

Winter 2018 Women's Quarterly

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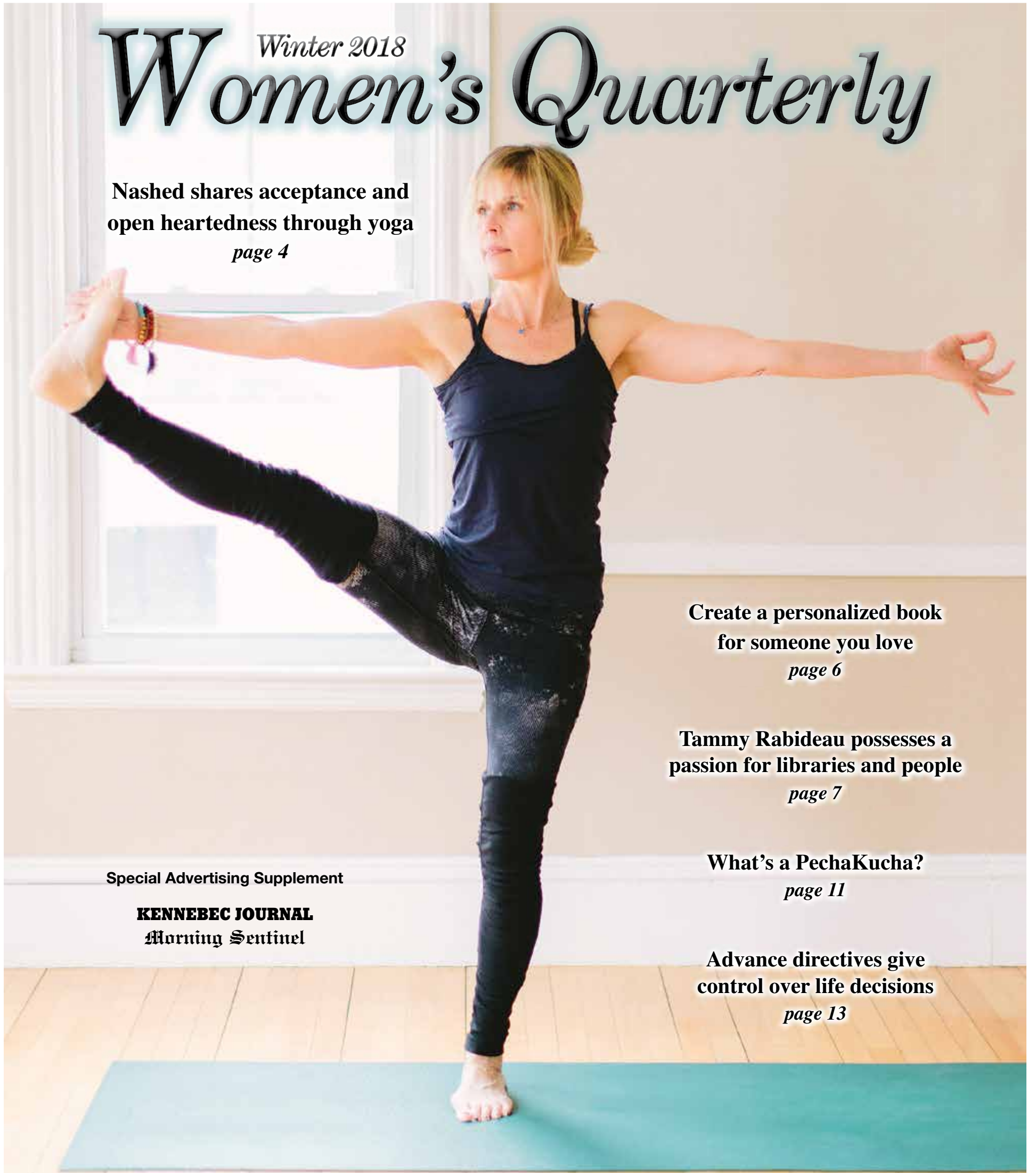
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About this section

This special advertising supplement was produced by the Kennebec Journal/Morning Sentinel and is published quarterly.

The next issue will be in April.

The cover design by Dawn Tantum, Graphic Designer, features Kim Nashed, photo by Jamie Mercurio.

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Shaking up my life . . . it's an adventure



Just a Thought

BY TERRI HIBBARD

In November, I left my long-time home territory of Benton and Fairfield to move to Brunswick. My writers group meets here, one of my good friends lives here and my son is just 20 minutes away.

But the real draw is the ocean. In 20 minutes or less, I can walk beside the sea, I can sit and read beside the sea, I can feel so much more alive beside the sea. Not being a millionaire, I can't afford a home overlooking the ocean, so this is the next best thing.

Besides, shaking up my life is an adventure. I love adventures!

At age 14, my first adventure was leaving my Rumford home for three summer weeks to babysit in

Kennebunkport. Thus began my life-long love and longing for the ocean.

At 17, I got a summer job at the Narragansett-by-the-Sea Hotel in Kennebunk where I fell in love with the place, and one young man in particular. Both events were fabulous adventures.

At 19, I ran out of money for my junior year at the University of Maine and went to New York City to work. I was a Maine bumpkin who knew nothing about city life, but excitement beckoned. And so did that same young man. I became a governess for a wealthy family, lived in an elegant riverside penthouse with servants, spent weekends on their Long Island estate and sampled a whole new way of life. What an adventure!

Back in college, I worked three campus jobs to make it through and, in the spring of my senior year, a trip to Bermuda with classmates was a graduation gift. When the Bermudiana Hotel pool boy invited me to go to a beach party with him and his friends, just me, with total strangers in a strange place, of course I said "Yes."

We hit the beach just as the rain began and the whole party moved into a cave. But was I afraid? You bet! A claustrophobic in a cave? Thankfully it was a huge cave where we settled on ledges, sang, ate and laughed the evening away. A memorable adventure.

On my last day in Bermuda, I decided to water-ski. I had never water-skied.

"Put the skis on as you stand at the edge of the water, pull on the rope as you lean back a little and glide into the water."

Easy. That's what my friends said.

The cost was something like \$10 to ski, \$15 if you needed a lesson. Who needs a lesson?

At the water-ski place, I quickly learned that the skis and I are in the boat and the boat is waaaaay out in the ocean. I'm supposed to put the skis on as I bob around in the water, hanging onto the boat with one hand. The kind instructor, helped me with the skis and didn't laugh when I explained I was used to skiing in fresh water with far less buoyancy. I managed to stay on the skis and even waved with one hand when he turned to wave at me as we were whizzing around at approximately 90 miles (knots?) an hour. A slightly terrifying adventure.

After college, the fabulous newspaper job I anticipated while studying journalism didn't turn up so I went to Florida to work as a waitress until I paid off a small college loan and saved enough to travel the world. Instead, I fell in love with a friend from Maine who also worked at the restaurant.

Soon we married, packed up the Buick and headed West for an adventure. We meandered along with stops in Washington, D.C., the mountains of West Virginia, a friend's home in Texas and after long, boring rides through the vast prairies, we landed in Arizona. My chef husband worked at Camelback Inn Resort in Scottsdale and later at Rancho de los Caballeros, a dude ranch in Wickenburg, Arizona. As for me, I had babies.

