

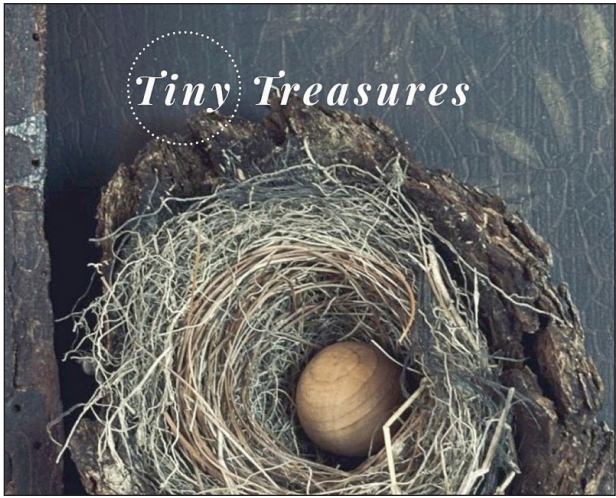
“Tiny Treasures” exhibition opens at Center for Maine Craft

WEST GARDINER, ME – Shop Maine Craft presents Tiny Treasures, a collection of work by Maine Crafts Association member Kharris Brill alongside a showcase of small scale work by 20+ artists, on view November 4 through December 31, 2025 at the Center for Maine Craft in West Gardiner.

About the Exhibition: Join us this holiday season for a celebration of artistry and imagination at Tiny Treasures, a special exhibition featuring handcrafted works by 20+ members of the Maine Craft Association alongside original mixed media creations by Kharris B. Creative Studio. This showcase highlights finely crafted items measuring six inches and smaller, each piece offering a glimpse into the creativity, skill, and vision of Maine’s vibrant craft community.

About Kharris B.: A self-taught artist, Kharris continually expands her creative vocabulary, exploring new tools and techniques as she works. Her artistic repertoire includes linear stained glass, batik, reclaimed wood furniture, and most recently, found object assemblages. Inspired by visionaries such as Frank Lloyd Wright and Joseph Cornell, she seeks to give new life to salvaged materials, transforming the overlooked into the extraordinary.

Exhibition Details: Location: Center for Maine Craft, 288 Lewiston Rd. West Gardiner, Maine



Kimberly Round

04345

Hours: Open Daily, 9am – 6pm

Dates: November 4 – December 31, 2025

Opening Reception: November 8, 2025, 1 – 3pm

www.shopmainecraft.com/tiny-treasures-2025

Visit the Exhibition: The Center for Maine

Craft invites collectors, artists, and the community to experience a variety of work in one amazing showcase, Tiny Treasures. For more information, please visit shopmainecraft.com or contact Edythe Morin at edy@shopmainecraft.com.

About the Center for Maine Craft:

The Center for Maine Craft is dedicated to show-



Sara Palumbo



Turning Arts Studio

casing and supporting the work of Maine artists and small businesses. Presenting and promoting over 300 members of the Maine Crafts Association, the Center is located in the West Gardiner Service Plaza and offers a diverse range of retail sales, exhibitions, events that celebrate the rich tradition of craft in Maine.

November Special Section National Diabetes Month page 9

City of Lewiston backs small business growth with grants

LEWISTON, ME – The City of Lewiston announced today the launch of its New Business Opportunity Grant, a program designed to provide critical early-stage funding for start-ups, recently opened businesses, or established businesses relocating to Lewiston. The program grants Lewiston-based businesses up to \$15,000 to be used for operating expenses such as payroll, rent, utilities, equipment purchases or repairs, inventory, marketing, professional services, and code compliance.

“Whether you are just starting your business or a seasoned business owner, there are unexpected expenses and with this grant, Lewiston-based businesses will have a margin of stability so those surprises don’t derail their hard

work,” said City Administrator Bryan Kaenrath. “In Lewiston, we want entrepreneurs to know they’re not navigating that journey alone. When local businesses succeed, the entire community wins.”

