



2022

Remember ME

Photography Exhibit &
Recognition Ceremony

Honorees

Benson, Bruce	1
Bergeron, Doris	2
Bernier, Charles	3
Bouchard, Alban and Rita	4
Bourke, Ralph	5
Callahan, Joan	6
Carter, Jean	7
Chase, Leverett "Dewey"	8
Curtis, Oliver	9
Daigle, Lucille	10
Habibzai, Mohammad	11
Heymann, Frank	12
Hooper, Richard	13
Kelley, John	14
Klenk, Joseph	15
Laframboise, Roy	16
Lavoie, Patricia	17
Libby, Robert	18
Matson, Walter	19
McLaughlin, Charles	20
Means, Charlie	21
Nason, Donald	22
Reinhardt-Tukey, Geraldine	23
Rimm, Virginia	24
Rowell, Peter	25
St. Peter, Norman	26
Shelley, Hope	27
Slason, Diane	28
Sylvester, Stevan	29
Torraca, Laurretta	30
Tuttle, Jane	31
Willey, Marilyn	32

Honorable Mentions	33-39
--------------------	-------

Thank you

The Maine Health Care Association is pleased to present the 2022 Remember ME program. This year's project is especially meaningful as the COVID-19 public health emergency wanes and celebrations of people, life and resiliency emerge in local communities, across the state and nationwide. The robust nominations to this year's program made a judging process necessary. In reviewing the entries, the judges were asked to consider first and foremost, the resident's personal story and how it is significant or how the resident has overcome adversity. Secondary to the life story, judges also measured age, gender, geography, past facility participation, and adherence to nomination criteria in making their decisions.

Given the importance of each and every nominee's lifetime achievements, the judges were compelled to honor thirty-two individuals in the exhibit, while presenting others with Honorable Mention Awards. The Maine Health Care Association presented certificates to all and would like to thank the following judges for their time and expertise:

Courtney Freeman

Regional Director of Operations
Northbridge Companies
MHCA Board Judge

Paul Saucier, Director

Office of Aging & Disability Services
Department of Health and Human Services
Outside Agency Judge

Nadine L. Grosso

Vice President and Director of Communications
Maine Health Care Association
Staff Judge

Sponsors

Program Books



Flowers

Refreshments



Music

Awards



Audio Visual Support



Balloon Arch/Decorations



Premiere Patron



Platinum Sponsors:





Bruce Benson

Maine Veterans' Home, Machias



Bruce was born in Cincinnati, Ohio, on January 6, 1931, to Beatrice and Edward Benson, Sr. He had an older brother, Edward Jr., whom he looked up to and a younger brother, Daniel. Bruce attended Fairmont High School where he was a great athlete, playing shortstop on the high school baseball team, as well as a guard on the Fairmont High football team. His summers were spent working on the "road gang," a civic work detail where young men were hired to tidy up the roadsides. After high school, Bruce attended Duke University on a Naval ROTC scholarship. Upon arrival at Duke, he met some fellow students on the lacrosse team. They gave him a racket, and he found a new love in the sport. Bruce played the position of goalie while at Duke, following in the footsteps of the previous year's All-American goalie. Bruce believes that his quick reflexes were the reason why he was given the position. Bruce graduated from Duke with a Bachelor's Degree in Economics and entered the Navy.

Once completing the aviation program, he became a pilot and flew for the entirety of his enlisted time from 1960-1963. Although he never went overseas or saw military action, flying was his greatest ambition and joy in life. After his Naval discharge, Bruce continued his education at Georgia Tech, graduating with both Bachelor's and Master's degrees in Mechanical Engineering. Bruce was an engineer for the U.S. Government and Trident Engineering, where his focus was on the reconstruction of vehicular accidents. Bruce has been married twice. His first marriage was to Dorothy Fisher and they had two daughters, Laura and Sally Benson. They eventually divorced and Bruce later married Diane Taliaferro and together they had one son, Edward.

In December of 2019, Bruce came to live at Maine Veterans' Home in Machias. He left a good friend behind, his eight-year-old miniature Dachshund, Oskar. Bruce loves and misses Oskar, but knows that he is being well taken care of by his son, Eddie. A few of Bruce's past hobbies and interests are big band music, hiking, reading, and of course, flying planes. Bruce can sometimes be seen in his room gazing out his window at the sky thinking about his passion for flying and days of soaring high as a military pilot.

Photography by Leslie Bowman, Trescott

Doris Bergeron

The Landing at Saco Bay, Saco

Doris Bergeron was born September 11, 1941 in Biddeford. As one of seven siblings, Doris experienced firsthand the importance of a loving household. She was an active member in school and especially in sports, where she played on the field hockey team at Thornton Academy. She contributed to her team's undefeated seasons in 1956 and 1957, reserving a spot in Thornton Academy's Hall of Fame. She looks back on her days at Thornton fondly, recalling that history was her favorite subject because she liked learning about people. Her love of school continued when she attended Colby College. She wanted a career where she had the opportunity to help others and graduated with a degree in social work.

Hungry to put her education and passion for helping others to use, Doris began working for the State of Maine in the Department of Health and Human Services. The first phase of her career was spent in child welfare, where she quickly realized that she was destined to work with children. Her sister recalls being her "getaway driver" when Doris repeatedly put herself in potentially dangerous situations, taking kids out of hazardous, neglectful, or violent households. The next phase of her career was spent assisting mothers in need, giving them the resources and assistance they needed to ensure that their children have the opportunity for a successful future. Doris also took on a key role in setting up adoptions for parents who could not take care of their children. Doris was an inspiration to others and a role model for her passion and work ethic, resulting in her promotion to a management position within DHHS where she led by example. When Doris remembered her extraordinary years with the State of Maine she says, "There's nothing like a child who has no one" and that she did everything she could "to give them a chance, or give their parents enough support to give their kids a chance."



During her time at The Landing at Saco Bay, Doris, 81, is known for her kind smile, her concern for others, and her love of popcorn! She keeps staff and residents laughing with her sarcastic sense of humor. She can still play field hockey with staff as strongly as when she played at Hill Stadium. Her passion and drive are an inspiration to all.

Photography by Wyndee Grosso Photography, Westbrook





Charles Bernier

Pinnacle Health & Rehab, Sanford



Maine artist Charles “Chuck” Bernier joined the Pinnacle family in 2021 and brought his humor, zest for life, stories of adventure and a view into the world of art. Chuck describes himself as a “jack of all trades” before settling into his art career. He worked in a wool mill and on a power line from North Berwick to York. He joined the military and served proudly in the U.S. Air Force for 13 years. During this time, Chuck was an air policeman and served during the Korean War. While in Korea, he decided that he was going to marry his true love, Doris, when he returned home. Indeed, the pair married and they have two children, Charlie and Ann. Chuck opened Bernier Appliance Store in the square in South Berwick where he sold and repaired appliances while Doris ran the business operation. He became the South Berwick Assistant Chief of Police while also maintaining the store. During this time, he began dabbling in oil painting as a hobby. When doing both jobs proved unmanageable, Chuck closed the store, resigned from the force, and ran the business out of his home.

In time, Chuck decided to completely change direction and try his hand as a fisherman. He refurbished a lobster boat and fished off the coast of Maine where he treasured the beauty he saw around him: the varying colors of the water, the scenic coastline and working boats. This is when Chuck’s true calling and talent were revealed. He began to paint these scenes with a unique ability to capture all the detail on canvas. To his surprise, the owners of the boats he was painting noticed his art and purchased his work. Chuck quickly realized he could fill a part of his soul while making a living selling his oil paintings. With this revelation, Chuck sold his work at fairs and he proudly won 1st prize in a Portland sidewalk show. His painting was then displayed in the Portland Museum of Art. Chuck went on to open a gallery in downtown Sanford called, “Maine Coast Art Gallery” where his paintings were displayed with other artists. The gallery had weekly open houses for the public to view or purchase artwork. Chuck eventually converted the carriage house at his home into an art studio. By this time, Chuck had become quite well known as an artist and collectors from all over the United States and the world purchased his work. Today, at 88, he paints regularly, recreating the beautiful works of art from his past. It is a pleasure to see his fellow residents light up while watching his creations come to life on the canvas. Bringing this joy to others is Chuck’s greatest reward of all.

Photography by Wyndee Grosso Photography, Westbrook

Alban and Rita Bouchard

Crosswinds Residential Care, Fort Kent

Alban and Rita Bouchard are shining examples of how hard work, a strong bond, and commitment are the keys to a prosperous marriage of more than 70 years and the successful family business that is the Bouchard Family Farm. Alban and Rita were married in November 1951 and they raised a family of six children. Alban was a 4th generation farmer and Rita, a compassionate nurse. As they built their family farm, they knew that farming is very unpredictable, so they decided to never put all their “eggs” in the same basket. They did not rely solely on potatoes, but also planted grain and raised chickens. Rita collected the eggs, loaded up her precious cargo (her children and the eggs), and delivered to stores and homes. Alban delivered to logging camps in the North Maine Woods. Alban was one of the first farmers to own a combine harvester, which increased his productivity. Sadly, tragedy struck the farm when a fire destroyed the entire barn where new chicks were housed. The future of the farm faced the unknown, but the Bouchards did not give up. They worked hard to rebuild and taught their children the true meaning of resilience.