For eight years we spent winters in the West and summers on the coast of Maine. Finally, we and our five children settled in Benton, Maine where we (and later just I) lived for 46 years.

Adventures during those years were few but at age 71, I planned my itinerary, booked lodgings online and took off for Costa Rica. For three weeks I trekked in the rain forest, visited the cloud forest, met incredible people and enjoyed a late-life solo adventure.

Finally, here I am for perhaps my last adventure — a new life in Brunswick. I've left many dear people and familiar places for a tiny apartment in a new place surrounded by strangers.

Still, I believe the motto posted on my fridge for years had good advice: Sometimes you just have to leap, and grow your wings on the way down.

And that's how you have an adventure.

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Nashed shares acceptance and open heartedness through yoga

BY SUSAN VARNEY
Correspondent

Kim Nashed leads yoga classes that integrate the body, breath, a quiet mind and an open heart. Her classes create the environment and space for personal exploration through relaxation and focus. She offers several levels from experienced to beginners.

Level 1: Yoga: This class combines yoga poses, focus on breathing, and guidance in meditation. It is a holistic class that brings awareness to joining body, breathing, a quiet mind and an open heart, bringing a deep sense of balance.

Foundations Yoga: This class is a good entry point for beginners or anyone who wants to dive deeper into the basics of yoga. The physical practice of yoga along with the poses and their benefit to the body take center stage as practitioners move and breathe together.

Multi-Level Yoga: Students of varying levels of experience share in a rich yoga experience. There is not just one way to get the most out of yoga, this class creates space for a way that works for each individual. The focus is on doing what is right for your body.

Nashed provides yoga positions and stretching exercises and her partner, John Parsons, leads guided meditation. Both use counting while breathing in, out and holding breath in order to get in touch with the body. They do body scans, relaxation to quiet mind chatter, silent meditation, thoughtful observation with life-encouraging, life-affirming self acceptance and openness.

"It's about creating space and letting people have their own experience, without judgment," said Nashed, who loves sharing her knowledge of yoga.

"There is an open heartedness that is tangible in a gathered group because of the focus on relaxation and being in touch with your own body," Nashed said.

Nashed has taught staff and students at the Maine Children's Home on Silver Street, Waterville. She has done one-time classes for students at schools such as Fairfield High School and China Elementary. No special equipment is needed: China teachers provided towels for students to sit on, while the Fairfield students used exercise mats from the gym. They wore their regular school clothing.

Nashed leads ongoing classes at the Muskie Center in Waterville, at the Winslow High School Library for high school and junior high students and staff, and at Champions in Waterville. Call the facility to find out times and availability.

Nashed and Parsons have two upcoming international events in a few months.

First is Yoga and Meditation in Provence, France from June 9-16, 2018.

The second annual retreat in Provence includes an afternoon at the Cistercian Monastère de Segries, meditating in the elegant chambers and walking paths through fields of lavender at the foot of the French Alps. Seven nights, six days, approximately \$2,900. The package includes accommodations, daily yoga and meditation, most

"There is an open heartedness that is tangible in a gathered group because of the focus on relaxation and being in touch with your own body."

KIM NASHED, YOGA INSTRUCTOR



Susan Varney photos

Above, Kim Nashed leads a Yoga class. Left, Kim, a Yoga Alliance registered yoga teacher integrates the body, breath, a quiet mind and an open heart.

meals, French lessons and daily activities. It does not include airfare from the U.S. to Provence, but does include transport from southern Provence to Moustiers. A deposit is required.

Activities include:

- Explore shops, ceramics, architecture
- Picnic and explore of Gorge of Verdun
- Canoeing, sunning and swimming at Lake Verdun
- Tour of local goat cheese farm

New this year is a Yoga and Meditation Retreat in Umbrian, Italy from May 19-26, 2018.

Join a small group of like-minded adventurers who share a love of yoga, meditation and exploration. The retreat will take participants deeply into heart, mind, body and soul with daily yoga and meditation. They will journey into the beautiful heart of Italy, exploring its people, the countryside dotted with medieval villages, as well as its cuisine.

The package price of \$2,900 includes private four-star accommodations, including private bathrooms, breakfast and lunch, transportation to and from the local train station, as well as all excursions. Deposit required. Kim and John will host two pre-retreat fiestas to get to know one another and plan events based upon group desires. Deadline for sign-ups is March 15.

Activities include:

- Explore Umbria's history visiting spiritual Assisi
- Roman ruins in Carsulæ

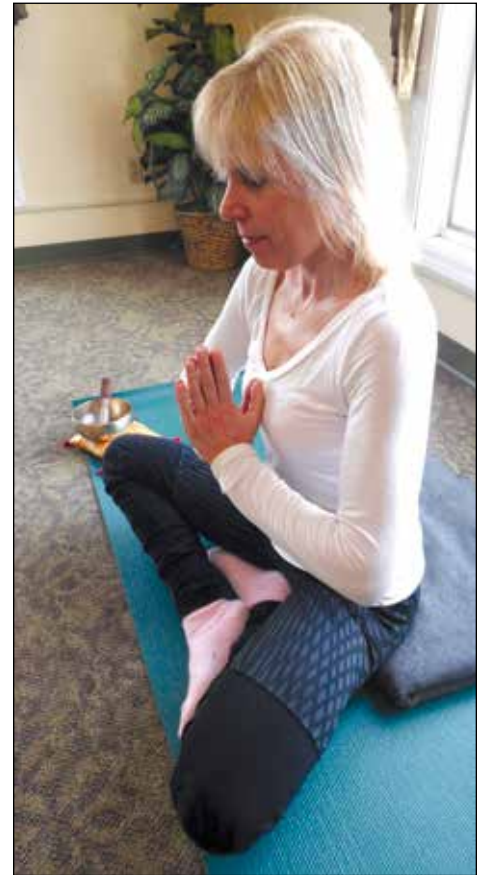


Contributed photo

Below, Kim Nashed and John Parsons are partners in life, and work. Long-term yogis and meditators, they have been working together for the past two years bringing yoga and meditation to Maine, the U.S. and internationally.

- Hiking Mount Torre Maggiore and other trails
- Tour vineyards in Orvieto
- Biking, relaxing poolside garden
- Cooking class by local host.

For more information: Kim Nashed, 649-9301, kimnashedyoga@gmail.com, www.kimnashedyoga.com and John Parsons, johnparsons.cu@gmail.com.



KIM NASHED'S TRAINING

2011 - Hatha Yoga Certification, 200 hours, by Earth Heart Yoga. Yoga as a physical practice, and Philosophy of Yoga.

2012 - Yoga Immersion, 105 hours, with Todd Norian and Ann Greene of Ashaya Yoga. Study of proper alignment, focused breathing, meditation, philosophy, tantra, anatomy, and the chakra system.

2013 & 2015 - Ashtanga Yoga Training, 30 hours, led by Beryl Bender Birch of The Hard and The Soft Yoga Institute. Sequencing of poses in the Ashtanga style.

