



Schooner Tidings

News in and around Schooner Cove Spring 2009

schoonercove.com (563-4001)

Miles of Friends Going Strong

DAMARISCOTTA – Four years after Karen Kleinkopf founded Miles of Friends, the program is stronger than ever. Miles of Friends pairs second grade students from Great

program would also work in Damariscotta, and after talking to Great Salt Bay School second grade teacher Mary Hanna, and Steve Peters, Director of Marketing for Schooner Cove, Miles of Friends was born.

For the senior friends, the program provides an opportunity to share accumulated wisdom and to empathize with the struggles of youth.

Benefits of the program for the younger friends include learning to break age stereotypes and to respect and appreciate older people as well as developing a better self-concept.

Great Salt Bay School Second Grade Teacher Lorna Fake, said her students are always excited about the meetings, regardless of their academic or social abilities.

“Some students love to dress up, some draw pictures at home and some invite their elder friends to their house. One boy even asked his elder to join his family for Thanksgiving Dinner,” said Fake.

The meetings last about an hour, with Schooner



Mrs. Barbara White and Sam Russ share a laugh. Mrs. White is holding a picture Sam drew for her.

Salt Bay School in Damariscotta with residents of Schooner Cove and other seniors. The program rotates meeting between the Great Salt Bay Community School, Skidompha Library and Schooner Cove, all in Damariscotta.

Kleinkopf founded the program after visiting the Wisconsin classroom of Sherry Power, the second grade teacher of her husband, Miles Family Medicine Physician Tim Goltz. During that visit, Kleinkopf learned about a program started by Power in 1986 called “Forever Friends” that matched second graders with retired members of the community.

Kleinkopf and Goltz realized the

Senior Services Plays Key Role in Plan

Access, service excellence, affordability and growth are the four interdependent pillars of Lincoln County Healthcare’s new strategic plan. Greater access and growth can only take place if the services provided by the two hospitals are both excellent and affordable, said CEO James Donovan.

Lincoln County Healthcare is the parent company of Miles Memorial and St. Andrews Hospitals and their related facilities.

The new strategic plan was approved in March by the Lincoln County Healthcare Board of Trustees.

Located in the county with the oldest population in the oldest state in the country, Miles and St. Andrews Hospitals and their associated providers face a growing demand for senior services, including home health, assisted living, long term care facilities and retirement communities.

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James Donovan

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New Resident Trustees on Schooner Board

Moving to Schooner Cove was an easy decision for Betty and Bob Huson when they decided to live in Maine all year long.

They made the decision one year on their drive south from their cottage on Biscay Pond in Bremen to their winter home in Philadelphia.

“The traffic hit us as we were driving back and we thought wouldn’t it be nice to live all year long in Maine,” remembers Betty.



Betty and Bob Huson

Drawn to Maine since they were counselors at different summer camps on Sebago Lake as teenagers, Betty and Bob honeymooned in Boothbay Harbor and vacationed on the coast with their children before eventually buying their cottage on Biscay Pond in 1993, a year before Bob retired.

When it was time to stay in one place all year, they didn’t look around long before deciding on Schooner Cove.

Betty said she liked the atmosphere from the very beginning.

“We love the smallness of Schooner Cove and the friendliness. It is like family,” said Betty, who is one of two resident members of the Schooner Cove Board of Trustees.

For Betty, her involvement with the board grew naturally out of her desire to represent the people she has come to know and like.

Betty and Bob enjoy trips to the Midcoast Symphony, art museums in Portland and Rockland, concerts by the Daponte String Quartet, as well as the many shops and restaurants in Damariscotta, but she said there is also plenty happening at home in Schooner Cove.

One activity Betty enjoys is an opera class taught every other Wednesday night by a resident who is a former actor.

“I remember before we moved here asking a friend who lived at Damariscotta if she went to Florida in the winter,” said Betty. “She said ‘No, I don’t have time, there is too much going on here.’”

Joe Gray likes to stay active.

One of two resident members on the Schooner Cove Board of Trustees, Joe moved to a log home in Jefferson with his wife Carolyn after retiring about thirty years ago.

The Grays had a long relationship with Maine that started when Carolyn attended a summer camp in Boothbay as a child and included vacations in all parts of the state with their children.

When they built their log home, they chose a location close to the beautiful coast of Maine and near the cultural amenities the Grays enjoy. Over the years, Joe became involved in the Jefferson Historical Society, Midcoast Audubon, the local American Legion and the Veterans of



Joe and Carolyn Gray

Foreign Wars, when he wasn’t cutting his own wood.

