

## 30 Plays in 60 Minutes at USM Gorham campus this weekend

GORHAM, ME – The USM Department of Theatre is excited to introduce our newest cohort of Theatre majors with our annual production of Too Much Light Makes the Baby Go Blind (30 Plays in 60 Minutes) by Greg Allen and directed by Sara Valentine.

Will they do it? Is it possible? Can a theatre ensemble possibly perform thirty plays in under an hour?! Join the USM Department of Theatre for the high-octane, interactive theatre experience that is Greg Allen’s 30 Neo-Futurist Plays from Too Much Light Makes the Baby Go Blind (30 Plays in 60 Minutes), one of Chicago’s longest-running theatre phenomena. Each night audiences receive a menu of play titles that run the gamut between funny, serious, political, poignant, and abstract. Part theatre, part sporting event, each night is different as the audience determines the order and cheers on the cast to make it past the finish line before the buzzer sounds.

Director Sara Valentine says that Too Much



Sara Valentine working with student performers in a recent rehearsal of *Too Much Light*..

Light... is a perfect show for students new to college-level theatre, “It’s great to see a group of students who don’t know each other bond over creating a play, and having real stakes to their experience because there is a timed element to the production. They want to accomplish the task, and having that common goal

really unites the group.” Each year, 30 plays are chosen from the canon of 90 plays originally devised by Chicago’s Neo-Futurists. Audiences will get to experience shows they’ve never seen alongside crowd favorites. Plays run the gamut from 10 seconds to 10 minutes, See 30 Plays, page 8

## November Special Section National Diabetes Month page 9

## Save the date for Bar Mills Community Church Market Place

BAR MILLS, ME – Bar Mills Community Church located at 13 Hermit Thrush Drive in Buxton will be hosting the annual Christmas Marketplace, Saturday, December 6th 9:00 am to 1:00 pm. There will be fresh-greens to decorate your home, a wide

variety of baked goods: cookies, breads, pies and candy to satisfy everyone’s taste buds, there will also be plenty of handcrafted gift ideas for your family, friends and even your pets. Don’t forget to pick up a couple of jars of the best tasting home-made pickles

you will ever have. FMI: visit our website: [www.barmillscommunitychurch.org](http://www.barmillscommunitychurch.org) or visit us on Facebook or contact Judy 929-5555. We look forward to seeing you there, Saturday, December 6th 9:00 am to 1:00 pm.



# Come Join Us!

Saturday, December 6, 2025  
9:00 am to 1:00 pm

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## Christmas Marketplace



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### Bar Mills Community Church

13 Hermit Thrush Drive Buxton, Maine 04093  
[www.barmillscommunitychurch.org](http://www.barmillscommunitychurch.org)  
(207) 207-298-9446

## Lakes Region Senior Center invites Gorham seniors to activities

GORHAM, ME – If you are looking for a fun senior center with lots of activities daily, come join us at Little Falls Activity

Center, 40 Acorn Street, Gorham, Maine. We are open from 8:30 to 2 or 3 pm depending on the activity. Our calendar is online.

Call Gerry Day, President, at 839-3859 for more information. Membership fee is \$20 a year with many perks.

## Lake Region Energy invites Gorham to fill Thanksgiving tables

GORHAM, ME – With many households feeling the effects of furloughs and reduced benefits this fall, Lake Region Energy is inviting customers and community members to join its annual Thanksgiving Food Drive to help ensure that local families have what they need for a traditional, warm, and full holiday meal.

The heating company is collecting non-perishable food items at all its locations through November 14, 2025. These donations will support the:

Gorham Food Pantry, Gorham, Maine.  
Southwest Oxford County Nutrition (Food Pantry), Brownfield, Maine  
Provisions Food Pantry, West Ossipee, New

Hampshire  
Lake Region Energy will supply the turkeys and is asking the community to help with the fixings. “This time of year always reminds us how much we depend on each other,” said Christopher Blake, general manager for Lake Region Energy. “Something as simple as a bag of groceries can make a real difference, and we’re proud to stand beside our customers and team members to help make sure our neighbors have full Thanksgiving tables this year.”

Drop-off locations include:  
Lake Region Energy - Gorham  
Lake Region Energy - Naples  
Lake Region Energy

- Baldwin  
Lake Region Energy - Fryeburg  
Carroll County Oil - Ossipee, New Hampshire  
Most-needed items include:  
Boxed stuffing mix, canned vegetables, instant potatoes, gravy, pumpkin pie mix, pie crust, condensed milk, cranberry sauce, muffin or roll mix, chocolate treats, and pantry basics such as butter, oil, applesauce, paper towels, and cleaning supplies.

Donations are being accepted through November 14, 2025. For more information and a complete list of suggested items, visit Lake Region Energy on social media or stop by any of our local offices.



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# Newsmakers, Names & Faces

## Fontaine Family fills two vans in successful “Cans for a Cure”



Scarborough and Auburn Fontaine Family Agents and Lori Voornas



**MAINE** – Fontaine Family – The Real Estate Leader® is thrilled to announce another inspiring year of success in its annual Cans for a Cure collection, proudly partnering once again with Lori Voornas of 94.9 WHOM. For nearly 11 years, the Fontaine team has joined forces with Lori

and the Cans for a Cure mission to support Maine cancer patients—and this year’s turnout was one of the strongest yet. Thanks to the incredible generosity of clients, community members, and local supporters, the Fontaine team filled two full moving vans—one at the

Auburn office and one at the Scarborough office—with redeemable bottles and cans. All donations were delivered directly to the Cans for a Cure drop-off site, with 100% of proceeds benefitting Maine breast cancer patients and their families.

Fontaine Family – The Real Estate Leader® extends heartfelt thanks to everyone who donated, shared the cause, or stopped by with bags and boxes of cans. The collective effort of local individuals, businesses, and supporters continues to fuel the success of this long-standing tradition.

Stay tuned! Next year’s Cans for a Cure collection will take place in September, and we can’t wait to see the community come together once again.

## Flower farming featured at next commercial horticulture webinar

**ORONO, ME** – University of Maine Cooperative Extension will host a webinar on starting and managing a successful flower farming operation from 6–7:15 p.m. on Monday, December 1.

“Right-Sizing Your Flower Farm: What I Learned from Three Different Setups” will feature Julia Baecher, owner of East of Eden Flower Farm, who will share insights from more than a decade of experience growing her business, from a six-acre leased plot in 2012 to her current operation.

Each stage of Baecher’s journey brought new lessons in efficiency, investment and profitability. In this session, she will share what worked, what didn’t and provide a practical framework to help



The cut flower industry offers Maine farmers a chance to diversify their crops and grow high-value products for local markets. Photo courtesy University of Maine Cooperative Extension / Edwin Remsburg.

new and aspiring flower farmers make informed decisions and build sustainable, right-sized operations from the start.

The webinar is part of UMaine Extension’s Commercial Horticulture Webinar Series, held on the first Monday of each month.

Registration is re-

quired; sliding scale fee options are available. Register on the event webpage to attend live or receive the recording link. For more information or to request a reasonable accommodation, contact Rebecca Gray at 207.356.1348 or extension.gardening@maine.edu.

## MCF \$250K grant, mobilization addresses SNAP food shortages

**PORTLAND & ELLSWORTH, ME** – The Maine Community Foundation (MaineCF) announced a \$250,000 donation and an effort to mobilize its large network of private donors to address the immediate, emergency need for food facing 170,000 Mainers as federal Supplemental Nutrition Assistance Program (SNAP) funds lapsed as of Saturday, Nov. 1.

“No one in Maine wants to see a neighbor – never mind 170,000 Mainers – going without food or going to bed hungry,” said MaineCF President and CEO Deborah Ellwood. “While the only sustainable solution is through public policy, Maine Community Foundation is making a \$250,000 grant to

Good Shepherd Food Bank to help keep Maine people from going hungry during this time. We also commit to uplift and spotlight this urgent need with our donors and fundholders.”

MaineCF’s community impact team partnered with Good Shepherd Food Bank to identify how its grant would have a maximum impact.