This program is part of a larger push to strengthen the local economy, foster entrepreneurship, and support innovative ideas that will contribute to the city’s long-term growth. The City will award grants up to \$15,000 through June 30, 2026. Applications will be accepted and reviewed on a rolling basis. This program is being administered by the City of Lewiston’s Department of Economic and Community Development (ECD).

To qualify, a for-profit business must be operating in Lewiston and have been open for less than one

year at the time of application. The program is also open to existing Lewiston businesses opening a significantly new or different line of business, or an existing business moving to Lewiston for the first time. Start-ups not yet open can also qualify. For complete list of eligibility requirements and other program information, visit www.lewistonmaine.gov/New-BusinessGrant.

Businesses are encouraged to consult with ECD staff before applying or to attend a free training sessions for applicants:

Tue., Nov. 25 | 5–6:30 PM – 75 Park, 75 Park St.

For questions or to RSVP to a session, contact ECD staff during business hours at 207-513-3125 or ECDGrantProgram@LewistonMaine.gov.

Identifying frauds and scams at LPL

LEWISTON, ME – In partnership with the National Digital Equity Center, the Lewiston Public Library will host Identifying Frauds and Scams on Wednesday, December 3rd from 1:00 to 2:00pm in the 2nd floor Idea Lab.

In this free class, Digital Navigator Bailey Smart will teach about different types of internet frauds and scams, the dos and don’ts of protecting yourself online, and what to do if you have experienced online fraud or abuse.

Registration with the National Digital Equity Center is required to attend. Registration is

available here: https://digitalequitycenter.org/classes/class/identifying-fraud-scams/?instance_id=6423

If you need help registering, please contact us at 207-513-3135 or LPLReference@gmail.com.

The National Digital Equity Center provides digital literacy classes that provide opportunities for professional growth, personal enrichment, the development of computer skills, and preparation for professional careers in a supportive environment. For more information, please visit <https://digitalequitycenter.org/>.

The Lewiston Public Library is located downtown at 200 Lisbon Street at the corner of Pine Street. More information on this program is available by contacting the Lewiston Public Library at 513-3135 or LPLReference@lewistonmaine.gov.

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

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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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Newsmakers, Names & Faces

Celebrating a new partnership:
cPort, Hoffer's High School Sports

Lewiston student earns
national award

PORTLAND, ME – At cPort Credit Union, we pride ourselves on fostering community connections and supporting initiatives that resonate with our values. Today, we are thrilled to announce a new and exciting partnership with Hoffer's High School Sports, a platform run by the dedicated and talented Michael Hoffer, a long-time sports reporter in Southern Maine. This collaboration underscores our commitment to local high school sports while emphasizing the importance of learning both inside and outside of the classroom.

Meet Michael Hoffer: Passionate Storyteller and Advocate for High School Sports

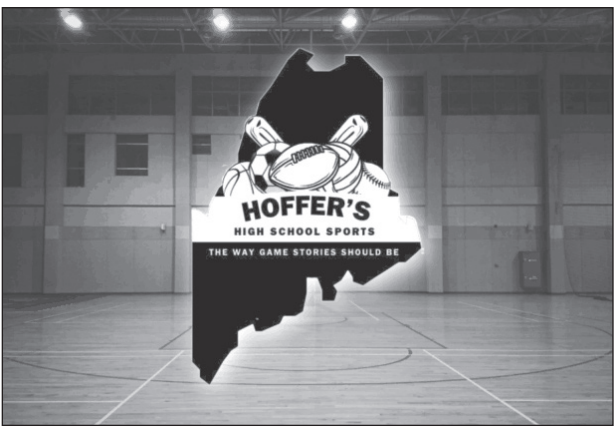
Michael Hoffer has spent decades immersed in the vibrant atmosphere of southern Maine's high school sports scene. His work as a sports reporter has garnered a loyal following, thanks to his unique storytelling ability that brings every game to life. Whether capturing the thrill of a buzzer-beater or chronicling the teamwork that drives success, Hoffer's writing draws readers into the heart of the action, celebrating the athletes, coaches, and communities that make high school sports so special.

