



Fire Department marks 9-11

The Lewiston Fire Department will host a brief ceremony on Friday, September 11 to remember those who lost their lives on that date in 2001 in terrorist attacks at the World Trade Center, the Pentagon and in Shanksville, Pennsylvania. The ceremony

will begin at 9:58 with a welcome by Fire Chief Paul LeClair. At 9:59, the time of the South Tower Collapse, there will be a moment of silence as the station bell rings 5-5-5 (three sets of five chimes each). Mayor Robert Macdonald will then deliver

remembrance remarks, the Fire Department chaplain will recite the Firefighter's Prayer and the Fire Department personnel will place a wreath. Free and open to the public, the event will take place at Central Station at 2 College Street in Lewiston.

"Fun in French" resumes at Franco Center



Fun in French classes for kids ages 4 through 12 resume for the season on Sep. 19.

The Franco Center will start its fall session of Saturday morning "Fun in French" classes for children on Saturday, September 19. The course will consist of six 90-minute sessions running on Saturday mornings, with pauses on holiday weekends, from 9 to 10:30 a.m. for

those ages 4 to 8 and from 10:30 a.m. to noon for those ages 9 to 12. For a complete class schedule, contact the Franco Center.

No prior language experience is needed. A parent, grandparent or adult caregiver must accompany each child age 8 and under.

The Maine French Heritage Language Program curriculum will be used as the foundation for the class, with the goal being to provide an opportunity for families to learn activities in French that they can build on between sessions.

The course will be taught by Jacynthe Jacques, a native of Quebec who has lived in the Lewiston area for the past 20 years, and Marie Emmons, a native of Nantes, France, who has lived in the Lewiston area for the past several years.

There is a minimum requirement of five students per age-group and a maximum of 15 students. See **French**, page 3

Glow Golf Scramble raises \$11,000



Brendan Begley and Vincent Palange

Central Maine Medical Center's Associate Volunteers have announced that their second annual Charles Day Glow Golf Scramble, which took place at Martindale Country Club recently, raised over \$11,000 for Central Maine Heart and Vascular Institute.

The event is a unique glow-in-the-dark golf tour-

namment that this year featured a luau-themed dinner, photo booth, tiki hut and light-up favors. Sixteen foursomes navigated the greens in golf carts affixed with headlights to hit glow-in-the-dark golf balls over nine holes.

The team of Andy Bedard, Melinda Bedard, Scottie Scott and Lisa Scott

took first place in the tournament, followed by the team of Andrew Slattery, Lindsay Abrams, Scott Cybulski and Tony Scherrer. The winner of the Target Toss game was Bill David.

Central Maine Heart and Vascular Institute is celebrating their 14th year providing services, including See **Glow**, page 3

Strutt Your Mutt-Dash for Dogs Sept. 20

The Greater Androscoggin Humane Society is accepting registrations from people and their canine friends who would like to walk or run in the annual Strutt Your Mutt Dog Walk-Dash for Dogs 5K Run on Sunday, September 20.

Both events will take place at the Greater Androscoggin Humane Society at 55 Strawberry Avenue in Lewiston. Registration will begin at 8 a.m., with the timed run starting at 9 a.m. and the untimed walk starting at 9:30. The cost to register for the run or the walk



Come walk, run or cheer on the participants in the annual GAHS Strutt Your Mutt-Dash for Dogs fundraiser.

is \$25 in advance or \$30 on the day of the event. Funds raised will directly benefit See **Mutt**, page 3

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Newsmakers, Names & Faces

Advocates for Children welcomes new staffers



Brenna O'Sullivan
Advocates for Children has welcomed new staff members Brenna O'Sullivan and Sarah Tatlock.

A Maine native, Brenna O'Sullivan recently moved back to her home state from Memphis, Tennessee, where she graduated Phi Beta

Kappa from Rhodes College with a B.A. in Psychology with a focus in Social Psychology. She has taught middle school science, developed and facilitated programs with nonprofits that serve individuals with disabilities and their families, and coordinated a community engagement scholarship program. She also has experience teaching English abroad in Peru and Guatemala. She joins the Advocates for Children team as a Community Educator and is eager to begin work supporting children and families in Androscoggin County.



Sarah Tatlock
Sarah Tatlock is a Boothbay Harbor native who holds a Bachelors in Social Work and Political Science from Sacred Heart University and a Masters in Social Work with a concentration in Policy Analysis from Columbia University. During her undergraduate and graduate career, she

Fortin Group supports Veteran to Veteran program

The Fortin Group raised \$2,400 at their annual yard sale recently to benefit Androscoggin Home Care & Hospice. The funds raised will be dedicated to AHCH's Veteran to Veteran program and Hospice House. Both AHCH and the Fortin Group participate in We Honor Veterans, an initiative of the National Hospice and Palliative Care Organization to improve end-of-life care for our nation's veterans. The program seeks to recognize the unique

served as an intern in multiple capacities, including in constituent services at the Augusta office of former U.S. Senator Olympia Snowe; providing direct services to immigrants, refugees, and children with behavioral health needs and their families; and in the areas of research, policy making and program development.

Most recently, she was a Case Manager working with mentally ill adults at Catholic Charities of Maine and served as a Utilization Reviewer for that agency's Quality and Compliance Department while obtaining her LCSW license. She looks forward to building the Targeted Case Management Program at Advocates for Children and supporting the agency in this time of growth.



Staff members of the Fortin Group present a donation check to AHCH Hospice Director Karen Flynn. Pictured (l. to r.) are Michelle Brown, Peter Arsenault, Flynn, Roger Theriault, Kevin Simoneau, Jean-Paul D'Auteuil, Marcia Roy, Mathieu Richard, David Mailhot, Norm Laplante, Mary Laplante and Lynda Wade.

needs of veterans and their families by increasing organizations' capacity to serve veterans through education, support and strategic partnerships.

AHCH's Veteran to Veteran program matches hospice patients who are veterans with volunteers who have military experience, hosts pinning ceremonies and makes special recognition of veterans' unique experiences and contributions.

"Our Veteran to Veteran program began just a year ago, but the feedback we've received from families has been wonderful," said AHCH Hospice Director Karen Flynn. "Having a fellow veteran to share stories

with and who understand what it's like to be in the military is really comforting for many veteran patients. This connection enables them to share feelings and experiences they may not feel comfortable telling family members or friends."

Fortin Group Funeral Homes serve Lewiston, Auburn and the surrounding communities with two recently renovated funeral home and memorial event facilities, where they provide cremations, funerals, complete monument design and other memorial services.

The staff is actively involved in the community through volunteering, coaching and various service projects.