“Our \$250,000 grant to the Mainers Feeding Mainers program at the Good Shepherd Food Bank will provide one month worth of nutritious, local food from 90 Maine farms as well as meals for 15,000 families of four,” said Laura Lee, vice president of community impact at MaineCF. “The Mainers Feeding Mainers initiative puts \$2.7 million per year

into Maine farms and this \$250,000 grant will support families and communities in all parts of the state.”

In addition to its own grant to Good Shepherd Food Bank, MaineCF also announced an effort to spotlight the best ways to support organizations addressing food insecurity to its large network of donors.

“Maine Community Foundation was able to make these grants today because MaineCF donors and fundholders have supported the foundation’s Invest in Maine Fund, which addresses critical and emerging needs,” said MaineCF Vice President of Donor Engagement, Becka Yturregui. “We encourage all of our donors and partners to support Good Shepherd Food Bank, give to their local food bank or reach out to us to partner on the most effective ways to help keep our neighbors from going hungry.”

MaineCF is using all of its platforms and relationships to encourage people to call or reach out to Good Shepherd Food Bank by phone 207-782-3554, donate online or support their local food pantry by using the food bank’s online map.

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Send all items for What’s Going On to the Editor. Deadline is Friday by five.



# News-makers, Names & Faces

## Dip & Dash for Maine’s climate



**MAINE** – Sign up today to start your New Year off right with Natural Resources Council of Maine’s Polar Bear Dip & Dash! This annual 5K and polar dip into Casco Bay is our biggest fundraiser for climate action and our work to build a clean energy future that works for all Mainers.

Taking place on Sunday, January 4th, you can choose to join us for the dash, the dip, or both.

Date: Sunday, January 4, 2026.

Dash: 5K Run or Walk at 9:00 AM.

Dip: Polar Plunge in Casco Bay at 10:30 AM.

Location: Southern Maine Community College & Willard Beach, South Portland.

Sliding scale registration is available again this year. We hope to make this event accessible to all who’d like to participate, so please choose a registration fee that best suits your circumstances.

Register Today

Why join us?

Polluters and their allies are working to undo hard-won progress on climate action. But here in

Maine, we know how to fight back. We’ve worked together to expand more reliable clean energy sources like solar and wind that lower electricity bills for families and businesses. Now we need to keep that momentum going.

Join us on January 4th to dip and dash for climate action and protect the environment that we all love.

See you on the beach, Jack Shapiro, Josh Caldwell, and Rebecca Schultz.

NRCM Climate & Clean Energy Team.

## Summit Natural Gas of Maine Named 2025 Best Places to Work

**PORTLAND, ME** - Summit Natural Gas of Maine (Summit) is proud to be recognized as one of the 2025 Best Places to Work in Maine, marking the seventh consecutive year the company has received this award. The award is presented annually by the Maine State Council of the Society for Human Resource Management, Best Companies Group, and BridgeTower Media to honor Maine’s most exceptional workplaces.



“This recognition for the seventh year in a row is a testament to the incredible team we have at Summit,” said Amiee York, Senior Vice President of Human Resources. “We are committed to fostering

a workplace culture where our employees feel valued, empowered, and inspired to bring their best every day. Their dedication not only drives our success but also allows us to deliver warmth, comfort, and reliability to the communities we serve.”

The Best Companies Group evaluates nominees through a two-part process. First, workplace policies, practices, and demographics are reviewed, representing approximately 25 percent of the overall

evaluation. The remaining 75 percent comes from an employee survey assessing workplace experience.

At Summit, employees do meaningful work that makes a difference while enjoying competitive pay and benefits, along with a supportive culture built around the company’s core values of Pioneering, Excellence, Agility, Kindness, and Safety. To learn more about Summit’s team and explore career opportunities, visit [summitutilities.com/careers](https://summitutilities.com/careers).

## Clothes galore at Gorham’s Mission of Hope Clothes Closet

**GORHAM, ME** -- The FREE Clothes Closet at Cressey Road Church (Mission of Hope Clothes Closet) is open to all who need Fellowship, Friendship and Clothes. We are located at 81 Cressey Road, Gorham, and we are open on the FIRST and THIRD Saturday of each month from 9 o’clock AM to 12 Noon.

We focus on clothes and accessories (gloves, scarves, hats, etc.) and welcome your donations during our operating hours. Clean clothes in good shape help the most, as they go right out to help people locally or in nearby

communities. An attempt is made to have season appropriate clothes available to you. After we have displayed them for a time, they are donated to our local second-hand shops.

In addition to helping folks find clothes, we want to spend time with you! There are tables to sit, talk and to share a cup of coffee and usually a goodie with

volunteers or others. Come see us! You might make a new friend. All are welcome!

Send all items for What’s Going On to the Editor. Deadline is Friday by five.

## Community Discussion explores healing and hope

**PORTLAND, ME** – Portland Public Library invites the community to an evening of dialogue, insight, and hope at the Recovery Ready Community Discussion on Thursday, November 20, from 5:00 to 6:30 PM in the Rines Auditorium at the Downtown Branch.

This important event brings together local and state leaders in public health, recovery, and community engagement to explore what it takes to build a “Recovery Ready Community.” Attendees will learn how collaboration across public safety, public health, education, and economic vitality can help cities like Portland address the root causes and ongoing impact of substance use disorder.

As part of the program, ten copies of Healing a Village by Mark Lefebvre—a new book offering practical strategies and real-world examples from New Hampshire and Maine—will be raffled to attendees.

Lefebvre’s book encourages communities to view themselves as collective patients in need of healing and alignment across the full continuum of care, encompassing

prevention, harm reduction, treatment, and recovery support. His work provides a hopeful roadmap for cities working to remove barriers and expand access to recovery services for individuals and families.

The evening will feature a panel discussion with:

Mark Lefebvre — Author, recovery advocate, and co-founder of Safe Harbor Recovery Center in Portsmouth, NH.

Gordon H. Smith — Director of Opioid Response for the State of Maine, appointed by Governor Janet Mills.

Anna Bullett — Portland City Councilor and Senior Director of Health & Nutrition Programs at The Opportunity Alliance.

Nicole Proctor — Executive Director of Portland Recovery Community Center (PRCC) and statewide leader in peer recovery support.

Together, they will discuss how Portland can strengthen the systems, partnerships, and cultural understanding needed to support people in recovery and prevent more lives from being lost to

substance use and homelessness.

Last year, roughly 50 people died in Portland while experiencing homelessness. Nationwide, more than 100,000 Americans lost their lives to drug overdoses in 2023, and nearly 200,000 to excessive alcohol use. Toxic synthetic drugs like fentanyl, methamphetamine, and xylazine continue to take lives across Maine, impacting individuals and families from every walk of life.

This discussion provides an opportunity for residents, professionals, and policymakers to come together to consider what “recovery ready” means for Portland and how every part of the community can contribute.

Event Details

Recovery Ready Community Discussion.

Date: Thursday, November 20, 2025

Time: 5:00 – 6:30 PM.

Location: Portland Public Library, Rines Auditorium (Downtown Branch).

Admission: Free and open to the public.

For more information, visit [www.portlandlibrary.com](https://www.portlandlibrary.com).

## Scarborough Public Library weekly events: Author talks, trivia

**SCARBOROUGH, ME** – Join Scarborough Public Library for this week’s events:

Thursday, November 13, 12pm

Matt Cost, Maine Author Talk at Scarborough Public Library

Join Matt Cost as he talks about his books and the writing process. You may know Matt from his popular “Mainly Mystery” series.

Thursday, November 13, 6:30pm

Unplug: How to Break Up with Your

Phone and Reclaim Your Life, Online Only

The average American spends the equivalent of more than 75 full days a year looking at their phone. Join author Richard Simon to learn why we should be horrified, and to learn the tips and tricks to reduce unnecessary smartphone usage. Online only, in partnership with Scarborough Public Library and Prince Memorial Library. Get the Zoom link here: [scarboroughlibrary.libcal.com/event/15097799](https://scarboroughlibrary.libcal.com/event/15097799)

Friday, November 14, 5:30pm

Oldies Trivia, from the 1950s through 1999 only! At Scarborough Public Library

Are you “a person of a certain age” or a young person with old-fashioned tastes? Join us for Trivia from the 1950s through 1999! Nothing before or after! Registration required! Tell us how many are in your team if you have your own crew, but we’ll also make teams when we get here so if it’s just you that’s FINE.