A farming advocate, Alban preserved the future of farming in Maine by organizing farmers and lobbying in Augusta and Washington, DC. He became their voice and negotiated fair trade, meeting with federally elected officials. After an honorable discharge from the Army, Alban honored his comrades by serving as Commander of the American Legion. He was also on the Fort Kent Town Council and a member of the Knights of Columbus. Rita was a member of the Ladies Auxillary, Ladies of St. Anne, and Community Voices. She helped at vaccination clinics, worked at nursing homes, and was honored for caregiving as a nurse. One day at the dinner table, the Bouchards tossed around the idea of using buckwheat grain to make an Acadian staple into a mix. Loving the challenge, Rita and one of her daughters set out in the family kitchen to experiment with different recipes to make a simple, yet delicious pre-mixed ploye mix. It was a hit and after marketing locally at fairs, they hit the road to sell their product out of state. Rita became known as the “Ploye Queen” and the Bouchard Family Farm Ploye Mix became well-known nationwide. Working hand-in-hand and side-by-side to achieve success is what earned the Bouchards this award as a team.



Photography by Monty Rand Photography, Bangor



Ralph Bourke

Maine Veterans' Home, Scarborough

Ralph Bourke, a 92-year-old Navy veteran, has lived at Maine Veterans' Home since May 2021. He is charming and personable with an easy laugh and great sense of humor. He's a man who has always liked to stay busy, beginning with his first job at age 15. He has worked as a pin setter in a bowling alley, in a movie theater, at a gas station and as a book binder. He also worked in paper mills and drove a bread truck.



Ralph has both fond and bittersweet memories of his days in the U.S. Navy. He enlisted in 1946 and served three years during the cold war, stationed on the heavy cruiser, USS Newport News. During this time, he sailed as far north as the Arctic and as far south as Rio de Janeiro. In doing so, he became a certified Blue Nose, which is a sailor who's crossed the Arctic Circle and participated in the line-crossing ceremony. He is also a certified Shellback, which is a sailor who crosses the equator while on active duty. Lastly, he is a certified Plank Holder, which is a sailor who is stationed on a brand new ship; all titles he is quite proud of. While stationed in Norfolk, VA, he worked in the carpentry shop where he learned building and repair skills he would use for the rest of his life. He became a finish carpenter and an avid woodworker who especially enjoyed building furniture, particularly large coffee table-sized cribbage boards. He built a replica of the Charles W. Morgan Whaling Bark, which is on display at MVH.

In 1968, Ralph and his family purchased The Green Gables Restaurant and Inn in Camden where his wife was the head chef, but Ralph cooked breakfast. He was very handy with repairs and maintenance. He used to love to sit out on the patio, drink a beer and talk to guests. Ralph was invited to participate in an Honor Flight to Washington, DC that was unfortunately cancelled due to the COVID-19 pandemic. He hasn't seen the WWII Memorial yet, but feels a strong connection to it. His best friend who was stationed on a ship in the Pacific perished at sea. Ralph worked many years to ensure his friend was recognized for his service. Today, his friend's name is officially included in the WWII Registry, forever linked to the memorial. At MVH, Ralph builds bird houses for fellow residents and his creations provide hours of entertainment. Ralph is an energetic, outgoing man who has lived an interesting, active life filled with diverse interests and many, many friends.

Photography by Wyndee Grosso Photography, Westbrook

Joan Callahan

Alzheimer's Care Center, Gardiner

Joan Callahan has demonstrated generosity of heart and commitment to serving others in her Maine community since 1973. Born in Boston, Massachusetts, Joan was one of five children. Her father was a role model for service to the community as a Boston police officer for thirty years and instilled the values of integrity, respect, compassion and equality in his family.

In Maine, Joan raised her young family that grew to include two biological and two adopted children. Her family reflected her love for children of various races and physical abilities. She continued to pursue higher education and received her Master's in Special Education from University of Maine at Orono. She also earned a Certificate of Advanced Studies in Education Administration. A very special job, dear to Joan's heart, was working in the functional skills classroom at the Lou M. Buker School in Augusta. There, she taught children with special needs to develop daily living skills in a classroom modeled like a home setting, complete with kitchen and laundry facilities. Her gentle, fun nature touched many lives. In addition to teaching, Joan has been a dedicated volunteer and Board member of the Lithgow Library in Augusta for nearly two decades. She was an active volunteer for many years with the St. Michael Parish faith community in Augusta as well.

Today, as a resident of the Alzheimer's Care Center, Joan, 79, demonstrates kindness, leadership and commitment to service. She reads to others during book club and continues to educate children through a community service project of crafting bookmarks. The bookmarks honor the words of Martin Luther King, Jr. and will be donated to the children's department at Lithgow Library.

During National Assisted Living Week, Joan delivered cookies to the Gardiner first responders. Joan's gentle spirit and kind smile are a soothing presence for residents and staff alike. Joan will always be remembered for the many family, student and community members' lives she has touched during her life.



*Photography by Dianne Chicoine,
West Gardiner*





Jean Carter

Marshall Healthcare, Machias



Jean Carter was born in Machias on August 18, 1933. When recounting her life story, the themes of resilience, ingenuity and faith come to mind. Jean had one brother who was killed on D-Day when she was only nine years old. When Jean's father became ill, she and her mother cared for him until his passing. At 17, she married Roy Dennison, Jr. and was married for 24 years. They had two sons, Bruce and Brian, but tragedy struck one warm summer day when they were at the lake. Brian, 16, was diving under water to gather rocks. There was a unknown drop off, he slipped and went under. Jean tried to grab his feet and pull him back up, but he was just too heavy. Jean lost her son that day and still bears the grief today. She and Roy parted ways and it took time to get back on her feet. Three years later, she met the love of her life, Aubrey Carter, and they married in 1980, enjoying 36 wonderful years. She and Aubrey traveled across the country in their motor home. On a trip to Alaska, one of her many happy memories was getting locked out twice and Aubrey having to push Jean in through a tiny window to retrieve the keys. Aubrey had his pilot's license, and every time they went into the air her eyes would get as "big as saucers" while she enjoyed every adventure.

Jean was a member of the Wesley Community Church, the Machias Baptist Church and the choir for 26 years. She helped with suppers, benefits and church plays. She worked as a dental assistant for seven years and as a cook at Wesley Elementary School for 11 years, where she got the idea for a catering business. She started Jean's Catering, and her first catering job was for 300 people! With the help of her family, it was a huge success and despite being scared, she found great joy in this work in the years to come. As Aubrey's health declined, Jean cared for him at home for five years before he came to live at Marshall's. She moved in with her grandson to be closer to Aubrey but as her own health needs increased, Jean decided to join Aubrey. At times it's complicated being a caregiver and recipient at once, but Jean, 88, makes the best of her life at Marshall's where she cooks, manages food sales, and encourages others to join in fun activities. Jean is currently gathering recipes from families, residents and staff to publish a Marshall's cookbook. She spearheads Bible Study and is quick to say this is her "home away from home."