The annual yard sale to benefit AHCH was spearheaded by Fortin Group staff members Marcia Roy and Jerry Poulin. "We began collecting items shortly after last year's event and are proud that we were able to double the amount we raised in our first year," said Roy.

The Fortin Group's yard sale is just one of the many Family and Friends events held each year to benefit Androscoggin Home Care & Hospice. To learn more about hosting an event, call Teri Blaschke in the AHCH development office at 795-9428 or see ahch.org.

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Glow
Continued from page 1

life-saving advanced cardiovascular surgical interventions and specialized nursing care, to the residents of central and western Maine. The institute also sponsors a dedicated chapter of Mended Hearts, a national and community-based peer support program that offers the gift of hope and healing to heart disease patients and their family of caregivers.

A slideshow of photos from the event are available on the website below. To learn more about CMHVI or the CMMC Associates Volunteer Program, call 795-2950 or see www.cmmcgiving.org.

Mutt
Continued from page 1

the homeless, abandoned and abused animals at the Humane Society by supporting their food, shelter, veterinary care and chance for a new home.

Local businesses and groups of friends are encouraged to walk or run in teams. This is a casual “people” walk or run along the new Androscoggin Riverside Trail; while dogs are welcome, they aren’t required. Participating dogs must be leashed on leads no longer than 6’ (no retractable leashes will be allowed) and have a current rabies vaccination. Please, no dogs in heat. For more information or to register, visit the shelter or see www.SavingPetsInMaine.org.

The Greater Androscoggin Humane Society provides a safe haven for over 5,500 sick, homeless and abused animals in the greater Androscoggin area each year. The shelter’s primary support comes from donations from concerned



Golf carts were fitted with headlights to navigate the post-sunset links.



Steve and Mary Ellen Costello

citizens and fundraising events, such as Strutt Your Mutt/Dash for Dogs. To learn more about volunteering at the shelter or adopting an animal, call 783-2311, find them on Facebook at “GAHumane” or see www.SavingPetsInMaine.org.

French
Continued from page 1

per class. Others who sign up will be put on a waiting list and contacted as space becomes available.

The Franco Center is able to provide this program free of charge through a grant from the French Heritage Language Program of the French American Cultural Exchange in New York. The Franco Center also offers Adult Reacquisition

classes on Monday evenings, French for Teens on Wednesdays, and other after-school programs in partnership with community organizations.

The Franco center is located at 46 Cedar Street in Lewiston. To register, or for more information on this or any other language programs at the center, call 783-1585, email boxoffice@francocenter.org, or see FrancoCenter.org.



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Fax: (207) 782-9579

Info@TwinCityTimes.com



Laurie A. Steele
Publisher
Laurie@TwinCityTimes.com



Ashley Somma
Advertising Consultant
Ashley@TwinCityTimes.com



Steve Bouchard
Copy Editor
Editor@TwinCityTimes.com



Laurie A. Hiscock
Ad Designer
Ads@TwinCityTimes.com

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Only Steps Forward

Auburn residents can be part of the solution to drug problem

By Jonathan P. LaBonté
MAYOR OF AUBURN

Whether you get your news from a print paper, on the television or reading articles on social media, you've heard about the epidemic of drug overdoses spreading across Maine. The City of Auburn isn't free from the grasp of this horrible plague upon our state.

The response to this has to be holistic, though you may have been hearing the most discussion about

proposals to ramp up drug enforcement efforts as a means to attack it. I agree with the need to choke off the supply into Maine and into Auburn, but the resources to successfully do that must come from outside of our city.

Auburn sits at the nexus of the Interstate and north/south routes like Route 4. In addition, because of the struggles of some of our in-town neighborhood properties, cheap



Mayor Jonathan P. LaBonté

rental apartments can often fall prey to dealers looking to set up shop for a brief

period of time

If there's a way for Auburn to support the crack-down on supply, we will; however, there are things we can do here in our community.

Our police department, led by Chief Phil Crowell, has convened several discussions with key partners to tackle this challenge in Auburn. The face of drug addiction with heroin, in particular, is not what one may predict. Engaging

with treatment providers, the religious community, and business leaders will be essential.

There is planning underway for greater public outreach on this topic to ensure all of us are finding a way to help. One way that each of you can consider lending a hand is through volunteering with one of Auburn's many neighborhood watch groups.

For the last couple of years, with help from Auburn PD, front porch conversations have been spreading across the community as neighborhoods have chosen to get more involved in setting the tone for safety in their area of Auburn.

Starting with the Park Watch program, which encourages volunteers to become the eyes and ears for a city park near their home, we can ensure that regular clean-up and attention to our outdoor spaces keep them from being welcome mats for trouble makers. Local volunteer extraordinaire, Larry Pelletier, has been a model Park Watch member and can be seen regularly with sidekicks in tow helping with keeping parks clean.

Next on the list is the Neighborhood Watch program. Perhaps you've seen the signs in the area around your house. If so, it means there's an active group that meets about once a month to talk about what they are seeing, reporting any unusual

activity, and sharing those concerns and observations with a partner with Auburn PD.

If you want to learn more and aren't sure if your neighborhood has a group, please call Auburn PD at 333-6650 and they will happily help you.

Neighborhood watch groups are for much more than sharing local observations with officers from the Auburn PD. They are also a way for the Auburn PD to talk with residents about emerging issues and get feedback and encourage broader involvement. Upcoming efforts to engage around drug addiction and how we can all work together to help members of our community who may be suffering from addiction and connecting them with assistance will be part of that.

As always, if you have thoughts or questions for me, don't hesitate to reach out at jlabonte@auburn-maine.gov or 782-1174. If you are active with an organization that may want to be connected with efforts to combat drug addiction in Auburn, please also reach out to me or directly with Chief Crowell at pcrowell@auburnmaine.gov.

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Enough is Enough

Decline of older housing stock shows lack of pride

By Robert E. Macdonald
MAYOR OF LEWISTON

Today we are constantly reminded of the benefits of physical fitness and living and practicing a healthy lifestyle. We are told that if we adhere to this advice, we will experience fewer physical aches and pains. We will build up our various body systems resulting in warding off diseases and the effects of aging.

Daily we see evidence of this. Young and old people engaged in various personal and civic activities. They are well-groomed and smartly dressed, and our older stock appear and act younger in age than they are.

Then we have the many other individuals who live less than a healthy lifestyle. They are overweight,

continually punishing their bodies leading to sickness and disabling physical stress. This leads to many physical disabilities. Many present poor characteristics in grooming traits, such as un-brushed teeth, unkempt facial and head hair. They dress slovenly and present an appearance that shows they have no pride in themselves.