2015 - Advanced Standards Teacher Training, 380 hours, by Yoga On York. A wide and thorough Yoga Teacher Certification was presented in this East meets West training. Hatha, Vinyasa Flow and Ashtanga Sequencing, Meditation, Pranayama, Shatkarmas, the Chakra System, Bandhas, Bhakti Yoga, Anatomy and Physiology, Philosophy and Ethics.

2017 - Yoga Nidra Certification, 40 hours, at ShivaShakti School of Yoga. Instruction in the deep, guided Meditation to prepare students— body and mind - to relax.

PLUS, countless workshops, retreats and classes!



“Do what you feel in your heart to be right - for you’ll be criticized anyway. You’ll be damned if you do, and damned if you don’t.”

ELEANOR ROOSEVELT

During her lifetime, Eleanor Roosevelt, wife of President Franklin Delano Roosevelt and niece of President Theodore Roosevelt, became well-known as an activist for human rights.

Born in New York City on Oct. 11, 1884, Eleanor was a shy child who had a mostly unhappy childhood. Her mother, Anna Hall Roosevelt, died suddenly of diphtheria at age 29, her 4-year-old brother died a year later and her father, Elliott, an alcoholic who also suffered from mental illness, died a year after that. Eleanor was just 10 when she became an orphan sent to live with her strict maternal grandmother. It wasn’t until Eleanor was a teenager and sent to study in Europe that she began to blossom.

In 1905, she married a distant cousin, Franklin Delano Roosevelt and had six children. After her husband suffered a polio attack in 1921, Eleanor stepped up to help with his political career. When her husband became president in 1933, Eleanor dramatically changed the role of First Lady. During her 12 years as First Lady, Eleanor’s activities and advocacy of liberal causes made her nearly as controversial as her

husband. She began regular White House press conferences for women correspondents. As a result, wire services that didn’t hire women had to do so or be out of luck if important news broke.

Because of the president’s disability, Eleanor helped serve as his eyes and ears around the country, reporting to him about conditions, programs and public opinion. She was particularly interested in child welfare, housing reform, and equal rights for women and racial minorities.

In 1939, when the Daughters of the American Revolution (DAR) refused to let Marian Anderson, an African American opera singer, perform in Constitution Hall, Eleanor resigned her membership in the DAR and arranged to hold the concert at the Lincoln Memorial. The event turned into a massive outdoor celebration attended by 75,000 people. On another occasion, when local officials in Alabama insisted that seating at a public meeting be segregated by race, Eleanor carried a folding chair to all sessions and placed her seat in the center aisle.

During World War II, she traveled abroad to visit U.S. troops.

Eleanor Roosevelt got plenty of criticism for her unconventional activities and was the butt of “Eleanor jokes,” but most people appreciated her genuine interest in their welfare.

Eleanor was a popular speaker at political events and at

various institutions and, beginning in 1936, she wrote a syndicated newspaper column six days a week. She continued to write “My Day” right up to her death on Nov. 7, 1962 at age 78.

Today, Eleanor Roosevelt is remembered as a leader of women’s and civil rights, as well as one of the first public officials to publicize important issues through the mass media.

Following her husband’s death on April 12, 1945, President Harry Truman appointed Eleanor as a delegate to the United Nations General Assembly, a position she held until 1953. She became chair of the U.N.’s Human Rights Commission and helped to write the Universal Declaration of Human Rights, which she considered to be her greatest achievement.

President John F. Kennedy reappointed her to the United States delegation to the U.N and later appointed her to the National Advisory Committee of the Peace Corps, as well as chair of the President’s Commission on the Status of Women.

Eleanor wrote several books about her life and experiences, including “This Is My Story” (1937), “This I Remember” (1949), “On My Own” (1958) and “Autobiography” (1961).

Compiled by Columnist Terri Hibbard

join us this february for art-focused fun!

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february 19–23, 2018

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february 14, 2018

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 commonstreetarts.org
 gallery hours: wed–sat 12–5 pm,
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Create a personalized book for someone you love

BY SUSAN VARNEY
Correspondent

I don't remember the first time I made a booklet for a friend to tell them, "I love you" — probably when I was in college and broke and wanted to make something for a friend.

Personally, I'd rather have something handmade by a friend than almost anything else. Growing up on a farm with a mother who canned everything from dandelion greens in the spring to real mincemeat in the fall. I remember my family exchanging divinity fudge and ribbon candy, quilts and mittens, and I've done those things, too. But one of my favorite things to do is to make a personalized book or booklet.

Probably the quickest and easiest is with water color paper or construction paper folded and stitched together in a size easy to handle. Pick a theme such as the ABCs of Rose (use your friend's name) and go through the alphabet naming something for each letter that you remember or love about the person. It can be an event, a trip, an object or a memory.

A gift I had forgotten for my mother on her 80th birthday came back to me after she died at 93 and it was wonderful to reminisce about the time I did the gift: Shirley Dreams of Being 80: 80 Ways to say I love you.

It was a combination of sketches, watercolors and collages made from cutting images from magazines. Each page was filled with things I knew, loved and acknowledged about my mother:

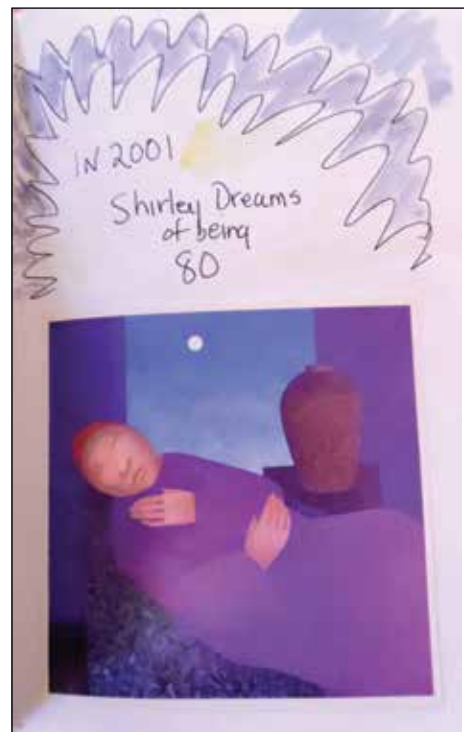
Eating cereal for breakfast and salad for lunch; for being a twin, being on time, for marrying a farmer. For loving chocolate, and ice cream, fresh tomatoes, cranberry juice and red lipstick.

For planting roses, picking berries, making pies, drinking tea, milking cows, making cookies, baking bread, giving thanks. For reupholstering sofas, keeping house, loving dancing shoes.

For raising children, KitchenAid® mixers, green bean casseroles and Chex Mix®. For having so many birthdays, for reading fairy tales, for making sure we learned to swim, for writing letters, reading books, loving pansies, lilacs, timothy and red clover.

For threatening to make pigeon pie (but never doing it), for remembering Winston Churchill and Marilyn Monroe, for patting cats, making quilts, eating cottage cheese, for bath tubs and Band-Aids® and bottles of wine, for singing songs, playing cribbage; for banana splits and mashed potatoes, for robins' nests outside kitchen windows, for walks along the river, skating on the frog pond, for taking care of people and feeding the hungry, for palm trees and pine trees and changing seasons . . .