Photography by Leslie Bowman, Trescott

Leverett “Dewey” Chase

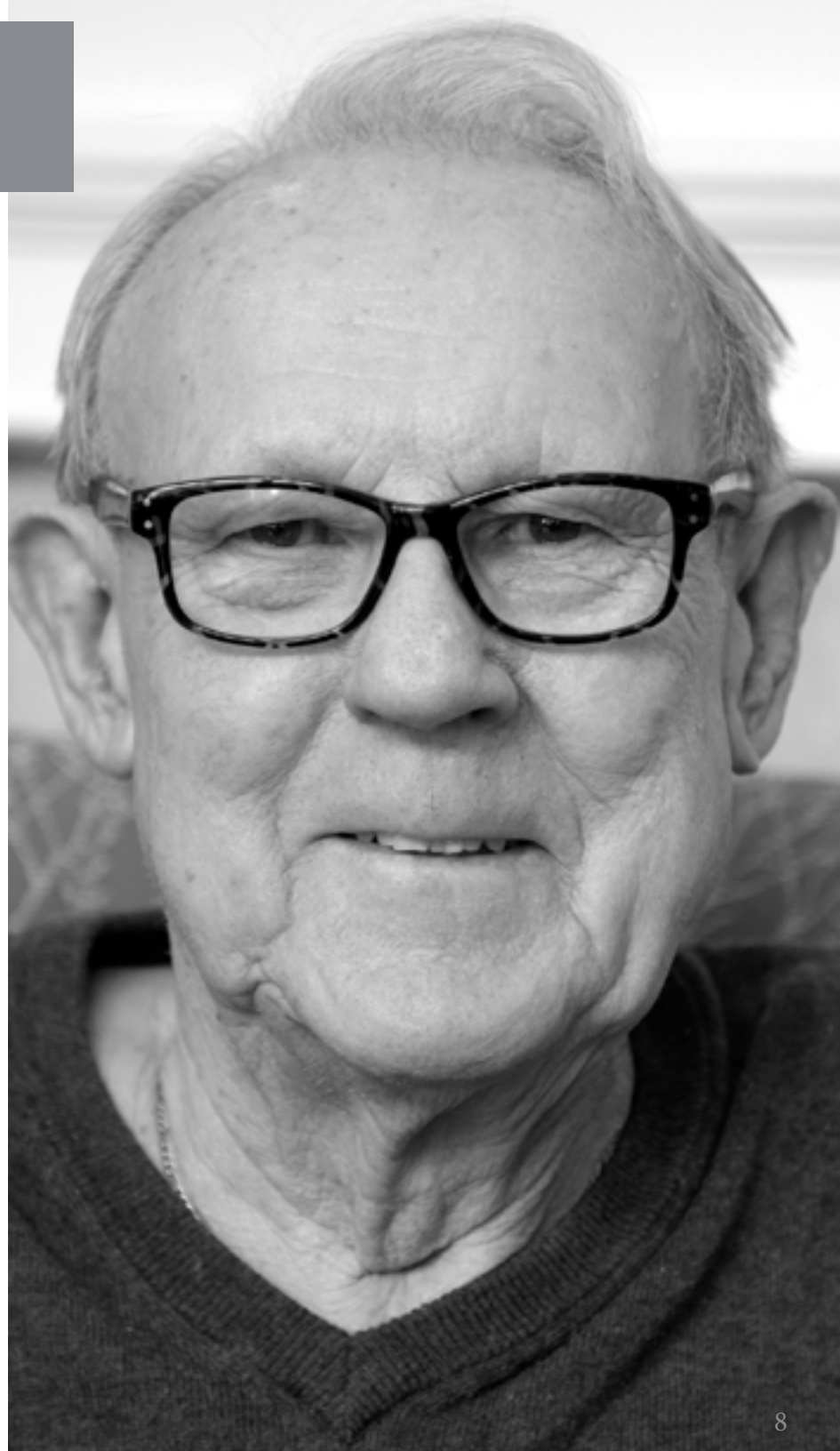
Avita of Brunswick

Leverett “Dewey” Chase was born on December 29, 1941 in Pemaquid. As a child, Dewey loved baseball. Unfortunately, when he was just nine years old, a severe eye disorder cut his promising baseball career short. In order to save his vision, he went to Boston Children’s Hospital for a surgery that could have rendered him blind. Knowing the risk, Dewey’s father wrote a letter to Ted Williams who was Dewey’s favorite Boston Red Sox idol. He wanted a signed baseball to give his son as a good luck charm for the upcoming surgery. Ted William responded, inviting him to Fenway Park for a tour and to meet in person. The eye surgery was successful, and Dewey left Boston with a new friend and outlook on life, both literally and figuratively.

After high school, Dewey enrolled in the University of Maine at Orono. While he was a serious student, he also enjoyed an active social life, especially his fraternity, Sigma Chi. At a Sigma Chi party, he met Beatrice “Bea” Hodgdon, who was visiting from Colby College. They fell in love and married after graduation. After completing the prestigious Sears, Roebuck & Company management training program in Springfield, MA, Dewey and Bea returned to Pemaquid to start a family and their own business, The Driftwood Shop. The shop featured the goods of Maine artisans and writers including a wooden lobster trap table that Dewey invented. After 20 years, they received an offer to buy the business they could not refuse. Too young to retire, they launched L. Dewey Chase Real Estate, a premier real estate company that still operates today.

Dewey also served as a town selectman, local harbor master, and remained active with the University of Maine as an alumnus and benefactor. After their three children finished college, Dewey and Bea discovered Treasure Cay in the Bahamas that became their beloved winter home for 30 years. He built an outdoor bar, “The Mating Fish Bar” that was as infamous as Dewey’s signature cocktail, the “Goombay Smash.” Just after their 57th wedding anniversary, Beatrice was diagnosed with terminal cancer. Dewey worried about what he would do without his beloved wife. Bea held his hand and reminded him of his favorite Ted Williams quote, “Just keep going. Everybody gets better if you keep at it.” After her passing, Dewey did just that. Today at Avita, Dewey, 88, enjoys visits with his fraternity brothers, telling life stories, and making new friends.

Photography by Dianne Chicoine, West Gardiner





Oliver Curtis

In Memoriam

Knox Center for Long Term Care, Rockland

Oliver Harrison Curtis served in the U.S. Coast Guard active duty from 1951-1954. Oliver was also one of the Coast Guardsmen who heroically helped rescue 70 of 84 members of the two 520' T-2 tankers that broke in half within 40 miles of one another during a raging storm east of Cape Cod on February 18, 1952. At the time, Oliver was a 21-year-old seaman aboard the Coast Guard Cutter, the Unimak. He served in the Coast Guard reserves until the mid 1970's.

Oliver also served as a Knox County Deputy Sheriff, and was a member of the Owls Head volunteer fire department. Oliver was the clerk on many building projects around the state, including the Bowdoin College field house, the renovations of the Rockland Public Library, the new middle school in Rockland, as well as other school and public safety buildings in the state.

Despite the demands of his professional life, Oliver enjoyed theater and the arts. He was a cast member and make-up man for performances at the Camden Civic Theater. He played the part of Black Beard in the Maine Lobster Festival during the 70's and early 80's. The event is an internationally-recognized celebration of local seafood, attracting visitors from near and far. Oliver enjoyed singing in barbershop quartets and directed the women's chorus known as the Schooner Bells. He was the director of the women's chorus later in life. He was in his early 80's when he retired from directing.

Oliver was a familiar local face as he hosted the annual Cerebral Palsy telethon broadcast on Bangor television station, Channel 7, for many years. He enjoyed being part of the search for a cure. In later years, Oliver also made children's toys, stained glass and native baskets many of which were donated to special causes. Oliver was a selfless man, dedicated to helping others and giving back to his community.

Photography supplied by the family

Lucille Daigle

Ridgewood Estates Assisted Living, Madawaska

Born in 1923, Lucille Dionne Daigle spent her formative years in the Town of Frenchville. The second of seven children, she attended Dewey Elementary School and completed two years at Madawaska High School. During this time, she met and established a friendship with her future husband, Clovis. After her sophomore year, she and a younger sibling relocated to Lewiston to live with relatives where Lucille went to work at Bates Manufacturing Company to help support her family. She returned to Frenchville after two and half years where she ultimately reunited with the love of her life, Clovis, after his discharge from military service. They married on November 27, 1947 and they enjoyed 73 years of marriage, raising two children. Lucille re-entered the work force during her first year of marriage by accepting a position in the finishing room at Fraser Paper Company where she remained employed until the birth of her first child. At that time, she dedicated herself to being the consummate homemaker. She thrived on running a well-organized and impeccable household. Her culinary skills were relished by her family and often the envy of many relatives. During holidays, her divinity fudge was a sought after treat. Lucille also valued education. She acquired her high school diploma through adult education classes while her children were also in school. There was an unspoken understanding in the family that her children would further their education after high school and they did.

A devout Catholic, she is a lifelong member of the Ladies of St. Anne. She raised funds and organized many religious and commemorative church celebrations. She was a regular volunteer at the local Christian Life Center, helping with meal preparations and household cleaning chores during and after religious retreats. She also organized funeral luncheons, providing a venue for grieving families to enjoy a meal and fellowship with family and friends. She served as a founding and lifelong member of Post 145 American Legion Auxiliaries, a Meals on Wheels volunteer for over 20 years, a ballot clerk for 12 years and a member of the 1999 Dewey School Reunion planning committee. In the early 1980's, she joined Clovis in the health care field when he became co-owner of St. Joseph Nursing Home. She assisted with laundry and house-keeping chores, as well as resident activities. After her retirement, she volunteered at the home with social activities and visiting residents. A pillar of support for her children and grandchildren, at 98, Lucille continues to impart her wisdom and encouragement when they visit. When asked what her secret is for longevity? She says with a smile, "Traveling and taking dance lessons." *Photography by Monty Rand*



Photography, Bangor





Mohammad Habibzai

Barron Center, City of Portland

Mohammad Habibzai, 65, better known as “Mo,” has been a resident at the Barron Center for three years. Mo was born in Afghanistan in 1956. In his early twenties, Mo was in the Afghan Army and was a bodyguard and driver for the Vice President of Afghanistan. He then joined the Afghan Guerilla. At 22 years old, Mo left Afghanistan for Pakistan and eventually came to the United States when he decided it was no longer safe for him to be in Pakistan. Mo states, “I did not want to be killed and I did not want to kill anyone.” He was sponsored by his brother who had immigrated a few years earlier. His parents followed not long after.



When Mo arrived in Maine, he worked for donut shops and fast food restaurants before starting his 25-year career driving a taxi. He has many colorful stories and memories over his stellar career and he can debate which cities are the worst to drive in! Mo met his wife and they had three children who are currently in high school and college. He had a son from a previous relationship who passed away at the age of 25. At 58 years old, Mo had a stroke and had to stop driving for Uber and Taxi services. After coming to the Barron Center for rehabilitation, he realized it was too hard for him to live at home with school aged children so he moved to the Barron Center full-time, where he has become a well-loved and well-known resident.

Today, Mo takes care of others, knowing how healing it can be to just hold the hand of an upset resident. He greets each and every resident he passes, knows all staff by name and is genuinely interested in hearing about your day. Mo is the resident gardener, watering the gardens outside before the sun comes up, weeding, picking vegetables and flowers for people, and teaching others about growing plants. He helps clean up when activities are over and, if he notices an unsafe situation, he is the first to report it. He is also the jokester of the Barron Center. He uses humor and dramatics all day to make people laugh, knowing that laughter is the best medicine. Despite weakness from his stroke, Mo’s mantra is, “I can do it myself,” and he will find a way to do most things independently. He wakes up each day feeling grateful and finds a way to make people happy all day. He is truly an inspiration to all.