Finally in mid- and later life, those who have not taken care of themselves suddenly have a conversion. They forego their past unhealthy lifestyle, taking on a healthier one with the hopes of living longer. Unfortunately, many find that the damage has been done and continue to rapidly decline in health.

The aforementioned also goes for Lewiston's



Mayor Bob Macdonald

housing stock. If you travel on Main Street toward Greene and other parts of Lewiston beyond our inner city, you will observe many well-kept buildings, some much older than many of our city's inner city stock. Why are these buildings in such great condition?

The answer is pride. These buildings are occupied by people who take pride, whether they own or rent, in where they live. They do not abuse their living areas, thus the house remains in pretty much mint condition.

In Lewiston's inner city, one will also see stark contrasts. There are many owner-occupied buildings that are well kept up by both the owner and the tenants. We have several co-op buildings. Here everyone living in these buildings is a stakeholder. The hard work, investment and pride in that area is what is necessary to turn the neighborhood around.

Unfortunately in this neighborhood we have an out-of-town, out-of-state domestic population whose

goal in life is to perpetuate their lives on the dole. They are aided in their quest by the Maine People's Alliance, Equal Maine Justice Partners and other advocacy groups that strive to make sure these layabouts life on the dole is not upset.

This advocacy is done at the expense of the many good people who take pride in their portion of the inner city neighborhood and strive to make it truly livable. But their quest is being blocked by the advocacy of the aforementioned groups. Why? Because that's how they make a living.

If there were no poor people around to make victims, they would be out of their cushy jobs.

This advocacy decreases the ability to func-

tion of those being guided by these groups. When the Soviet Union fell, I remember the pathetic looks on the faces of its citizens broadcast on the nightly news. They were lost, bewildered and some appeared catatonic because their lives would no longer be controlled by the government. They now were literally on their own.

Closer to home, over a year ago during the first of three large fires that struck Lewiston, a woman stood in her apartment and watched as her building burned. When asked why it took her so long to evacuate the building, she stated that no one had told her to leave.

This is what these advocacy groups are reducing the poor to. Continued next week.

CMHRA meeting spotlights labor shortage

At the next monthly breakfast meeting of the Central Maine Human Resources Association, Mary Lafontaine, Manager of the Lewiston Career Center, will discuss the long-term labor shortage in Maine and practical steps employers can take in response. The meeting will take place on Tuesday,

September 15, from 7:45 a.m. to 9:30 a.m. at the Ramada Inn in Lewiston. There will be time to network before and after the program. The breakfast and meeting are free for CMHRA members. All are welcome to attend. For more information or to register, see cmhra.shrm.org/events.

While the birth rate

in Maine is down, the state's population is aging and thousands are leaving the work force every year. This has created a labor shortage that is already upon us and will continue for the next 20 years. If nothing is done, there will not be enough people to fill the needs of the state's employers. Fortunately,

strategies have been, and are being, developed to address this problem.

This interactive presentation will give business leader and HR professionals an opportunity to learn some new recruitment and training strategies and to share best practices with others. Participants will learn about training programs, services and funds available through the

Maine CareerCenters and other community resources to help train new and incumbent workers. Participants will also learn about five underutilized talent pools, benefits for businesses that hire them, and how they can be accessed.

Membership to CMHRA is open to all for-profit, non-profit, public and private organizations. Meetings are attended by human resources managers, benefits administrators, health, wellness and safety managers, training and development professionals, supervisors, small business owners and others interested in human resource issues. For more information about CMHRA membership, contact Michael Letourneau of Androscoggin Bank at membershipchair@cmhra.org.

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Dempsey Center group to start new session

A new session of the “From Cancer to Health” support group will begin on Thursday, September 17 at the Dempsey Center. Designed by Ohio State University and supported by the National Cancer Institute and the American Cancer Society, From Cancer to Health is support program that meets weekly for 18 weeks, then monthly for “maintenance” meetings for the following eight months.

Led by Dempsey Center oncology counselor Theresa Baudette, the program helps manage participants’ stress while providing emotional support to help alleviate the side effects of treatment. The program strives to address issues those going through cancer may face that cannot be addressed by traditional cancer treatment.

The program’s first class will graduate later this month, a major achievement for those who have dedicated their time and effort to complete the year-long course. “I have learned so many things from this program,” said participant Seana Roubinek. “I’ve learned holistic ways to deal with emotional and physical stress; how to politely advocate for myself; and how to accept the generous gift of help that others have offered without feeling like I am weak or needy.”

Some of the course’s

holistic treatments include progressive muscle relaxation, which helps identify areas of tension in the body to promote relaxation and alleviate stress, as well as assertive communication, which helps vocalize needs and concerns effectively. From Cancer to Health also serves as an outlet to extend connections with others going through similar experiences.

Andrea Caron, another From Cancer to Health participant, stressed the importance of participation in such a group. “Emotional support is not an ‘official’ part of the treatment plan with a cancer diagnosis,” she said. “But emotional therapy is so important that I think a course like this needs to be available.”

Space is still available for the upcoming session of From Cancer to Health. For more information or to register, call 795-8250 or see dempseycenter.org.

DAR Meeting

The Mary Dillingham-Burnt Meadow Chapter of the Daughters of the American Revolution will meet on Saturday, September 12 at 11 a.m. at Hope Haven, 209 Lincoln Street in Lewiston. Bring a bag lunch. Prospective members are welcome. For more information, call 783-9541.

Pettingill sign returns



The sign which hung over the entrance of the former Pettingill Elementary School building made a quiet return recently when workers from Neokraft Signs of Lewiston re-installed it on the grassy hill above the playground at the new Pettingill School Park. Lewiston Public Works had stored the sign for the Friends of Pettingill since its removal prior to the building’s demolition. Neokraft Signs volunteered their services for the reinstallation.

Toll-free hotline links cancer patients to resources

Those in Maine affected by cancer now have a free new resource to help answer the many questions that arise after receiving a cancer diagnosis. The Maine Cancer Resource Connection is a toll-free number that provides cancer patients, their families and caregivers from all regions of the state with information about sources of financial assistance, help with transportation, travel expenses, in-home help and support.

Operated by the Dempsey Center in Lewiston, the Cancer Community Center in South Portland and the Beth C. Wright Cancer Resource Center in Ellsworth, the hotline is staffed by Karen Page, a cancer resource coordinator

at the Dempsey Center. The service focuses on reaching patients in rural areas of Maine that might otherwise have limited access to assistance.

Kristene Mills is one of those people. She reached out to MCRC a few months ago after receiving her diagnosis. For her, the personal connection was key. “Just to hear a voice on the other end of the line was huge,” she said. “Instead of somebody saying, ‘I can’t help you right now,’ Karen said ‘I can connect you to someone.’ You know, sometimes all we need to hear is that it’s going to be okay.”