Hoffer's High School Sports is more than just a reporting platform; it's a celebration of local talent, perseverance, and sportsmanship. Michael's dedication to uplifting these stories mirrors cPort's mission to empower individuals and communities to thrive. This shared vision makes this partnership a natural fit.

Why cPort is Partnering with Hoffer's High School Sports

At cPort, we believe in the transformative power of education, whether it takes place within a classroom or on the playing field. High school sports offer students invaluable lessons in teamwork, leadership, and resilience—qualities that extend far beyond graduation. By supporting Hoffer High School Sports, we aim to celebrate athletic excellence while highlighting its educational impact. This effort seeks to inspire students, parents, and educators to view sports as a vital pillar of both personal growth and academic development.

Our partnership with Hoffer's High School Sports is a testament to



our commitment to Southern Maine's youth. These young athletes exemplify perseverance and dedication, traits that align with our values and aspirations for the communities we serve. We see sports as a vital avenue for growth, and by teaming up with Michael Hoffer, we aim to amplify the reach and recognition of these impactful stories.

Words from cPort Leadership

As we embark on this exciting collaboration, Bill Whitmore, cPort's Executive Vice President of IT and Business Solutions, shared his thoughts on the partnership:

"At cPort, we understand the importance of community, and high school sports reflect the heart and spirit of southern Maine. Teaming up with Hoffer's High School Sports is an opportunity to celebrate excellence, build connections, and inspire future generations. Together, we are championing the incredible stories that foster pride, learning, and resilience in our young athletes."

Looking Ahead: A Shared Vision for Growth

This partnership is not just about supporting sports reporting—it's about creating a platform where the achievements of local high school athletes can shine. Together, cPort and Hoffer High School Sports aim to inspire the next generation, encouraging them to embrace challenges and celebrate their victories both on and off the field.

Through this collaboration, we envision stronger ties within the Southern Maine community. By spotlighting the dedication and talent of high school athletes, we hope to inspire students, parents, and educators to recognize the value of sports as a cornerstone of education and personal development.

Join Us in Celebrating Local High School Sports

As cPort and Hoffer's High School Sports embark on this exciting journey, we invite you to join us in celebrating the incredible stories of perseverance, teamwork, and triumph that define high school sports. Whether you're a dedicated fan, a proud parent, or an invested community member, there's a place for you in this endeavor.

Visit Hoffer's High School Sports to stay updated on the latest games, highlights, and features. Together, let's celebrate the athletes who inspire us and contribute to the vibrant fabric of southern Maine. This partnership is not just about the present—it's about building a legacy of support and recognition for the bright futures ahead.

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LEESBURG, VA – Houda Aden of Lewiston, ME earned the SkillsUSA National Statesman Award during the organization's Washington Leadership Training Institute held Sept. 20-24 in Washington D.C.

SkillsUSA, the #1 workforce development organization for students, awards its National Statesman Award to members who demonstrate strong SkillsUSA knowledge, civic awareness and the ability to articulate their career and technical education (CTE) experiences.

"The statesman award affirms a student's commitment to responsible leadership and civic awareness," said Chelle Travis, Executive Director of Skill-

sUSA. "It confirms their understanding of SkillsUSA's mission to empower students to become skilled professionals, career-ready leaders and responsible community members. A foundational component of their leadership development, the award represents the student's desire to create brighter future, not just for themselves, but for our nation."

To be eligible for the award, students complete coursework and certifications prior to attending the training institute in Washington D.C. While in-person, they engage in a variety of sessions, trainings and panels before culminating with a personal interview where students de-

scribe their CTE program and how it has prepared them for the future, define the skills gap and how SkillsUSA helps address it, and discuss their personal career goals.