Photography by Wyndee Grosso Photography, Westbrook

Frank Heymann

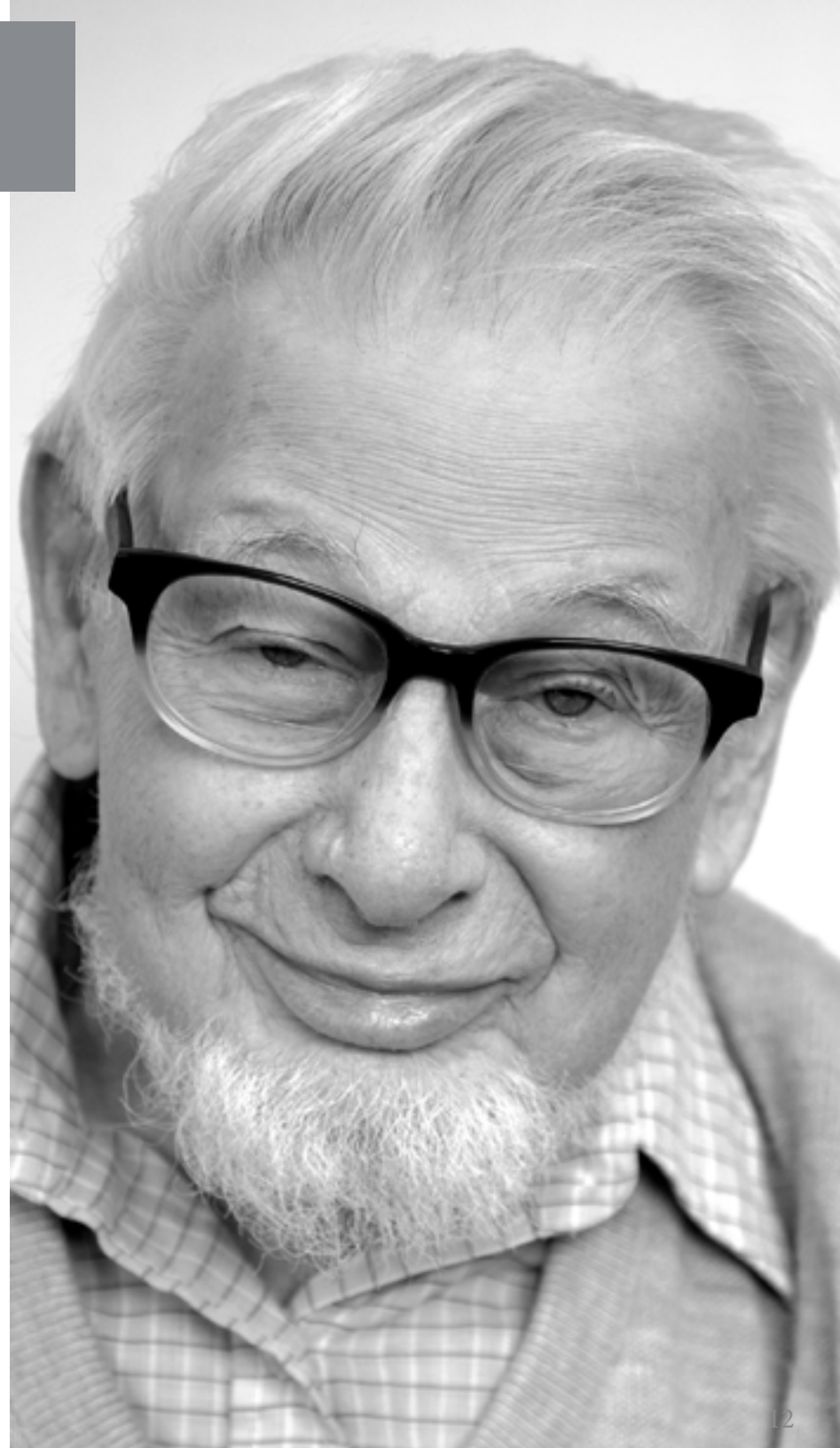
Mid Coast Senior Health Center, Brunswick

Frank Heymann, 94, was born in Frankfurt, Germany in 1927. His family was of Jewish ancestry though did not practice the faith. His father was a foreign correspondent in Prague and in July 1939, moved his family to Great Britain, which kept them safe during the Holocaust. Several of Frank's extended family, who remained in Germany, died during the Holocaust. In Britain, Frank completed his secondary education and worked in a factory until 1946 when the family immigrated to the United States. The family settled in New York City and soon after Frank obtained a job as a draughtsman in the drafting office of a machine manufacturing company. Frank attended City College of New York (CCNY) studying mechanical engineering. While at CCNY he had the opportunity to attend a civic education program for young adults. Participants came from across the U.S., introducing him to people from different races, cultures and socioeconomic levels. Frank also worked with a group known as CORE (Congress of Racial Equality) whose goal is to change discriminatory practices. Frank earned a Master's degree from MIT and his work was noticed by Westinghouse Electric Corporation where he was offered a position in the Steam Division. His career focused on developing new knowledge through theoretical and experimental studies and field testing for the design of larger, more efficient and reliable turbines used by fossil-fired and nuclear power plants in the U.S. and other countries.

Frank married his wife, Renee, later in life, at age 41, and adopted her three children from a previous marriage. One day one of the children asked Frank if he was going to be their new father. Surprised by the question Frank responded, "No, but I will be your friend." This simple statement sums up who Frank is. He's also an initiator of change and thrives on conducting research to solve problems. He is masterful at bringing people together for a team approach. This is highlighted across the span of his academic, professional and personal life. He also volunteered with AARP as a driver safety instructor, a tax-aide program and various events at the Maine Maritime Museum. After years of vacationing in Maine, Frank and Renee, at age 74, chose Thornton Oaks for their retirement home in 2001. They were a team and quickly engaged in community life, founding the Thornton Oaks Writers Group. Frank moved to Mid Coast Senior Health in 2020 where he has engaged in activities, sharing knowledge and life experiences with those he meets.



Photography by Dianne Chicoine, West Gardiner



Richard Hooper

Schooner Estates Senior Living Community, Auburn



As the cofounder and first president and CEO of Androscoggin Home Healthcare and Hospice, Richard Hooper explains, “When asked about the meaning of my life, the answer is unequivocal – involvement in an enduring benefit for my community.” Today, the agency is a highly regarded part of Maine’s healthcare system. As a youth in Wellesley, MA, Richard enjoyed sports and discovered a love for running. He was team captain-elect at Wellesley High School and continued cross-country at Hebron Academy. After graduation, Richard enrolled at Bates College to study education and run on the track team. Richard joined the Air Force his sophomore year, reveling in the opportunity to meet people from diverse origins and learn more about the world. Richard returned to finish at Bates College and then earned a master’s degree from Northeastern University. Richard accepted a dual position as a teacher and Principal of Minot Consolidated Schools in 1961 and then at Montello Elementary School from 1964-1965. Shortly after, Richard became the director of the county’s Head Start program. That same year, Medicare and Medicaid were created and Richard received the offer that most shaped his career.

In 1966, Richard received a call from a Bates College faculty member’s wife who was passionate about creating a new type of agency to bring nursing and therapy services to people’s homes. She knew Richard would be just the right person to embrace her vision. Richard joined a small committee to raise funds and educate the public about this healthcare service previously unavailable in most parts of the country. Androscoggin Home Health Services was founded in mid-1966 with Richard serving as President. Steady gains were made, as interest and acceptance by the public and physician community grew. Richard briefly left the agency to serve as Executive Director of Tri-County Health Planning Agency, however in 1972, he returned to Androscoggin as the Executive Director until 1980. He was the Administrative Officer and Vice President of Stephen’s Memorial Hospital, with the added responsibility of Administrator of Market Square Health Care from 1988-1998. Richard served on many boards, including the agency he founded, the L/A United Way, Auburn School Committee, and the Governor’s Health Task Force and DHHS Medicaid Advisory Committee. In retirement, Richard enjoyed travelling throughout the U.S. and Canada with his partner, Marion. Among their favorite destinations were the Grand Canyon and the Toronto Space Needle. These days, Richard, 89, spends his time reading history books and relaxing in his cozy apartment at Schooner Estates.

Photography by Dianne Chicoine, West Gardiner

John Kelley

The Inn at Atlantic Heights, Saco

John “Jack” Kelley, 93, has lived at Atlantic Heights for seven years. He is a friendly and gregarious resident known for his funny quips and puns. The son of a Fire Chief and school teacher, Jack and his brother were raised in Springfield, MA. He attended Classical High School and studied engineering at Tufts University. He was a loving caretaker to his wife of 63 years, Betsy, until she passed away two years ago.