The toll-free number is 1-866-446-4865. For more information about the service, see mainecancerresourceconnection.org.

What’s Going On

Accenting Your Health spotlights cholesterol

In a Central Maine Medical Center Accenting Your Health presentation, family nurse practitioner Carol Freshley will discuss “Cholesterol: What you Need to Know” on Thursday, September 17 at 1 p.m. Her presentation will cover the basics about cholesterol: what it is, what it does in the body, how it is affected by different medications, and how to work with a health care provider to lower the risk of cardiovascular disease caused by cholesterol-related problems. She will focus on lifestyle choices that are important to improving cholesterol levels.

Freshley works as a nurse practitioner for the Edumedics Chronic Condition Program through Central Maine Healthcare’s Healthy Decisions Program. She has many years of experience as a certified diabetes educator.

In her current position, she focuses on health promotion and maintenance, disease prevention, and the education and management of chronic illnesses such as diabetes, high cholesterol and hypertension. She is trained to assess motivation and readiness to change and to provide people with the information they need to make informed decisions about health care and lifestyle choices.

The program will take place in the Chairmen’s Rooms, located on the lower lever of the 12 High Street Medical Office Building in Lewiston. Interpreter services are available upon advance request. There is no charge to attend, but those interested are urged to register in advance by calling 795-8448, emailing prevention@cmhc.org, or at www.cmmc.org.

Congressman Poliquin in L-A



Maine’s Second District Congressman Bruce Poliquin met at Auburn Hall recently with elected officials from communities across Androscoggin County, including Lewiston Mayor Bob MacDonald and Auburn Mayor Jonathan LaBonte. The meeting was part of the Congressman’s ongoing efforts to connect with his constituents and hear their challenges so he can better serve them as their Representative. At the meeting, Poliquin outlined the services his District offices, including one at 179 Lisbon Street in Lewiston, can provide municipal leaders and the citizens of their communities.

Fighting Spirit make new fans

The L/A Fighting Spirit received an enthusiastic welcome to the area from local hockey fans of all ages when they hosted Spirit Weekend August 28 through 30 at the Androscoggin Bank Colisee in Lewiston. Several hundred turned out Friday evening to see the team beat Blue Lobster Prep 6-2 in a lively preseason exhibition game. On Saturday, 14 teams in various age divisions competed in a three-on-three street hockey tournament

refereed by Spirit players; fans lined up to try their skill at landing Spirit players and coaches in the dunk tank; and Tyler Simmons took the honors in a fan-judged contest to determine which Spirit coach makes the best wing sauce. His winning entry, “Tyler’s Spirit Wings,” can now be sampled at Lewiston’s Gridiron Restaurant and Sports Pub.

The day’s events wrapped up with a battle of the bands to select the new

Fighting Spirit anthem. Spirit players and coaches chose “Spirit Score” as the winning song, garnering a \$500 cash prize for band Unorganized Hancock.

The weekend ended on Sunday with a charity golf tournament at Turner Highlands Golf Course, where fifteen teams played

to raise funds for the Fighting Spirit Youth Hockey and Scholarship Program.

The L/A Fighting Spirit will open their regular season at their new home rink, the Androscoggin Bank Colisee, with games on Saturday, September 26 at 7 p.m. and Sunday, September 27 at 7 p.m. *See Spirit, page 9*

Optimists mark Constitution Day

The Founding Fathers ratified the U.S. Constitution on September 17, 1787. A federal law passed in 2004 declared September 17 to be “Constitution Day” and requires that, on this day, all schools receiving federal funding provide a course to all students on the Constitution of the United States. In conjunction with Constitution Day, the Optimist

Clubs of Lewiston-Auburn, Gray-New Gloucester and Minot-Poland-Mechanic Falls are making available to any interested schools or students free pocket-sized Constitutions for use in the classroom. Quantities are limited and will be distributed on a first come, first-served basis. To request copies, contact any Optimist Club member or call 783-5269.

Breakfast Club presents Kevin Mannix

The Auburn-Lewiston Rotary Breakfast Club will present speaker Kevin Mannix and his wife, Linda Rota, at its next meeting on Wednesday, September 23 at 7:15 a.m. Mannix and Rota will share their story and discuss their book, “Weathering Shame.” Autographed copies will be available for purchase for \$21 (cash or check). The meeting will take place at the United Methodist Church, 439 Park Avenue in Au-



Longtime WCSH-TV meteorologist Kevin Mannix will discuss his new book “Weathering Shame” at the next Auburn-Lewiston Rotary Breakfast Club meeting on September 23. For more information, call 754-3369.

MEREDA Fall Networking Social

The Maine Real Estate & Development Association will host its annual Lewiston-Auburn Fall Networking Social on Thursday, September 24 from 5 to 7 p.m. at Baxter Brewing Co. in Lewiston.

MEREDA’s networking events attract key players in Maine’s real estate industry. Come enjoy great food, Maine-made beer and lively conversation with colleagues, friends and other industry professionals. This is a great forum to put a name to a face and make new business connections. For those interested in learning about the brewery, a guided tour will take place at 4:45 p.m.

Limited tickets are

available on a first-come, first served basis. An RSVP is requested on or before September 17. Ticket prices are \$25 for MEREDA members and \$35 for non-members until September 17, when prices will increase by \$10. The price includes two complimentary beer tickets, the brewery tour and hors d’oeuvres.

Located in the historic Bates Mill Complex at 130 Mill Street in Lewiston, Baxter Brewing distributes its flavorful and unique craft beers throughout Maine, Massachusetts, New Hampshire and Vermont. For more information or to register, call the MEREDA office at 874-0801 or see www.mereda.org.

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What's Going On

Partnership will provide specialized pediatric care

Leaders from two Maine health care systems recently announced enhancements to their affiliation that they say will bring additional world-class specialty services to the residents of Central Maine.

Clinical and administrative representatives from MaineHealth/Maine Medical Center and Covenant Health/St. Mary's Regional Medical Center have committed to expand and centralize pediatric subspecialty

services to be provided at St. Mary's by physicians from the Barbara Bush Children's Hospital at Maine Medical Center.

Pediatric subspecialty services to be provided will include gastroenterology, pulmonary, endocrinology, and genetics. The pulmonary and gastroenterology practices are home to Maine's only Board-certified pediatric pulmonologists and gastroenterologists.

"Our goal is to make

the world-class specialty care available through the Barbara Bush Children's Hospital at Maine Medical Center available through centralized, local access so parents and their sick children don't always have to travel to Portland," said St. Mary's CEO Lee Myles.