Preparing for advocacy visits is a core part of the Statesman Award, ensuring all members effectively represent SkillsUSA and CTE at the local, state, and national levels. Many students meet with elected officials, policymakers and legislative aids during their time in Washington D.C.

More than 400 SkillsUSA members representing nearly 30 states earned the award this year. SkillsUSA hosts its Washington Leadership Training Institute annually in September.

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Fashion News

Tias Prom Project

Dedicated to providing dresses & confidence to young women

The Tatiana Morrell Foundation was created to honor the incredible spirit of Tatiana Morrell — a young woman whose light, kindness, and heart continue to inspire us every day. One of the ways we carry her legacy forward is through something truly special: collecting prom dresses for students who may not have the means to purchase one. Tatiana believed deeply in making others feel seen, valued, and beautiful — and this mission reflects that love.

Through every dress given, every smile shared, and every moment of confidence created — Tatiana's spirit lives on. Thank you for being part of this journey with us. ⭐

The Story Behind Our Mission:
To better understand our mission, you must understand our reasoning:
Tia lived with a heart led by kindness and intuition. When she noticed a new student struggling, she stepped in to make a difference—providing her with a beautiful dress and arranging for her mother to do her hair and makeup. That simple act of love gave the girl, who never imagined attending such an event, the night of her life.

Tia believed every young woman should feel confident, radiant, and celebrated during life's special moments. In her honor, we are dedicated to continuing that mission—ensuring that no girl misses out on the magic of prom, homecoming, or a school dance because of financial hardship.

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• 781 Edes Falls Rd, Harrison, ME
• 780 Broadway St, South Portland, ME

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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.

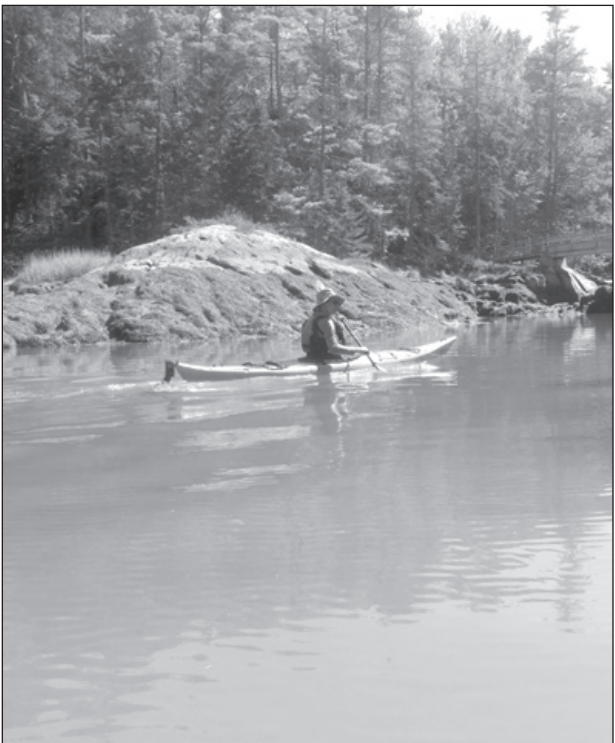
A gusty headwind confronted us as we paddled southwest across the north shore of Back River and joined the Sheepscot River above Barter's Island. Breaking waves and strong winds from our port side were an added challenge when Brent and I turned north around rugged Cross Point on the southwest coast of 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 or he can be reached at 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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Auburn Art Club learns beading



Nancy Kleckner shows a donated snowflake, the work of Auburn Art Club member Donna Morin.

AUBURN, ME – The Auburn Art Club met in October in the parish hall of Sacred Heart Church in Auburn. The presenter was Nancy Kleckner, a docent from the Museum of Beadwork and a board member of the Maine Bead Society. Kleckner presented a program that showcased the exhibits at the Museum of Beadwork, located on Forest Avenue in Portland. She then provided beads and snowflake forms for the members to create their own snowflakes. Some members donated their completed snowflakes to Kleckner to use in an upcoming exhibit at the museum.

