questions from our residents at both OceanView's Lunt Auditorium and later at Cumberland Crossing's Northwind Farm.

Anni Clark Concert



Anni Clark plays guitar and sings in Hilltop Lodge.

Musician Anni Clark gave us a lively concert in February. Blending folk, pop, and blues to share her stories, Anni sang a bit of everything from *You Are My Sunshine* to hits from Bob Marley.

Antiques Roadshow



Antiques Roadshow's Sam Farrell and Nicho Lowry at Lunt Auditorium.

"Antiques Roadshow" recorded three episodes from Boothbay in 2025, their first ever episodes in Maine. Our friends at Maine Public invited a producer and appraiser from the program to show off some of what viewers can expect from those episodes, give a behind-the-scenes look, and to hold a Q&A with our residents and guests.



Residents watch a compilation of the three Maine episodes.



FITNESS AT OCEANVIEW



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



Jonathan Weiss (foreground) participates in Spin Class in the Hilltop Lodge Fitness Studio.

Fitness For Life

Fitness is a critical part of life at OceanView and Cumberland Crossing because we know how important physical fitness is to maintaining independence. Over the decades, our team of fitness specialists has crafted a large and diverse selection of classes for older adults of any level of physical fitness.

“Stronger and more flexible bodies are less prone to injury.”

- Ryan Koenig, Fitness Manager

Our team offers more than 40 classes per week at OceanView and Cumberland Crossing, including options for dance, cardio, boxing, strength training, pool classes, and more!

Depending on preferences and mobility, our residents can participate in some classes via Zoom or schedule personal training. Many classes also include chair options or varying degrees of difficulty. The fitness calendar also extends to options at Falmouth House Assisted Living and Legacy Memory Care.

You can exercise at your leisure in the 4,000 sq. ft. Fitness Pavilion, in the pools, on the trails of either campus, or in the comfort of your own home. Read on to explore just some of what our fitness team has to offer!

Spin Class

Spin Class is a cardio exercise that gets the heart pumping.

For 30 minutes, Fitness Specialist Hannah Damron leads participants on a stationary bike ride. Riders work their way through higher and lower resistance to increase their heart rates.

But when you get on the bike, you are in control of your bike and your resistance, so this class is as open to beginners as it is to regulars. And Hannah always has a fun playlist ready to keep the energy up.

“It’s fun to do with Hannah because she encourages us. I could do this on my own, but the class helps with motivation,” says resident Jonathan Weiss who attends regularly.



Fitness Specialist Hannah Damron leads a Spin Class.



Lise Wellehan holds a modified butterfly pose in a Hatha Yoga class at OceanView.

Yoga

Yoga builds muscle and improves flexibility. In a class, participants slowly move through a series of poses, holding them for many seconds in a work out that is as peaceful as it is intense.

Many poses practiced in our yoga classes at OceanView specifically strengthen the spine, hips, and lower body, which are commonly fractured areas in older adults.

Fitness Specialist Grace Libby instructs these popular classes at both OceanView and at Cumberland Crossing's Northwind Farm. Our team offers Hatha Yoga and Chair Yoga, and our calendar also now includes Laughter Yoga, which is a laughter-based breathing class that is as good for the spirit as it is for the body.



Resident Margie Thumm holds a warrior 1 pose in a Hatha Yoga class at Cumberland Crossing.



Teresa King leads a chair tai chi class in the Hilltop Lodge Community Room.

Tai Chi

Tai chi is a martial art, like karate broadcast in slow motion. Participants engage in purposeful breathing while moving through various motions.

Instructor Teresa King says it is a whole-body work out that is a form of moving meditation. Over time, tai chi improves breathing capacity, balance, and flexibility. Tai chi can be great for physical rehabilitation, enhancing mobility, and even fighting arthritis. Teresa King's classes offer both standing and sitting options, and she also teaches tai chi at Falmouth House and Legacy Memory Care.

King has been teaching tai chi for 46 years, and she says it is especially popular for seniors. She has attracted many dedicated regulars here at OceanView.



Resident Karen Thorpe plays water volleyball in the OceanView pool.



