A photograph of two women standing in a yarn store. The woman on the left is older, with short reddish hair and glasses, wearing a black top with colorful star-shaped embroidery. The woman on the right is younger, with short blonde hair, wearing a beige knitted poncho over a colorful patterned top. They are surrounded by shelves filled with various colors of yarn and some finished knitted items.

Spring 2018 Women's Quarterly

**Beatrice "Bea" Vlodak, 96
and still on the job**

page 3

**Cote finds her niche at Midstate
Machine as only female machinist**

page 4

Quilting remains a favorite pastime

page 6

**Heart attacks are more likely to be
fatal for younger women**

page 8

Special Advertising Supplement

KENNEBEC JOURNAL
Morning Sentinel

INSIDE this edition

- 3 **96 and still on the job**
- 4 **Cote finds her niche as machinist at Midstate Machine**
- 5 **“Thirteen Ways of Looking at a Blackbird”**
- 6 **Quilting remains a favorite pastime**
- 7 **Incontinence is an embarrassment but solutions are now available**
- 8 **Heart attacks are more likely to be fatal for young women**
- 9 **“Knitting Pearls”**
- 10 **Women are strong participants in “The Producers the Musical”**
- 11 **Wise Words from Wise Women**
- 12 **HOPE provides help for parents battling postpartum depression**
- 13 **Golden Milk, a tasty switch from coffee**
- 14 **5 ways to commemorate Mother’s Day when Mom has passed away**
- 15 **Unique Mother’s Day gift ideas**

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 July.

The cover design by Dawn Tantum, Graphic Designer, features Bea Vlodek and her daughter, Joyce Vlodek, from the Yardgoods Center. Photo by Susan Varney.

INDEX OF ADVERTISERS

Aable Cremation Service, LLC	12
Central Maine Electrolysis	14
Delta Ambulance.....	9
Electrolysis by Ruth Swanson, C.P.E.	13
Eric’s Restaurant	12
Eye Care of Maine.....	10
Franklin Memorial Health	13
Franklin Savings Bank	7
Gallant Funeral Home.....	9
HairBuilders.....	10
Inland Hospital.....	16
Kennebec Behavioral Health	12
Kennebec Valley Community College.....	5
Lakewood Continuing Care Center	7
Maine Laser Skin Care.....	15
Redington Fairview General Hospital	11
Sebasticook Valley Hospital.....	14

Dogs, Frasier and young people are on my happiness ladder

Just a Thought

BY TERRI HIBBARD



Happiness is . . . living in Finland. Or Norway. Or Denmark.

What? We live in America, the greatest country on earth, the land of the free and the home of the brave. The country where, no matter your social strata, you can achieve your dreams. We should be the happiest people in the world.

But no. On the list of happiest countries, America is number 18.

No more of this “We’re Number One!” “We’re Number One!” Now it’s “We’re number 18!”

The Happiness Report produced by the United Nations put the USA in its place. It used the Cantril Scale: It’s a ladder with steps numbered from zero at

the bottom to 10 at the top. The top of the ladder represents your best possible life and the bottom of the ladder your worst possible life. Thousands of people in 156 countries rated their lives on this ladder.

The top 10 countries’ averages ranged from 7.632 (meaning not quite three steps down from best possible life) for first-place Finland, to 7.272 for 10th-place Australia. The United States’ average slipped down from 6.993 last year to 6.886.

Burundi was worst off with an average rating of 2.905, but Burundi is one of the poorest countries in the world and plagued by civil war, genocide and political strife.

The eye-opening study judged the good life on six factors: G.D.P. (gross domestic product) per capita, social support, life expectancy, freedom to make life choices, generosity and corruption levels.

A New York Times article explains our slip down the ladder in the last year: “. . . life expectancy has declined, suicide rates have risen, the opioid crisis has worsened, inequality has grown and confidence in government has fallen.”

Okay. So it looks like we can’t count on Trumpians to implement policies to make us happier. But happiness has always been a personal thing. People with very little may still be happy while some 1-percenters, are still searching for the thing that will make them happy.

Abraham Lincoln said “A man is about as happy as he makes up his mind to be.” I disagree with that. First because I’m a woman not a man and, second, I can tell myself to be happy but my mind doesn’t always do what I tell it to. Hardly ever, actually.

Age isn’t a factor on the happiness scale, but I can assure you it makes a difference. What made me happy 65 years ago was a date with the right guy or an A in biology (As if!) About 40 years ago, happiness was going out for dinner and a movie — a momentous event for a couple with five children and a slim salary.

These days, having my family around me, talking, laughing, reminiscing or, yes, doing chores is a happy time and not just because the chores get done. With the family spread around the state and country, we don’t get together often anymore so when we do, it’s always a happy time.

A grandchild visiting, whether he or she is 29 or 5 or any age in-between, makes this Grandma (or Geema as I’m also called) very happy. Having a brand-new beautiful, perfect, so-smart great-grandbaby is another joy in life this year.

On a sunny day, walking along a path I share with many dog-walkers is a happy occasion because some dogs inch their way toward me in hope of a friendly pat, which I’m oh so happy to give.

Doing something nice for someone — like surprising a neighbor with freshly-baked bread — makes me happy.

On an evening when I’ve watched the news and slipped into the doldrums, watching one of the hundreds of episodes of Frasier on Netflix never fails to make me laugh.

And it’s a happy moment when I open a container of Häagen-Dazs® Rum Raisin ice cream. Häagen-Dazs® costs \$3.99 for a little 14-ounce container while for that same \$3.99 I can buy 48 ounces of Breyers All Natural Vanilla and that’s important because I don’t like a dish of ice cream, I like a bowl of ice cream. But once I tasted that Häagen-Dazs® Rum Raisin, my Yankee practicality flew out the window.

But the very happiest thing that has happened in America in the last few weeks is the rise of intelligent, committed, articulate young people who are determined to improve their lives and the lives of the rest of us.

They’re working to remove gun violence in schools, but I have no doubt they will not be stopped there. They are going to motivate more young people to vote and those young people want a more just country than the old white men in power have given us in recent decades.

This is a movement that will forever change our country and push us up the ladder of happiness.

Who could not be happy about that?

Terri Hibbard can be reached at terrihibbard41@gmail.com

96 and still on the job

Bea Vlodek remains active

BY SUSAN VARNEY
Correspondent

“Whether you’re Buying or Browsing you’re always Welcome here,” reads the sign by the door of the Yardgoods Center, 60 West Concourse, in downtown Waterville, slowly being overshadowed by the new five-story Colby building going up on the site where the Farmer’s Market was once held.

Beatrice “Bea” Vlodek and her husband, Edward, started the shop in 1949, finally settling in The Concourse in 1966 after being on Main Street and Silver Street locations. Edward died 20 years ago and Bea Vlodek, at 96, is the last of the original people who came to The Concourse 52 years ago after urban renewal.

Bea Vlodek claims her longevity is due to her regimen of vitamins, working out at Champion’s for 25 years, eating out at her favorite American fair restaurants and an ice cream sundae with Godiva hot chocolate every night. Also, she said, making wise investments didn’t hurt: “My father told his kids to have at least 10 different investments, not just one.”

It certainly has worked for her. She owns a home in Waterville, a condo in Florida where she spends part of the winter and a couple of weeks in the spring, and a camp on North Pond.

“I don’t cook, so when in Florida I shop, hang out at the pool, walk the beach and eat out.”



Photos by Susan Varney
Beatrice “Bea” Vlodek, 96, Waterville, started the Yardgoods Center with husband, Edward, 69 years ago.

Vlodek is the epitome of a beautiful French lady who married the Polish son of an immigrant escaping the turmoil in Europe.

Hair perfectly in place, she said: “I’ve never gained an ounce,” as she named off her favorite restaurants around town. Once a

“My father told his kids to have at least 10 different investments, not just one.”

**BEATRICE “BEA” VLODEK,
YARDGOODS CENTER, WATERVILLE**

week she meets with six to eight of her lady friends at the Villager for breakfast. “I still drive my 2008 Buick Century,” she said.

Vlodek grew up in Rumford where her father had Drapeau’s Furniture and counseled his children to “never work for anyone but yourself.” Her son, Ken, and daughter, Joyce, now run the Yardgoods Center, but Bea Vlodek still does the banking, making daily deposits for the company.

Ken Vlodek is the sewing machine expert. And for readers who thought Husqvarna was a chainsaw, we discover that it also is a sewing machine! Ken is the one to see for service and financing.