The Auburn Art Club, organized in 1880 and federated in 1892, is the oldest Women’s Club in Maine. 2025 marks the 145th year the club has been in existence.

NSB donates \$1.5K to Community Little Theatre in Auburn

AUBURN, ME – In 1941, sets were assembled, roles were filled, and lines were rehearsed for the first public performance of an energetic and joyful cast at the new Lewiston-Auburn Community Little Theatre (CLT) on 30 Academy Street in Auburn. Over eight decades later, CLT is still providing outstanding and affordable entertainment to local residents and visitors while engaging young dreamers.

“This is a volunteer-driven nonprofit that produces high-quality plays and musicals as well as introducing the performing arts to the next generation through summer youth camps,” said Brandon Chaloux, Co-Executive Director of CLT.

Longtime supporters of CLT, Norway Savings made a recent donation of \$1,500 to the organization in advance of its upcoming 2025-26 season. NSB has contributed over \$10,000 to the organization in recent years.

“We’re thankful to Norway Savings Bank for believing in our mission

and helping us celebrate 85 years of community theater,” said Danielle Eaton, Co-Executive Director of CLT. “Our ongoing partnership helps to ensure that CLT can continue to thrive and grow for many years to come.”

“The effort extended to put forth these productions is impressive as is the theatre’s staunch commitment to providing young people opportunities to grow in confidence and creativity,” said Dan Walsh, President and CEO of Norway Savings Bank. “NSB is happy to provide support to an organization that has genuinely stood the test of time thanks to its love of performance and its patrons.”

“Because of NSB’s generosity, we welcome new audiences, foster local talent, and continue to affirm CLT’s role as a cornerstone of the arts in our community,” said Chaloux.

The new season will kick off with A New Home, a musical directed by Paul Caron, on October 30-November 9, 2025. Almost Maine, a romantic come-

dy directed by Jackie McDonald, will hit the stage from February 20-March 1, 2026. A non-musical version of The Secret Garden, directed by Britny Anderson, will run from April 10-April 19, 2026. The Marvelous Wonderettes, a musical directed by Sophie Wood and Justin Morin, will appear from June 19-28, 2026, followed by an American classic, The Wizard of Oz, directed by Brandon Chaloux, from August 7-16, 2026. In addition, the CLT Youth Summer Musical Theater Program will return next summer as will a Music Theater Camp which will run from January through April 2026 for third through fifth graders.

For more information about CLT, visit www.laclt.com or call 207-783-0958.

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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 statewide 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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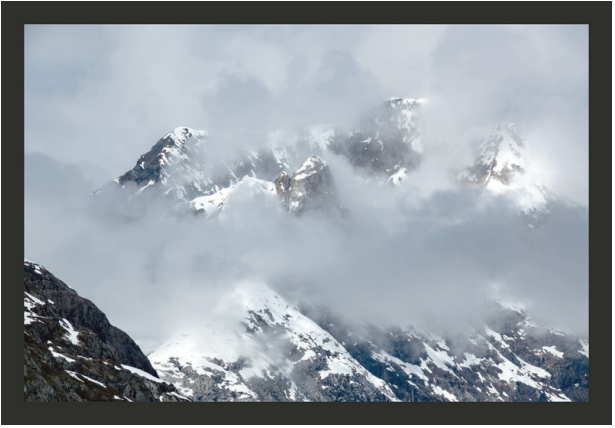
November exhibit at the WHA art gallery at CMMC

LEWISTON, ME – The Woman’s Hospital Association (WHA) Rotating Art Gallery at Central Maine Medical Center in Lewiston is proud to display the photographs of Marian Marks and the paintings of Sarah Martin for the month of November.