Time flies, years pass, people come and go, we get older, we remember things and we forget things, we dream, we sigh, we laugh, we cry, we plant flowers, cut the grass, eat meals and love our friends, read poems, watch TV and talk on the phone, forgive and move on because you are not really old 'til you start wearing your



lipstick a lot larger than your lips.

My latest booklet was a gift to a friend who loves chickens, so I titled it Dancing Chicken Love and it is filled with photos collages of some of our adventures.

She has peach trees and when the peaches are ripe we have spent days processing peaches. One year we discovered the very best way was to use the grill to heat water for blanching peaches outdoors beside the peach trees — keeps the mess out of the kitchen and makes the job easier.

Other adventures included in the booklet are a trip to FDR's summer home in Campobello.

Susan Varney photos
Making a personalized book or booklet is a great gift for a friend or relative that means more than something you can buy in a store. Probably the quickest and easiest is with water color paper or construction paper folded and stitched together in a size easy to handle. Pick a theme such as the ABCs of Rose (use your friend's name) and go through the alphabet naming something for each letter that you remember or love about the person. It can be an event, a trip, an object or a memory.



But the most memorable one was a spontaneous trip to St. George for squeaky cheese and lunch; unfortunately she was traveling on a reported lost passport that had been replaced, and I was traveling on an expired passport. Both oversights made us feel unwelcome back in our own country.

We got into Canada with no problem, but getting back into the U.S. a few hours later proved problematic. We were detained at the border for two hours with the "Gestapo" glaring at us suspiciously, two little old ladies out for a Sun-

day drive. They must have been bored, it was a rather slow day with just a middle aged couple in a huge camper with big dogs and guns being turned back from entering Canada, and us.

You can turn any event into a little memory book as a reminder of misadventures as well as adventures. It doesn't have to be perfect or huge . . . Just stitch up some blank paper and start gluing in images or drawing, painting or coloring memories for a friend. Add feathers and bells, fabric and shells — whatever has meaning and interest.

Tammy Rabideau possesses a passion for libraries and people

BY LISA HALLEE
Correspondent

Tammy Rabideau is animated as she talks about the recent StoryCorps event at the Waterville Public Library. “People came together that day to tell their stories, and telling their stories was empowering,” she said.

In Rabideau’s view, this is what libraries do best.

“Libraries can change people’s lives. When people are filled with information and knowledge, they make better life choices.”

To Rabideau, working in a public library is the perfect blend of her passions for library science and social work.

Rabideau began her work at the Waterville Public Library in 2010 when she answered an ad seeking a job as “part-time, temporary” business and career librarian. Library Director Sarah Sugden called her in for an interview right away. Sugden said she immediately saw that Rabideau was a rare find—an extremely well-qualified, articulate woman with a deep and abiding passion for libraries.

“It felt like Christmas” Sugden said about meeting Rabideau. “She’s brilliant and she was just what we needed.”

Rabideau left the interview feeling good and drove to Starbucks to treat herself to a coffee. While waiting for her drink, her cell phone rang. It was Sugden. “We don’t need to interview anyone else,” Sugden said. “We want you.”

The part-time, temporary job became full time and permanent and its scope has expanded from business and career librarian to assistant director. With Sugden’s blessing, Rabideau has forged partnerships throughout the community with partners ranging from Waterville Creates and the Colby College Center for the Arts and Humanities to the Mid-Maine Chamber of Commerce and KVCCAP. Those collaborations form the backbone of the library’s rich and varied programming, as well as innovations such as PechaKucha and StoryCorps.

“Tammy took the dream and stitched and knitted it together to create what we have now: a group of committed partners all working for the same goal,” Sugden said. Together, Sugden and Rabideau have built a library that is one of the very best in the nation—they have the 2017 National Medal to prove it.

Rabideau’s first exposure to the Waterville library came as a mother. She had moved to Waterville from Atlanta in 2006 with her husband, John Turner, and young daughter. Her son was born soon after. At first, she settled into Waterville life as a full-time mother while her husband began teaching history at Colby College. Few who saw the young mother trudging with her



babies to the library’s children’s section knew that she was actually a professional librarian who had run large academic libraries at major universities.

Rabideau fell into her career as a librarian as a recent graduate of Skidmore College in New York.

“I was a parent’s nightmare, a graduate of an expensive college living in the woods and working as a waitress while I figured out what I wanted to do with my life,” she said.

She briefly considered law school, but somehow it didn’t feel quite right. She then considered getting a Masters in Social Work to build on her undergraduate work in social policy. Finally, she landed on a Master’s Degree in Library Science. Her mother had been a librarian and, through her, Rabideau had met many librarians who were smart and caring people. She came to see libraries a way to help people.

After obtaining her library degree at SUNY Albany, Rabideau was accepted into a residency program at the University of Michigan. At Michigan and subsequently at Swarthmore College, Rabideau had a bird’s-eye view of two of the best academic library systems in the country. She thrived, intellectually, professionally and socially. While at Michigan, she met her future husband, Turner, a graduate student in history. After they were married, they both found good jobs in the Atlanta area: Turner in a tenure track teaching position at Kennesaw State University and Rabideau as head of acquisitions at Georgia Tech.

Rabideau grew increasingly frustrated at the impersonal nature of academic librarian work. It was intellectually challenging, but it didn’t have the emotional impact she craved. At the same time, her husband dreamed of teaching in a small liber-

“Tammy(Rabideau) took the dream and stitched and knitted it together to create what we have now: a group of committed partners all working for the same goal.”

SARAH SUGDEN, WATERVILLE PUBLIC LIBRARY DIRECTOR

al arts college. Once their daughter was born, Rabideau left her job to become a full-time mother and Turner interviewed for his dream job at Colby College. Colby job in hand, they moved to Maine and haven’t looked back.

Rabideau’s full-time Mom years gave her the chance to recalibrate her professional goals. The more time she spent in local libraries as a mother, the more she came to understand how important public libraries are to everyone. She watched people come into the library, one after the other, and ask a question or pick up a book and walk away with a smile. She saw families and adults from all corners of the socio-economic spectrum find their place at the library. Suddenly, she knew. This was the kind of library work she wanted to do.

“My passion for libraries was reignited,” Rabideau said.

Sugden is pleased with her good fortune.

“What I appreciate most about Tammy,” Sugden said, “is her genuine warmth for all people. She strives for excellence out of love. The public library is the perfect setting for Tammy’s skills and her heart. She sees the impact and is moved by that.”

While Sugden has focused on creating a vision for the library, Rabideau’s focus has been on creating the infrastructure to make that vision a reality. According to Sugden, “I say ‘here is where I want to go’ and Tammy figures out how we can get there. Tammy brings a wealth of incredible technical skills to her work. And she is not afraid to take risks. She and I share a philosophy that libraries need to be a part of the community. Not every librarian is comfortable with that. But lucky for me, Tammy is.”

The kids are in school, now take time for you!