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After military service, Fred joined the Jefferson County (KY) Planning Commission. In 1967, he met Vee, who was launching her journalism career at the Louisville Courier-Journal; they married and moved to England, where Fred worked for the Devon County Council in Exeter and Vee wrote features for a local newspaper.

Back in the U.S., they enjoyed summers at Vee's family home in Tenants Harbor, Maine. A brief planning position in Maryland, requiring weekend work in Florida, convinced them to move to Maine. Settling in Buxton, Fred joined the Greater Portland Council of Governments, collaborating with area towns on water quality and planning.

Their love of travel continued. After a winter near Nice, France, they moved to New Orleans. Vee joined a PBS station as Fred began a career in residential and commercial real estate. Seven years later, they returned to Maine. Vee began serving international clients at an ad agency, and together they became active in the Mid-Coast Forum, even hosting visiting Nieman journalists for years.

More winters abroad followed - Mexico, Portugal, and Turkey - further enriching their global outlook. Their ties to Maine's mid-coast led naturally to the Camden Conference. For the past 11 years, Vee has volunteered with its Portland venue, helping to bring conference-related programs to libraries across this region.

Today, the Sheehans remain engaged and active, always connected to the world around them whether through travel, culture, conversation and camaraderie, or the harmonies of OceanView's "Downbeat; S'forzando" concert group.
(BH, 9/2025)



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.

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WINTER FUN



Whether for fitness or relaxation, our residents regularly take advantage of our beautiful campuses and trails to enjoy leisurely walks with the dog, trailblaze with snowshoes, or cross country ski through our conservation area.

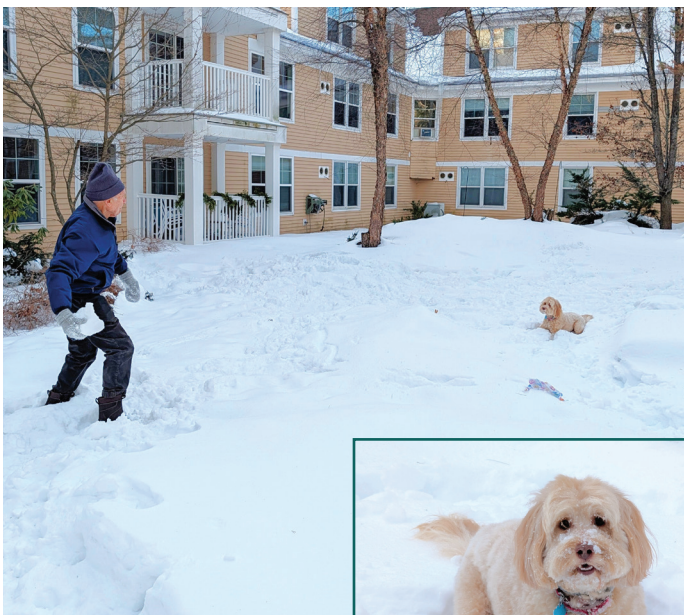


Don Colburn and Cathy McDowell cross country ski past the Whipple Farm amid fresh snowfall.

Winter is a magical time at OceanView and Cumberland Crossing, and our Maintenance Team works hard to keep all roads and sidewalks safe and clear all season long.



Betsey Harding and Polly Burke snowshoe on the trails adjacent to Cumberland Crossing.



Dave Hapke plays with his dog Sandy in the snow behind the Main Lodge.



Addie the dog enjoys a walk with her owner around the Main Lodge.



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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)



Sue Given (Main Lodge), always knew she wanted to be a teacher. Raised in Portland, she experienced the first thrill of working with children while helping to teach a Sunday School class of five-year-olds. After graduating from

Gorham State Teachers College, she began her career in education.

Sue first worked as a third-grade teacher and later took an interest in remedial reading. Most of the time, however, she was a substitute teacher in the Gray-New Gloucester area, where she often subbed for women on maternity leave as well as for the day, after receiving a 6:00 a.m. phone call. Sue loved substitute teaching because of the strong relationships she established with both the students and the teachers, who often asked for her to be called to take over their classrooms when they couldn't be there.