Joyce Vlodek is at home in the yarn shop: “Maine’s largest selection of yarn,” she said, where there are so many colors, textures, combinations and projects that the eye is entertained and delighted by the sheer

magnitude and diversity. There are patterns, needles, hooks, bags, books and notions for any knitting and crocheting project. Needle felting supplies and classes are included too.

“Dad was the teacher and knew everyone, he made sandwiches everyday for lunch,” said Joyce. “Mom did the books.”

There are beautiful cotton fabrics for quilting projects. Craft supplies, notions, thread and buttons, lace and more things than imaginable. Look for sales and specials, games and prizes. The Yardgoods Center also has knitting and crocheting classes at various times, morning, afternoon and evening Monday through Saturday that are \$6 at the time of the class.

“Joyce works Monday, Wednesday and Friday, and on Thursdays we gallivant,” Bea Vlodek said with a grin. “Joyce has her granddaughter, 2, on Thursdays while her daughter is teaching in Clinton.”

Joyce Vlodek is pleased with her mother’s active lifestyle at 96.

“Mom delivers goodies donated by Hillman’s in Fairfield to the nuns in Waterville every week,” her daughter said. “She also worked in a torpedo factory in Bridgeport, Connecticut after high school,” she added. “Pretty amazing woman, still busy, still enjoying life, still out and about.”



Photos by Susan Varney
Husqvarna sewing machines at the Yardgoods Center, Waterville, for all sorts of projects.

The Yardgoods Center, 60 West Concourse, Waterville, something for every fabric and yarn project.



Cote finds her niche at Midstate Machine as only female machinist

BY SUSAN VARNEY
Correspondent

Erica Cote is right back where she started as a teenager, following around in her father's footsteps. Only now she has her own position at the same place; she is the only female machinist of 60 employed at Midstate Machine in Winslow.

Midstate, which has 170 employees, is a division of Precision Holdings of Windsor, Conn., a leader in precision contract machining, fabrication, assembly and 3D metal printing services for the aerospace, defense, power generation and oil and gas industries.

When asked how she became interested in the job, the 25-year-old said her dad had worked at Midstate for 35 years and she used to come to work with him, starting part-time at 17.

After graduating from Skowhegan Area High School, she took a two-year program at Kennebec Valley Community College to find her niche at Midstate Machine.

Precision Holdings has more than 300,000 square feet of manufacturing space with the capacity to produce a full range of components from large industrial gas turbines to small, highly complex additive manufactured parts. The company operations include more than 100 state-of-the-art, multi-axis CNC machines, 3D printers and CMMs handling volumes ranging from prototyping to full-scale production.

Today, Cote is right in the middle of the Winslow part of that operation.

"Machinists do the milling or turning," Cote said, in the midst of trying to explain her job to the uninitiated. "I do milling, which means the object being made is stationary and the tool moves, as opposed to the turning where the object moves and the tool remains stationary."

Cote said there are hundreds of tools stacked on racks at the back of the machine unit Cote works

with. A planner decides what job, what machine, what staff and how long the job will take.

"A job can take an hour or the whole shift," said Cote, who works from 5 a.m. to 5 p.m. three days a week. She said there also is a night shift.

Cote said she gets a paper printout of the job, loads the necessary tools into the cabinet at the rear of her station. Directions are programmed into the computer, which she controls. There is a door into the compartment where a component is loaded and the work takes place. When the job is done the "chips" are cleaned out and put in a rolling cart to be recycled. Cote said they use a dozen different metals for various jobs.

The place was humming during the interview, when Cote stepped out on her lunch break with ear plugs and safety glasses in hand, ready for a break.

The other part of Cote's job is caring for 2-year-old Alivia, the daughter she and her husband, Lance, share at their home in Waterville. She said they met at a track meet in Waterville that she had attended to watch a cousin participate and the cousin introduced them.

The couple went to the same school and they both worked at Midstate for awhile, but he now works for TRC Solutions in Augusta as a designer/drafter. TRC is a national engineering, consulting and construction management firm providing services to power, oil and gas, environmental and infrastructure markets.

Cote said she is proud to be a member of the team at Midstate Machine Industries and stands behind its reputation and its saying: "Component failure is not an option." She said her workplace, for more than 60 years, has been providing corporations and government agencies with precision, high-quality parts for aerospace, defense, power generation and oil and gas markets.

And besides all that, she joked, one of the perks is that, as the only female machinist, she has her very own locker room.



Erica Cote, Midstate Machine, stands by a row of racks holding the drilling tools she uses every day on the job.

Midstate Machine is located at 83 Verti Drive in Winslow. The 125,000 square foot manufacturing space features state-of-the-art, multi-axis machining centers, operated by some of the industry's finest professionals.

Photos by Susan Varney

Erica Cote, machinist at Midstate Machine in Winslow. A graduate of Kennebec Valley Community College, she has been at the job for seven years.

“Thirteen Ways of Looking at a Blackbird”

Wallace Stevens poetry sets the stage for art



Creating a Life

BY SUSAN VARNEY

Have you ever stood on a hillside and watched a pair of ravens soaring in the currents — whirling, tumbling, rolling, waltzing to primal rhythms? When I am lucky enough to be in the right place at the right time to catch the show I am held rapt, enthralled by the grace and joy of ravens riding the air currents and flirting with each other and life.

The only time I see ravens here in central Maine is when they pass through and land

in the tall pines to rest and look around. This upsets the crows who send up a ruckus, dive at them and chase them much like they do the eagles along the river in the summer. Keep moving, nothing to see here.

Ravens are big, they like big open spaces, craggy gorges, sweeping hillsides, unpopulated with humans and I don't blame them . . . They are hard to find as the planet becomes more and more overpopulated and species after species slips into oblivion — lost forever.

According to the World Wildlife Fund (WWF) half of the animal species on earth have disappeared in the last 40 years as we continue to clear cut; factory farm; add housing, build shopping malls, industrial plants and super highways; dump tremendous amounts of waste on land and sea; and send air fowling pollutants into the atmosphere. Loss of habitat, use of pesticides, hunting and poaching, oil spills, and war all contribute. The list goes on.

Here on the Kennebec River the crows find a haven in the tall pines, nesting in the upper branches. It is always a delight to be greeted by three quick caws in the morning when I walk the dog. Often there will be several crows on the ground scavenging the street and lawns for insects, earthworms, mice, carrion, seeds, nuts, and berries, depending

on the season, while a lookout is posted high in a tree nearby to warn of danger.

One of my favorite poems is “Thirteen Ways of Looking at a Blackbird” by Wallace Stevens, (1879-1955). An American poet and insurance executive from Hartford, Connecticut, Stevens received the Pulitzer prize for poetry in 1955. I do not remember where I came across this poem and am not particularly fond of his others, but my love of crows and ravens has kept this one with me for years. And over the years I have used a number of the verses as inspiration for paintings and illustrations.

Verse 1.

“I

*Among twenty snowy mountains,
The only moving thing
Was the eye of the blackbird.”*

Each room of my house has sculptures, paintings, postcards, wall hangings, wrought iron hangers, a ceramic plate, a paper mache mask all with the blackbird motif. In the summer the garden has wooden crows on sticks dotted about . . . No, they don't keep the neighbors cats from using my vegetable patch as a cat box, but sometimes little fences help. Also planting perennials among the annuals discourages the cats, sometimes not.

I often find a black feather when out on a walk and save it for projects like mobiles, wind chimes or for painting. It is always a pleasure to find such a gift.

Verse XII.

“The river is moving.

The blackbird must be flying.”

Taking the kayak out on the river with a dry bag packed with paper, brushes and watercolor paints is a great way to see the river and get to places otherwise difficult, depending where you paddle. If I am planning to paint I choose a calm day, with a slow river so I don't spend all my time fighting to stay in one spot, or if drifting I have time without losing the view.

Often the dog goes with me, loving the adventure of being out and about. Sometimes sleeping between my feet sometimes hanging out watching the activity, sometimes wanting to chase ducks . . . but always loving being together on the river.

Verse VIII.

“I know noble accents

And lucid, inescapable rhythms;

But I know, too,

That the blackbird is involved

In what I know.”

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

With over **30 programs** to choose from, and the **lowest tuition rates** in the state, KVCC is the right choice for you.