# Gorham WEEKLY

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# Seniors Not Acting Their Age Kayaking Unique Ovens Mouth Passage

After a recent hike on the Ovens Mouth Preserve trail system in Boothbay with my wife, Nancy, I was intrigued with the prospect of kayaking through the unique Ovens Mouth Passage. The historic, sometimes treacherous, waterway appeared to be a fascinating body of water to investigate.

My research indicated there was no convenient way to easily access Ovens Mouth and the surrounding waters. A lack of nearby boat landings was the problem. A 12-mile traverse north from Boothbay to Wiscasset with a favorable wind and tide appeared to be the most efficient way to solve the dilemma.

During a phone conversation with my friend and frequent paddling companion, Brent Elwell, I mentioned my interest in an Ovens Mouth sea kayak trip and he was enthusiastic about the prospect. Weather, winds and tides were important factors to consider. We identified an early fall day when sunshine and moderate southwest winds were forecast with a rising tide through the middle of the day. A tailwind with a complementary tide on a sunny day was too good an opportunity to pass up. A trip was on!

The sun was shining and a light wind blowing out of the southwest when the two of us met late morning at the Wiscasset Town Dock. We left Brent's vehicle in the large parking area for the return shuttle and transported two solo sea kayaks south following Route 27 through Edgecomb and then west on Barter's Island Road to a landing at Knickervane Island Park in Boothbay.

We launched from a convenient ramp onto Back River, paddled under Barter's Island Road Bridge and embarked on our trip north. Initially, we enjoyed calm seas, a light tailwind and an incoming tide as we progressed between Morrow Island on the right and substantial Barter Island to our left.

After stopping in a small cove for some kayak adjustments, we continued north towards Miles Island. The water depth on the east side of Miles was too low, so we proceeded west, then passed Tibbetts Island and entered a wide section of the river.

Although the entrance to Ovens Mouth Passage was not visible, our marine chart indicated we should travel northeasterly to locate the narrow opening. Persisting past

tiny Gooseberry Island, we turned east around the northwestern end of the Boothbay mainland and entered Ovens Mouth where turbulent tidal currents were pouring into the narrow twisting channel. We carefully maneuvered our kayaks through confusing rip currents and caught an eddy in a tidal cove on the right.

From there, we angled east back into the passage, followed high cliffs along the right shore and entered Ice House Cove on the right. Since the tide was still relatively low, the remains of a 19th century dam that once formed a freshwater pond used for ice harvesting were exposed. A pedestrian bridge that connects trails in the Ovens Mouth Nature Preserve crosses over the cove just south. We stopped on rocks next to the dam for a lunch break. Afterwards, we continued east until the passage ends where it joins Cross River tidal basin.

A strong swirling tidal current was flowing against us when we began a laboring return through the attenuated passage. When a lobster boat approached from behind while accelerating into the powerful incoming tide, we managed to catch a small eddy on

the left to avoid a possible collision. Once the channel was clear, we exited Ovens Mouth.

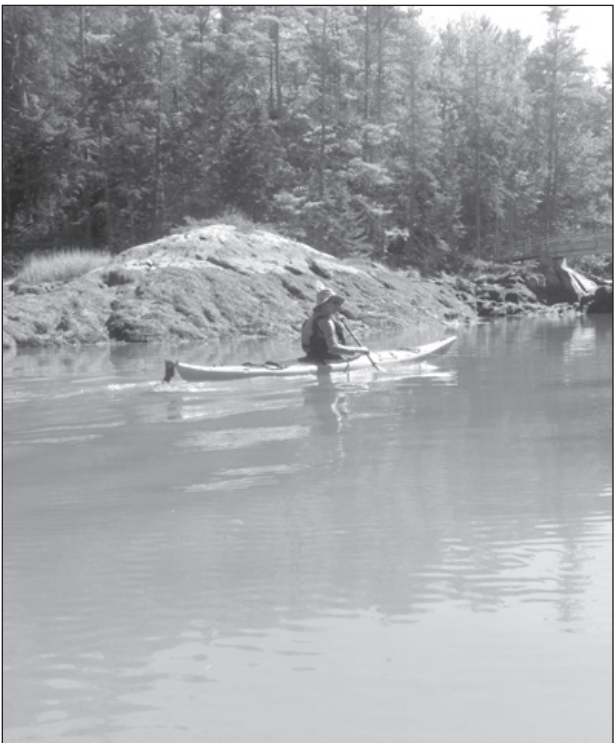
A gusty headwind confronted us as we paddled southwest across the north shore of Back River and joined the Sheepscot River above Barter's Island. Breaking waves and strong winds from our port side were an added challenge when Brent and I turned north around rugged Cross Point on the southwest coast of Edgecomb.

A tailwind and rising tide helped propel us north for several miles between elongated Westport Island on our left and Edgecomb on the right. Beyond Clough Point on the northeastern terminus of Westport, we passed historic Fort Edgecomb on the right and kayaked west across the widened river to Wiscasset Town Dock.

Once our exceptional Ovens Mouth exploratory was completed, we celebrated the successful navigation of a famed maritime route used by Native Americans and early colonial settlers for hundreds of years.

My book, Maine Al Fresco: The Fifty Finest Outdoors Adventures in Maine narrates twenty-eight exciting exploits around the state sea kayaking, whitewater canoeing and kayaking, lake paddling, canoe tripping and downriver racing.

The author of "The Great Mars Hill Bank Robbery" and "Mountains for Mortals - New England," Ron Chase resides in Topsham. His latest book, "The Fifty Finest Outdoor Adventures in Maine" will soon be released by North Country Press. Visit his website at [www.ronchase-outdoors.com](http://www.ronchase-outdoors.com) or he can be reached at [ronchaseoutdoors@comcast.net](mailto:ronchaseoutdoors@comcast.net).



A kayaker enters Ice House Cove in Ovens Mouth



Ford Edgecomb is on the right as a kayaker paddles towards Wiscasset



A kayaker searches for the entrance to Ovens Mouth

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## Barbara Bush Children’s Hospital celebrates 30 years

**FALMOUTH, ME** - Stories of expert, patient-centered care were the focus as MaineHealth Barbara Bush Children’s Hospital (MHBBCH) celebrated 30 years of helping Maine and New Hampshire’s youngest patients thrive. The event on Wednesday, Sept. 17 at the Woodlands Country Club in Falmouth was named “Pearls of Gratitude” for the traditional gift for a 30th anniversary and a favorite gem of the hospital’s namesake, first lady Barbara Bush. It provided a look back at the growth of MHBBCH, its deep and enduring connection to the Bush family and the future of pediatric care in Maine and New Hampshire.

Those attending the event heard from the families of patients who have benefitted from the specialized care MHBBCH provides. MHBBCH provides almost 13,000 pediatric

emergency department visits a year and includes services in cancer treatment, cardiology, neonatal care, cystic fibrosis, complex care and numerous other pediatric specialties. The inpatient hospital, located within MaineHealth Maine Medical Center Portland, has 51 Level IV Neonatal Intensive Care Unit beds and eight Pediatric Intensive Care Unit beds.

Lynn Blanche spoke about twice receiving the difficult news that each of her babies had cystic fibrosis (CF). Son Carter was diagnosed at 13-months old, and three years later, Lynn learned her daughter, Emma, also would live with CF.

Both siblings were referred to MaineHealth Pediatric Specialty Care Portland. The clinic is part of the CF Foundation Therapeutic Development Network, a nationwide group of nearly 80 CF

clinical research centers specializing in clinical trials to evaluate the safety and effectiveness of new CF therapies. Thanks to groundbreaking research, a medication that keeps their CF under control and the expert care they received through MHBBCH, Carter, 18-years old, and Emma, 14, are living normal lives.

“I have never met more passionate doctors, care team members and researchers who genuinely care about our children and their future,” Lynne Blanche said. “We feel quite fortunate to MaineHealth Barbara Bush Children’s Hospital for giving us hope.”