During this time, Sue married and had two children, Jeff and Janet. Tragically, Sue's husband died of a heart attack after 30 years of marriage, and Janet died of colon cancer at the young age of 49. Teaching

was what helped Sue survive these terrible losses. Starting each day with a room filled with energetic seven- and eight-year-olds invariably took her mind off her sorrows. Exhibiting her compassion, Sue volunteered at Camp Sunshine in Casco, where she babysat for children with cancer while their parents went out for an evening during their weeklong stay at the camp.

Sue has five grandchildren, some of whom live on the West Coast and others closer by in Connecticut and Boston. Every summer, the whole family gathers for a week in Jonesport, where Sue has been spending the summer in her cottage on the beach for the past 25 years. She loves to read (especially on the porch of her Jonesport cottage), knit, and play bridge. Ironically, as a life-long Mainer, Sue loves spending time with friends from the Portland-based Newcomers Group, with whom she frequently goes out to dinner and plays bridge twice a week. Although she enjoyed taking a river cruise a few years ago, she is happiest spending time at home in Jonesport and OceanView. (NW, 10/2025)



Marianne and Jim Paley (Blueberry Commons) met while Jim was at West Point and Marianne was attending Farleigh Dickinson School of Dental Hygiene. Born and raised on opposite coasts (Marianne in White Plains, NY, and Jim in Spokane, WA), they were the first couple to be married in Jim's class, warranting a photo of their wedding, complete with dress uniforms and raised swords, in the centerfold of the New York Daily News.

After earning a master's degree in civil engineering at the University of California at Berkeley, Jim went to Vietnam while Marianne stayed in California,

working in dental offices. Over the next 60 years, they moved at least 12 times, including stints at NAPO Shape Support Group in Belgium and in Worms, Germany, where Jim obtained a master's in business from Boston University's overseas program.

After leaving the army, Jim worked for Exxon in Athens, Houston, Kuala Lumpur, Malaysia, Paris, and Fano, Italy. During these years, Marianne became involved in planning travel for various groups and working on other committees. While living in Athens, they went on a trip to China with a group of children from an international school before Nixon helped to open the country to the rest of the world. Separately and together, Marianne and Jim traveled extensively, including trips to Kenya, Istanbul, Indonesia, South Korea, and Singapore.

After living all around the world, including seven years in Greece and 32 years in Houston, they moved to Prescott, AZ, which they loved. Eventually, they decided to relocate to Maine to be close to Marianne's sister and her children. So far, they are loving Maine and especially OceanView, where they have found everyone to be so friendly and helpful.

Marianne still enjoys playing tennis while Jim would rather be out on the trails, hiking. After their first 30 years exploring cities and the next 30 years hiking in the countryside, they are look forward to staying active and seeing all of Maine. (MP & NW, 10/2025)



Diane Neveu (Cumberland Crossing) is familiar with the New England lifestyle, having grown up in Woonsocket, RI. Her life with her husband, Ray, has been defined by close family relationships, involvement with their church and volunteer organizations, and the pursuit of further education and careers.

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Step It Up!

Preventing falls and injuries is critical to maintaining independence.

"Frailty leads to falls," says Grace Libby, Fitness Specialist.

Grace explains that stronger muscles lead to stronger bones, and something all older adults should be able to do is complete one step, like being able to comfortably step onto a curb.

Grace suggests a simple unilateral step exercise to help strengthen your quads, glutes, hips, and ankles, which can improve muscular imbalances and strengthen stabilizing muscles.

At the bottom of a staircase, holding a railing or chair for safety, simply step up and back down with the same leg 10 times. Rest, switch legs, and repeat as needed.



Fitness Specialist Grace Libby displays a simple step exercise.



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Diane and Ray married in 1961 and moved to Pittsburgh, PA, where Ray earned a doctoral degree in business administration from the University of Pittsburgh. In Pittsburgh, Diane worked for the Graduate School of Public Health. They moved to Terre Haute, IN, in 1965, where Ray taught at Indiana State University School of Business.

They then moved to Cincinnati, OH, in 1968, where Ray joined the faculty of the University of Cincinnati. It was there that Diane achieved an undergraduate degree in the humanities. She talks with pleasure about “Diane’s Night Out,” during which Ray took over cooking and watching their six children while she attended night classes.