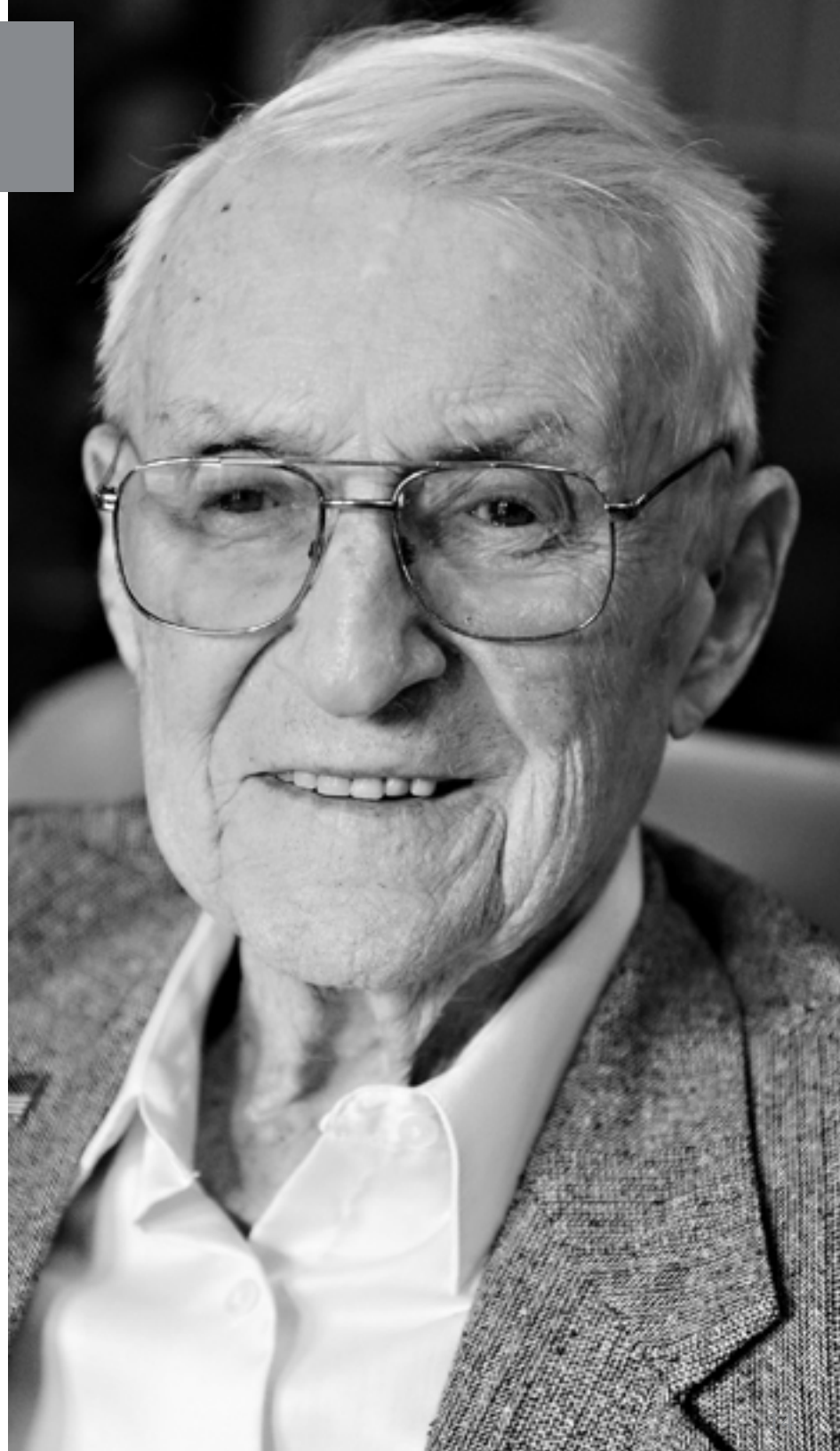
Before living at Atlantic Heights, Jack was a true outdoorsman who enjoyed hunting, hiking, and camping with his family. Jack, Betsy, and their four children took backpacking trips from coast to coast. From the time they could walk, they would get a knapsack and head out into the wilderness. Jack later coordinated the outdoor adventure program for Boys Scouts and led many hikes for the scouts. Jack and Betsy backpacked well into their late 70’s across the U.S., Alaska, and Hawaii and then purchased a 5th wheel camper and continued to enjoy camping and travel. Mount San Jacinto in California and Acadia Mountain in Maine were just a few of the mountains they hiked. In addition to hiking, Jack is an avid reader. Jack served on the board of his local library, volunteered with Cyber Seniors helping teach technology to older adults, and taught gun safety at the local range. He helps at the Inn by serving on the library committee, leading the weekly rosary, and is Vice President of the Resident Council.

Jack is proud to have served in the Navy during the Korean War as a deep sea diver and demolitions expert trained to disarm many weapons, including nuclear weapons. After the war, he wanted to spend more time with his family so he left the Navy. He then began a career at Colt Firearms in Hartford where he was a salesman. Jack won the Colt Firearms sharpshooter award multiple times.

Jack is a proud father of four children, six grandchildren, and two great grandchildren. He likes to complete the daily crossword puzzle every day of the week. Jack greets everyday with a smile and appreciation for his family and caregivers.



Photography by Wyndee Grosso Photography, Westbrook





Joseph Klenk

The Enclave of Scarborough



Joe was born on April 4, 1927 in Meriden CT, one of five children. At a young age, Joe sold papers and worked at the International Silver Company to help support his family. After high school, Joe was accepted into the US Army Specialized Training Program and assigned to UMaine. He was reassigned in January 1945 after his company left for the Battle of the Bulge because he was only 17 years old. He was discharged in August 1945. As a civilian, he returned to study at UMaine. In 1948, the President of the University approached Joe and a few friends to start a new fraternity with no hazing. Joe served as the Vice President and President of the new frat. At college, Joe met his wife, Sydney who urged him to get a job before they could marry. So, Joe went to Boston to the Salada Tea Co. where he asked to meet the sales manager. After waiting all day, Joe's persistence paid off when he was offered a sales territory in northern MA. The couple married on Aug. 19, 1950 and settled in Cape Elizabeth where they raised their family of seven children. Joe was a founder of St. Alban's Episcopal Church, served on the vestry, was a senior warden and volunteered for the Red Cross and public school system.

Joe was the Advertising Manager at Hannaford Brothers where one of his proudest accomplishments was the Brand Names Award, a national award for a year's worth of work. He was also awarded the Printer's Ink Silver Medal Award from the American Advertising Federation that recognized his outstanding contributions. Joe was Vice President of Donnelly Outdoor Advertising for Northern New England and a member and officer of the Portland Ad Club. After declining an out-of-state management position with a billboard company, Joe and Sydney purchased The Pines Motel in Boothbay Harbor in 1979. With no formal hospitality experience, it was Joe's gregarious personality that helped make it a success. As a member and officer of the Boothbay Harbor Chamber of Commerce, he helped promote the region as a vacation spot. They ran the motel successfully for 12 years, developing many lasting friendships with returning guests. They sold the motel in 1991 and purchased a Victorian-style home, which they renovated into a seven room bed & breakfast, the Hodgdon Island. Upon retirement in 1999, they moved to Blueberry Cove condos in Yarmouth where Joe served on the board of the association. He and his wife of 71 years traveled to all seven continents and all oceans, even stepping foot on Antarctica. Joe proudly notes that all seven children attained master's degrees. Today, Joe, 94, enjoys his fellow residents and is a lifelong fan of the NY Giants. His best piece of advice is, "Never ever complain." *Photography by Wyndee Grosso Photography, Westbrook*

Roy Laframboise

Floyd Waiver Home, Eagle Lake

Many times in life we meet people who have passions. Usually those passions are limited to one thing and when they have mastered it, they stop there and are content with the status quo. Roy is an individual that was adopted at a young age and from the start needed to overcome personal challenges. Roy took these challenges and has worked to improve himself every step of the way. When he met one goal, he picked another and started all over, working his way upwards to another achievement.

They say you can't teach an old dog new tricks, but Roy is the perfect example for everyone around him that, that saying is completely false. Roy's passion is learning new things and exploring all there is to know, including working towards learning a new language as an adult and using it functionally. Never being one to pass up an opportunity, Roy expresses his desire to practice the French he is learning with anyone in the community that also speaks French.

Roy, 37, gives back to his community through volunteering at several different venues. Roy has supported residents at the local nursing home with playing games like bingo. Roy assists at the local cat shelter through cleaning the facility, monitoring for needs, providing food, as well as socialization for his furry friends. Roy also volunteers at the local thrift store, assisting to run the store a few times a week. As volunteer-based services in the community, each contribution Roy makes helps to maintain and support these organizations that serve many needs.

Roy also encourages others to learn new things and is never shy about asking for more information when he is learning something new. Roy has mastered using every resource available to him such as technology, books, and the wonderful individuals he meets in his adventures. Roy is a shining example of perseverance, heart and hope and most deserving of this award.

Photography by Monty Rand Photography, Bangor





Patricia Lavoie

Russell Park Rehabilitation & Living Center, Lewiston



Patricia (Patti) Lavoie was born on August 13, 1959 in Worcester, MA. She is the middle child of five daughters. A self-proclaimed “tomboy” and a “daddy’s girl,” Patti always enjoyed a challenge and adventure at a young age. She enjoyed participating in, and watching sports (including the Maine Mariners), as well as racing motorcycles. Patti has always enjoyed being told she couldn’t do something, and doing it anyway!

Upon graduating with the class of 1977 from Mt. Ararat High School in Topsham, Patti’s mother encouraged her to attend college for accounting. She despised the program so much, she rebelled and decided to apply for the nursing program instead.