MHBBCH was founded in 1995 with the idea that Maine children need a care team and inpatient hospital dedicated to their unique needs. First lady Barbara Bush, a well-known advocate for liter-

*See Hospital, page 12*

## Tips to help navigate health care choices in the digital age

By Dr. Ana Stankovic, Chief Medical Officer at UnitedHealthcare of Maine

As the demand for choice, flexibility and personalization in health care grows, more modern digital tools aim to help simplify tasks like navigating cost information and scheduling appointments.

Transforming the way people have traditionally interacted with health care with a simpler, more personalized experience may help improve access to care. New digital resources are designed to help empower individuals and families to find care and information to help support their needs, from finding providers to tapping into programs that support fitness, nutrition, mental health, and more.

Below are some helpful tips to consider to help you get the most out of digital health offerings.

Explore your member portal

Log in regularly to your health plan’s digital member portal to view benefits, manage claims and access wellness resources. These portals may provide a secure, personalized and user-friendly way to help you manage your health 24/7. Some plans may offer digital tools to help you compare provider

costs and make more informed decisions.

When navigating health care options, provider search tools and cost estimators can be important resources for finding in-network doctors, specialists and facilities that can reduce your out-of-pocket costs compared to out-of-network providers.

Take advantage of virtual care

Virtual visits may make it simpler and more efficient to connect with providers. Virtual care can complement in-person care, offering an alternative for non-emergency care such as primary, urgent and specialist care.

Moreover, this type of care is growing in popularity across the country with many patients reporting higher satisfaction with telehealth services. Check your health care plan to see what virtual care options you may have available.

Talk to your employer about your health care options

There are a growing number of health and wellness offerings designed to complement traditional benefit options. Talk to your employer to understand what offerings may be available to you.

Some of these benefits may include programs that may support whole-person health

and wellness, weight loss support and chronic disease management through programs like UnitedHealthcare’s Total Weight Support. Another option is Level2 from UnitedHealthcare, which can help members work to improve their glucose and work to improve their type 2 diabetes.

Check to see if digital experiences that are designed to help empower members to shop for discounted health and wellness offerings are available to you. For example, eligible UnitedHealthcare members now have access to UHC Store, a new online shopping experience where they can purchase discounted health and wellness offerings that may support their individual health and wellness needs.

Another option to consider is copay-only health plans. These health plans often eliminate co-insurance and deductibles and may help make it easier for members to compare cost and coverage options, so they better understand costs before their appointment.

From virtual visits to wellness apps and personalized portals, technology is reshaping the health care experience to help individuals take a proactive approach to their health.

## Milestones Federal Credit Union welcomes new Director

**LEWISTON, MAINE** – Milestones Federal Credit Union is proud to announce the addition of Elsa B. McGary as its new Director of Engagement & Experience, a role created to enhance further the credit union’s commitment to people-first service and meaningful member relationships.

With more than 30 years in the financial services industry, Elsa brings not only a wealth of experience but also a passion for raising the bar on service and culture. In this role, she will lead efforts that directly benefit our members — from streamlining everyday interactions and reducing friction points, to creating more personalized, human-cen-

tered experiences at every touchpoint. Elsa will also help equip our staff with the tools and training to serve with confidence and empathy, so our service doesn’t just meet expectations — it exceeds them.

“Elsa’s career is built on heart-forward leadership and an understanding of what it means to serve,” said Amanda Piper, CEO at Milestones FCU. “She brings a point of view rooted in care, clarity, and community. We’re excited to have her on the team.”

A graduate of St. Joseph’s College in Standish, McGary is a passionate advocate for financial literacy and community involvement. She serves as a Wish Granter for the Make-A-Wish Foundation and participates in Junior

Achievement, helping young people build confidence and financial knowledge. Outside of work, she enjoys gardening and spending time with her two dogs and four chickens.

“I’ve always believed that people remember how you make them feel,” McGary shared. “At Milestones, that philosophy is baked into the culture. I’m honored to help strengthen the connection between our credit union and the members we serve.” Milestones Federal Credit Union believes that investing in people is the most direct way to invest in our members. Elsa’s leadership is one more way we’re ensuring your experience is not only excellent — but exceptional.

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# Arts & Entertainment

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## MCP, MCPKids! invite you to Disney's "Frozen Jr."



The cast of MCPKids! "Frozen Jr."

**MONMOUTH, ME** – Monmouth Community Players and MCPKids!, alongside MCPKids! Sponsors Textech Industries, MTAB Painting, Mills Family Monmouth Lights, and Community Credit Union and MCP Marquis Season Sponsor Great Falls Federal Credit Union and Season Sponsors Winthrop Area Federal Credit Union and Readfield Insurance Agency, wish to invite you to their upcoming production of Disney's "Frozen Jr". The play, under the direction of Mary Melquist, will run December 12-14, 2025 at historic Cumston Hall in Monmouth. Other production staff include Katie Coan as Assistant Director, Amy Griswold as Producer, Emily Kalafarski as Stage Manager, Julie Sanborn as Choreographer, Clair Siggins as Set Designer and Keith Merick as Sound Operator.

Do you want to build a snowman? The inspiring 60-minute musical, designed for young performers, is based on the 2013 Disney film Frozen and the 2018 Broadway production of the same name. You'll love this

fanciful and heartwarming stage adaptation of the top-grossing animated film of all time! Join Anna, Elsa, and all of your favorite characters as they embark on an epic, ice-filled journey of self-discovery, camaraderie, and the real meaning of true love. Adapted for young performers, this musical includes favorite Frozen songs such as "Love Is an Open Door," "Do You Want to Build a Snowman?," and "Let It Go," as well as wonderful new songs from the Broadway production. With its empowering message of love and understanding, Frozen JR. is sure to melt your heart!

The cast of "Frozen Jr." includes: Arabella D, Dorothy G, Luke G. of Auburn; Edith B, and Beau B. of Augusta; Alex D, Callie D, Vivian K, Polly L, and Carsyn S. of Farmingdale; Connor C and Christopher C. of Gardiner; Ramsay P. and Jackie S. of Hallowell; Iris R. of Jay; Arya I. and Drea L of Leeds; Mia B, Bella L, and Elizabella P. of Lewiston; Maddox G. of Litchfield; Abby B, Gwen B, and Calla J. of Manchester; Audrey B, Han-

nah H, Alice H, Grace M, and Ella M. of Monmouth; Gabe L. of New Gloucester; Silas C. and Mackinley K. of Readfield; Bianca B. and Deacon C. of Sabattus; Josh C. of Waterville; Audrey T. of Wayne; Kate B, Iris L-H, and Addy R. of West Gardiner; and Kerri-gan D, Lauren D, Lydia G, Delilah L, and Molly P. of Winthrop.

Tickets are \$10 for adults and \$5 for students. Showtimes are 7:00 pm on December 12th, 2pm on December 13th and 14th. On December 13th, the production of the show will additionally provide ASL interpretation of the performance. For more information, or to reserve tickets for this show, please visit [www.monmouthcommunityplayers.org](http://www.monmouthcommunityplayers.org), or call 207-370-9566.

Disney's Frozen Jr. is presented through special arrangement with Music Theatre International (MTI). All authorized performance materials are also supplied by MTI. [www.MTishows.com](http://www.MTishows.com). For more information about licensing Frozen JR. or other Disney shows, please visit [www.DisneyMusicals.com](http://www.DisneyMusicals.com).

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30 Plays  
Continued from page 1

from comedy to drama to the absurd. Audience participation is built into some of the plays while everyone roots for the ensemble to beat the onstage timer.

Opening Night will offer a chance for USM Theatre Alumni to cheer on the newest Theatre majors with special pay-what-you-can tickets, USM swag, and a post-show meet-and-greet.

Show Info & Tickets  
30 Neo-Futurist Plays from Too Much Light Makes the Baby Go Blind (30 plays in 60 minutes)

By Greg Allen  
Directed by Sara Valentine

November 14-16, 2025

Russell Hall, USM

Gorham Campus Performances  
November 14 at 7pm - Pay What You Can & Alumni Night  
November 15 at 7pm  
November 16 at 2pm  
Location  
Russell Hall Stage, USM Gorham Campus

Ticket Info  
General Admission: \$18

Senior 65+: \$12  
USM Faculty/Staff/Alumni: \$14  
USM Students & Non-USM Students: \$8.

Group rate: \$8/person - for schools and community groups.

Pay-What-You-Can: Friday, November 14th, 7pm.