Marian Marks was born in the coal-mining region of eastern Pennsylvania and was a for-real coal miner’s daughter until the family moved to New Haven, CT where she grew up. With an M. Div. from Yale Divinity School, she was ordained as a Lutheran minister (ELCA) in 1994 and was called to Grace Lutheran Church in Auburn, Maine where she served for 28 years before retiring in 2023.

A lover of nature, photography is a natural draw. It is also a continuation of her inner spiritual life. As she says, “It is hard not to feel blessed and grateful after a day or even an hour of searching out subjects for the camera. I hope my photos can share something of what I experienced in taking them and lead others to a greater enjoyment and appreciation of the natural world. I hope, too, that my photos can play a small role in motivating conservation of these precious gifts”.

Sarah Martin is a self-taught artist who started painting around the age of 37, not long after being diagnosed with MS. What began as a personal way to cope and express herself



‘Mystic Mountain’ by Marian Marks



‘Little Fox’ by Sarah Martin

turned into a true passion. “I paint with mostly acrylics, creating whimsical, colorful pieces that are full of fun and imagination. My art is about finding joy and lightness, even in life’s challenges, and sharing this sense of playfulness and

hope with others”. The works on display may be purchased through the WHA Gift Shop located adjacent to the main lobby at Central Maine Medical Center. A percentage of sale proceeds benefits patients of CMMC.

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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

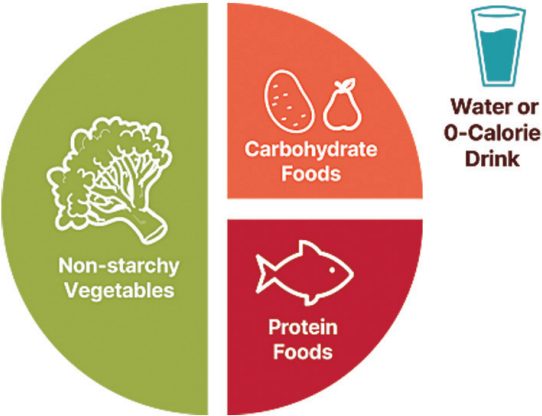


plate and fill half with non-starchy veggies, one-quarter with lean proteins, and one-quarter with quality carbs like starchy vegetables, fruits, whole grains, or low-fat dairy.

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

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

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John Smith

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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.

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.

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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](#).

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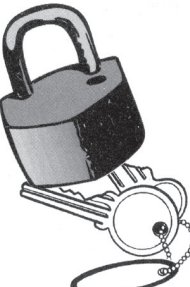
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Nov 13
MAINE — The 2025 Maine Hire-A-Vet is a statewide effort with the goal of at least 100 employers hiring at least 100 veterans and military family members during a 100-day period. While the campaign is focused on veterans and their families, these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

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

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Wiscasset Holiday Marketfest welcomes the season

WISCASSET, ME — Wiscasset Holiday Marketfest welcomes the winter holidays with three days of seasonal festivities. Truly a shopping destination, Marketfest also invites shoppers and revelers to enjoy family-friendly, affordable or free, and wonderful things-to-do on Friday, Dec. 5 through Sunday, Dec. 7, from 10am to 5pm each day.

Wiscasset Village sets

the scene with lighted garlands and wreaths, festive storefronts, and sparkly candy canes at participating doorways. Visitors can shop for the perfect gift with help from on-site shop owners or visit the artisan shop in the old barn behind the historic Nickels-Sortwell House at the corner of Main and Federal St. The grand home’s first floor will be decorated in seasonal splendor and open

for tours during Marketfest weekend.

Santa arrives on Friday evening with quite a flourish as he’s escorted to his workshop by a cavalcade of merry and brightly decorated cars and trucks. After waving to Santa from the parade route, families are invited to Santa’s Block Party at Scout Hall, 7 Lincoln St., for cocoa and candy canes, holiday crafts, food truck, and spiked

drinks for the adults in tow. There’ll be live sheep to pet and ooey-goopy s’mores to enjoy, fresh off the fire pit.