"We understand the burden that travel sometimes places upon parents and their children as they are treated for and recover from serious illness and conditions," says MMC President and CEO Richard Petersen. "This collaboration means families will have access to key medical services closer to home."

Pediatric subspecialists will see patients at St. Mary's in the office building located at 100 Campus Avenue in Lewiston. When more advanced care is required, making travel to the Barbara Bush Children's Hospital necessary, the partnership will support seamless coordination as patients see a Maine Medical Partners physician in greater Portland.

Both Myles and Petersen believe this is another step toward an enhanced relationship between the two systems and hospitals. "This is a natural extension of the relationship between St. Mary's and Maine Medical Center," said Myles. "It provides a future path for collaboration that likely will result in local access to additional, specialized care services in the Lewiston-Auburn communities."

Sweetser opens new location in Lewiston

Sweetser, a nonprofit mental health organization with locations throughout Maine, has recently opened a new location at 217 Main Street, Suite 302, in Lewiston.

Sweetser's mental health and substance abuse services, including adult and child case management, outpatient therapy, and medication management, are available for clients of all ages. Referrals and appointments can be made through the PromiseLine at 1-800-434-3000.

Walk-in clients for Same-Day Access can be seen at the new Lewiston location. Same-Day Access provides an immediate opportunity for new clients to access a behavioral health professional who can provide them with an assessment and match them with the appropriate services and assistance needed.

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See Sweetser, page 9

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Spirit

Continued from page 7

27 at 2 p.m. Unorganized Hancock will be on hand Saturday night to perform "Spirit Score" live at the home opener. For more information about the L-A Fighting Spirit

or to purchase tickets, see www.thecolisee.com.

Sweetser

Continued from page 8

has been providing mental health services to some of Maine's most vulnerable populations, including over 20,000 children, adults and

families annually, services addressing substance use issues and mental health concerns ranging from depression and anxiety to persons with severe mental illness are available at locations throughout Maine. For more information, see www.sweetser.org.

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TWIN CITY NIGHTS

Weekly Arts & Entertainment

APL screens "On The Edge"

At the turn of the last century, there were 300 unbridged islands off the coast of Maine that were inhabited year round, most of which relied upon the creatures of the ocean to sustain their fragile economies; today, there are 15.

On Saturday, September 19 at 10 a.m., Auburn Public Library will present the film "On The Edge." Produced by Phil Steel of Dobbs Productions, the film portrays the history and warmth of Maine's island communities, as well as the challenges islanders face today in carving out a

living and maintaining their way of life.

While contemporary islanders worry about the future of the fishery and the prospects of their children and grandchildren, many of them remain determined to maintain their communities despite complex logistical challenges, economic uncertainty and shrinking populations.

Free and open to the public, the screening will take place in the library's Androscoggin Community Room.

For more information, call 333-6640, ext. 4.

Twin City Spinners offer Open Dancing

The Twin City Spinners will begin their fourth season with two nights of open community dancing on Thursdays, September 17 and 24, from 6:30 to 7:30 p.m. at Martel Elementary School in Lewiston. All are invited to attend; no experience or partner is needed.

TCS is a modern square dance club that dances to a variety of music, including jazz, Latin, country, rock, disco and modern dance, in addition to traditional country and bluegrass.

The club is led by caller-instructor Al Hipkins, who has been dancing since 1972 and calling and teaching since 2007. A recording artist and owner

of "Hipster Productions" record company, Hipkins also teaches line dancing, two-step, waltz, rumba and cha.

Square dancing is an activity that is drug, alcohol and smoke free and allows you to make new friends while getting some exercise.

The club is open to dancers of all ages, but minors must be accompanied by an adult member. Introductory classes are formed twice a year, usually in October and February.

Martel Elementary School is located at the corner of Lisbon Street and East Avenue in Lewiston. For more information, see wincityspinners.squaredanceme.us.

Cruise Night to benefit Special Olympics

Daddy O's in Oxford will host a special event to benefit Special Olympics of Oxford County on Saturday, September 12 from 7 to 9 p.m., when all are invited to enjoy a Cruise Night car show with live '50's music and hamburgers, hot dogs and drinks. The event is free and open to the public, but donations will be collected to support local Special Olympics programs. 100% of the proceeds will benefit local Special Olympics athletes.

Special Olympics Maine is a year-round

sports training and competition program for children and adults with intellectual disabilities. In Maine, over 4000 athletes participate in Special Olympics, which offers over 60 events each year at the local, state, and even National and International levels.

Daddy O's is located at 1570 Main Street in Oxford. For more information, find them on Facebook at "daddyosoxford." For more information on Special Olympics Maine, see www.specialolympicsmaine.org.

Yarmouth Art Festival seeks entries

Registration is now open for the 2015 Yarmouth Art Festival. Entries for the seventh annual show featuring Maine artists will be accepted until Friday, September 18 at 6 p.m. The juried show will take place October 21 through 24 at St. Bartholomew's Episcopal Church at 396 Gilman Road in Yarmouth, about a mile from Cousin's Island.

The festival welcomes online submissions of paintings, drawings, sculpture and photography from any artist ages 18 and older who maintains a residence in Maine. The registration fee is \$15 per person for the first piece, \$10 for the

second piece and \$5 for each additional. For an entry form and the rules, see www.yarmouthartfestival.com.

Artists will be notified by October 1 about works chosen by jurors for inclusion. On the same date, an online preview gallery of the show will be available. The 2014 show featured 162 pieces by 80 Maine artists, selected from among nearly 350 pieces submitted. In all, 33 pieces were sold for a total of \$12,535.

Last year's jurors were artist Suzanne Harden; Bowdoin College art librarian Anne Haas; and Elizabeth Moss of Elizabeth

See **Festival**, page 11

Freeport Historical presents Pettingill Farm Day



The 1793 saltbox farmhouse will be open for docent-led tours, while outside there will be demonstrations of blacksmithing, coopering and cider pressing.

Nothing says "Fall in Maine" like apple cider, hay wagon rides and pumpkin picking, and Freeport Historical Society's 40th annual Farm Day on Sunday, September 13 will have them all. The event will take place from 10 a.m. to 3 p.m. on the 140-acre grounds of the Society's historic Pettingill Farm in Freeport.

The 1793 saltbox farmhouse will be open to the public for docent-led tours, while period artifacts from the Society's collections will be on display. The event will feature demonstrations of activities from 19th-century rural Maine life, including blacksmithing, coopering and cider pressing. One-off programs and workshops on reading the forest landscape, foraging for medicinal herbs and other topics will also be presented.

Kids will love the

19th-century magic of conjurer Robert Olsen and performances by World Champion (Junior Class) Juggler Will Silvers. Cheerful ambiance will be provided by accordion trio Maine Squeeze, who will stroll the fields while sharing their interpretations of classic Americana tunes throughout the day.