Tickets available through PortTIX, the official ticketing agent of the USM Department of Theatre. To purchase tickets, or for more information, visit

PortTIX at: <https://porttix.com/whats-on/a-monster-calls-usm/>, call (207)842-0800, or in person at 400 Congress St., Suite A, Portland, ME. For more information on USM's Department of Theatre events and programs, click here.

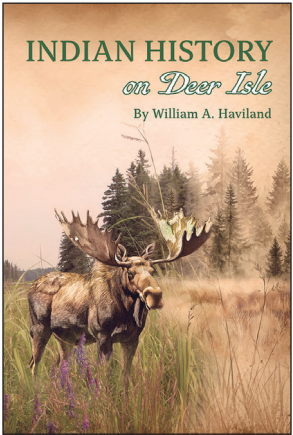
Content Advisory  
Adult themes, best for ages 14+.

Those needing special accommodations to participate fully in this program, contact Janice Gardner at (207)780-5289 or [janice.gardner@maine.edu](mailto:janice.gardner@maine.edu). Hearing impaired: call USM's telex / TDD number (207)780-5646.

Send all items for What's Going On to the Editor. Deadline is Friday by five.

# Local author publishes Indian History on Deer Isle

MAINE – In the late 1700s, when the first Anglo settlers stepped ashore on Deer Isle, Maine, they were far from the first to do so. For thousands of years people had lived, loved and labored on this and other islands as well as on the mainland. Early French explorers, traders and missionaries referred to the region's inhabitants as Etchemins, a people who occupied the entire coast from the Kennebec River down east as far as the Saint John River. Their descendants today are known



as Maliseets, Passamaquodians and Penobscots. By the time English

settlers arrived in the Penobscot region, native populations had been radically reduced by epidemics of diseases newly introduced from Europe, as well as more than a century of warfare. However, the survivors did not just abandon their old homeland, and in fact, their descendants have continued to visit Deer Isle and nearby islands into the 21st century.  
Indian History on Deer Isle  
William A. Haviland  
Penobscot Books.

## Cancer Resource Center of Western Maine hires new director

MAINE – The Cancer Resource Center of Western Maine (CRCofWM) announced today that they have hired Dani Searle, MPH, as the organization's new executive director. Searle will replace Diane Madden, MBA, who has served as executive director since March 2019, and who will officially retire in December.

"We are excited to have Dani join our team," said Ted Morton, Board President of the CRCofWM, which was established in 2014 to provide free wellness and supportive resources to individuals and families in western Maine affected by cancer. "Dani's public health knowledge, combined with her experience working with the Maine Cancer Foundation and leading the Maine Impact Cancer Network (MICN), will allow her the ability to hit the ground running. She is well versed in local, regional and state-wide efforts to improve access to care for patients and families. We have no doubt that she will have a positive impact in continuing to advance the Center's mission."



"Diane helped us grow the CRCofWM from a drop-in center to a place that serves multiple needs – emotional support, comfort, supplies, and loving care," said Judy Stone, former Board President and current Vice-President of the CRCofWM. "Further, she expanded the Center's reach beyond its walls and into communities and homes in order to meet critical needs. Thanks to Diane's vision and talent, we have been able to grow the Center's scope of care and geographical reach through innovation and grant support. Our Center and the Western Maine community have been enriched by her leadership. While we are sorry to see her go, we are excited for

her as she starts this new chapter in her life." Searle, originally from Colorado, currently lives in Westbrook. In her free time, she enjoys exploring the outdoors with her three dogs Ansel, Bear, and Roman, whether it's hiking a new trail or wandering along the coast. She loves experimenting in the kitchen with new recipes, browsing the local farmers market for fresh finds, and getting lost in a good book on a quiet afternoon. Searle will begin work at the CRCofWM in late November.

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November Special Section: **National Diabetes Month**

American Diabetes Association’s  
tips for eating well



Eat Good to Feel  
Good

Eating healthy doesn’t have to be complicated. No matter what type of food you love to eat, a few simple swaps can make a big difference.

Healthy eating for prediabetes and diabetes not only helps to manage your blood glucose (blood sugar), it also helps you have a better relationship with food. When you nourish your body with quality foods, it helps your body function at its best.

How to Make Healthy  
Eating Choices

Informed food choices are essential to living well. Food fuels the body and is a key part of diabetes management. However, no matter what eating plan you follow, there are some basic guidelines that apply across the board.

What all healthy eating plans have in common:

Non-starchy vegetables as a foundation for the plate

Lean proteins and plant-based sources of protein

Quality carbohydrates like starchy vegetables, fruits, whole grains, and low-fat milk

Less added sugar  
Healthy fats  
Less processed foods  
Water or zero-calorie beverages

Use the Diabetes Plate for Meal Planning

Simplify healthy eating with the Diabetes Plate— a low-carb meal pattern jumpstart that helps you portion your plate and support your diabetes management. This simplified way to approach meals is easy to customize to your food preferences.

Start with a nine-inch

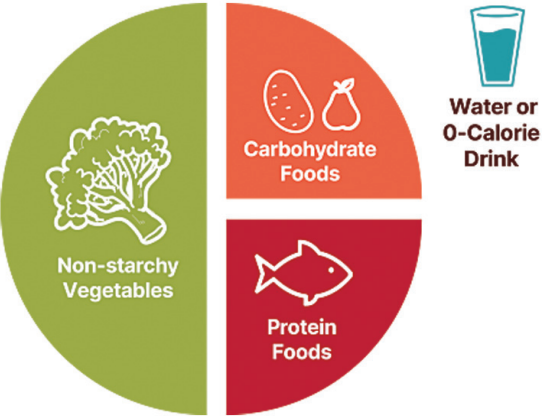


plate and fill half with non-starchy veggies, one-quarter with lean proteins, and one-quarter with quality carbs like starchy vegetables, fruits, whole grains, or low-fat dairy.

You can also use the Diabetes Plate as a framework for all the recommended diabetes meal patterns with simple adjustments to match the pattern.

Non-Starchy Vegetables

Using the Diabetes Plate as your guide, fill half your plate with non-starchy vegetables for a healthy meal. These vegetables keep you feeling full for longer and provide you with the great-tasting nutrients your body needs without as many calories and carbs. Non-starchy vegetables include broccoli, carrots, cauliflower, and more!

Protein

Protein is an important part of a diabetes meal plan. Are you plant-based? That’s okay! There are plenty of protein-rich plant-based options, such as beans, hummus, lentils, and others. However, many legumes do have carbs which can have an impact on your diabetes manage-

ment.

Fruits

Wondering if you can eat fruit? Yes! While fruit does count as a carbohydrate food, they are loaded with vitamins, minerals, and fiber just like vegetables. Fruit can also help you satisfy your sweet tooth without the added sugar. Find out about the best choices.

Fats

Focus on adding healthy fats (like monounsaturated and polyunsaturated fats) to help lower your cholesterol and protect your heart. Healthy fats can be found in foods like olive oil, nuts, avocados, some types of fish, and a host of other tasty options. Make healthy swaps to help decrease your risk of heart disease.

Diabetes Superstar  
Foods

To help create healthy meals, choose foods that give you more bang for your nutrition buck. These are often called “nutrient-dense” foods, which means they have high nutritional value. Get the facts and supercharge your meal planning with these ten foods full of protein, healthy fats, vitamins, minerals, and fiber.

Take the pledge, join the fight to  
end diabetes in November

Take the challenge during #AmericanDiabetesMonth: download and sign one of American Diabetes Association’s pledge

cards and challenge three friends to do the same. Show the world you’re joining the fight to end diabetes!

Get your card: diabetes.org/ADM

Share a photo holding your card and tag us—we might reshare your post!

Get involved in the month of November!

American Diabetes Association 85

American Diabetes Month CHALLENGE

American Diabetes Month

I am joining the fight to end diabetes. Because this fight matters.

John Smith

am joining the fight to end diabetes for American Diabetes Month and beyond.

American Diabetes Month

Spread the Pledge!

Download and sign one of our pledge cards and challenge three friends to do the same.

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<sup>1</sup> Annual Percentage Rate as of 03/03/2025. Not all applicants will qualify for the lowest rate or be approved. Promotion and rate subject to change without notice, foreign transaction fees may apply. For more information, visit egcu.org/credit.