Marketfest weekend inspires a hand-made Christmas with a selection of seasonally themed workshops: learn to make greeting cards, gift bows, ornaments for the home, or a Solstice Star for hanging. Home bakers compete in the Christmas Cookie Challenge, and, after the

judges are done, on-lookers get to take some home. The Nickels-Sortwell barn, chock full of artisan wares for gift-giving, exhibits wreaths decorated by local businesses, which are given to our neighbors in need of holiday cheer at the end of Marketfest weekend.

Music, children’s shopping at the public library, the lighting of the Town’s tree, a free raffle for local dining, horse-drawn

wagon rides, ice carving . . . Wiscasset Holiday Marketfest inaugurates the holiday season with warmth, welcome, and lots of good cheer!

For all the details, see the Calendar on www.WiscassetHolidayMarketfest.com. Wiscasset Holiday Marketfest is a partnership between Wiscasset Creative Alliance and Wiscasset Area Chamber of Commerce.



Wiscasset Holiday Marketfest is a family-friendly weekend with activities for all! In Wiscasset Village, ME, December 5-7, 10am to 5pm each day. (Wiscasset Holiday Marketfest photo.)



During Wiscasset Holiday Marketfest, Dec. 5-7, the historic Nickels-Sortwell House is festooned for the season and open for tours. In 2024, the Conservatory was a confectionary dreamscape! (Bob Bond photo.)



Hop on board Woodfield Farm’s horse and wagon shuttle during Wiscasset Holiday Marketfest for a ride to your destination or a jaunt around the Village. (Bob Bond photo.)

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SENIOR TRIPS

If interested in any of the following trips or upcoming trips, please contact Claire Bilodeau at 784-0302 or Cindy Boyd at 345-9569. If we are not available, please leave a message and we will call you as soon as we can.

SEPTEMBER 20 - 28, 2026 - DISCOVER PAINTED CANYONS OF THE WEST - Trip includes 9 days and 11 meals. Highlights are Colorado National Park, Wine tasting in the midst of Colorado Wine Country. Moab, Arches National Park, Canyonlands National Park, Dead Horse Point State Park, Capitol Reef State Park, Bryce Canyon National Park and Zion National Park all in Utah, last day in Vegas. Included in price is round trip air from Logan International Airport and all Hotel Transfers. Deposit is \$698.00 pp plus \$429.00 if you want travel protection.

May 23-31, 2026 – BILTMORE ESTATE & ASHEVILLE, N.C. - This trip includes 9 days and 8 nights lodging, 8 breakfasts and 6 dinners. You

will have a full day at the Biltmore Estate and experience the Biltmore House and Gardens. You will also visit the Antler Village and Winery. You will have a guided tour of Asheville and the magnificent St. Lawrence Basilica. We will experience a drive on the Blue Ridge Parkway (America's Most visited park unit). We also visit the Thomas Wolfe Memorial State Historic Site. These are the highlights of the trip and there is so much more that we will see. On our way home we stop at the Nasher Museum of Art at Duke University. Price for this trip is \$1,245.00 per person double occupancy. A \$75.00 deposit per person is due upon signing up. The trip includes the bus driver tip and all tour gratuities. Add \$349.00 for single occupancy. Final payment is due 3/16/26.

OCTOBER 18-23, 2026 – SHIPSHAWANA, INDIANA - This trip includes 6 days and 5 nights lodging, 3 breakfasts and 3 dinners. You will have a full day guided tour of Indiana's Amish Country with a tour of an Amish Homestead and an Authentic Amish Dinner. We will experience Cook's Bi-

son Ranch with a scenic Wagon Tour of their majestic ranch while seeing the bison up-close and even feeding them. We will spend time shopping and having lunch at Shipshewana Trading Place which is constantly ranked one of the top five Flea Markets in the Country. We will see the show "Loves Comes Softly" at the Blue Gate Theater. Price for this trip is \$865.00 per person double occupancy. A \$75.00 deposit is due upon signing up. Trip includes bus driver tip and all tour gratuities. Add \$305.00 for single occupancy. Final payment is due 8/11/26.