Between juggling married life, caring for her young son, and completing her nursing training at Penobscot Bay Medical Center in Rockport, Patti earned her nursing degree and began her career in the medical/surgical department at Parkview Hospital. Most of her shifts were overnights. She went on to work in the newborn nursery at Parkview where she cared for newborn babies for at least ten years. Patti’s favorite part of her job was dressing the babies for newborn photos, as well as preparing them to go home. After Parkview Hospital eliminated many LPN positions, Patti made a career change and worked at Dunkin Donuts. Patti enjoyed socializing with regular customers and offered her skills of hospitality to her patrons. Patti returned to nursing when she took an LPN position working overnights at both the HillHouse in Bath and Hawthorne House in Freeport.

In 2015, Patti received a diagnosis of MS. This posed some significant challenges and brought major changes to her lifestyle. In spite of her struggles, she maintains a great sense of humor and loves to banter with the staff at Russell Park, where she has resided for the past four and a half years. Patti is a very proud mother of two sons, as well as a grandmother to four grandsons. She loves animals and cared for Bull Mastiffs as well as Beagles in her lifetime. Patti’s hobbies have included cross stitch and listening to audio books. Patti, 62, proclaims her major life accomplishments include completing nursing school, caring for others, and educating new parents, elderly patients, and fellow healthcare staff. She encourages others to always follow your dreams, and believe in yourself!

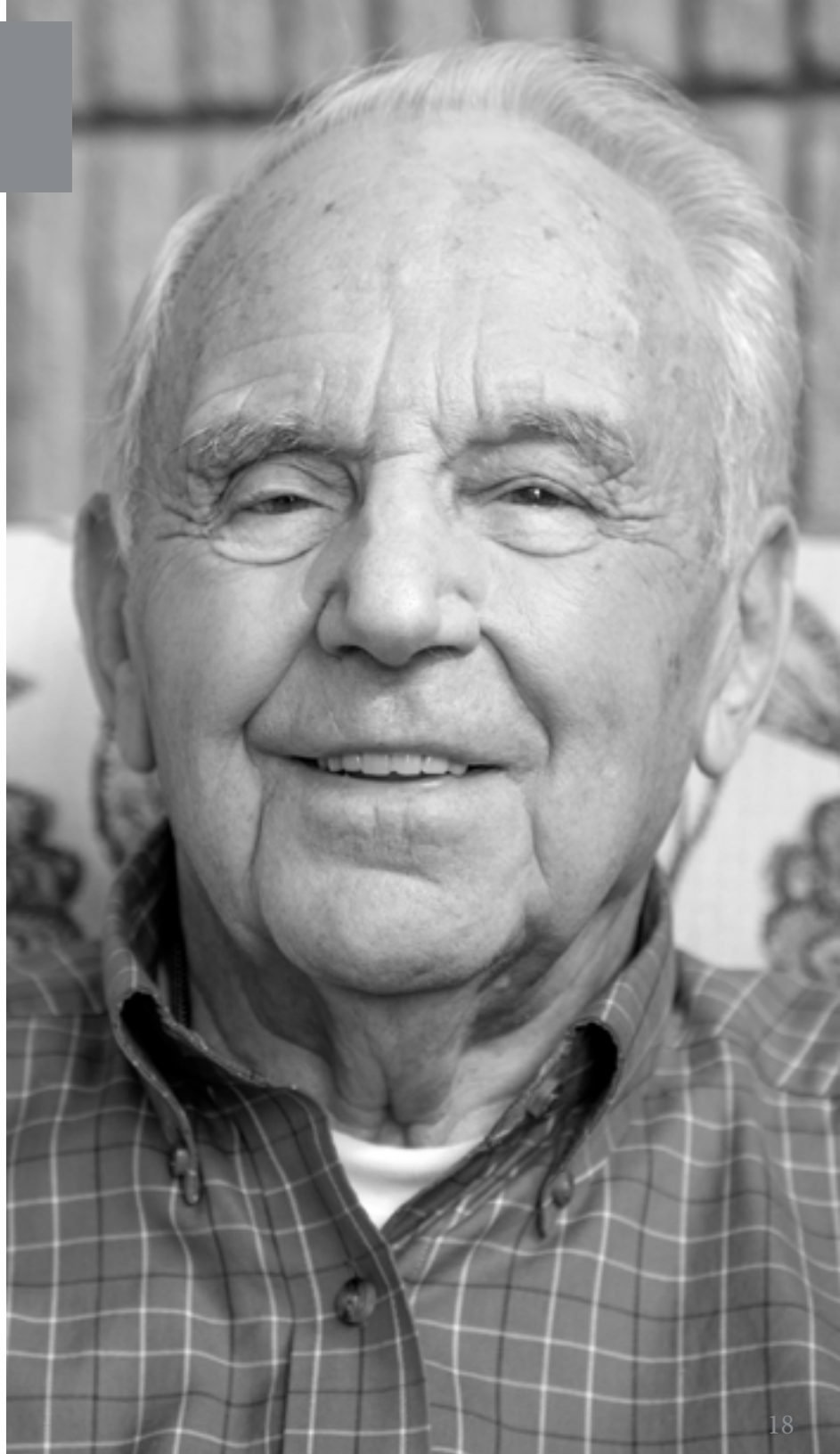
Photography by Dianne Chicoine, West Gardiner

Robert Libby

Clover Health Care, Auburn

If you take a road trip throughout Maine and New England, chances are you will see buildings whose designs involved the creative talents of Robert Libby, an architect with Harriman Associates in Auburn for 38 years before his retirement in 1993. Born in Yarmouth on November 18, 1930, Bob grew up in Auburn, graduating from Edward Little High School in 1949. He went on to work at Bates Mill in Lewiston, and married Joan, his wife, on November 24, 1950. Bob furthered his education in specialized architectural design at the Universities of Maine, Orono and Portland. Additionally, he attended the Boston Architectural Design Center and Harvard's Graduate School of Design. In January 1953, Bob joined the military, serving as a gunnery Sargent with 155 MM Howitzers during the Korean War. He crushed his hand while moving gunning equipment and was sent to Tokyo, Japan for treatment. Post military service, Bob joined the firm of Alonzo J. Harriman, Architects as a draftsman. In 1971, he moved his wife and three children to Presque Isle to manage the firm's County branch office, an experience for which he was recognized by the firm. He returned to Auburn in '83, passed his exams in 1986 to become a registered architect in Maine and New Hampshire, and became an associate in the firm in 1991.

During his tenure with Harriman, Libby worked on thousands of projects throughout Maine and New England for notable companies and organizations such as: Idexx Corporation, International Paper Company, the Kennebec Journal, Bates College, University of Maine at Orono, Hebron Academy, and Maine Maritime Academy, Blake Street Towers and Lake Auburn Townhouses, Lewiston YWCA, Androscoggin County Jail, Loring Air Force Base, and the Maine Veteran's Home in Caribou. When asked if one particular project was a favorite, Bob says every project brought its own unique challenges and he thoroughly enjoyed working on each one. Bob supported his community, serving in leadership roles in the Rotary Club, as a trustee of the New England Baptist Bible College, and member of the Maine Appalachian Trail Club. Passionate about music, Bob played the trombone in the Auburn Community Band. "They had to tie the front of the trombone up to a ceiling fixture because it was too heavy for me to hold up," he says, laughing. Today, he still occasionally plays for enjoyment. Upon retirement, Bob and Joan traveled to 48 states. Bob's life has been one of designing for function, stability, and aesthetics. He has created structures as well as lasting relationships. Bob, 91, smiles a satisfied grin and says, "It's just been a wonderful life." *Photography by Dianne Chicoine, West Gardiner*





Walter Matson

The Commons at Tall Pines, Belfast

Walter Matson was born in March of 1947 in Warren, Maine. When he was 12 years old, he began his career in the timber industry. He obtained a secondhand chainsaw and was thrilled to be working in the woods. He remembers those days in great detail and with much fondness. He excitedly talks about cutting down trees, cutting them into 4-foot lengths to have the horses pull them out of the woods, how they would always make sure they didn't damage the land and even planted new saplings when they were done. He has seen a lot of changes in the industry since using horses. He remembers the first time he drove a motorized skidder and also when they used an old Army truck, which they attached a cherry picker on to move the lumber, an original makeshift forwarder. But one thing that hasn't changed is what an extremely dangerous occupation it is to work in the logging industry. It has a very high fatality rate compared to other workers in the U.S. and Walter states, "You better pay attention, or you could be done for."



Walter also likes to brag that he was one of the fastest blueberry rakers there ever was. Minimum wage was 50 cents an hour. He would get 75 cents a bushel basket and, since he could rake between 25-31 baskets a day, he was making almost 3 whole dollars an hour. Walter took that money and bought himself a brand-new chainsaw when he was 13 years old. At one point he thought it would be a good idea to move away, but he only lasted about a year in Massachusetts before coming home because "there were just too many people there." He spent the second half of his working life at Pen Bay hospital in Rockport. For the next 37 ½ years he worked in the kitchen, hoping to make the lives of others a little better and trying to make those not feeling well, feel better. He says he became a "damn good cook" too. Walter retired when his wife became ill, and he had to take care of her, which he did for two years with the help of his children. At 75, his kindness continues and he spends his time socializing with fellow residents to cheer them up and make them feel special.