Send all items for Names & Faces to the editor. Deadline is Friday by five pm.



## MEMIC Safety Research Center awards \$30K grant



**PORTLAND, ME** – The MEMIC Safety Research Center has awarded its 2025 workplace safety research grant to the University of Cincinnati for a pioneering study aimed at improving ergonomic conditions for long-term healthcare workers. The announcement was made during a live virtual event on August 1, attended by MEMIC team members, researchers, and industry stakeholders.

Led by Dr. Kermit Davis, Professor and Division Director of Environmental and Industrial Hygiene at the University of Cincinnati, the research will use wearable sensor technology to track postural stressors among nurses and nursing aides in long-term care facilities. The study aims to quantify the physical demands and discomfort experienced by these essential workers, with the goal of informing interventions that reduce

injury risk and improve workplace safety.

“This project addresses a critical gap in our understanding of the ergonomic challenges faced by caregivers in long-term care,” said Maryann Hoff, MEMIC’s Vice President of Safety & Loss Control. “We’re proud to support research that not only advances safety science but also has the potential to improve the lives of healthcare workers.”

The study will involve 100 participants from facilities in the Cincinnati tri-state area, using inertial measurement units (IMUs) and accelerometers to monitor posture and movement throughout multiple work shifts. Data will be analyzed to identify patterns of strain and discomfort, with comparisons between nurses and aides to uncover role-specific risks.

Dr. Davis emphasized the importance of the research: “Long-term care

workers are the backbone of our healthcare system, yet they face significant physical demands that often go unmeasured. This grant allows us to bring objective data to the conversation and develop solutions that can make a real difference.”

The MEMIC Safety Research Center grant program, now in its fourth year, supports innovative academic research that advances workplace safety across industries. Previous recipients include Indiana University of Pennsylvania, Illinois State University and Oklahoma State University, whose VR-based safety training project will be showcased in an upcoming webinar in early 2026.

MEMIC will begin accepting proposals for the 2026 grant cycle this winter.

For more information, visit [www.memic.com](http://www.memic.com).

## New members to State Workforce Board confirmed

**AUGUSTA, ME** – The Maine Senate unanimously confirmed six new nominees to the State Workforce Board (SWB), in a vote held May 22, 2025. The six new SWB members, nominated by Governor Janet Mills, are Christian Bartholomew of Augusta, Janet Kelle of Newport, Catharine MacLaren of Portland, Peter Parizo of Bangor, Michelle Anderson Westbrook, and Jason Judd of Lewiston.

“The core work of the State Workforce Board - aligning our economic and workforce development goals - is critically important to Maine people and businesses. With the confirmation vote by the Maine Senate, the State Workforce Board has gained six new exceptional leaders. They will work to address the pressing needs of both Maine employers and workers by connecting employers with a skilled workforce and helping workers fill high demand jobs,” said State Workforce Board Chair Vaughan Woodruff. “These Board members are qualified and well respected in their fields and represent a number of Maine industries. Their expertise will be beneficial to the State Workforce Board as it tackles the important work ahead.”

The State Workforce Board (SWB) is an employer-led board whose purpose is to ensure that Maine’s workforce development system helps Maine people and businesses compete successfully in the global economy. The SWB advises the Governor on workforce policy and the development and evaluation of the Workforce Development System (WDS), which includes other state agencies such as Department of Education and the Department of Health and Human Services along with the Community College System, University of Maine System, and Maine employers.

### New Members

Christian Bartholomew serves as the Chief Human Resources Officer for Andwell Health Partners, which is a Lewiston-based health care provider. Prior to Andwell, Bartholomew worked for Tenet Health in Massachusetts. He received a bachelor’s degree in human resources and an MBA with a concentration in human resource management from Thomas College. This will be Christian’s first

# MAINE DEPARTMENT OF LABOR

term on the State Workforce Board.

Janet Kelle is the Chief Human Resources Officer for Husson University in Bangor, Maine and has been with the University for nearly 10 years. Kelle worked in Human Resources for several organizations after graduating from Husson and prior to her return, she worked as the Director of Human Resources for Penobscot Community Health Care in Bangor. Kelle has also spent several years on the Bangor Chamber of Commerce’s Board of Directors. This will be Janet’s first term on the State Workforce Board.

Catharine MacLaren, Ph.D., LCSW, CEAP has been a licensed counselor for many years and serves as Vice President of Talent & Diversity in Human Resources for Northern Light Health. She is also an adjunct instructor for Northeastern University’s College of Professional Studies. Catharine is a Past President of the Board of Directors of the Human Resources Association of Southern Maine (HRASM). Catharine currently serves on the Board of Directors of Maine Recovery Residences as well. This will be Catharine’s first term on the State Workforce Board.

Peter Parizo serves as the Workforce Development Manager for Sargent Construction and has been a dedicated Employee-Owner since 2002. Parizo helps current and future employees build a career with Sargent through their training and development initiatives. He also helps run the college internship program and Sargent Construction Academy, which is a paid apprenticeship program designed to build future leaders of the earthwork industry. This will be Peter’s first term on the State Workforce Board.

Michelle Anderson oversees all Junior Achievement of Maine operations, including strategic vision, fundraising,

partnership development, and mission expansion. Michelle has been with the organization for over 10 years, starting her career as an intern upon college graduation and being immediately inspired by JA’s mission. Michelle is passionate about helping young people make smart education and career decisions through project-based learning and mentorship. She believes stimulating economic growth throughout the state of Maine starts with inspiring and preparing our young people. She holds an undergraduate degree in Child Development & Family Relations and Communication from the University of Maine and is a long-time dance instructor in Scarborough. This will be Michelle’s first term on the State Workforce Board.

Jason Judd joined Educate Maine in 2016 as the Project>Login Program Director and took on a variety of roles until he was named Executive Director in 2019. Jason worked as a teacher, college and career counselor, director of studies, and academic dean at Maine Central Institute (MCI) prior to joining Educate Maine. He has a bachelor’s degree from the University of Maine at Farmington in secondary education English, a master’s degree from the University of Southern Maine in educational leadership, and a doctorate in organizational leadership studies from Northeastern University. His dissertation focused on how leaders foster and support innovation at their schools. Jason is the past chairman of the Board of Trustees for the Maine School of Science and Mathematics. He currently serves as a board member for the Maine 4-H Foundation, the advisory board of Live and Work in Maine, and the education advisory board of the Gulf of Maine Research Institute. This will be Jason’s first term on the State Workforce Board.

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## Camden National Bank celebrates 150th anniversary through service

**CAMDEN, ME** – In celebration of its 150th anniversary, Camden National Bank closed its offices and banking centers at noon on Wednesday, September 10, to host a bank-wide afternoon of volunteering, declaring it a Community Well-being Day. A group of dedicated employees organized this initiative to encourage meaningful service across the communities the bank serves.

More than 600 employees participated, contributing over 2,400 hours of service in a single afternoon. This is in addition to the eight hours of paid volunteer time Camden National Bank offers each employee annually.

“Giving our time and talents to the community isn’t just about lending a hand; it’s about strengthening relationships, creating meaningful impact, and shaping the kind of place we’re proud to call home,” said Simon Griffiths, President and Chief Executive Officer of Camden National Bank. “As we celebrate 150 years, we’re honoring our legacy of personal financial guidance, digital innovation, and deep-rooted community support.”

Teams of employees mobilized throughout Maine and New Hampshire, engaging in volunteer activities tailored to the needs of 65 nonprofit organizations. From planting bulbs and cleaning trails to sorting donations and stocking food pantry shelves, the efforts reflected the bank’s deep commitment to community well-being.

Camden National Bank was founded in 1875, sharing space with the local Five and Ten Cent Store in Camden, Maine, to support the community’s individuals and small businesses. The bank has



Camden National Bank employees gather for some roadside clean up at the Boys and Girls Club in Gardiner, Maine, during their dedicated Community Well-being Day.



Camden National Bank employees supported the Travis Mills Foundation, by stacking wood, cleaning their gymnasium and detailing veteran vehicles during their dedicated Community Well-being Day.