The family relocated to Portland, ME, in 1982, when Ray joined the faculty of the Business School of the University of Southern Maine. Diane continued on to earn a second undergraduate degree at USM in social work. She then developed a social work career at the Agency on Aging, where she enjoyed working with both clients and staff for many years.

Diane developed a meaningful life after taking care of her family for many years. Living in Maine has brought many pleasures, including boating. She and Ray enjoyed exploring the coast of Maine in several boats over 25 years. The growing family gifted them with 14 grandchildren, who often visited to enjoy their home in Cape Elizabeth near Crescent Beach. Their lives centered around their extended family and their local church.

Diane and Ray were planning their next move to Cumberland Crossing when, sadly, he became ill and passed away as they were completing their cottage in our community. Cumberland Crossing has proven a good choice for Diane, however, and she is making friends and a home for herself. (PK, 11/2025)



Pat Ryan came to Cumberland Crossing from Enfield, New Hampshire, in March 2025 with her golden retriever, Murphy. Pat and Murphy are frequently seen walking around Cumberland Crossing on the many trails in the area.

Pat was born in Massachusetts and moved to Connecticut with her family in the 4th grade. She received her Bachelor of Science from Salve Regina in 1976 and her Master of Science from Boston University in 1989. After graduate school, her first position was in an outpatient clinic at Brockton Hospital as a pediatric nurse practitioner. Her career as a pediatric nurse began at Yale New Haven Hospital followed by time on the hematology/oncology floor at Children’s Hospital in Boston. Pat changed jobs several times, from the hematology/oncology clinic at Massachusetts General Hospital to Harvard Community Health, and eventually, desiring to return to primary care, she moved to New Hampshire. For the next 27 years, she worked in the adolescent primary care clinic at Dartmouth Hanover Medical Center (DHMC).

Throughout her professional career, Pat volunteered at several children’s camps serving children with chronic illnesses, including diabetes, hematology, and arthritis. After retirement, Pat volunteered at DHMC’s hospice and palliative care center. She has also had several fun part-time jobs, such as catering for weddings at the Woodstock Inn and working in the kitchen at a local farmstand. Prior to moving to Cumberland Crossing, Pat enjoyed working at The Woolly Thistle—a yarn shop (where she spent most of her paycheck).

Pat also loves the outdoors and enjoys gardening, swimming, cycling, and snowshoeing, but especially walking with her golden retriever. She has had

many biking adventures and has traveled throughout Europe and the U.S.

Along the way, Pat has developed many important friendships but also wanted to live near family, friends, and great-nieces and great-nephews, while remaining active and independent in her own home. Cumberland Crossing was the best fit and met her requirements for a retirement community. Living near the water was an added bonus. She looks forward to more adventures as she explores the Maine coast. (PK, 11/2025)



Born six weeks apart at the same Boston hospital, **Peggy and Tom Gilbert** (Main Lodge) didn't meet until many years later as students at Stanford. After graduating, they

married and joined the Peace Corps, working in a remote region of the Amazon in Brazil. Realizing the assignment wasn't a good match for them, they returned to the States, where Tom volunteered with a Boston oncologist, and Peggy earned a master's in teaching at Simmons. While Tom attended Dartmouth Medical School, Peggy taught at Hanover High School. When Tom transferred to Harvard Medical School, Peggy taught at Dover-Sherborn High School. Tom's residency in family medicine landed the couple in Rochester, NY, where Carrie and Dan were born. There, Peggy became a childbirth educator, a job she continued after Tom joined a practice serving Deer Isle and the outlying islands.

Eventually, the family moved to Providence where Tom taught at Brown Medical School in the residency program, and Peggy worked in admissions. Next, Tom earned a master's in public health at Harvard, Peggy worked as a college counselor at the Buckingham Browne & Nichols School, and Tom taught in Boston University's Family Medicine Department.

Peggy and Tom's world turned upside down when Tom had a major stroke at age 52. Unconscious for a week, he had a lengthy stay at Mass General, followed by ten weeks at Spaulding Rehab, relearning everything from walking and talking to daily living skills. Once Tom came home, Peggy quit her job to care for him and handle complicated insurance issues. She later volunteered to help others wend their way through the labyrinthine Medicare and insurance systems.