But as time went on, the heavy chores became more difficult and Joe and Carolyn decided it was time to “get out of the woods.” After looking at a few other retirement communities, it didn’t take them long to decide that Schooner Cove was the place for them.

Part of their decision was location: Schooner Cove is close to everything that attracted the Grays to the area originally – an airport, the Maine State Music Theater and plenty of other cultural amenities.

They also liked the fact that because Schooner Cove is a cooperative, the money they spend on their apartment isn’t gone. After moving in between snowstorms in December of 2007, Joe no longer cuts and stacks his own wood, but he is just as busy.

An interpretive naturalist, Joe is an instructor for Coastal Senior College and taught an eight-week course at Schooner Cove last fall on songbirds of Maine and will repeat that course again this year.

In addition, he is active in adult education programs throughout the midcoast and writes two newsletters, one for the Jefferson Historical Society and the other for Midcoast Audubon.

Living at Schooner Cove allows Joe and Carolyn to stay connected to the friends and activities they love in a community of like-minded people.

“It is not a place where people sit around and are glum looking at each other,” said Gray.

Strategic Plan....

Outpatient and ambulatory care are another key priority for Lincoln County Healthcare, because they represent the “front door” to the system.

Miles and St. Andrews can't provide access to every service, but they can ensure that patients, through their relationships with primary care physicians and Lincoln County Healthcare specialists, get the care they need, even if it is provided elsewhere in the state.

Challenges facing the hospitals include the accelerating pace of change in medical technology, particularly in pharmaceuticals that have become increasingly expensive, and a severe and worsening shortage of doctors.

Like other health care systems in Maine and nationally, Lincoln County Healthcare has also experienced a significant increase in the number of people who haven't been able to pay their medical bills over the past year.

Developing the plan began in September and ended only recently after a series of public forums.

Friends.....

residents and their young friends talking, reading books, or just enjoying being together. For some, the relationship is particularly special.

Fake witnessed one relationship between a senior and a girl who came from a large family that was



Erica Deweir and Ethan Campbell

welcoming warm hug and held her hand. I am sure her elder is a lady she will never forget,” said Fake.

struggling in many ways. The girl looked forward to spending time with her friend all month, said Fake. “It was a time she had someone’s devoted attention and she loved it. It was obvious she physically enjoyed having someone close to her, someone who gave her a

From Steve

Hello! We continue to enjoy 100 percent occupancy at Schooner Cove. This past year we welcomed four new residents. Currently there are 66 associate members on our priority wait list.



Steve Peters

People who add their name to the list indicate to me the type of apartment they would like and their anticipated occupancy date. Some are ready to join our community now and others are planning for the future. Associate membership offers opportunities to experience Schooner Cove’s lifestyle by joining us at meals or

for activities.

In the past year, our activities have included trips to the Portland Art Museum, The Farnsworth Art Museum, Bowdoin College, the Maine State Music Theatre, local community theatres, the Midcoast Symphony, the DaPonte String Quartette, Salt Bay Chamber Fest, piano recitals, The New York Metropolitan Opera simulcast,



Bob and Millie Mullen, Doris Bedford, MaryAnne Strathman and Joe Gray await the Hardy Boat at Shaw’s Wharf in New Harbor.

boat trips and a Superbowl party.

I enjoy when residents initiate a new outing. I try to make them happen. I am looking forward to someone saying “Lets go to a baseball game.” Go Sox!

Call Steve at 563-4001, or e-mail him at steve.peters@lchcare.org.



At the Maine State Theater at the Packard Theatre at Bowdoin College.

Norma and the Covettes

Song and dance flow naturally in Normal Sproul's exercise class, like the well-remembered lyrics of a favorite song.

Since Norma started teaching the class about four years ago, the class has been as much about having fun as about exercise.

A typical class includes weights, stretches and some stand-up exercises for balance, but it also includes laughter, music and occasionally singing, which is how the Covettes came into being.

Norma said it all started when the women members of the group started singing along with the music. It wasn't long before another member said they should sing at one of Schooner Cove's cocktail parties, and after a few practice sessions, the Covettes were born.



"It was very exciting," said Norma.

Norma said the songs flowed naturally from the group experience.

"There is a lot of laughing and story telling. They want to try new things. They just enjoy it and they just have so much fun together, which makes it nice," said Norma.

Members of the exercise class credit Norma's influence for making exercise fun.

"I find that it helps keep me limber," said Barbara White. "And I like the sociability."

Now some of the group members are trying line dancing.

"We love coming because Norma is such a good influence on us all," said Mary Ann Strothman.

Schooner Cove

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