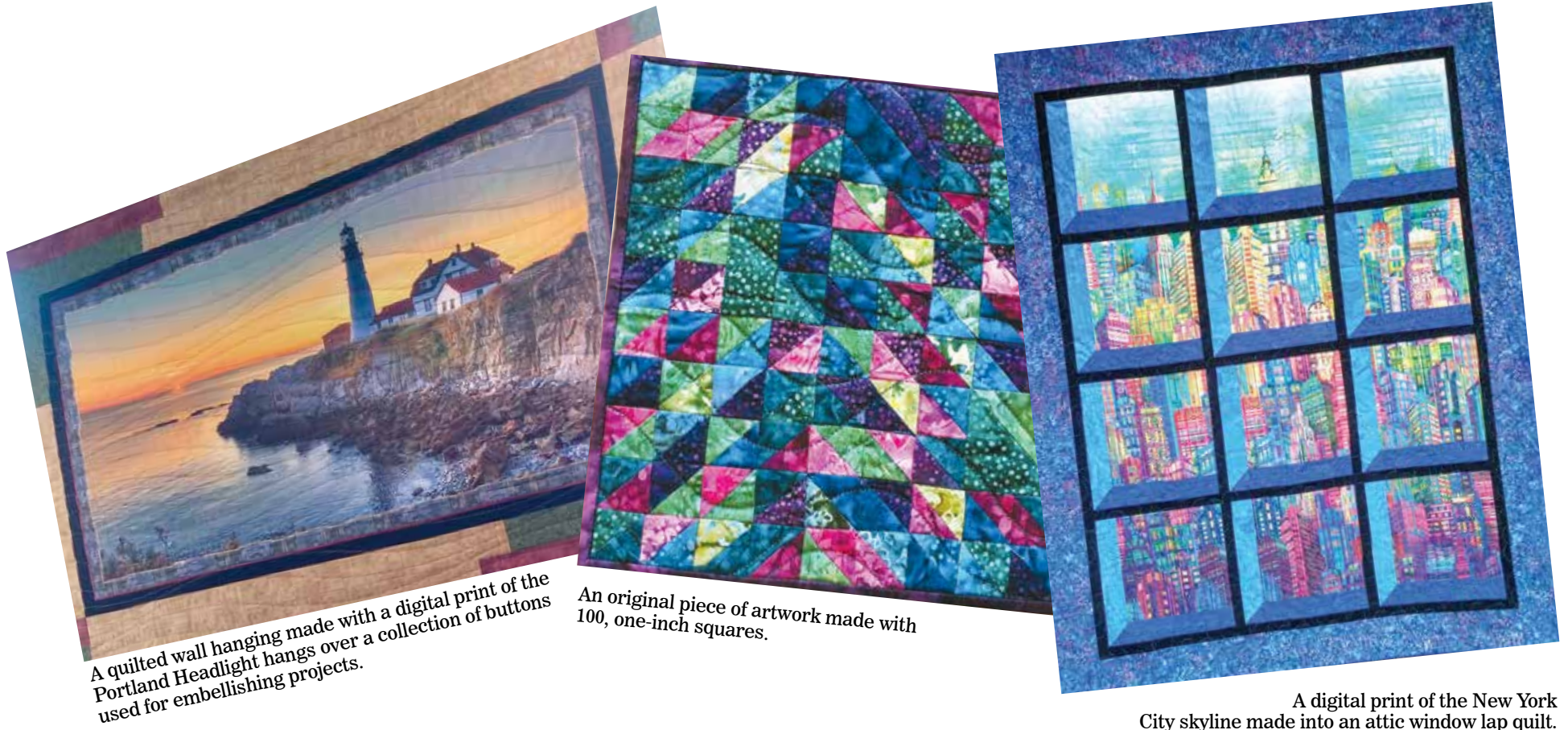
REASONS KVCC IS RIGHT FOR YOU!

- \$92* per credit hour
*Maine resident
- Online, part-time and night classes available — perfect for busy Moms!
- Small class sizes
- Over 30 programs to choose from
- High job placement rates
- Transfer credits to a 4-year university

KVCC | KENNEBEC VALLEY
COMMUNITY COLLEGE

92 WESTERN AVENUE
FAIRFIELD, ME 04958
www.kvcc.me.edu

For more information, please call Enrollment Services at 453-5822 (453-KVCC) Or email CJ McKenna at cmckenna@kvcc.me.edu



A quilted wall hanging made with a digital print of the Portland Headlight hangs over a collection of buttons used for embellishing projects.

An original piece of artwork made with 100, one-inch squares.

A digital print of the New York City skyline made into an attic window lap quilt.

Quilting remains a favorite pastime

History, art enjoyed by many

BY WANDA CURTIS
Correspondent

Quilting has been one of America's favorite pastimes for hundreds of years.

Though originally performed out of necessity to provide warm coverings in drafty log cabins on cold winter nights, quilt making quickly turned into an enjoyable pastime.

Women across the country, gathered for quilting bees, which provided a great opportunity to socialize and catch up on the latest news in the community.

While some people predicted that quilting as a hobby would one day fade out, it actually saw a resurgence in the 80s and 90s and is still going strong.

Lynn Irish opened WhipperSnappers Quilt Studio about 15 years ago at 109 Water Street in Hallowell, where she continues to operate a thriving business today. She supplies many quilters in the area with fabric and other notions to complete their projects.

"I got tired of traveling to craft fairs, year after year, selling hats and neckties that I'd designed," Irish said. "I decided to open a fabric shop where I could land in one place. The fabric reps told me that a fabric business would never survive unless I opened a quilt shop."

Irish said that quilters can find high end fabrics at WhipperSnappers, including a wide selection of contemporary fabrics and colors. She said that she carries a lot of batiks. She also carries Kaffe Fassett fabrics, which she explained are a very distinctive bright, colorful fabric.

Irish offers a large selection of patterns and pre-made kits. She selects fabric and all of the supplies necessary for making a quilt and packages everything in a kit that's ready to go.

She also features special programs, such as Block-of-the-Month, in which quilters concerned about their budget can purchase enough materials for one quilt block each month, spreading the cost of making a quilt out over a year.

At WhipperSnappers, quilters can pay to have their quilts finished on a long arm quilting machine, a 12-foot machine on which quilt tops, linings and quilt backings can be stitched using a variety of stitch designs. Irish said that quilts stitched on the machine hold up better to wear and tear.

Irish not only finishes quilts for customers, but also will make many different types of quilts for her customers who select the fabric and pattern. In addition to the more traditional types of quilts, she's made memory quilts for people who have lost loved ones and also made T-shirt quilts.

Many customers purchase panels and materials for wall hangings at the shop. Irish said that panels are very popular now. She said that, like many fabrics, panels are available in digital colors, which makes it possible to create an infinite number of colors. She said that some people purchase panels and build out around those to create a wall hanging or quilt.

Irish currently is participating in the 2018 Maine State Quilt Shop Hop. She said that quilting enthusiasts who travel to at least 10 of Maine's 30 quilt shops and get their passport stamped are eligible to enter their name to win more than \$20,000 in prizes. She said that they also have the opportunity to receive prizes from individual shop owners. The dates for this year's Quilt Shop Hop are April 1-30. For more details see www.maineshophop.com.

WhipperSnappers is open for business 10 a.m. to 5 p.m. Monday through Thursday and 10 a.m. to 4 p.m. Friday and Saturday. Irish said that the studio will remain open during the reconstruction in Hallowell and that there will still be plenty of parking spaces available.



Contributed photos
At WhipperSnappers in Hallowell, quilters can find high end products, including a wide selection of contemporary fabrics and colors. They carry a lot of batiks and Kaffe Fassett fabrics, a very distinctive bright, colorful fabric.

Incontinence is an embarrassment but solutions are now available

BY VALERIE TUCKER
Correspondent

Urinary incontinence, or UI, is a medical problem that impacts more than 13 million individuals in the United States. The National Institute of Diabetes and Digestive and Kidney Diseases estimates that 11-34 percent of older men, and 25-45 percent of all women experience some degree of UI in their lifetime. Despite such prevalence, a variety of factors can pose barriers to appropriate and effective care.

"We knew there were likely many in our community suffering in silence out of fear or embarrassment, or because of wrong assumptions they may have as to the cause or cure," said Michael Hoeft, Rehab & Fitness Services Director.

"So one of the first goals of the team was to educate our community and our medical providers about the highly effective, yet non-invasive therapy options for resolving these issues."

Some individuals, he said, feel self-conscious about their symptoms, while others mistakenly believe that surgery or medication are their only options. Many more brush symptoms aside as a natural, or inevitable, consequence of pregnancy, menopause or aging.

At the Redington-Fairview General Hospital in Skowhegan, a team of specially-trained physical therapists came together in 2017 to craft a program aimed at meeting the unique needs of those experiencing incontinence and pelvic floor dysfunction. Danielle Cowan, PT, Kathi Stanzel, MPT, and Marie Wade, MS, PT, have a combined 44 years of experience evaluating and treating pelvic health problems. Together, they care for women, men and children of all ages.