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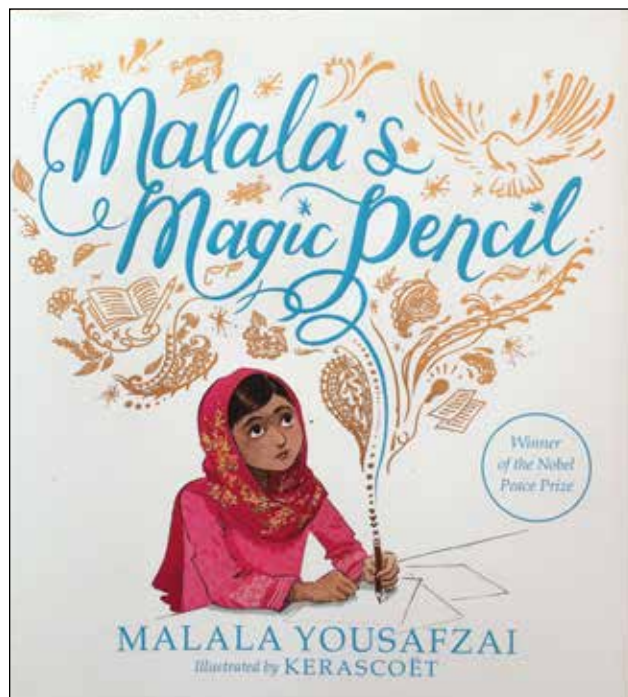
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Photos by Nancy P. McGinnis

A few examples of beautifully illustrated children's books that offer positivity, comfort and reassurance.

Young readers turn to picture books for a look at real life

BY NANCY P. MCGINNIS
Correspondent

Especially when reality seems stranger than fiction, many readers understandably turn to fiction for escape. Even kids have superheroes and fairy tales. But a number of recent outstanding works of nonfiction—picture books—pave the way for adults seeking to put into perspective for young people what it means to live in these times.

Three superb examples, all titles just published in 2017, are “Malala’s Magic Pencil,” by Malala Yousafzai, with lovely artwork by Kerascoët; “This is How We Do It: One Day in the Lives of Seven Kids from Around the World,” written and illustrated by Matt Lamothe and “Here We Are: Notes for Living on Planet Earth,” written and illustrated by Oliver Jeffers. All three manage to avoid preaching or condescension, while offering positivity, comfort and reassurance, even a winning touch of whimsy.

Nor do they sugarcoat. And while the writing is simple enough and age-appropriate for a young reader or listener to comprehend, the message is straightforward and powerful. “Malala’s Magic Pencil” is a remarkable biographical memoir, penned by the young Pakistani woman who has been awarded the Nobel Peace Prize for her determination as a girl to pursue her education despite all odds, and to work to assure that every child is afforded the same opportunity. In white text on a double page spread that is mostly stark black, Yousafzai writes minimally, without mentioning the Taliban by name or the fact that she was shot in the head, that “...they tried

to silence me. But they failed.”

She relates that, as a young child, she used to wish for a magic pencil that could erase the stench of the village dump nearby and even the antics of her pesky brothers. But once faced with real danger, as she explains in a letter to the reader that serves as the epilogue, she realized that her own voice was more powerful than anything.

Lamothe introduces us to seven children not all that different from each other nor from the American child reading his book, even though they happen to live in Italy, Japan, Iran, India, Peru, Uganda and Russia. Lamothe’s captivating artwork illustrating each child’s statements about the daily details of their lives at home, in school, and out in their communities draw in readers and listeners, inviting us to note the differences—and the similarities—from mealtimes to classroom to family evening

activities. In a note to the reader, Lamothe explains what inspired him to write the book. While American children may marvel at, for example, their Ugandan counterparts’ knowledge of how to avoid a confrontation with an elephant, other scenarios, such as trying to avoid getting caught goofing off in class, are pretty much universal. In a double page photo spread at the end of the book, the nonfictional nature of the book is reinforced when we meet the actual kids and their families who provided the information for Lamothe.

Jeffers was inspired to create “Here We Are” as heartfelt guidance and reassurance for his infant son, springing from the father’s awed realization that his newborn arrived knowing absolutely nothing. The scribbles jotted down from real life moments became an illustrated micro and macro handbook of sorts for the rest of

us, regardless of how long we happen to have been residing on this planet. “These are the things I think you need to know,” he begins. From understanding our place in the universe to appreciating the physical features of the earth—pointy, flat, bumpy, bumpy, dry, wet, hot or cold—to realizing that we, as human beings, despite our diversity are all in this together, and ultimately that kindness to each other and stewardship of our planet are both crucial to our continued existence.

Any or all of these three titles would make an excellent addition to a child’s or grandchild’s collection of books, or a lasting gift to a new baby or to a classroom or library. But if you follow this suggestion, before you bestow one or more of these books as a gift, find a quiet moment to take a look through the pages for yourself. You’ll be glad you did.

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GERD is a common health problem

Acid reflux disease affects both men and women

BY WANDA CURTIS
Correspondent

One of the most common health problems today, among both men and women, is gastroesophageal reflux disease (GERD). Gastroesophageal reflux occurs when the contents of the stomach, including stomach acid, back up into the esophagus (the tube that connects the mouth and stomach) and often into the throat and mouth.

When acid comes into contact with the esophagus, it may cause a burning sensation known as heartburn.

According to the American Gastroenterological Association, common symptoms of GERD may include not only heartburn but also feeling like food is coming back up into the mouth, a sore throat that doesn't go away, a cough that doesn't go away, a hoarse voice, a feeling like a lump in the throat, pain during swallowing, feeling like food gets stuck in the throat when swallowing, nausea, vomiting, frequent belching, and/or asthma. To determine whether those symptoms are caused by GERD or another health problem, the symptoms should be evaluated by a healthcare provider. (Symptoms that require immediate medical attention include vomiting blood or material that looks like



INLAND PHYSICIAN DR. SIMON GIBBS, M.D.

coffee grounds, red or black stools, and/or unplanned weight loss.)

Inland physician Dr. Simon Gibbs, M.D., said that many people use over-the-counter products such as Maalox, Rolaids or Tums before seeking medical care. If their

symptoms aren't relieved by those products, he said they often try Pepcid or Cimetadine. When those don't help, many seek prescription medication, such as proton pump inhibitors.

Results of a research study (published in JAMA Neurology 2016;73(4):410-416) revealed that regular use of the proton pump inhibitors omeprazole, pantoprazole, lansoprazole, esomeprazole and rabeprazole are associated with a significantly increased risk of incident dementia in an elderly German population. The authors concluded that more studies are needed to determine how those drugs might contribute to dementia in the elderly.

Gibbs referenced a more recent study of proton pump inhibitors (published in the November 2017 online version of the Journal of the American Geriatric Society) in which researchers didn't find use of proton pump inhibitors was significantly associated with an increased risk of Alzheimer's Disease. Gibbs said that because of the more recent study he isn't concerned about patients developing Alzheimer's while using proton pump inhibitors.

However, he stressed that those drugs should be prescribed and monitored by a primary care physician because of the possibility of other side effect, such as osteoporosis

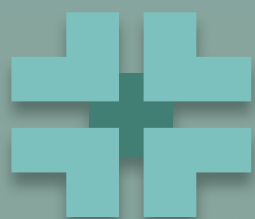
and/or renal failure (particularly in individuals who already have a history of chronic kidney disease).