Camden National Bank employees help make the Riverton Trolley Park in Portland, Maine a safe and welcoming area during their dedicated Community Well-being Day.

expanded from its original location, where the Main Office continues to serve customers, to 72 branches throughout Maine and New Hampshire.

CAMDEN NATIONAL BANK



## Report: Toll of lung cancer in Maine, testing coverage needed

**AUGUSTA, ME** – Today, the American Lung Association in Maine released the 2025 “State of Lung Cancer” report, which reveals that more needs to be done to end the burden of this devastating disease on families throughout the state. Lung cancer is the leading cause of cancer deaths here in Maine and across the U.S. The report finds that Maine surpasses U.S. average for screening of high-risk individuals, early diagnosis and treatment, but lung cancer incident rate remains high despite progress, highlighting an urgent need for continued prevention and early detection methods. The report also finds that Maine needs to implement policies to increase biomarker testing for people with lung cancer.

The Lung Association’s eighth annual “State of Lung Cancer” report highlights how the toll of lung cancer varies by state and examines key indicators throughout the U.S., including new cases, survival, early diagnosis, surgical treatment, lack of treatment, screening rates and insurance coverage of comprehensive biomarker testing.

The report found that Maine ranks:

44 out of 51 in the nation for rate of new lung cancer cases, at 66.73 per 100,000 (marking a 16% improvement over the past five years but still ranking below average and among the worst. The national rate is 52.8 per 100,000. Lung Cancer Incidence Remains High Despite Progress The state ranks 44th out of 51 nationwide for new lung cancer diagnoses, with a rate of 66.73 cases per 100,000 people—significantly higher than the national average of 52.8. While this reflects a 16% improvement over the past five years, the state still

falls among the worst in the country, highlighting an urgent need for continued prevention and early detection efforts.

20 out of 39 in the nation for survival, at 29.9%, marking a 28% improvement over past five years. The national rate of people alive five years after a lung cancer diagnosis is 29.7%.

16 out of 50 in the nation for early diagnosis, at 29.8% (marking an 18% improvement over past five years). Nationally, only 28.1% of cases are diagnosed at an early stage when the survival rate is much higher.

5 out of 51 in the nation for lung cancer screening, at 24.3%. Lung cancer screening with annual low-dose CT scans for people at high risk can reduce the lung cancer death rate by up to 20%. Nationally, only 18.2% of people at high risk were screened.

9 out of 49 in the nation for surgery as first course of treatment, at 23.2%. Lung cancer can often be treated with surgery if it is diagnosed at an early stage and has not spread. Nationally, 20.7% of cases underwent surgery.

9 out of 49 in the nation for lack of treatment, at 17.2%. Nationally, 21% of cases receive no treatment.

35 out of 51 in the nation for smoking, at 14%. Nationally, 11.4% of adults are current smokers.

37 out of 51 in the nation for its radon test results, placing the state in the below average tier compared to other states, with a relatively high percentage of results (36.5%) equal to or worse than the EPA recommended action level.

“In the last decade, we have seen incredible progress, including increases in lung cancer survival and early detection rates. This means that more people in Maine are living longer af-

ter a lung cancer diagnosis,” said Lance Boucher, assistant vice president of state public policy for the American Lung Association. “While this progress gives us hope, early detection and survival rates are far too low in our state. Working to increase awareness and access to lung cancer screening and biomarker testing are critical to saving lives. This is why the state must step in to ensure their residents have access to the best lung cancer care.”

The “State of Lung Cancer” report also examines insurance coverage of comprehensive biomarker testing across the U.S. Lung cancer biomarker testing, sometimes referred to as tumor, molecular, genomic or genetic testing, looks for changes in the tumor’s DNA. The results of the test may show biomarkers that can help determine what treatment options would be best for an individual patient. Insurance coverage of biomarker testing is important for removing a cost barrier to people with lung cancer, but coverage for biomarker testing is only required in some states. The report found that Maine does not require insurance coverage of comprehensive biomarker testing.

The 2025 “State of Lung Cancer” report highlights opportunities for states to reduce the burden of lung cancer and encourages everyone to help end lung cancer. This year, the American Lung Association calls for the state to implement policies to require insurance coverage of comprehensive biomarker testing. Learn more about the report and take action at [Lung.org/solc](https://lung.org/solc).

Get involved and help the mission of the American Lung Association. The Trek Across Maine is coming up June 19-21. Learn more at [TrekAcrossMaine.org](https://TrekAcrossMaine.org).

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## MaineHealth affirms commitment to substance use treatment



**BRUNSWICK, ME** – MaineHealth Mid Coast Hospital’s Addiction Resource Center (ARC) has announced a new name and broader alignment: it is now known as Comprehensive Addiction Psychiatry Services (CAPS), with locations in Brunswick and Damariscotta. These services are managed by MaineHealth Behavioral Health, which offers similar programs across the MaineHealth system.

“ARC has been known and trusted in the Mid Coast area for decades,” said Leah Bauer, MD, Medical Director. “We are proud to adopt the name, Comprehensive Addiction Psychiatry Services, in alignment with all similar services provided across MaineHealth Behavioral Health. This reflects our united commitment to providing evidence-based care for all substance use disorders.

We are the same people with the same passion for serving the Mid Coast community.”

Comprehensive Addiction Psychiatry Services deliver outpatient substance use treatment in a safe, supportive, and confidential setting. The focus is on high-quality, evidence-based care tailored to everyone’s recovery journey. Services include:

- Family support groups
- Harm reduction treatment
- Individual assessments
- Incentive-based programs for stimulant use disorders (e.g., methamphetamine, cocaine)
- Intensive Outpatient Program (IOP)
- Medical management of alcohol use disorder
- Medications for Opioid Use Disorder (MOUD), including Sub-

oxone and Sublocade

Psychiatric evaluation and management

Specialized support for new mothers with substance use disorder

Weekly therapy groups

How to Access Services

Individuals seeking treatment can contact MaineHealth Behavioral Health’s Comprehensive Addiction Psychiatry Services at the following locations:

- Brunswick – 66 Baribeau Drive | 207-373-6950
- Damariscotta – 20 Bristol Road | 207-563-2311
- Biddeford – 235 Main Street | 207-283-7660
- Portland – 165 Lancaster Street | 207-661-7001
- Rockland – 12 Union Street | 207-701-4450
- Springvale – 474 Main Street | 207-324-1500.

### Hospital

*Continued from page 5*

acy and the well-being of young people as well as a part-time Maine resident, supported that vision and was proud to lend her name to the hospital. She visited many times over the years, sometimes spending her birthday reading to patients.

Other members of the Bush family now proudly carry on her legacy to the children’s hospital. Margaret Bush, a trustee of MaineHealth Maine Medical Center and Mrs. Bush’s daughter-in-law, explained why this hospital is so special to the Bush family.

“My mother-in-law had a strong love of Maine, literacy and children, and the families at MaineHealth Barbara Bush Children’s Hospital were always close to her heart,” Margaret Bush said. “Our family is honored that this hospital carries her name as it continues to improve the level of services avail-

able to children in this community.”

MHBBCH has grown significantly in its 30 years and now connects to several national organizations in support of the local communities in MaineHealth’s footprint. In addition to the CF Foundation Therapeutic Development Network, MHBBCH is a part of the Vermont Oxford Network, which seeks to improve neonatal care, the Children’s Oncology Group, devoted to childhood cancer research, the Virtual Pediatric Systems Pediatric Intensive Care Unit Registry, dedicated to improving pediatric critical care and Children’s Miracle Network Hospitals, which raises money to support children’s health across the United States.

“MaineHealth Barbara Bush Children’s Hospital offers state-of-the-art care in a setting that is close to home,” said Dr. Mary Ottolini, MaineHealth’s George W. Hal-

lett, MD, Chair of Pediatrics. “While we continue to grow our services, we want our patients across Maine and Carroll County, New Hampshire to know our team will always provide personal, patient-centered care.”

Dr. Ottolini also shared a sneak peek of what’s to come for the children’s hospital with emcees Michelle Taylor of 99.9 The Wolf and Leif Erickson of 107.5 Frank FM, including expansion of its congenital heart program and increased outreach to rural parts of the state.