While symptoms may seem quite similar on the surface, the first step in effective treatment is figuring out the root causes of the symptoms. "They can be quite varied," said Wade.

The patient's pelvic floor muscles may be weak, uncoordinated or in spasm, she said. In some cases, medications, trauma or problems with

nearly joints and muscles also can influence symptoms.

"We ask a lot of questions and look at things that may seem completely unrelated to most people," Wade said. "Considering the whole person, their goals, and their motivation is what helps us to be most effective."

The physical therapy team also works with children, who may have a different set of challenges unique to their young age.

"For children older than five, problems with bladder or bowel control can present to parents as frequent bedwetting or constipation," said Stanzel. "Although most children will likely outgrow these problems, it can take a long time and cause much anxiety for the child and the family."

Because everyone is different, treatment approaches vary, as well.

"So many people that I talk to think pelvic floor treatment is just doing Kegel exercises," said Cowan. "Often, a woman will think that she has been doing Kegels, so she grows frustrated when nothing improves. Kegels only work if you are doing them right, and even then, they are only one piece of the puzzle."

At RFGH, the pelvic health team puts its expertise and clinical tools to use in a confidential, patient-centered approach that includes on-going consultation with the patient's physician as to symptoms and treatment progress. Treatment may include biofeedback-assisted exercise to improve muscle strength and control, education about dietary influences, or tips to help modify daily routines and behaviors that may be contributing problematically to the patient's incontinence or pelvic pain.

"One of the best parts of our work is being able to make a dramatic difference in a person's life in a fairly short amount of time," said Stanzel. "Often the toughest part is just getting the person in the door."

As part of Rehab & Fitness Services' mission to provide a comprehensive array of outstanding rehabilitation services to its community, the new Pelvic Health program has been well received.



Contributed photo

At Redington-Fairview General Hospital in Skowhegan, a team of specially trained physical therapists grouped together to meet the unique needs of those experiencing incontinence and pelvic floor dysfunction. From left, Kathi Stanzel, MPT, Danielle Cowan, PT and Marie Wade, MS, PT, have a combined 44 years of experience in the field.

"We are very pleased to have put together a highly effective program that addresses little-talked-about, but potentially life altering issues," said Hoeft.

People with any UI or other pelvic floor-related symptoms are encouraged to speak to their medical provider about treatment options. Individuals also may call RFGH Rehab & Fitness Services at 474-7000 to speak to one of the Pelvic Health program's physical therapists.

We BANK with FRANK

Before cutting a single piece of wood, Tim Richards had built his new house in his head. As a self-contractor, Tim and Kelly brought it to life over the summer with a little help from their banker, Chrissy St. Laurent, and a construction loan from Franklin Savings Bank.

"The entire process was incredibly easy," he says. From concept to getting the bills paid and, finally, converting to a mortgage after the construction was complete.

"You were willing to listen," said Tim.



Kelly and Tim Richards of Carrabassett Valley with FSB lender Chrissy St. Laurent.

**220 KENNEDY MEMORIAL DRIVE
WATERVILLE, ME 04901**

Skilled Rehab Unit Secure Dementia Care Long Term Care

Our skilled staff is specially trained in a long range of clinical rehabilitation programs:

Orthopedic Pulmonary Lymphedema Neurological
Wound Care VitalStim Pain Dysphagia Incontinence
Dementia Low Vision

And many more! Come see what Lakewood can do for you!

207-873-5125 OR VISIT US AT LAKEWOODCARE.ORG

Franklin Savings Bank

FranklinSavings.Bank
800-287-0752 - Farmington 778-3339
Skowhegan - Jay - Rangeley - Wilton - River Valley - Ellsworth

EQUAL HOUSING
LENDER

Heart attacks are more likely to be fatal for younger women

Females need to track and understand signs, numbers

BY VALERIE TUCKER
Correspondent

Most everyone has seen a movie or television scene with a male actor clutching his chest dramatically as he succumbs to a heart attack. Women sometimes experience a stroke or heart attack differently and much less dramatically. Knowing the difference could save her life, according to the American Heart Association/American Stroke Association.

“As with men, women’s most common heart attack symptom is chest pain or discomfort,” said Senior Regional Director of Communications Brenda Vitali. “But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea and vomiting and back or jaw pain.”

The AHA’s national Go Red For Women (www.goredforwomen.org) campaign is working to end heart disease and stroke in women. Because of the importance of understanding the many faces of heart disease and the risks of ignoring symptoms, the organization urges all women, regardless of age and fitness levels, to learn everything they can. There is no “one size fits all” list of symptoms, and every woman’s heart attack or stroke is unique to her.

“Women may not be able to identify the signs immediately, but they do know when they just don’t feel right,” Vitali said. “I’ve heard different stories from numerous women, and the feeling is hard to define based on the person and severity of their discomfort.”

Diabetes is a major risk factor for stroke and heart disease. Compared to women without diabetes, women with diabetes have two to four times higher death rates from heart disease. Many people with diabetes also have high blood pressure and high blood cholesterol. This increases their risk even more, Vitali said.

“We can control some risk factors such as blood pressure, smoking, cholesterol and lack of regular physical activity,” said Vitali. “We can’t control factors such as age, gender and family history.”

The U. S. Centers for Disease Control and Prevention published their findings on the leading causes of death in the country. In both the 2008 and 2013 National Vital Statistics reports, heart disease topped the list. To keep from becoming a statistic, Vitali suggested that all women need to understand and track their five critical numbers: total cholesterol, high density lipids (HDL), blood pressure, blood sugar and body mass index (BMI).

“Women may not be able to identify the signs immediately, but they do know when they just don’t feel right.”

BETTY VITALI, SENIOR REGIONAL DIRECTOR OF COMMUNICATIONS, AMERICAN HEART ASSOCIATION/AMERICAN STROKE ASSOCIATION.

Stroke is the fifth leading cause of death of America, according to Vitali. It’s also a major cause of severe, long-term disability. Stroke and transient ischemic attacks (TIAs) happen when a blood vessel feeding the brain gets clogged or bursts. The signs of a TIA are like a stroke, but usually last only a few minutes.

“Younger women may dismiss heart attacks and strokes as something for senior citizens to worry about,” she said.

A 2014 study published in the Journal of the American College of Cardiology reported that heart attacks are more likely to be fatal for young women ages 30 to 54 than they are for men. Researchers from Yale University found that from 2001 to 2010, two to three percent of women between the ages of 30 and 54 who were hospitalized for a heart attack died, compared to 1.7 to 2 percent of men in the same age group.

For years, women having a heart attack have been misdiagnosed, and often sent home from the emergency room because their symptoms didn’t fit the old stereotypes. To make matters worse, the study reported that women often wait longer than men to seek help because they don’t believe their symptoms are real or they don’t want to bother anyone. And once they are admitted, studies show they also wait longer than men to be treated. That’s an important point, the study authors noted.

“The odds of surviving a heart attack are improved by 23 percent if you get treatment within three hours and by 50 percent if you get treatment within an hour,” the report said.

Young people are part of the overall picture. Compared to middle-aged and older adults, the rates of awareness, treatment and control of high blood pressure is much lower in young adults, according to the study published recently in the American Heart Association’s “Hypertension” journal.



Photo contributed

The four official 2018 Go Red Maine spokeswomen were recognized in March at the 10th annual Go Red For Women luncheon in Portland. They are (left-top to right-bottom) Catie Thibodeau, a stroke/endocarditis survivor, Kennebunkport; Brook Stocks, a stroke survivor, Milbridge; Beth York, a heart disease survivor, Orr’s Island and Jill Dolby Marsh, a postpartum cardiomyopathy survivor, Scarborough. The event aims to educate attendees about heart disease and stroke in women, while raising research funds to help educate, diagnose and treat these diseases.

Among the 6.7 million young adults with high blood pressure in 2013-2014, only half received treatment and just 40 percent got their blood pressure under control.

“While hypertension awareness, treatment and control have improved

overall since the early 2000s, all three remain worse in young adults – those aged 18-39,” said Andrew Moran, M.D., a study adviser and an assistant professor at Columbia University Medical Center in New York.

Signs of a Heart Attack:

1. Uncomfortable pressure, squeezing, fullness or pain in the center of the chest for more than a few minutes. Symptoms may subside but return.
2. Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
3. Shortness of breath, with or without chest discomfort.
4. Cold sweat, nausea, vomiting or lightheadedness.

Signs of Stroke and TIAs

1. Sudden numbness or weakness of the face, arm or leg, especially on one side of the body.
2. Sudden confusion, trouble speaking or understanding.
3. Sudden trouble seeing in one or both eyes.
4. Sudden trouble walking, dizziness, loss of balance or coordination.
5. Sudden severe headache with no known cause.