To celebrate Freeport Historical Society's forty years of stewardship of Pettengill Farm, the Freeport Community Players will perform a specially-commissioned dramatic monologue, "Visiting Miss Mildred," that will take audiences back to an afternoon in September of 1933 for a chat with the farm's last resident, Mildred Pettengill.

Admission to the event is \$5 for adults, \$2 for children ages 3 to 16, and See **Freeport**, page 12

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Swingin' Bears launch new season



Linda and Kip Moulton of Scarborough will call and cue the dances at the Swingin' Bears' first dance of the season on Saturday, September 12.

The Swingin' Bears Square Dance Club will host the first dance of its 52nd season on Saturday,

September 12 from 7 to 10 p.m. in the cafeteria of the Oxford Hills Middle School in South Paris. Hosting the

event will be club co-presidents Carla and Paul LaRoché of Windham and club treasurer Esther Tucker of Poland. Calling and cueing the square and round dances will be the husband and wife team, Kip and Linda Moulton of Scarborough.

Admission to the event is \$7, but non-dancers are invited to come and watch at no charge. There will be door prizes, a 50/50 drawing and refreshments. Oxford Hills Middle School is located at 100 Pine Street in South Paris. For more information, call 998-5359.

Festival

Continued from page 10

Moss Gallery in Falmouth. The jurors for 2015 will be announced in September.

The festival will take place Wednesday, October 21, through Friday, October 23, from 10 a.m. to 7 p.m. and Saturday, October 24, from 10 a.m. to 3 p.m. An artists' reception, including music and refreshments, will take place on Thursday, October 22, from 5:30 to 8 p.m. Admission will be free to both the festival and the reception, with donations accepted.

Entry fees and sale commissions will support St. Bart's programs, along with local community services such as Friendship House, the Yarmouth Community Food Pantry and St. Elizabeth's Essentials Pantry in Portland.

To receive updates about the show, sign up for email notification on the festival website, or follow the Facebook page at "yarmouthartfestival." For more information, contact festival co-chair Joe Michaud at 781-3805 or michaud.joe@gmail.com.



Sawyer Memorial presents Lovely Duo

By popular demand, Ralph and Averill Lovely will return to Sawyer Memorial for two shows on Friday, September 11 at 2 and 7 p.m.

With Ralph on banjo and Averill on guitar, this father-son duo has been playing a mix of Bluegrass,

Country, and Hillbilly Swing music since the Carter Administration. Both shows are free and open to the public.

Sawyer Memorial is located at 371 Sawyer Road in Greene. For more information call 946-5311 or see sawyer-foundation.com.

Senior Luncheon

The United Methodist Church of Auburn will present a Senior Luncheon on Tuesday, September 15 at 11:30 a.m. The menu will be meat loaf, potato casserole, squash, green beans and apple crisp. The meal is free and open to the public,

but advance reservations are required and a free will offering will be collected. Then church is located at 439 Park Avenue.

For more information or to make a reservation, call the Church Office at 782-3972.

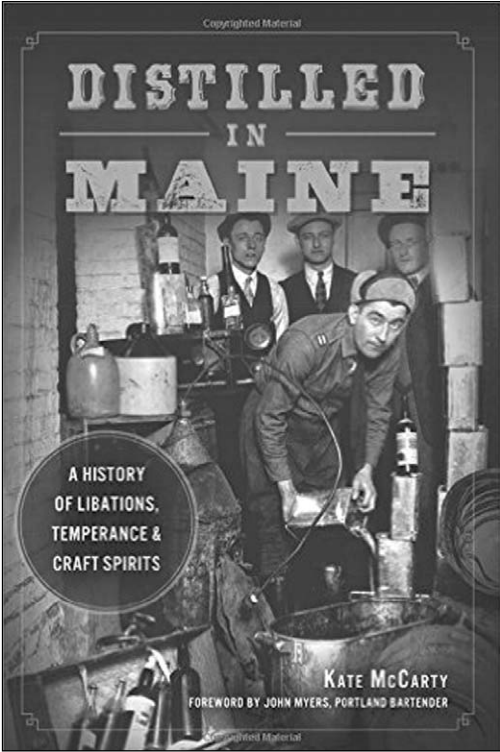
Twin City Nights

APL presents Portland food writer

Auburn Public Library will present Portland food writer Kate McCarty on Friday, September 18 at 6:30 p.m. for a spirited look at the evolution of Maine's relationship with alcohol, which she explores in her newest book "Distilled in Maine: A History of Libations, Temperance, and Craft Spirits."

Early Maine ran on sweet and fiery New England rum. Later, ever-present drinking opportunities combined with rapid industrial development made daily life increasingly hazardous. Routine overindulgence eventually triggered a fierce backlash. While the Pine Tree State never really dried out, Prohibition sent both serious and social drinking under the table for the better part of a century.

Maine-crafted liquor has slowly and quietly remade itself into a respected drink, imbued with history and representing the best of the state's ingenuity and self-reliance. Today, distillers across the state are concocting truly local spirits while creative bartenders are combining the new and the old to revive the art of



mixing a fine drink.

Originally from Monkton, Maryland, McCarty is a blogger and community educator who teaches food preservation for the University of Maine's Cooperative Extension Program. She blogs about Maine food at the Blueberry Files and has written

food and drink features for several alt-weeklies and magazines. She is the co-founder of a women's whiskey appreciation club, the Portland Spirits Society, and is the author of "Portland Food: The Culinary Capital of Maine." She lives in Portland with her boyfriend and their two cats.

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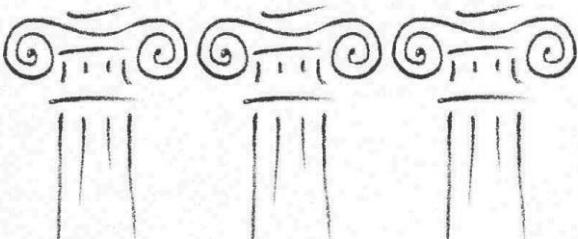
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Women's Disc Golf Championship coming to Sabattus



The high-tech flying discs used by disc golfers can be thrown up to 500 feet with incredible accuracy.

The Professional Disc Golf Association has selected the Sabattus Disc Golf Complex as the site of the 2016 United States Women's Disc Golf Championship, scheduled to take place September 23 through 25. The PDGA sanctions over 2,000 tournaments in 49 states and 27 countries each year, for both professional and amateur disc

golfers. Considered a rising star among the many disc golf facilities springing up across the country, the Sabattus Disc Golf Complex becomes the first venue in the Northeast to host a major PDGA tournament. "The PDGA is very pleased to come to the Sabattus area for the 2016 USWDGC," said PDGA Executive Director Brian

Graham. "The crew at Sabattus has worked very hard to embody the principles employed by the PDGA, and we are excited and confident in their ability to host an outstanding major event."