If you are interested in any of these trips or for more information, please contact Claire at 784-0302 or Cindy at 345-9569.

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CMMC ICU team member recipient of the DAISY Award

LEWISTON, ME – Paul Turnquist, RN, who works at Central Maine Medical Center’s (CMMC) intensive care unit (ICU), is Central Maine Healthcare’s latest DAISY Award winner.

The DAISY Award is an international program that recognizes nurses for their compassionate care and the difference they make in patients’ lives. Patients, their families, visitors, physicians and other team members can nominate a nurse for the award.

Paul was nominated by a patient. A portion of the nomination letter is below.

“Paul was amazing! He supported and was there for our family every step of the way when he was on his shift. He came out multiple times to the waiting room to check on our family, and even in the room, to check on us. He always asked if we needed anything. The compassion he gave our family the three days we were there was amazing, and we couldn’t be more thankful for his support through my uncle’s passing. Once again, thank you so much Paul, and I wish there were more of you in this world!”



“We are all extraordinarily proud of Paul for receiving this recognition,” said Michelle Kap, RN, chief nursing officer at

Central Maine Healthcare. “The nomination letter submitted by this family is just one example of the dedication he brings to the job every day. He sets a great example for his fellow team members and is an inspiration to all of us.”

‘I Belong’ empowers Maine students with disabilities

MAINE – The Maine Department of Education (DOE) Office of Special Services and Inclusive Education held its second annual “I Belong” Youth Summit at Central Maine Community College on Thursday, May 29. This event brought together students from across the state with individualized education plans (IEPs) for a day dedicated to empowerment, connection, and celebration of student voice. Student participants ranged in age from 10 to 22 years old.

The summit is an initiative that happens through the Transition Maine program, which was developed by the Office of Special Services and Inclusive Education to provide accessible and inclusive transition services for students moving from high school into adulthood. The Executive Student Transition Committee, a team of students who assist with the Transition Maine program, plays a large role in the organization of this event, designed to amplify the voices of youth with varying abilities. “To see our students meaningfully engage and included in hands-on activities to help them imagine their future makes me and our team very proud,” Executive Student Transition Committee Co-Chair Connor Archer said, reflecting on the success of the summit.



Students from the Deering High School Unified Cheerleading Team pose with Maine Secretary of State Shenna Bellows.

“As someone who received special education services right here in Maine, I know how unique and powerful this experience is.”

Secretary of State Shenna Bellows kicked off the summit by speaking with students about Maine’s new accessible voting machines, known as the ExpressVote.

The system allows voters to mark their ballots using a touchscreen or keypad, and it includes audio instructions for those who are visually impaired. It then prints a paper ballot that can be scanned and counted. Bellows emphasized the importance of civic participation and ensuring that all Mainers, including those with disabilities, have full access to the process.

The daylong event allowed students to discover post-secondary opportunities through engaging, hands-on activities. Career paths in trades, culinary arts, agriculture, health

care, media, and more were highlighted throughout the day. Students practiced knife skills with chefs, pulled lobsters from traps, and planted vegetables. They participated in Central Maine Power’s “Safety City” demonstration, regarding safety around power lines, and joined the Maine DOE Rethinking Responsive Education Ventures (RREV) team, along with the Student Leadership Ambassadors of Maine (SLAM) from Nokomis High School, for mock media interviews, designed for those interested in journalism and broadcasting.

L.L. Bean introduced the students to the world of retail through an interactive clothing activity that focused on merchandising and apparel knowledge. The iconic “Bootmobile” was also on display, drawing students in and sparking conversations about careers in retail and outdoor recreation.



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