“Knitting Pearls”

Writers Writing About Knitting

*Edited with an introduction
and new essay by Ann Hood*

BookTalk

BY NANCY P. MCGINNIS

Ex nihilo. Ancient Latin for “out of nothing.” Writing, like knitting, consists of creating a whole that is more than the sum of the parts from which it was fashioned. Like strands of yarn, crafted stitch by stitch, the recollections and observations in “Knitting Pearls” take on a new form: a patchwork of essays skillfully selected and tied together by editor (and knitter) Ann Hood.

A prolific writer herself, in this book Hood has gathered more than two dozen engaging essays written by women, and men as well, who reveal their personal connection with the ancient and universal art of knitting. Some are well known, others less so; some seasoned and prize winners, others young writers just starting to leave their mark.

Their proficiency with a pair of needles and yarn ranges from world class to novice — probably not unlike the range of skills of the readers for whom these essays hold appeal. An extra perk for some readers: a half dozen knitting patterns and instructions (scarves, cowls, even a tea cozy) from top notch sources are interspersed throughout the book.

Melissa Coleman writes about reuniting the threads of her unraveling family in “Casting Off a Spell,” ruefully observing that knitting is only about the illusion of control. Something as small, and seemingly innocuous, as a dropped stitch can lead to disaster.

Life, like knitting, invariably creates loose ends, observes Stephanie Mannatt Danler, in her essay “The Unravelers.” We strategically tie off or weave in those

loose threads to avoid calling attention to the flaws.

Danler opens her autobiographical essay about living with self destructive tendencies with a bold assertion that she “can undo years of careful stitching in 15 gluttonous minutes.” But with persistence, if one wants to, just about any knitting error can be fixed.

In “Handmade at Home,” Jared Flood, now a knitwear designer and yarn producer, remembers how he admired his mother’s knitting and sewing proficiency when he was a child. But the emotional and cultural significance did not hit home until he received an unexpected gift in the mail of his father’s cozy old well-worn shawl cardigan, hand knit by his mother decades earlier. “We hand make our clothing also for the stories they’ll tell. For the quiet legacies they invariably create when passed on, linking one generation to the next. With this act of creation we imbue a garment with layers of meaning from the moment of its very origin,” he wrote.

Additional layers of meaning accumulate as the garment is passed down, and with it, the stories—to the point where it may no longer be functional nor fashionable, but it is treasured just the same.

Of all the essays gathered in this collection, perhaps the funniest opening line was penned by bestselling author Diana Gabaldon’s: “I learned to knit in order to spite the 4-H.” As a youngster, she writes, she was not welcomed back to the fold for the knitting segment after she chose to leave an ill-fated 4-H cooking class. Undaunted, she taught herself, and has enjoyed knitting ever since. The delicious irony is that fans

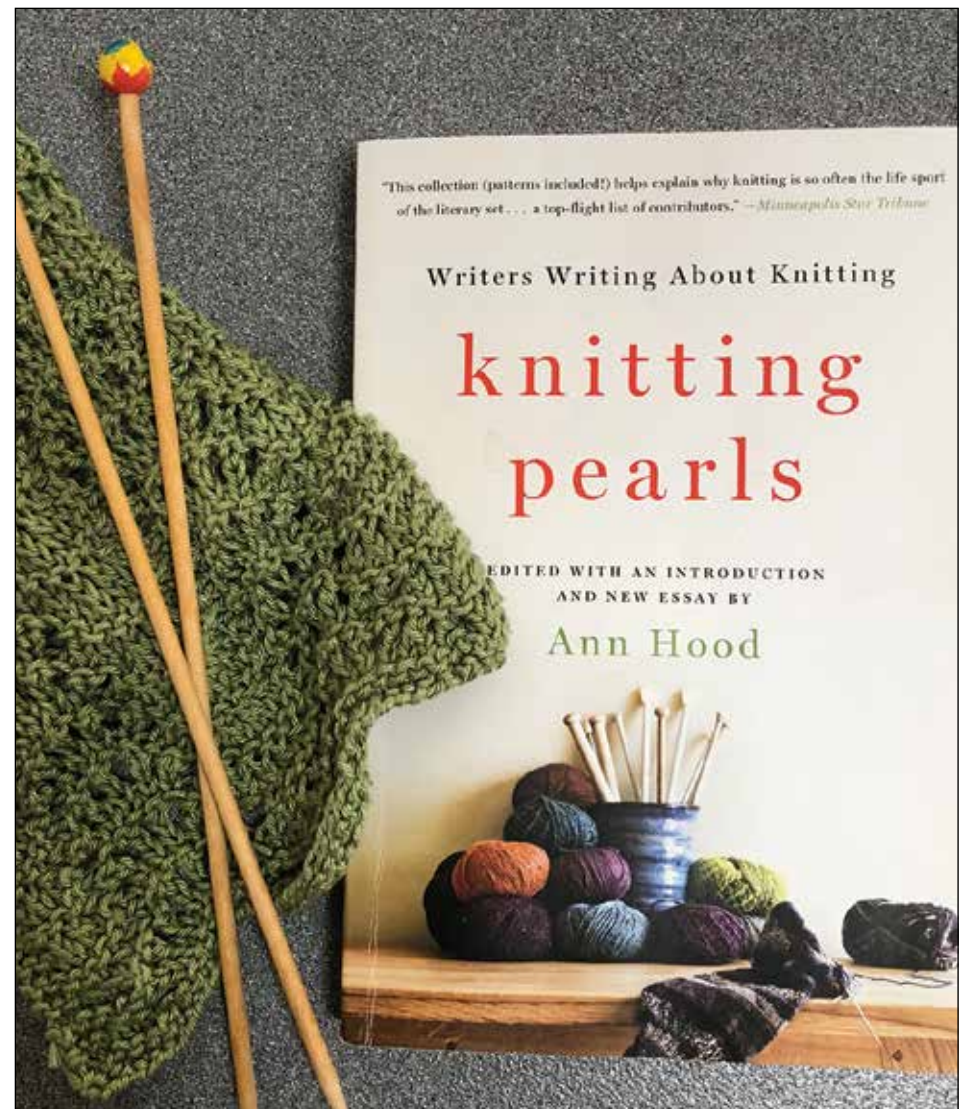


Photo by Nancy P. McGinnis

of the Starz television series of her Outlander novels now clamor to replicate the hand knit accessories worn by the period characters.

And among the most moving essays is Bill Roorbach’s, a coming of age memoir of yearning and heartache, of how (he now admits, looking back) he joined a campus knitting club to get over a broken heart—and to meet girls.

Stitch by stitch, row by row, finished projects emerge from knitting needles just as one’s life accomplishments, large and small, progress day by day and week by week. And then there are

those occasional unfinished ones that lie abandoned, perhaps to be taken up again at a later date—or not. These essays capture the ups and downs, triumphs and losses that characterize aspects of our own lives.

One of the “pearls” for those drawn to read this book is to be in the company of others who clearly appreciate the art of knitting itself. Those who “speak the language” and recognize fine handiwork and materials, can also readily relate to the soothing, meditative, reflective process. Reading this collection is an evocative and thought-provoking delight.

We Deliver...

- Expert, professional paramedic care
- Wheelchair van transportation
- Education & more

Request the best!

Augusta: 623.4900
Waterville: 861.4244
DeltaAmbulance.org



Compassion - Leadership - Excellence



Dana R. McInnis, Owner/Director ✂ John O. Gallant, Director

10 Elm Street, Waterville ✂ PHONE: 873-3393

EMAIL: gallantfh@roadrunner.com ✂ WEB: www.gallantfh.com

Waterville's Only Locally-Owned and Operated Funeral Home

Women are strong participants in “The Producers the Musical”

BY NATE TOWNE

Waterville Creates!
Special to Women's Quarterly

Theatre audiences familiar with “The Producers the Musical” playing at the Waterville Opera House through April 15 might think of the show as a “man’s musical,” referring to the fact that the two lead characters — the only lead characters in fact — are male: Max Bialystok, a shameless Broadway producer fallen from grace, and Leo Bloom, a mild-mannered public accountant. Men also make up the wide majority of the supporting roles, with only one role earmarked for a female, that of the blonde bombshell, Ulla.

But don’t be mistaken — while much of the plot centers on the guys, it’s the ladies that power and ultimately steal the show. (Even if some of those ‘ladies’ aren’t really ladies at all!) We had the fortunate opportunity to sit down with some of “The Producers the Musical’s” incredibly talented female cast members to hear what they thought of this musical and their roles in the show.