Disc golf is currently one of the fastest growing sports in the U.S. The sport is played using the same rules as traditional golf, but utilizing a high-tech flying disc as the golf ball and a standardized target as the

hole. Disc golfers carry a bag of ten to 15 discs, each with their own flight characteristics, that can be thrown as far as 500 feet with incredible accuracy.

The Sabattus Disc Golf Complex is located at 605 Walker Road in Sabattus. For more information about disc golf, see www.pdga.com. For more information about the Sabattus Disc Golf Complex, call 375-4990 or see <http://playsdg.com>.



Disc golf uses the same rules as traditional golf, but with a standardized target as the hole.

"Sensing the Aura" at Pinpoint of Light

Pinpoint of Light Spiritualist Camp will present a workshop called "Sensing the Aura by Way of Energy Fields and Velvet Hands" with Barbara Eckhardt on Sunday, September 13 at 12:30 p.m. at the Town Hall at 1190 Main Street in Hartford. The workshop will cover the role of the aura in health and disease, the energy emanating from the

aura and the significance of the healer's hands in spiritual healing. Participants will have an opportunity to attune themselves for contact healing, either as sitters or healers.

The class is two hours long and the suggested donation is \$20. For more information or to register, call 515-1016 or email pinpointoflight.org.

Freeport

Continued from page 10

free for kids under 3. Lunch and snack concessions will be available for purchase from 11 a.m. to 2 p.m.

Pettengill Farm is located 1.3 miles from the L.L. Bean flagship store in Freeport. From Main Street, turn onto Bow Street, which becomes Flying Point Road. Watch for a right-hand turn onto Pettengill Road and

bear right to proceed onto the property. On-site parking is free. To protect the landscape and its historic components, dogs are not allowed on the farm. For more information, including detailed directions and a complete schedule of events, see www.freeporthistorical-society.org.

Check TCT every week for updated Calendar listings!



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Thursday, September 10

Constituent Outreach Hours. Staff reps. from the office of Sen. Angus King are on hand at the city halls of Lewiston (10 a.m. to noon) and Auburn (2 to 4 p.m.) to meet with area residents about specific problems, legislative issues, or concerns about federal govt. agencies. No appt. necessary. FMI call 1-800-432-1599.

Sampson Veterans Luncheon. Noon. Governor's Restaurant, 1185 Lisbon St., Lewiston. Veterans who served at Sampson Naval Training Center/AFB and their guests meet for this informal monthly luncheon get-together. All veterans welcome. 657-4909.

Friday, September 11

9-11 Memorial Ceremony. 9:59 a.m. Central Station, Lewiston Fire Department, 2 College St., Lewiston. The L.F.D. remembers those who lost their lives on 2011 with a moment of silence, a prayer, and remarks by Mayor MacDonald. Free.

Food for Thought Luncheon. 11:30 a.m. Room 170, Lewiston-Auburn College. Steven B. Rogers, Ph.D. discusses his career as a Dept. of Justice investigator of former Nazis in the U.S. after World War II; pres. by L-A Senior College. \$7/8. 753-6510.

Concert: Ralph and Averill Lovely. 2 and 7 p.m. Sawyer Memorial, 371 Sawyer Rd., Greene. This father-son duo has been playing Bluegrass, Country, and Hillbilly Swing on guitar and banjo since the Carter Administration. Free. 946-5311; sawyer-foundation.com.

Concert at the Basilica. 7:30 p.m. Basilica of Saints Peter and Paul, 122 Ash St. Lewiston. The Basilica's summer concert series continues with this performance by organist Ray Fielding. Free. Donations gratefully accepted. www.princeofpeace.me.

Comedy Fixx. 8 p.m. Fireside Inn, 1777 Washington St., Auburn. Mark Turcotte welcomes come-

Calendar

See more Calendar at www.TwinCityTimes.com

dians Josh Ramirez, Louie Martinez, Elena Jawitz, Trent Wells and Randy Williams; proceeds benefit Good Shepherd Food Bank. 21+; doors at 7 p.m. \$10. 513-0742; comedyfixlive.com.

Saturday, September 12

5K Trail Run-Walk. 8 a.m. Skyline Farm, 95 The Lane, No. Yarmouth. Start No. Yarmouth Fun Day with two laps around the farm's woods and field trail; prizes. \$20 in advance, \$25 day of. 415-6830; www.running4free.com.

DAR Meeting. 11 a.m. Hope Haven, 209 Lincoln St., Lewiston. The Mary Dillingham-Burnt Meadow Chapter convenes. Bring a bag lunch. Prospective members welcome. 783-9541.

Cruise Night. 7 to 9 p.m. Daddy O's, 1570 Main St., Oxford. All are invited to this Cruise Night car show with live '50's music and hamburgers, hot dogs and drinks. Free, but donations will be collected to benefit Special Olympics of Oxford County.

Square & Round Dancing. 7 to 10 p.m. Oxford Hills Middle School, 100 Pine St., So. Paris. The Swingin' Bears host the first dance of their 52nd season; Kip and Linda Moulton call and cue the dances; door prizes, 50/50, refreshments. \$7. 998-5359.

Sunday, September 13

Central Maine Heart Walk. L/A Trails Riverwalk. Participants embark upon a one mile or 5k walk or a 5k fun run to raise funds to support the American Heart Assoc. Register at www.centralmaineheartwalk.org.

Lewiston Farmers' Market. 10 a.m. to 1 p.m. Municipal parking lot, corner of Lincoln and Main Sts. Fresh, seasonal products from over 20 local growers and crafters; music, activities, raffles. Cash, credit, SNAP and WIC accepted.

Every Sun. thru mid-October.

Pettingill Farm Day. 10 a.m. to 3 p.m. Pettingill Farm, Freeport. Freeport Historical Society presents this 40th annual event, incl. tours of the 1793 farmhouse, demos of 19th-century rural Maine activities, entertainment, workshops and concessions. \$5/2 (kids 2- free). www.freeporthistoricalsociety.org.

"Sensing the Aura." 12:30 p.m. Town Hall, 1190 Main St. Hartford. Workshop leader Barbara Eckhardt discusses the role of the aura in health and disease. Two hours. Pres. by Pinpoint of Light Spiritualist Camp. Sugg. donation \$20. 515-1016; pinpointoflight.org.