Proceeds from the evening, including Pearl sponsorships of \$30,000 from C.N. Brown and \$25,000 from TD Bank, will fund critically needed care and services to sick children throughout the state of Maine. For more information on how you can support the MaineHealth Barbara Bush Children’s Hospital, visit [bbch.org/give](http://bbch.org/give).

## Maine DOC holds women’s transitional housing open house

**AUBURN, ME** - The Maine Department of Corrections (MDOC) on Sept. 30 welcomed community members, partners, and local leaders to an open house at Waypoint, its newest transitional housing program for women. The event highlighted the facility’s mission of providing safe housing, recovery support, and access to employment and educational opportunities for women returning home after incarceration.

Waypoint, located on Burns Street in Auburn, officially opened on May 1, 2025, and has capacity for eight residents at a time. The program offers women up to six months of transitional housing while they build stability, strengthen connections, and prepare for independent living.

“Since we opened on May 1, the program has been consistently full,” said Amanda Woolford, Director of Women’s Services. “Women have successfully reintegrated into a community setting with supportive structure that looks different for everyone. With full time case management available to the clients, they navigated a variety of social service hurdles and build their community and natural supports.”

Guests toured the facility, met with staff, and learned about the program’s structure. Waypoint is staffed by professionals with extensive experience in corrections, case management, housing, and community services. Collectively, the team brings several years of service with the MDOC, backgrounds in supporting at-risk and unhoused populations, and experience coordinating care for both adults and children. Their expertise in housing, recovery, and reentry support ensures residents have the guidance they need to successfully transition to independent living.

The program has already shown strong results: 100% of current residents are employed, reflecting both their commitment and the program’s emphasis on connecting women with sustainable jobs.

Case managers have assisted women in addressing a wide range of needs, from securing medical and dental care to obtaining vital records, applying for social security, and scheduling women’s health appointments.

Staff also support daily living skills and pro-social activities, including meal planning and grocery shopping, budgeting, car



Photos provided by Maine Department of Corrections



repair assistance, and participation in community events such as the Balloon Festival, the Greek Festival, and local food bank trips. Social gatherings like movie nights further help residents build community and stability.

Partnerships with local organizations — including a local bank, the Lewiston CareerCenter, Auburn Public Services (housing and general assistance), Kaydenz Kitchen, and the Androscoggin County Treatment Court — strengthen the program’s ability to provide wraparound services.

“Smaller programs like this help us custom

tailor a reentry or reestablishment,” said Director Woolford. “Education and career paths are navigated, and financial goals are accomplished when plans are supported, and that’s exactly what we are able to do at Waypoint.”

Waypoint is part of MDOC’s broader commitment to supporting reentry and reducing recidivism through housing, employment, and community-based resources. Through MDOC’s Leading the Way community reintegration and reentry programs, 91% of participants successfully remained in the community one year after their release.

Send all items for  
Names & Faces to the editor.  
Deadline is  
Friday by five pm.



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**Saturdays**  
AUBURN – Stock up on BOOKS at great prices — 50¢ to \$3! Shop Saturday mornings at the APL Bookstore 9:00-12:30 for gently used books, ever-changing inventory, wide selection of children’s, fiction and non-fiction books, plus DVDs and puzzles. Auburn Public Library, lower level, 46 Spring Street, Auburn.

**Nov 13**  
MAINE – The 2025 Maine Hire-A-Vet is a statewide effort with the goal of at least 100 employers hiring at least 100 veterans and military family members during a 100-day period. While the campaign is focused on veterans and their families, these events are open to ALL jobseekers!

November 13, 2025 | 11:00 am to 3:00 pm | University of Maine-Farmington.

**Nov14-16**  
GORHAM – 3rd Annual Production of the Frenetic & Fantastic Theatrical Experience, Too Much Light Makes the Baby Go Blind (30 Plays in 60 Minutes) at USM Department of Theatre, Runs November 14th-16th at Russell Hall.

**Nov 15**  
AUBURN – Harvest Supper from 4:30 to 6:00 pm. at West Auburn Congregational Church - 811 West Auburn Road,

# Calendar

Send your submissions to the Editor. More online.

Auburn Maine 04210. Meal: Turkey, Ham, Potato, Sweet Potato, Squash, Carrots, Corn, Peas, Rolls, Beverage & Dessert. Price: \$5.00 for 4 to 14, Free under 3, and \$13.00 for adults.

**Nov 15**  
LEWISTON – Prince of Peace Parish Christmas Craft Fair Saturday, from 9-3. Looking for crafters/artists at Holy Family Church Hall 607 Sabattus St., Lewiston. Prices for tables/spaces range from \$25-\$40! Contact Angela at adobson@une.edu.

**Nov 15**  
LEWISTON – The ladies of Mu Chapter of Delta Kappa Gamma International are holding their annual Teddy Bear Fair on Saturday, November 15 from 9:00 to 2:00 at the Lewiston High School gym.

**Nov 15**  
PORTLAND – The FLUKES benefit concert for St. Elizabeth’s Essentials Pantry 4:00pm - 5:30pm at Trinity Episcopal Church Forest Ave. Portland. Suggested Donation \$10, children under 12 free.

The FLUKES, an ensemble of enthusiastic ukulele musicians along

with singer/songwriter Eileen Rose, and special guest The Grateful Hearts present a family friendly concert to benefit St. Elizabeth’s Essentials Pantry, a low-barrier pantry serving non-food essentials to all those in need, including new Mainers and Mainers whose families have been here for generations.

**Nov 16**  
AUBURN – Ready to hit the ice while raising money for a great cause? People of all ages and abilities are encouraged to gather at Norway Savings Bank Arena on Sunday, November 16, for a special public skate that will support a local organization dedicated to providing for many in need. The event will be held from 3:50 p.m. to 4:50 p.m. at the arena, located on 985 Turner Street in Auburn. Admission is \$5, with \$5 skate rentals for adults and children available.

**Nov 18**  
BRUNSWICK – Brown trout are a prized target for Maine anglers. But where are they in Maine and how did they get here in the first place? These questions and more will be answered at the November gathering of

the Merrymeeting Bay Chapter of Trout Unlimited.

November 18, 2025, at Sea Dog Brewing, 1 Bowdoin Mill Island, Topsham. Social hour begins at 6:00 pm, the presentation starts at 7:00 pm. The event is free; dinner and drinks can be purchased.

**Through Nov 18**  
BLUE HILL – CHEWED PAPER October 18th–November 18th, 2025. Opening Reception: Saturday, October 18th 5pm - 7pm.

This fall Working Loose gathers seventeen artists to explore the modest medium of paper and glue. Chewed Paper is a celebration of papier-mâché—a deceptively humble medium that has endured across centuries, cultures, and continents. From the fortified surfaces of medieval armor to the festive vibrancy of piñatas, masks, and parade costumes, this exhibition honors the tactile, transformative nature of a craft born from the simple union of paper and paste. Working Loose, 49 Main Street, Blue Hill, ME 04614.

**Nov 20**  
PORTLAND – Portland Public Library invites the community to an evening of dialogue, insight, and hope at the Recovery Ready Community Discussion on Thursday, November 20, from 5:00 to 6:30 PM in the Rines Au-

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ditorium at the Downtown Branch.

**Sundays through Nov 23**  
LEWISTON – Lewiston Farmers’ Market held every Sunday, May 11th-November 23rd from 9:30am-1:00pm. Hours change to 11:00am-1:00pm beginning first Sunday in November. Located at 2 Oxford St., Lewiston.

**Dec 3**  
LEWISTON – Wednesday, December 3rd from 1pm to 2pm at the Lewiston Public Library: IDENTIFYING FRAUDS AND SCAMS.

In partnership with the National Digital Equity Center, the Lewiston Public Library will host an in-person class, Identifying Frauds and Scams. Free. Registration Required: [https://digitalequitycenter.org/classes/class/identifying-fraud-scams/?instance\\_id=6423](https://digitalequitycenter.org/classes/class/identifying-fraud-scams/?instance_id=6423).

Send all items for What’s Going On to the Editor. Deadline is Friday by five.

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GORHAM LITTLE LEAGUE

Field Funding Campaign



The Gorham Youth Baseball & Softball Association is making a large capital investment to provide updates and add fields to accommodate practice and game schedules:

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