Bee Tyler, who you may remember from her role as Ariel, the little mermaid from last year’s hit Waterville Opera House musical “The Little Mermaid,” will once again be featured on the historic Waterville Opera House stage. She will be playing the one female lead, Ulla Inga Hansen Benson Yansen Tallen Hallen Svaden Swanson, an aspiring young Swedish actress who gets her big American break in “Springtime for Hitler,” a Broadway musical that happens within “The Producers the Musical.” Here is what Bee had to say about her role in “The Producers the Musical” and what being in the show means to her personally.

“In a musical written by a man, starring men, co-starring men and featuring men, it would be easy and incorrect for us to mistake the show as one championing men,” Tyler said. “However, not only are the male characters fallible, faulty (and incredibly funny), but the female presence is far from secondary. Though the spotlight reaches the men more frequently, the women shine through in some of the best possible ways.”

Tyler likes the challenge.



Contributed photo

From left: Samantha Delorie, Bee Tyler and Ariel Grenier during “The Producers the Musical” rehearsal scene for “Prisoners of Love.”

“Take the character of Ulla, for example. If based on first impressions, she is pretty, dumb and submissive — seen as a husband stealer and a floozy,” Tyler said. “And certainly, in pursuit of her Hollywood dreams, Ulla plays to her strengths — aka her feminine charms. But her true character is revealed as the show progresses and Ulla’s benign efforts to manipulate her circumstances to get her shot at stardom prove successful. In other words, Ulla is really smart!”

Jeralyn Shattuck, who plays many ensemble roles within the show, most notably an old spinster named “Hold-Me-Touch-Me.” You likely remember Shattuck from her role as Frau Blucher in the Waterville Opera House production of “Young Frankenstein” in the Fall of 2016.

“The Producers” has been such a joy to work on,” Shattuck said. “Because it is such a ‘man’s show, we women have the pressure relieved a bit more than usual. We get to relax and just settle into our parts and enjoy ourselves.”

“Of course my favorite part is Hold-Me-Touch-Me. She is funny, cute, appealing and a little bit risqué. Kind of like me,” Shattuck joked. “It’s been fun bringing her to life. The director, Debra Susi, has actually given this character a mini story arc, which I haven’t seen in other productions. So I’m doing

my damndest to make her memorable. I am also enjoying watching the other women who are in this show. Bee, of course, is fabulous, and I’d expect nothing less. But the women in the ensemble with me are wonderful, as well. We, along with the men, each have been highlighted in our own little moments. Everyone gets a chance to shine. It’s one of the reasons I continue to come back to perform at the Opera House. They care about us, so we work hard to show we care, too.”

When it comes to putting on a hit Broadway show, perhaps nobody works harder than the showgirls. The costumes, while beautiful, can be challenging. The dance choreography is at times unrelenting.

Samantha Delorie, a social worker from Norridgewock, has been one of the Waterville Opera Houses’ lead ‘dance actresses’ for years. “For me, there is no greater experience than stepping on the stage,” Delorie said. “The hot lights shining down on you, the dramatic sets, intricate costuming and the pulsating energy from the audience. A special part of my soul gets a chance to shine at the Waterville Opera House. I get the opportunity to play not one, but five or six characters in every show that I do. In this production, I am a bag lady, a chorus girl, an elderly woman, a tap dancing Nazi and a female prisoner. Who else gets to try on so many

personalities in so little time?” Delorie asked. “This is also my challenge. Myself and my fellow ensemble actors don’t have the opportunity to enmesh ourselves in a single character, but instead must be able to change costumes and characters in the matter of a few seconds. Being an ensemble actor, I pull from my everyday life as a single mom of two boys, a clinical social worker in a junior high school, a dancer, runner and an actor. Women today are required to wear many hats, take on many roles and excel at them all. So I take that challenge and apply it to my work on the stage, bringing out the best of every character, making every female shine as she can and should.”

As you can see, “The Producers the Musical” might be “man forward” but in reality, it is a show powered and driven by women. While the limelight-stealing leads are male roles, the director and musical director of the production are female, as are the costume designer and the majority of the backstage crew, as well as the leadership of the Waterville Opera House itself.

If you have not yet seen this show, do not miss it, get your tickets for closing weekend today. Because this is a show that won’t disappoint, thanks to the incredibly hard work of the women of “The Producers the Musical.” Thank you, ladies, each and every one of you!



**EYE CARE
OF MAINE**

“Your Sight is Our Vision”


 Steve R. Witkin, M.D.


 Peter C. Kohler, M.D.


 James R. Putnam, M.D.


 Marc B. Daniels, M.D.


 Helen Bell-Necevski, O.D.


 Lorie Lepley Parks, O.D.


 Michael C. Parks, O.D.


 Ian M. Jones, O.D.

- Comprehensive Eye Exams
- Eyewear Center/Contact Lenses
- State of the Art Cataract Surgery
- Retinal Diseases and Glaucoma
- LASIK Refractive Surgery
- Laser Surgery
- Oculoplastic Diseases
- Botox, Juvederm and Latisse

EYE CARE OF MAINE SURGERY CENTER

- Cataract Surgery, including Multifocal, and Accommodative Intraocular Lenses
- Laser Cataract Surgery
- Oculoplastic Surgery
- LASIK Surgery
- Skilled and Efficient Nursing
- Short Patient Stay

325A Kennedy Memorial Drive
Waterville, Maine 04901

873-2731
(800) 660-3403

www.Maine2020.com

TESTIMONIAL

“I am so happy with the outcome of my hair!”

“Beth is wonderful and made me feel at ease from beginning to end of the process. My result has been life changing. I highly recommend to anyone struggling with hair loss to go in and see Beth for a free consultation.”

- Linda, Winslow

“You will be amazed!”



We offer hair loss solutions that WORK! Call for a FREE consultation!



HairBuilders

FOR MEN & WOMEN

653 Oak Grove Road
North Vassalboro
Call Today! 207-873-3688
www.hairbuildersme.com

Wise Words *from* Wise Women

When Michelle Robinson Obama walked into the spotlight during her husband's first presidential campaign in 2008, we had no idea that we were going to get one of the strongest, most inspiring First Ladies this country has ever known.

At first she shocked the media (along with the old white guys and their ladies) when she dared to bare her well-toned arms in sleeveless dresses.

Next thing you know, she appeared in workout clothes looking thin, athletic and totally like most of us wish we could look.

After settling into the White House, she dug up the south lawn to plant the first White House garden since Eleanor Roosevelt served as First Lady. She also installed bee hives there so the First Family and their guests could enjoy organic produce and honey. We often saw photos of our First Lady digging, hoeing or weeding while surrounded by kids.

Michelle Obama was certainly out of the ordinary when it came to the style of First Ladies. She was a proud, well-educated, gorgeous, fun-loving black woman full of grace and wit, yet totally down to earth. She was an instant role model for little African-

American girls, but beyond that she made most of us love her and want to be like her. (Well, maybe not most Americans; some still suffer from the malady of racism.)

Michelle Obama decided that one of her legacies should be tackling the problem of childhood obesity by calling attention to wholesome food that is grown, rather than made in factories.

She also advocated exercise and we got photos of her not only during her workouts and gardening but jumping rope, hula-hooping and dancing with young and old.

She also advocated for the families of service men and women, promoted arts and art education, worked to help working women balance career and family, encouraged national service and supported both same sex marriage and the LGBT movement as a matter of equality.

Through it all, Michelle Obama continued to be the same loving, attentive and supportive mother for her daughters, Malia and Sasha and wife of Barack, that she had been before the demands of life in the national spotlight.

Michelle Robinson Obama was born January 17, 1964 on the south side of Chicago. Her father, the late Fraser Robinson, was a city water plant employee



“Barack and I were raised with so many of the same values, like you work hard for what you want in life. That your word is your bond; that you do what you say you’re going to do. That you treat people with dignity and respect, even if you don’t know them and even if you don’t agree with them.”

MICHELLE OBAMA

who faced the demands of his life while dealing with MS. Her mother, Marian Shields Robinson, worked as a secretary at Spiegel's catalog store after having been a full-time, stay-at-home mother until Michelle graduated from high school.

An excellent student, Michelle Robinson followed her older brother to Princeton where she later said that she had “felt like a visitor on campus” not only because she was black, but because neither of her parents had gone to college and she had never even been on a college campus. She nevertheless persevered, majored in sociology and minored in African American Studies, graduating with a B.A. in 1985.

Robinson went on to study law at Harvard, earning her J.D. in 1988. After graduating from law school, she worked as an associate in the Chicago office of the law firm Sidley & Austin. That's where she was assigned to mentor a summer associate, Barack Obama. Their relationship started with a business lunch, later a movie and then a community organization meeting where she got a look at this young man in action. She was duly impressed.