Summer Keyboard Concert. 6 p.m. Court St. Baptist Church, 129 Court St., Auburn. The church presents this annual event featuring performers Mark Thallander, Glenda Winkler-Morrow and Kathy Haley. Free-will offering; ice cream social follows.

Tuesday, September 15

Breakfast Meeting. 7:45 a.m. to 9:30 a.m. Ramada Inn, Lewiston. Mary Lafontaine of the Lewiston Career Center discusses the long-term labor shortage in Maine and what employers can do in response; pres. by the Central ME Human Resources Assoc. Reserve at cmhra.shrm.org/events.

Senior Luncheon. 11:30 a.m. United Methodist Church, 439 Park Ave., Auburn. Meat loaf, potato casserole, squash, green beans and apple crisp. Free, but advance reservations required and a free will offering will be collected. 782-3972.

Great Falls Forum. Noon to 1 p.m. Callahan Hall, Lewiston Public Library. Former Senator George J. Mitchell discusses his recent memoir, "The Negotiator." A Q-&-A session,

book sale and book signing follow. Bring a brown bag lunch. Free. 513-3135.

Wednesday, September 16

General Meeting. 5 p.m. Parish Hall, Holy Family Church, Sabattus St., Lewiston. The Ladies of St. Anne install officers and welcome new members with a mass and chicken pot pie dinner. \$10 until 9/10. 782-4516.

Thursday, September 17

Great Falls Forum. Noon to 1 p.m. Callahan Hall, Lewiston Public Library. Community Health Options CEO Kevin Lewis discusses "Moving Beyond Coverage Towards Reducing the Total Cost of Care." A Q-&-A session follows. Bring a brown bag lunch. 513-3135.

Health Program. 1 p.m. Chairmen's Rooms, lower lever, 12 High St. Medical Office Bldg., Lewiston. In this CMMC Accenting Your Health presentation, family nurse practitioner Carol Freshley discusses "Cholesterol: What you Need to Know." Free. Register at 795-8448 or www.cmmc.org.

Open Dancing. 6:30 to 7:30 p.m. Martel Elementary School, Lewiston. The local Twin City Spinners square dance club offers this evening of dancing open to potential new members. Again 9/24. wincityspinners.squaredanceme.us.

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No Escape (R)	1:00	4:00	7:00	9:20
Straight Outta Compton (R)	12:10	3:20	7:30	xxx
Mission: Impossible Rogue Nation (PG-13)	12:20	3:30	6:45	9:30
Inside Out (PG)	12:50	3:50		
Fantastic Four (PG-13)			7:25	9:40
Ricki And The Flash (PG-13)	1:10		7:05	
Minister 2 (R)		4:25		9:40
Minions (PG)	12:00	2:10	4:20	
Spy (R)			7:15	9:45

challenges facing Maine's contemporary island communities. Free. 333-6640, ext. 4.

Sunday, September 20

Strutt Your Mutt Dog Walk-Dash for Dogs 5K Run. 9 a.m. Greater Andro. Humane Society, 55 Strawberry Ave., Lewiston. Come walk or run the new Riverside Trail to support the GAHS. \$25 in advance; \$30 onsite. 783-2311; www.SavingPetsInMaine.org.

Lewiston Farmers' Market. 10 a.m. to 1 p.m. Municipal parking lot, corner of Lincoln and Main Sts. Fresh, seasonal products from over 20 local growers and crafters; music, activities, raffles. Cash, credit, SNAP and WIC accepted. Every Sun. thru mid-October.



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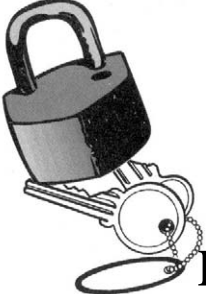
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AARP study: family caregivers in Maine provide \$2.2 billion in unpaid care

Family caregivers in Maine provided 165 million hours of care -worth an estimated \$2.2 billion - to their parents, spouses, partners and other adult loved ones in 2013, according to AARP Public Policy Institute's new report, "Valuing the Invaluable: 2015 Update."

In 2013, the total estimated economic value of uncompensated care provided by the nation's family caregivers surpassed total Medicaid spending (\$449 billion) and nearly equaled the annual sales (\$469 billion) of the four largest U.S. tech companies (Apple, Hewlett Packard, IBM, and Microsoft) combined.

Caring for relatives or close friends with chronic, disabling or serious health problems so they can re-

main in their home is nearly universal today. In 2013, about 178,000 family caregivers in Maine helped another adult loved one carry out daily activities such as bathing or dressing, preparing meals, administering medications, driving to doctor visits or paying bills.

"This new report demonstrates that we need to do more to assist caregivers in our state," said AARP Maine Volunteer State President Rich Livingston. "We're working to help family caregivers with both public and private solutions across the nation. Right here in Maine, AARP fought for the CARE Act, which received unanimous legislative support this session."

The Caregiver, Advise, Record, Enable

(CARE) Act will help family caregivers when their loved ones go into the hospital and as they return home. Specifically, the CARE Act will require hospitals to record the name of the family caregiver when their loved one is admitted; to notify the family caregiver when their loved one is to be moved or discharged; and to provide instruction for the tasks the family caregiver will need to perform while caring for their loved one at home.

"While the CARE Act is an important step in the right direction, more needs to be done to recognize and support family caregivers," said Livingston. "We need to strengthen workplace flexibility policies to better accommodate employed

family caregivers, make improvements to the FMLA and expand its scope to cover all primary caregivers, and protect workers with family caregiving responsibilities from discrimination in the workplace."

As Americans live longer and have fewer children, fewer family members will be available for older adults to rely on for everyday help in the future. The ratio of potential family caregivers to the growing number of older people has already begun a steep decline. In 2010, there were 7.2 potential family caregivers for every person age 80 and older. By 2030, that ratio will fall sharply to 4 to 1 and is projected to drop to 3 to 1 by 2050.

Family caregivers report that the stress of caregiving affects their physical and emotional health, finances and jobs. More than half (55%) of family caregivers report being overwhelmed by the amount of care their family member needs and nearly 4 in 10 (38%) family caregivers report a moderate (20%) to high degree (18%) of financial strain as a result of providing care. In 2014, the majority (60%) of family caregivers had full- or part-time jobs.

The estimates in AARP Public Policy Institute report are based on a meta-analysis of 11 U.S.-based surveys of family caregivers conducted between 2009 and 2014. Estimates are based on about 40 million caregivers providing an average of 18 hours of care per week to a parent, spouse-partner or other adult loved one, at an average value of \$12.51 per hour.

"Caregiver" is defined as an adult age 18 and older providing care to a parent, spouse or other adult loved one with their daily activities, such as bathing or dressing, preparing meals or managing finances, currently or within the last month.

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