"Those (drugs) are very strong and should be monitored by a primary care doctor," he said.

According to Gibbs, GERD should not be left untreated because it can lead to more serious complications, such as strictures in the esophagus, esophagitis — a precancerous condition known as Barrett's esophagus and/or esophageal cancer. He said that in some cases, a surgical approach is needed to treat GERD.

Gibbs said that three major risk factors for GERD are obesity, smoking and excessive consumption of alcohol. He said that GERD is more common among women in the 18-30 age group because women in that age group smoke more. He suggests that to prevent GERD individuals lose weight, stop smoking, avoid excessive intake of alcohol, avoid food and drinks that have a high acid content and sleep with the head of their bed slightly raised.

Prior to joining the staff of Inland Surgical Associates, Gibbs practiced for nine years as an esophageal/gastric surgeon in England. He currently performs about 200-250 esophagoscopies in Inland each year, as well as other surgeries.



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Live performance of Steel Magnolias comes to the Waterville Opera House

BY NATE TOWNE

Marketing manager
Waterville Creates!

Special to Women's Quarterly

“Calendar Girls” is a tough act to follow. The hit play produced by the Waterville Opera House last fall was a near sellout performance every night, a remarkable accomplishment for a non-musical in central Maine.

But if any play could beat the odds, it would be the upcoming revival of “Steel Magnolias,” opening on Friday, Jan. 26 at the Waterville Opera House. Staff recommend getting tickets now; this show will likely sell out faster than green grass through a goose!

Inspired by the 1989 film classic, “Steel Magnolias” is beloved by audiences nationwide for its sassy southern humor and strong female cast. Now you can share the powerful love that connects these strong women as you ride the rollercoaster of life with them. As they journey through ups and downs, these friends prove that you can be as delicate as a flower, while still remaining tough as steel. This play reminds us that while there are struggles in life, love and great friendship can conquer any obstacle fate sends our way. Full of memorable quotes you love from the movie, this play will have you “laughing through tears.”

If you've never seen the movie, not only are you in the minority, you're in for a real treat. The play is set in Chinquapin, Louisiana, centered on Truvy's beauty salon — where all the ladies who are “anybody” go to have their hair done.

Proprietor Truvy (who can “usually” spot a bottle job at 20 paces) and her assistant Annelle dispense shampoos and free advice to the town's rich curmudgeon, Ouiser, an eccentric millionaire, Miss Clairee, the local social leader, M'Lynn, and the prettiest girl in town, Shelby. This play and its characters are truly touching, funny, and



full of love and remarkable strength.

While it might be the show's memorable one-line zingers that have patrons clamoring for seats, it's the strong female cast of “Steel Magnolias” that will keep the audience glued to their seats as they experience the ups and downs of life with this tight-knit group of friends.

Co-directed by Debra Susi and Beth Lambert, the talented cast of community actors performing in “Steel Magnolias” have been friends for years, which lends an incredible energy to their performances.

“It's been delightful to work on; we were all friends before it started, and it's translating beautifully to the stage,” said Jeryln Shattuck, who plays the lovable-yet-abrasive town curmudgeon, Ouiser. “The other night our directors and stage manager were looking on in amusement as we chatted animatedly before we got rehearsal started. They laughed with us and mentioned that we already have that perfect chemistry with each other. This show, in a nutshell, is about friends, family, and the friends that become our family.”

Contributed photo
Pictured from left:
Clairee Belcher – played by Nancy Keegan Carbone,
Truvy Jones – played by Juli Brooks Settlemire; Annelle Dupuy-Desoto – played by Emily Cates; M'Lynn Eatenton – played by Lisa Ed Neal.

experienced actresses and directors has been a pleasure and a gift to me,”

One actor in the show has a deep connection to “Steel Magnolias” going back 27 years when she was in the play as another character, a stretch that translates to an impressive connection with her fellow performers and the audience.

“For me this is a special show, I love this story,” said Lisa Neal, playing the role of M'Lynn Eatenton, the show's ultimate steel magnolia. “It offers such hope and love in a world that seems to be lacking in that department sometimes. Twenty-seven years ago, I was privileged to play Shelby in another production; being able to help tell this story through the eyes of her mother this time is very exciting to me. This story really puts things into perspective.”

Not only is this a powerful show, it has a powerful, universal message for the world.

“In this time, when women are showing strength and courage to stand up and speak out, to be a part of this show, directed by women, with a woman stage manager has been beyond incredible,” said Nancy Carbone, who plays the eccentric town millionaire, Clairee Belcher. “For the audience to see a snapshot of these women's lives showing fragility and strength in a time of tragedy is uplifting. The men in Shelby's life couldn't stay through the darkest hour. Only a woman, her mother, at the end was made of steel.”

Steel Magnolias runs Jan. 26 through Feb. 4 at the Waterville Opera House and offers both evening and matinee performances. Tickets are \$21 for adults, and \$19 for students/seniors. It might be best to leave the little ones at home for this production, which is rated PG-13 for profanity. Don't wait for the last minute to get you tickets to “Steel Magnolias,” this is going to be an amazingly powerful show you won't want to miss! For more information or to reserve tickets call 873-7000 or visit www.operahouse.org.

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What's a PechaKucha?:

A speaker with a passionate topic and a small window of time — and slides — to express it

BY LISA HALLEE
Correspondent

What do “Wacky Animal Sex,” “Return of the Green Fairy” and “Art Guitars” have in common? If you had been to a Waterville PechaKucha in recent years, you would know; those topics were all subjects of recent PechaKucha talks.

“PechaKucha,” you might be asking yourself, “What the heck is a PechaKucha and is it contagious?”

PechaKucha (pronounced Petch-ah Coo-cha, accent on the second syllable, or PK for short) is a presentation format designed to communicate ideas quickly and simply. Twenty slides, 20 seconds per slide — six minutes and 40 seconds. That’s it. If a speaker rambles on past 20 seconds, the slides automatically move ahead and the speaker will be left behind. That keeps the presentation fast and lively, keeping listeners interested. As retired children’s librarian Marie Benner observed, “PK is a concert of ideas.”

PechaKucha Waterville, Volume 26,

“PK is a concert of ideas.”

MARIE BENNER, RETIRED
CHILDREN’S LIBRARIAN

will happen at 6 p.m. Jan. 19 at Thomas College and, as with all PKs, admission is free. PK Waterville has been held quarterly — usually in January, April, July and October — since 2010. No two PKs are ever the same. Each event is held in a different location to bring crowds to varying parts of the city. Each has a different emcee, which brings new voices to the mix, and each features eight or nine different speakers. Speakers generating their own ideas and topics vary as widely as the personalities of the speakers. Some talks are deeply personal, some relate to the speakers’ professions or hobbies, but all are delivered with passion.

The idea for PK Waterville was born at a dinner party. Backyard neighbors Tammy Rabideau and her husband, John Turner, and Marty Kelly and his

wife, Sharon Corwin gathered for dinner one Friday night with a few other young families. Among other things, the group discussed how to inject new and creative energy and ideas into the community. Friend Rich Carroll mentioned a cool event he had just attended in Portland — PechaKucha. No one could pronounce the name, but everyone thought it was an idea worth exploring.