Michelle Obama and her husband, Barack, made us believe, at least for eight years, that America truly is the land of opportunity for all.

Compiled by Terri Hibbard

Caring for Patients From Birth to 18

- ✓ Well Visits including *From The First Tooth* and Hearing Screenings
- ✓ School and Sports Physicals
- ✓ Newborn Care
- ✓ In-office Certified Lactation Consultation
- ✓ Immunizations
- ✓ Flu Vaccines
- ✓ Depo Provera Shots
- ✓ In-office Asthma Testing (PFT)
- ✓ Lab, X-ray, Ultrasound, and other services on-site

**Call (207) 474-6265 or
visit www.RFGH.net**

*Located on the RFGH campus:
Medical Office Building Suite 225
46 Fairview Avenue, Skowhegan*



Redington Pediatrics

a department of

**Redington  Fairview
General Hospital**

**Miglena
Kircheva, MD**

**Now accepting
new patients!**



HOPE provides help for parents battling postpartum depression

Anger, sadness can come with having a new baby

BY WANDA CURTIS
Correspondent

The birth of a child can be a joyous event, but it also can be a source of stress for both mothers and fathers.

The 24/7 responsibilities involved in caring for a newborn can be overwhelming for a mother recuperating from a difficult delivery and/or parents getting little sleep after the birth of a child. Depression among both new mothers and fathers is not uncommon.

According to Postpartum Support International (PSI), 1 in 7 women and 1 in 10 men suffer from postpartum depression. PSI reports that symptoms associated with postpartum depression may include feelings of anger, sadness, irritability, guilt, lack of interest in the baby, changes in eating and sleeping habits, trouble concentrating, thoughts of hopelessness and sometimes even thoughts of harming the baby or oneself.

Inland labor and delivery nurse Amanda Brown recently shared that she experienced severe postpartum depression after the birth of her first child about 3 1/2 years ago. She said that shortly after the delivery she began to experience intense anxiety and intrusive thoughts. She said that she became depressed when her experience wasn't like the glowing reports that she'd heard from some mothers.

"I wasn't sleeping and I couldn't eat," Brown said. "I was sick in my stomach. I didn't bond with my baby. I didn't look at her and tell her that I loved her until she was about six months old."

Brown said that no one really knew just what she was experiencing. She said that she didn't talk to anyone about her problem because she didn't want them to think that she was "crazy." She said that it became a downhill spiral.



Contributed photo

Bridgette Gemelli and Amanda Brown, RN – co-facilitators of Inland's Tree of Hope postpartum support group.

"The intrusive thoughts became more intense, and about six weeks after my daughter was born I developed postpartum psychosis," Brown said. "I was hearing and seeing things that weren't there."

Brown said that, at that point, her illness became an emergency. Up until that point, she said that her family had attributed her symptoms to "baby blues." One day her mother discovered that Brown was going to harm herself. She said that her mother called her health care provider and she eventually was admitted to a mental health unit.

"I spent two weeks there and when I was discharged, I received daily intensive therapy as well as medication," Brown said. "Looking back, that saved my life."

Today, Brown has a very close bond with her child and is able to relate to her daughter in a normal manner. She describes her daughter as the "light of her life." She also was able to resume her position in the labor and delivery unit at Inland Hospital, where

"I wasn't sleeping and I couldn't eat. I was sick in my stomach. I didn't bond with my baby."

**AMANDA BROWN, INLAND HOSPITAL
LABOR AND DELIVERY NURSE**

she has the opportunity to help support other women who have similar experiences.

A major hindrance to Brown getting help when she began to develop symptoms was that she was unable to locate providers experienced in understanding and treating postpartum psychosis. She said that she had worked in labor and delivery since 2006, but had never encountered it during her hospital experience.

One reason for that may have been that many women don't experience a full blown case of postpartum depression until after they're discharged from the hospital, she said. They also don't usually see their health care provider for follow-up for at least six weeks. That's why Brown believes that mothers should be screened for depression before they're discharged. She said that Inland Hospital does screen new mothers, but most hospitals don't.

"If someone scores high, then we encourage them to see their provider sooner and we give them more resources before they're discharged," she said.

In addition to offering information and support to new mothers on the unit, Brown is part of a group of staff members who were instrumental in getting a postpartum support group started at Inland Hospital. The support group is called Tree of Hope, HOPE standing for Healthy Outlook on Postpartum Experiences. Brown said that it's currently the only one of its kind in Maine. She and several other staff members attended a

training session in Pennsylvania recently to learn how to become support group facilitators.

Inland Community Health Navigator Bridgette Gemelli is a co-facilitator for the group, which meets in the Medical Arts Building attached to Inland's front entrance. The group meets every Tuesday from 10 a.m. to noon and the last Saturday of every month from 9 to 11 a.m. Gemelli stressed that the group is open to both mothers and fathers. She said that there's no need to pre-register and that anyone who's struggling with postpartum depression is welcome to attend the group, which is free of charge. She said that children are welcome to attend as well. For more information, contact Bridgette Gemelli at 861-6091 or email bgemelli@emhs.org.

Brown is also available to answer questions about the group. In addition to being a co-facilitator for the Tree of Hope support group, she also is a regional representative for Postpartum Support International (PSI) and can help locate support groups in other states if needed. The regional PSI contact phone number is (857) 203-0482.

Brown said PSI will be sponsoring a special "Climb Out of the Darkness" 5K run on Thursday, June 21 starting at 5 p.m. on the Rotary Centennial Trail in Winslow. According to PSI, the annual run is the world's largest event for raising awareness about maternal mood disorders such as postpartum depression, postpartum anxiety and OCD, postpartum post-traumatic stress, postpartum psychosis and peripheral bipolar mood disorders, as well as pregnancy depression and anxiety. For more information about this event, visit postpartum.net or contact Amanda Brown at the regional PSI phone number.

To learn more about Inland's Tree of Hope postpartum support group, please visit inlandhospital.org.

Aable Cremation Service, LLC
Cremations Starting
At \$895.00
Preplanning Available
Serving the Central Maine Area
from Waterville
616-0352
A Locally Owned & Operated
Cremation Service
www.aablecremation.com

Eric's
RESTAURANT • SPIRITS • BAYOJETS

Wedding Day

- 20 - 500 guests (Includes china, stemware, silverware.)
- Chef Eric's latest dinner creations
- Linen service - choice of color

Rehearsal Dinner

- 20 - 55 guests Private room (no room fee, Value \$350)
- Plated Meals or Full Buffet
- Free Bar Service (Value \$150)
- Complete Wait Service

Day After Brunch

- Continental or Complete Breakfast Served
- On or Off Premise

Call Cyndie Today
859-8761
105 College Ave. Waterville

Kennebec BEHAVIORAL HEALTH

MENTAL HEALTH & SUBSTANCE USE DISORDER SPECIALISTS

Improving Lives with Effective, Innovative Care

1-888-322-2136
www.kbhmaine.org Clinics in:
WATERVILLE | AUGUSTA | WINTHROP | SKOWHEGAN

Golden Milk, a tasty switch from coffee

FoodTalk
BY NANCY P. MCGINNIS

Are you ready for a change from your usual coffee or tea? Try a soothing cup of hot Golden Milk. There are many variations of this traditional Middle Eastern drink, which is said to have originated thousands of years ago. The one common denominator is turmeric—that bright yellow spice that is found in curry. (Also, incidentally, the one that leaves a practically indelible yellow stain on fingernails and countertops and dish towels... so proceed with caution, and wipe up any spills immediately with a sponge or damp paper towel.)

In recent years, Golden Milk has gained popularity in the U.S. and worldwide because of its perceived health benefits.

Turmeric is a staple of ayurvedic medicine, nearly unsurpassed for its antioxidant and anti-inflammatory properties, especially when it is combined, as here, with a dash of black pepper. It's further enhanced by the addition of ginger and other spices, and by a touch of coconut oil to add richness and make the fat-soluble turmeric more readily absorbed by the body.

How does Golden Milk taste? Delicious! Fragrant and comforting, and wonderfully creamy whether made using dairy or non-dairy ingredients. Enjoy!



Photos by Nancy P. McGinnis



GOLDEN MILK
For two servings:

- 1 1/2 cups light coconut milk (canned)
- 1 1/2 cups almond milk, unsweetened (or 3 cups dairy milk)
- 1 1/2 teaspoons ground turmeric
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground cardamom
- 1 Tablespoon coconut oil
- 1 Tablespoon maple syrup (or other sweetener of choice)
- A generous dash of freshly ground black pepper

Fill two serving mugs with boiling water, and set them aside to pre-warm.