Photography by Dianne Chicoine, West Gardiner

Charles McLaughlin

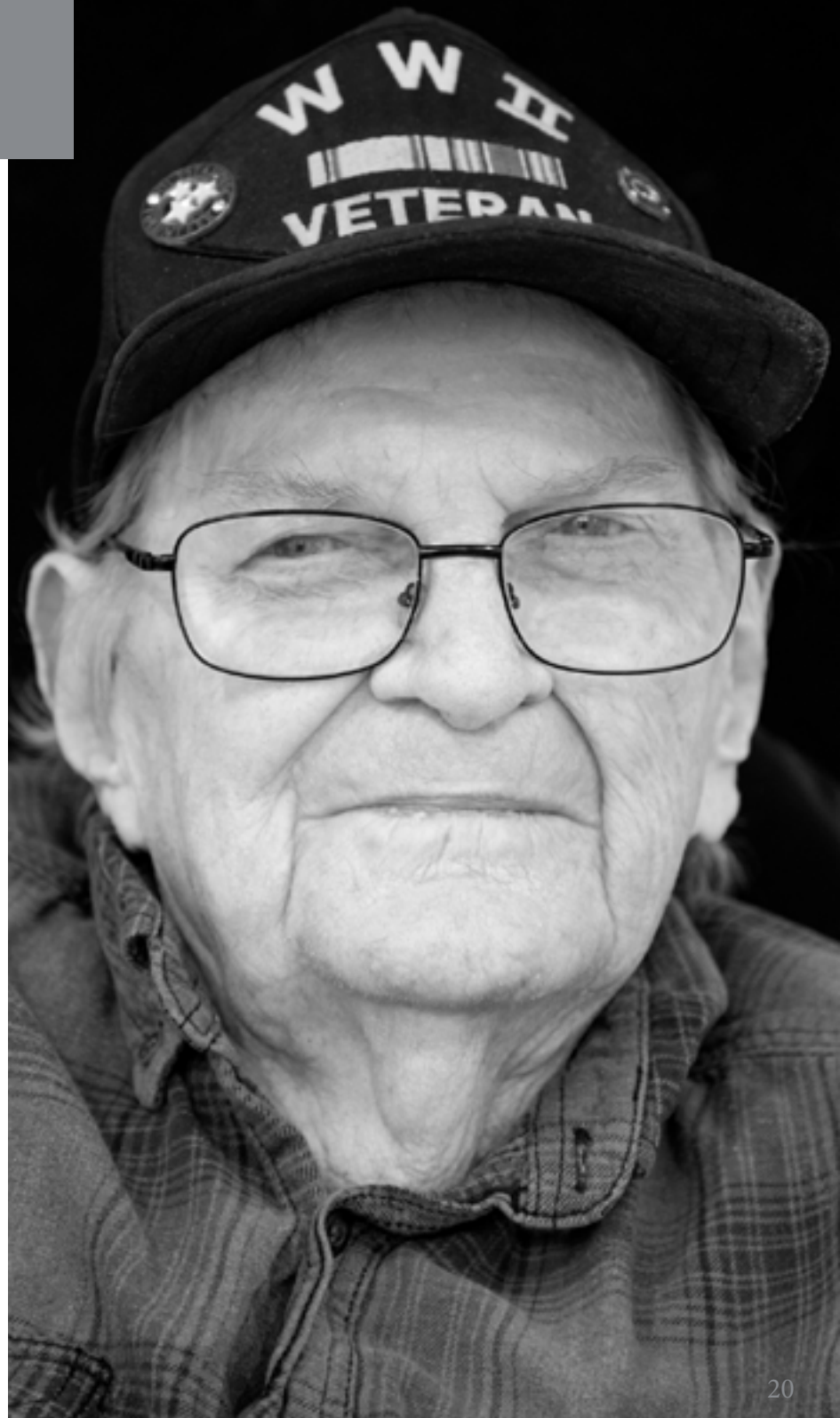
Marshwood Center, Lewiston

Charles “Bud” McLaughlin, 97, was born in Massachusetts in 1924. He joined the Army Air Force at the age of 18 and was stationed in California and Alaska. Bud was on active duty during WWII. While serving in Alaska, his unit was responsible for building the major runway for the airport. They also built a fire station on the base that served both the Army Air Force and the surrounding community. After returning from the service, Bud worked as a truck driver for many years. His most tenured stint, and one that he was most fond of, was working for the Schlitz Beer Company as a driver. He met many characters along his route. Bud states, “The happiest day of my life,” was when my daughter was born. “I’ll never forget that.” He also effortlessly took on the role as dad to two other children, always making sure to let people know that they were his children too. His daughter, Kathy, remembers her childhood fondly and how all of her siblings and friends would call her Dad, “Bampy.” Bud is an animal lover, too. Kathy reminisces that her Dad was very likeable and that all children and animals loved her dad. And, he loved them just as much.

After retirement from the trucking industry, Bud and his wife owned and operated the “Bud-ets” Sandwich Shop; a play on both their names. They ran the sandwich shop, making many friends for 13 years before officially retiring. Not quite finished with serving his community, he sought volunteer work at the local hospital coffee shop. From driving beer trucks to pouring brew, when it was time to step down from volunteer service, Bud became a regular patron and visited the coffee shop every day sitting, very fittingly, in his own bar stool reserved just for him. Bud is a lifetime member of the VFW since the 1950’s and had the previous distinction of serving as Commander of the local chapter. During his time there, he put his Army Air Force skills to good use to help build a new VFW hall, which became well known for charitable and community functions, hosting numerous events and fundraisers. He is also a member of the American Legion, which he joined in 1974. Today, Bud make his home at Marshwood Center where he likes it, stating, “Now, I’m my own boss.” Indeed, the team at Marshwood states it is their pleasure to take care of a man who has given so much of himself to country, state and community.



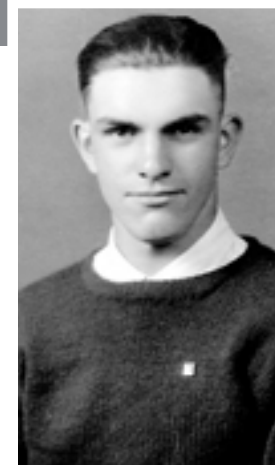
Photography by Dianne Chicoine, West Gardiner





Charlie Means

Mount Joseph at Waterville



Charlie Means is a beloved Centenarian who has lived at Mount Joseph at Waterville (formerly Mount St. Joseph) for the past several years. He was born to Mr. and Mrs. Charlie Means, Sr. and had an older sister Juanita and a younger sister Gertrude. He grew up on a farm in Unity Plantation where he learned many trades throughout his life including the blacksmith trade and fixing wagons with his father. He learned early on the true meaning of hard work and the importance of family life, which were two things that were significant throughout his life and determined the course of his life. He served in the Maine State Guard from 1943-1946 and was honorably discharged. He was employed for over 30 years at W.S. Pillsbury & Son, where he started by setting up new equipment when it arrived. He developed a good reputation for his repair work on balers, still receiving calls after he retired. He also sold, designed, and installed milking parlors and manure removal systems. When the company closed in 1983, he went to work for the Somerset County Correctional Facility F where he worked for 15 years as a guard and correctional officer.

He was married in December 1951 to Dorothy Rawley. They enjoyed many happy years until her death in 2017. They had two children, Cheryl and Charlie III. He has three grandchildren and five great grandchildren. Family time is very important to him. After he retired, he went on many camping trips and visited all 50 states! Charlie was a very active member of the Getchell St. Baptist Church, having membership for over 70 years. He taught Sunday School classes, served on the Property Committee and was involved with the pastoral search as part of the Pulpit Committee. He was asked to served on the Diaconate Board as a Deacon, a role which he has cherished while he served his congregation. When asked his secret or advice on living to be 100 years old, he states, "Whatever you do, do it to the fullest! I am grateful and appreciative of all the time I have had on this Earth. I eat a healthy meal 3x a day, sleep eight hours at night, and nap throughout the day, and I have been a hard worker. Having a great relationship with your family is also the key to happiness!" During the pandemic, his family visited in person when CDC guidelines permitted, and he has also enjoyed many virtual visits on FaceTime and Zoom platforms. He thinks that this technology is neat! With a great sense of humor, Charlie is beloved by all who know him.

Photography by Dianne Chicoine, West Gardiner

Donald Nason

Odd Fellows' & Rebekahs' Home of Maine, Auburn

Donald "Donnie" Nason, 89, first started playing the piano as a young child. He can play over 20 instruments and enjoys sharing his love of music with everyone around him. After graduating from Edward Little High School in 1951, Donnie was drafted into the U.S. Army. While in the Army, his primary vocation was repairing guns and weaponry, but he was also recruited to play in the U.S. Army Band!