According to Rabideau, Waterville PK is intended to celebrate the hidden treasures and assets of Waterville.

“We knew that there was so much talent and creativity in this area. We just needed a way to bring it out into the open for everyone to see,” she said.

PechaKucha originated in Tokyo where architects Klein Dytham introduced it as a way to quickly present design concepts. Now there are PKs happening in more than 1,000 cities around the world. Each city has an organizing committee that vets talk proposals and schedules events. Rabideau has been a part of the Waterville organizing committee since its inception. Initially, she worked primarily with Marty Kelly and

Rich Carroll, but over the years many other volunteers have lent their support.

Rabideau, Kelly and Carroll were uniquely positioned to bring the idea to Waterville. Rabideau had just begun working at the Waterville Public Library. Kelly was digital collections librarian at Colby College and Carroll, who has since moved, was a resource development professional at United Way of Mid-Maine and an accomplished quilter.

Together they pooled their time and talent to assemble the inaugural PechaKucha at the Hathaway Creative Center in April of 2010. Some 150 people came, far exceeding expectations. Helped by dozens of volunteers and sponsors along the way, PK has attracted similarly large audiences ever since. Last July, an estimated 350 people attended the PK held in a tent in Castonguay Square as part of MIFF.

Rabideau sees a bright future for PK Waterville.

“It will thrive as long as there are people who want to share cool ideas with each other,” she said.



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“Kim and John are tons of fun! I would follow them all over Europe...” — J. K.



Kim Nashed taught at School Street Yoga for seven years and offers affordable yoga classes at Champions, schools, and Spectrum Generations in Waterville. She is a Yoga Alliance Registered Yoga Teacher.

John Parsons is a long-term meditator, a business CEO and a certified teacher of Mindfulness/Meditation from the Search Inside Yourself Leadership Institute, founded at Google.

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Kale salad: versatile, virtuous, and veritably delicious!

BY NANCY P. MCGINNIS
Correspondent

More and more folks are becoming fans of kale, the hardy green superfood that famously offers antioxidant and anti-inflammatory benefits along with fiber, nutrients and vitamins, with outrageously few calories and zero fat!

What's not to love about a kale salad? Well, there's the matter of those tough, chewy leaves—leading one frustrated eater to declare he might as well eat “a mouthful of barbed wire.”

Thankfully, there is a simple (if surprising) secret to tender, sweet kale salad: a transformative massage. After cutting the kale into ribbons, only a few minutes of hands-on “scrunching” the greens is sufficient to break down the fiber and create a delicious, healthy and downright irresistible salad. As a bonus, leftover kale salad (if there is any!) tends to hold up longer and keep better than other salads.

Once this simple technique is mastered, endless variations are possible depending on individual taste and preference, as well as what other ingredients are available and handy. The recipe described here offers a bright mix of sweet and tart citrus elements, and a pleasing crunch thanks to the pumpkin seeds.

Start with a bunch of kale, preferably organic. About a pound will serve four. Wash the leaves well, rinse and spin or pat dry. Trim and discard any brown or yellow parts you may find. While it is commonly recommended that the stems or leaf “ribs” be removed, I've found this step to be unnecessary, and the cruciferous stems are often one of the most nutritious parts of vegetables. With one hand, hold the tightly rolled up the leaves in a bundle while using the other hand to snip the leaves into thin ribbons, using sharp kitchen shears over a large serving bowl.

Next, sprinkle a drizzle of extra virgin olive oil, and the juice of half a lemon (preferably freshly squeezed) over the kale, and add a generous shake of sea salt or kosher salt. Now comes the fun part. Use your clean, bare hands to “mas-



sage” the kale, using a repetitive gathering and scrunching motion. Observe the changes that take place in only a minute or two—the kale starts to soften, turning not only more tender but also darker in color as the fiber breaks down. The amount of kale will also be reduced, much in the same way that a large pot of fresh spinach leaves cooks down in a matter of minutes.

Taste the kale if you wish, to be sure the leaves have now become not only tender but sweeter and almost nutty. At this point, set the massaged kale aside while you complete the dressing.

In a small bowl or measuring cup, whisk the juice from the remaining half lemon with a generous amount of freshly cracked black pepper and the honey. Whisk in the remaining oil in a thin stream, until the ingredients are well combined and the dressing is emulsified.

Add the Clementine orange sections and the red onion slices to the kale in the salad bowl. Add the dressing and toss the salad gently, but thoroughly. Taste and add salt and/or pepper, if desired. Sprinkle with toasted pepitas just before serving. Be prepared for converts!



CITRUS KALE SALAD

1 bunch kale, about one pound, preferably organic
Freshly squeezed juice of one lemon (divided)
¼ cup extra virgin olive oil
Sea salt or kosher salt
Honey to taste, about ½ to 1 teaspoon
Freshly ground black pepper
Two or three Clementine oranges, peeled, pith removed, separated into individual sections
Two or three paper-thin slices of red onion, separated into individual rings
Generous handful of pumpkin seeds, toasted for a few minutes in a dry skillet and cooled

A few possible variations:

- Try using a flavored or infused olive oil instead of extra virgin.
- Substitute thin sliced red, yellow or orange pepper for the orange sections.
- Substitute your favorite infused vinegar for the lemon juice.
- Instead of red onion, add ¼ cup of dried cranberries.

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Advance directives give control over life decisions

BY VALERIE TUCKER
Correspondent

Maine adults have the right to give instructions about their health care. They also have the right to name someone to make health care decisions for them.

Despite the need to address such important issues, taking action and starting a conversation is easy for individuals to postpone.

In a California HealthCare Foundation survey of Californian residents about their end-of-life care decisions, 60 percent of people said that they didn't want their family burdened by such tough decisions; nonetheless, only 4 percent reported having an advance health care directive document to communicate those wishes. The survey also found that although 80 percent would want to talk to their doctor about medical end-of-life treatment, only 7 percent said they had done so.

A Pew Research Center survey found that half the adults surveyed would ask their doctors to stop treatment if they had an incurable disease, but 35 percent of the respondents would want their doctors to do everything possible to keep them alive. For those adults who want to take charge of these medical decisions, a simple downloadable document, called an Advance Health-Care Directive, provides others with the information they need before a loved one's death, incapacitating injury or illness.

According to Holly Zielinski, Director of Nutrition and Community Services for SeniorsPlus, "The best time to make decisions concerning your health care is while you are able to consider your wishes carefully and discuss them with your doctor, caregivers, family and loved ones."

Unexpected end-of-life situations can happen at any age, so it's important for all adults to prepare these documents.

"Having a plan that makes your health care wishes known is the best way to make sure you get the kind of treatment you want and that your end-of-life wishes are followed," she said. "Often times these can be difficult conversations, but they are the most important conversations you can have and the best gift to give your loved ones."