Combine all ingredients in a small saucepan over medium-low heat. As the mixture heats, whisk gently to melt and dissolve the coconut oil while thoroughly blending together all the ingredients. It should take five minutes or less—do not allow it to come to a boil. Remove from heat and adjust the cinnamon, ginger and cardamom to taste. Drain the hot water from the mugs, pour in the golden milk, garnish with a cinnamon stick if you like, and serve immediately.

Franklin Health primary care practices welcome new patients!



Call today for an appointment!

All practice names begin with the words "Franklin Health"

Internal Medicine: 778-4922

Intown Medicine: 860-4090

Farmington Family Practice: 778-3326

Livermore Falls Family Practice: 897-6601


Pediatrics: 778-0482



Franklin Memorial Hospital
MaineHealth

111 Franklin Health Commons | Farmington, ME | www.fchn.org
Physician Referral Service: 1-800-450-2075

Electrolysis by Ruth Swanson C.P.E.
CELEBRATING
41 Years Of Professional Electrolysis Care!
State-of-the-art equipment
Specializing in Laser Clean-Up
262 Main Street ~ WATERVILLE
873-1839 • 948-3245



5 ways to commemorate Mother's Day when mom has passed away

Losing a loved one is never easy. Whether the loss is recent or not, many people find the void created by a loved one's passing never leaves them. Celebrating holidays or milestones can magnify feelings of loss, and such feelings may surface on Mother's Day among people whose mothers are deceased.

People approach Mother's Day, May 13, in unique ways when their mother has been laid to rest. Such an experience is extremely personal, and there's really no right or wrong way to mark the occasion. It can be challenging scrolling through other's social media posts about happy brunches and thoughtful gifts. Some, particularly those for whom the wounds may be especially fresh, may opt to avoid the celebration or go through the motions for the benefit of children or spouses. Others may embrace the bonds they had with their mothers by reflecting on their memories.

Those opting to stay connected to their mothers this year can recognize that, although Mom may be gone, they are not motherless. While Mother's Day may be painful for people who have lost their mothers, the following are five ways to make the most of Mother's Day.

1. What would make her happy? Take a heartfelt moment to really think about what made Mom tick and brought joy to her life. Was it pouring over recipes in the kitchen? Did mom like to trek to the top of a mountain in her hiking shoes? Pay homage to her by walking in her footsteps and you may just feel a deeper connection.

2. Get together with siblings. If you are lucky enough to have siblings, you can share the day together. This way you can remember the happy times, comfort each other and laugh together. If you don't have siblings, consider a visit with an aunt or uncle or another close relative who may be feeling the loss, too.

3. Relay fond stories to others. Celebrate Mother's Day by doing things to ensure Mom's spirit and personality live on. Bring up fond stories of Mom with your spouse, friends or your own children. Help blur out the sadness of the loss by focusing on happy memories, such as those depicted in family photos.

4. Put mom front and center. Take out a beautiful photograph of your mother and display it in a prime location in the house. This way you may feel like she is sharing the day with you, and you can think about her fondly each time you see the photo.

5. Enjoy your favorite childhood meal. Whether Mom was a master chef or couldn't boil water, there's bound to be a meal you associate with her. If that special meal is Chinese takeout or a slow-cooked roast, enjoy it on Mother's Day in her honor.

Coping with loss on Mother's Day is seldom easy. With time, and by focusing on the positive, people who have lost their mothers can enjoy Mother's Day.



SVH Cares and Wants you to Feel Right at Home

Whether you're an established patient or you're considering your options, you can count on SVH Women's Health to make your experience as comfortable and as easy as possible.

Our staff is dedicated to providing compassionate, comprehensive care for women of all ages.



- **Digital Mammogram and Ultrasound** - we can access past exams from other hospitals for comparison keeping consistency in your breast health
- **Digital Bone Density** screening for osteoporosis
- **Stereotactic breast biopsy** for faster testing of breast tissue
- **Flexible appointments** that fit your schedule
- **Combined appointments** - schedule your bone density screening to follow your mammogram to save time

For help scheduling or for more information, please call today!

487.4039

SVH Women's Health
447 North Main Street, Pittsfield
SebasticookValleyHealth.org

SVH
SEBASTICOOK VALLEY HEALTH
Quality Care Close to Home
EMHS MEMBER

Central Maine Electrolysis

Permanent Hair Removal

86 Winthrop Street, Augusta
451 Court Street, Auburn
(207) 578-1676



\$10⁰⁰ OFF
with this ad for new clients
30 minutes or more

Ami S. Seamon, R.E.

amifrederick@gmail.com • www.centralmainelectrolysis.com

Unique Mother's Day gift ideas

Mothers, stepmothers, grandmothers and many more remarkable women often work tirelessly and without fanfare to provide for their families. Even though they may deserve to be recognized throughout the year, Moms enjoy a special day nestled within the month of May when children, spouses and others celebrate Mother's Day on May 13.

Many people give heartfelt gifts on Mother's Day to express their love for the mothers in their lives. The perfect gift may focus on Mom's interests and the things that make her truly happy. With that in mind, the following shopping tips can help anyone find the perfect Mother's Day gift.

- **Explore spa packages.** What mother won't benefit from some rest and relaxation with a little pampering thrown in? Salons and massage therapists typically put together Mother's Day packages that cater to mothers. Packages may include massages, facials, hair treatments, manicures, and pedicures. Gift-givers can customize the services depending on their budgets.

- **Dining out can be a treat.** A meal at a favorite restaurant can be a welcome change from kitchen duty. Mother's Day is a busy day for restaurants, many of which have limited menus to better handle the crowds. As a result, if dining out on Mother's Day, Mom may not get the full menu she desires. To ensure mothers have

full menus at their disposal, gift givers can cook a meal at home on Mother's Day and then choose another day of the week to enjoy a meal in an upscale restaurant.

- **Schedule a paint and sip.** A paint and sip session is a unique gift. A session is typically two hours and includes step-by-step instructions. Patrons are encouraged to bring snacks and their favorite beverages. With the right planning, well-intentioned children can turn the evening into a "ladies night out" and encourage other Moms to join in the fun. Or the entire family can paint masterpieces together.

- **Give tickets to a show or sporting event.** Whether Mom is a sports fan or she prefers the theater or live music, event tickets can make a wonderful gift. Unique gift ideas include tickets to Cirque du Soleil, Shen Yun or a Broadway play.

- **Give the gift of wine tasting.** Wineries can be found across the country and frequently open their doors to wine tastings and wine pairing events. A Mother's Day wine tasting can be special for the entire family and support local businesses. Check the vineyard's rules on guests. Many times those under 21 can attend but will not be permitted to consume wine, though other refreshments may be available.

Mother's Day offers the perfect opportunity to lavish attention on special women. Gifts that cater to Mom's interests will make the biggest splash.



GET READY FOR SUMMER!



ELIMINATE FAT WITH COOLSCULPTING® THE WORLD'S #1 NON-INVASIVE FAT REMOVAL TREATMENT



BEFORE

8 WEEKS AFTER
First CoolSculpting® Session9 WEEKS AFTER
Second CoolSculpting® Session
Photos courtesy of Edward Becker, MD

CoolSculpting® is an FDA-cleared treatment that uses controlled cooling to eliminate fat without surgery or downtime.

Call today to schedule your FREE consultation.



Maine Laser Skin Care
12 Shuman Avenue, Suite 7
Augusta, ME 04330
207-873-2158

www.mainelaserskin.com

Results and patient experience may vary. While CoolSculpting is safe, some rare side effects may occur. As with any medical procedure, only your CoolSculpting provider can help you decide if CoolSculpting is right for you. In the U.S. the CoolSculpting procedure is FDA cleared for the treatment of visible fat bulges in the submental area, thigh, abdomen and flank. Outside the U.S., the CoolSculpting procedure for non-invasive fat reduction is available worldwide. ZELTIQ, CoolSculpting, the CoolSculpting logo, the Snowflake design, and Fear No Mirror are registered trademarks of ZELTIQ Aesthetics, Inc. ©2016 IC1966-A

coolsculpting®
FEAR NO MIRROR®



Whatever your age, health and wellness resources are always at your fingertips.

No matter your age or stage in life, the EMHS Center for Women's Health at **Inland** is an easy link to the health and wellness resources *that matter to you* — from compassionate primary care to the highest quality OB/GYN services, or even to find a yoga class or support group.



Learn more at emhswomenscenter.org/inland

 **EMHS Center for
Women's Health**
— at Inland