Eventually, Peggy returned to college counseling at Beaver Country Day, and Tom volunteered at Spaulding, coaching and inspiring recent stroke survivors. After Peggy retired, they enjoyed traveling and biking, with Peggy riding an e-bike and Tom a recumbent tricycle. They moved to Falmouth to be near family and started spending entire summers on North Haven, sailing, kayaking, and enjoying visits from their children and three grandchildren. After selling their sailboat, they now ply the waters around Maine in their 22' powerboat. (NW & SS, 11/2025)

Valentine's Day Daffodils



Ann Deering shows off a daffodil valentine.

Students from Falmouth Elementary School sent our residents a collection of daffodils to celebrate Valentine's Day. Each flower comes with a handmade card from a student in what has become an annual treat.



Aleks Kazimierzak,
Director of Assisted
Living

How Important is Fitness in Assisted Living?

“If you don’t use it, you lose it.” That’s something we say often at Falmouth House. In assisted living, those words carry real meaning. Maintaining strength, balance, and flexibility is essential for helping residents preserve

their independence. The more individuals use their muscles and stay mobile, the better able they are to move safely, perform daily tasks, and actively participate in their own care.

Regular fitness supports far more than physical health. It boosts confidence, enhances mood, and encourages social connection. When residents feel strong and steady on their feet, they are more likely to engage in community activities, enjoy time with neighbors, and approach each day with energy and purpose.

At Falmouth House, residents are motivated and supported in staying active for as long as possible. A dedicated fitness professional leads structured workouts three times a week, providing safe and effective exercises tailored to varying ability levels. In addition, yoga and tai chi classes promote balance, coordination, and gentle strength-building while also supporting relaxation and mindfulness.

Even when the weather turns cold or walking outdoors becomes unsafe, movement remains a priority. Residents walk the halls together, ensuring they continue to build endurance and maintain mobility year-round. Many also take advantage of visits to the fitness pavilion, where they can further focus on strength and conditioning in a supportive environment.

By making fitness a consistent and enjoyable part of daily life, Falmouth House empowers residents to remain independent, capable, and engaged.

Falmouth House Assisted Living
and Legacy Memory Care are part of
OceanView's care continuum.

Schedule a tour with Josh Pray and learn more!

(207) 781-4621

oceanviewrc.com/falmouthhouse
oceanviewrc.com/legacy



Dick Shand tosses a bean bag in the Falmouth House
Indoor Cornhole Tournament.

Falmouth House ***Cornhole Tournament***

In February, Falmouth House residents partnered with Falmouth High School students to compete in the third annual Indoor Cornhole Tournament. Residents and students filled the living room for an afternoon of laughs and friendly competition. In a few more months, they’ll compete again in the outdoor tournament! FHS students visit every month for the Activities Club, a different social activity each month with our residents.

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 Lunt Auditorium. For many, her concerts are the highlight of the season.



Dana Cunningham plays the piano in OceanView's Lunt Auditorium.

The Camden Conference

In February, OceanView served as a livestream host for the 39th Annual Camden Conference. Dozens of residents and visitors came to Lunt Auditorium to listen in on the three-day conference. This year's conference was entitled *Today's Middle East: Power, Politics, and Players*. It explored how traditional and emerging powers are reshaping relationships and testing alliances across this globally vital region.



The live stream of the Camden Conference as seen from Lunt Auditorium.

2026 Financial Market Outlook with Spinnaker Trust

In November, Tim Kaijala and Zak Smolkin of Spinnaker Trust reviewed the highs and lows of the financial market movements in 2025, shared an outlook for 2026, and offered insights into what kind of impact the market might make on everyday money matters. They also reviewed recent tax policy changes and potential implications for estate and financial planning, which ended with a lively Q&A session.



Tim Kaijala of Spinnaker Trust speaks in Lunt Auditorium.

OceanView

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

Cumberland Crossing
by • OceanView



CHECK OUT OUR SPRING NEWSLETTER!

Read
About New
Construction
on Page 4!

In this spring issue, you will learn about how fitness plays a critical lifestyle role at OceanView and Cumberland Crossing. We also have an update on the 37 new homes under construction, highlights from winter activities, and more. Read on!

Learn more on our websites:

www.oceanviewrc.com

www.cumberlandcrossingrc.com