Tania Dawson, Franklin Community Health Network's clinical instructor and director of Western Maine Area Health Education Center, encourages conversation happen well before an individual becomes seriously ill or incapacitated. She freely offers advance directive forms to attendees at community workshops and educational seminars, including the Maine Health Access Foundation's Thriving in Place gatherings and the SeniorsPlus Resource Fairs.

"The conversation is important, because you want everyone to have a good relationship with each other after you're gone," she said. "Individuals may want to pick a health care agent who lives closer, which doesn't mean that they think less of a family mem-

ber who lives further away."

Hospitals will provide advance directive forms, but individuals also should broach the subject with their primary care physicians.

"Everybody, no matter what their age or condition, should start the conversation," Dawson said.

An advance directive also should change as people's lives change, she said. A document created when one is in good health may no longer be applicable when that person is faced with a serious illness. Family members may have moved and relationships may have changed. Every end-of-life situation is unique.

"Sometimes people think dying is like what they've seen on television," she said. "Rarely is that the case."

Mike Senecal, director of NorthStar's ambulance and emergency medical services, oversees 75 trained professionals, and they can face situations where individuals are unable to provide critical information. Having a readily available advance health care directive helps everyone avoid stress and worry. Senecal suggested that elderly who live alone have such directions and contact information posted on the refrigerator or similarly visible location.

"Every situation is different, and we appreciate knowing what an individual's wishes are," Senecal said.

Journalist and author Ellen Goodman and a group of colleagues and concerned media, clergy and medical professionals offer the

Departing Details Workbook- A Step-By-Step Guide To Leaving Your Loved Ones With the Information They Need to Know When You Die. The digital and hard copy workbook is available at estateworkbook.com. Although states may have their own variations on the standard advance directive document, Maine adults also can find all information and forms online (legislature.maine.gov/statutes/18-a/title18-Asec5-804.html) or through their local hospitals.

Start a list of questions and concerns before choosing a person to act as a health care agent. In determining final wishes, individuals must consider the importance of being independent and self-sufficient. What make life not worth living? Should treatment be used to extend life in any situation? Would an individual want treatment only if a cure was possible? These questions can and should be discussed with a primary care doctor, health care agent, family and friends.

Maine law requires that a directive be witnessed by two impartial adults. Farmington attorney Frank Underkuffler provides the advance directive document with the addition of a notary's signature. That adds legal weight if the individual travels out of state, especially for several months during the winter.

"Some states have different requirements, but individuals should have their advanced health care directive done in the state of their primary residence," he said.



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Tips to help realize your goals in the year ahead

At the dawn of a new year, many people set goals to motivate themselves to change. But as January 1 drifts further into the rearview mirror, it can be easy to settle into old habits and forget about the resolutions and goals established at the turn of the calendar.

Staying on course and achieving one's goals requires discipline. In addition to working hard, men and women who want to realize their goals in the year ahead can take several steps to increase their chances of being successful.

- **Examine your priorities.** Achieving goals is easier when their goals can be among your biggest priorities. Examine your priorities to determine if you can fully commit to goals that may require significant time commitments. Men and women who are already stretched thin may need to recalibrate their goals or make changes in other areas of their lives before they can fully commit to pursuing new goals.

- **Be specific in regard to planning.** Being specific when choosing goals is important, but it's equally important to be as specific



as possible in regard to developing a plan to realize those goals. Before embarking on a journey to realize your goals, figure out how you're going to achieve them. Create a new daily or weekly schedule that allots time to realize your goals, seeking input from loved

ones whose lives may be affected by your new schedule.

- **Make note of potential obstacles.** Recognizing potential hurdles in advance of their appearance can help you overcome

these obstacles and stay the course toward achieving your goals. For example, men and women hoping to lose weight can look ahead to occasions that might compromise their efforts, such as a loved one's wedding or backyard barbecue. Recognizing these obstacles in advance gives people a chance to develop a plan to overcome them. In the weight loss example, men and women can choose vegetarian options from reception menus or resolve to avoid alcohol, which tends to be high in calories.

- **Start small, but start immediately.** Lifestyle changes can be difficult, so make small changes initially and gradually work toward larger, more significant changes. Starting small can lay a successful foundation, but it's also important to start immediately. Procrastination can reduce the likelihood of achieving your goals, and the earlier you get started the more quickly you and your loved ones will adjust to the changes necessary to realize your goals.

The dawn of a new year is a great time to set new goals. Bringing those goals to fruition requires careful planning and commitment.

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Handling major life changes

In the 1960s, researchers Thomas Holmes and Richard Rahe studied the potential link between stressful life events and illness. After examining the medical records of thousands of patients, Holmes and Rahe discovered that there was a strong correlation between the two, ultimately developing the Holmes and Rahe Stress Scale.

Holmes and Rahe found that the death of a spouse, divorce and imprisonment were among the most stressful life events. But a person need not be widowed, recently divorced or newly imprisoned to be dealing stress sparked by a major life change. In fact, Holmes and Rahe found that marriage and retirement, two things many people would consider positive changes, were among the 10 most stressful life events.

Change can be both exciting and frightening. Men and women facing major life changes like moving, switching careers or retiring can take the following tips to heart to make such transitions go as smoothly as possible.

- **Embrace the positive.** Change has its advantages and disadvantages, but once men and women have decided to make changes, they should shift their focus toward the positive aspects of changing instead of worrying about the potential negatives. For example, if moving, focus on the adventure of living somewhere new and the opportunities to explore new places and make new friends.



- **Accept your decision.** Many people spend ample time mulling the pros and cons of major decisions before ultimately deciding to make major changes. People who decide to change careers may have spent years

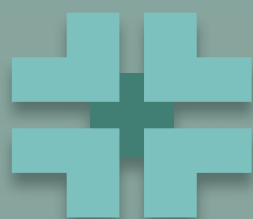
trying to decide if such a change was the right move. Once they have come to a decision and started the process of changing, whether it's giving a boss two weeks' notice or putting a house on the market, men and

women should accept their decision and rest easier knowing they exercised their due diligence before making a final decision.

- **Commit to your decision.** Fully committing to change can increase your chances of making a successful transition. If moving to a new place, look for opportunities to connect with neighbors and other members of your new community. Parents can be active in parent organizations at their children's schools, while professionals can make a concerted effort to connect with coworkers in an effort to build strong relationships that can help their transition go smoothly.

- **Maintain existing relationships.** Professionals who are moving on to new companies and adults moving to new communities don't have to give up their relationships with current coworkers, neighbors and friends. Maintain contact with valued friends, neighbors and coworkers through channels such as social media, email or even the telephone. These people have likely been valuable resources and friends for years, and there's no reason you cannot continue to look to them for support and provide a source of support for them should they make a major change in the years ahead.

Change is rarely easy, but men and women can take several steps to make transitions go smoothly.

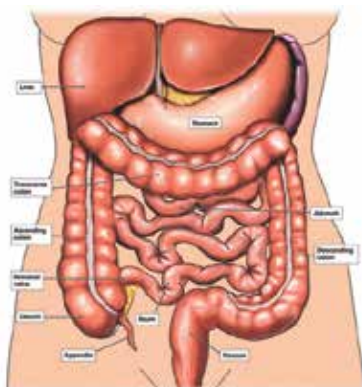


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