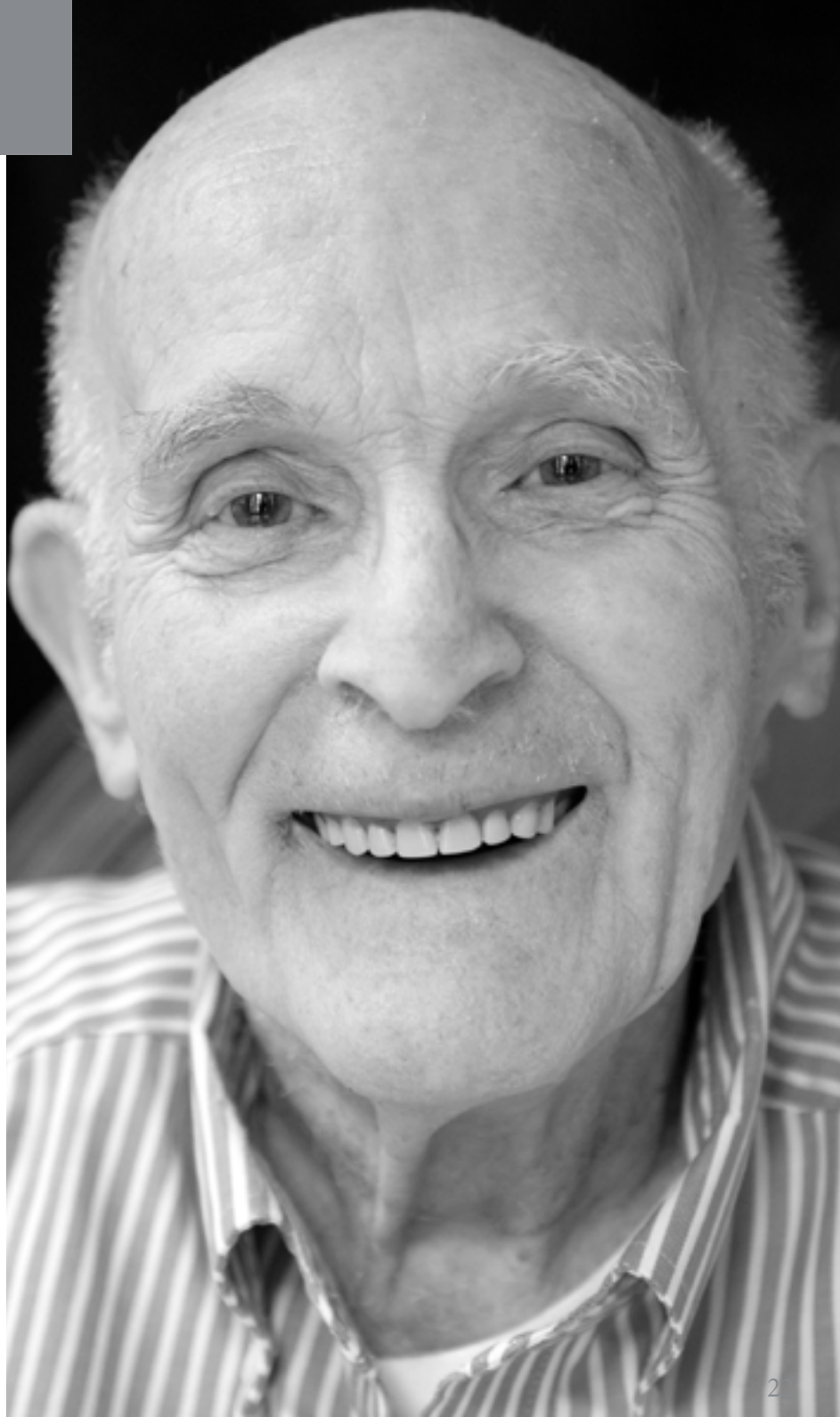
Upon return from the Army, Donnie recalls playing music every Friday and Saturday night for community dances and playing for the Court Street Baptist Church on Sundays. He has been a member of the Court Street Baptist Church since 1948, where he served his community and enjoyed sharing his musical talents. He sang in the choir, played the piano and the organ and taught Sunday School. Later, he began travelling to different churches, where he sang and played his music for many parishioners. Donnie also became a member of the Abou Ben Adhem Lodge of the Odd Fellows fraternity in 1978. Donnie continued to serve his community and share his love for all things musical through his service to the Odd Fellows. He has held many offices within the Odd Fellows' organization over his 50+ years, including Noble Grand of his lodge and Grand Musician of the Grand Lodge of Maine from 1997-2013. Donnie also served as the Grand Patriarch of the Grand Encampment and on the Board of Directors for the Odd Fellows' & Rebekahs' Home of Maine. He later joined the Rebekahs where he became a Noble Grand and joined the Rebekah Assembly.

After Donnie's retirement from Sears, where he worked in the shipping and receiving department for 36 years, he began volunteering for Central Maine Medical Center.

He volunteered at CMMC for 22 years! A fellow Rebekah recalls the time she first met him. She was in high school and he coordinated the marches for the Edward Little High School Band. He also volunteered to assist the high school music teacher and band members. He was Past President of the First Auburn Seniors and a member of the local grange. For Donnie, service to his country, community and family has always come naturally. It is just part of his giving and humble nature. Today, he continues to share his love for music and his talent with his fellow residents at Odd Fellows, where he plays the piano or the saxophone for their entertainment and enjoyment!



Photography by Dianne Chicoine, West Gardiner





Geraldine Reinhardt-Tukey

Gorham House, Gorham



Geraldine was born on March 16, 1936 in Detroit, Michigan, which would later earn her one of her many nicknames, “Motown.” One of three girls, Gerry was the middle child of parents Roy and Dorothy. She got her engineering and repair skills and “all things possible” attitude from her father who first nicknamed her, “Rosie the Riveter.” She got her light-hearted playful attitude from her mother. This unique combination shaped Gerry into the analytical, tenacious, compassionate and fun nursing professor that she would become. In grade school, she skipped two grades and while in college, studied by candle light in the cold attic to escape the hustle and bustle of her household. Gerry begged her parents for piano lessons, however; the dollar a week was too much, so she played sports instead. Never content to merely be on a team, Gerry, aka “Rocky,” positioned herself for Captain of the swim, basketball, and tennis teams and later coached. When she was a senior in high school, a nun encouraged Gerry to apply to college to be a nurse. Although she felt her parents could not afford it, she applied and was accepted to Mercy College, graduating in 1957. She worked her way up to a Director of Nursing position in Michigan and attended graduate school at Boston University through a National Institute of Mental Health scholarship from the Kennedy Foundation. She still has the invitation to a luncheon with the Kennedys where mental health professionals were celebrated.

She married, moved to Maine and while raising three children mostly on her own, worked full time for 30 years as a Professor of Nursing at the University of Southern Maine. “Motown” as they called her, helped pioneer many programs, policies, and legislation. She advocated for improved living conditions and treatment for intellectually disabled adults; worked with future Congressman Tom Allen at the Togus VA to establish better mental health programs; published a study on teenage suicide rates in Maine, which led to development of Maine’s first suicide hotline; and was a founding member of the Maine Chapter of the Nursing Honor Society, Sigma Theta Tau. Gerry sent her three kids to college while managing to save enough to renovate and enjoy a camp in Maine. As a lifelong caregiver, Motown’s message is: “I have loved nursing and its challenges, therefore, to all nurses and caregivers alike during these especially hard times for the U.S. and around the world, never forget your original desire to enter into nursing, which is the care for others in need. Take care of yourselves so you may continue to take care of those less fortunate and...WASH your hands!” *Photography by Wyndee Grosso*

Photography, Westbrook

Virginia Rimm

Ross Manor Continuing Care Community, Bangor

Virginia “Ginny” Rimm was born on July 18, 1933 in Staten Island, NY. Ginny grew up during the Great Depression when frugality was a way of life. Early memories include wearing clothes made from colorful leftover flour sacks and boiled down architectural drafting cloth, having ear surgery with no anesthetic due to the cost of anesthesia and developing rickets, due in part from a severe bout of whooping cough. With an early desire to be a nurse, Ginny worked as a nurse’s aide in a Jewish hospital during high school and college summers. Several of her patients were Holocaust survivors and she listened to the stories of how they lost family and loved ones. She remembers their faces and names to this day, as well as their tortured screams at night. After high school, Ginny entered a pre-nursing program and earned a Bachelor of Science degree from Columbia University Presbyterian Hospital School (CUPHS). Upon graduating, she took a position in the operating room. Missing direct patient contact, she left the O.R. to work on a surgical cancer ward at James Ewing Hospital in Manhattan.

Ginny married her husband, Charles Rimm, on May 26, 1957. With the demands of a family, she left nursing, but worked part-time as a librarian. In 1972, Ginny and Charlie moved to a 90-acre farm in Monroe, Maine with their seven children. They raised meat and vegetables and Ginny started what is known today as the Belfast Farmer’s Market where she sold their vegetables weekly. She also volunteered for a suicide crisis hotline and discovered a love of writing and photography. Ginny was soon hired as an area correspondent for the Bangor Daily News while freelancing as a writer and photographer. Her work has been featured in Maine Life Magazine and she published her own small press magazine, the New England Sampler, in August of 1980. It was in print for eight years and included humorous stories, recipes, craft ideas, poetry, store ads and letters to the editor. In 1984, Ginny became a hospice volunteer and in 1989, she accepted the role of Waldo County Hospice Coordinator. She was instrumental in launching the hospice wing at the hospital, the first of its kind in the state. She helped care for her father who suffered from dementia until his passing and then enrolled in the Master of Divinity program in Bangor. In February of 1999, she was appointed to serve as pastor of the Vassalboro Methodist Church where she served until her retirement in June 2006, two weeks shy of her 73rd birthday. Ginny, 88, is a remarkable woman who has devoted her passions and energy to make a positive difference in the lives of many.

Photography by Monty Rand Photography, Bangor





Peter Rowell

Maine Veterans' Home, South Paris

Sergeant Peter Rowell, 81, was born on January 18, 1941, in Portsmouth, New Hampshire, and graduated from Traip Academy in Kittery, Maine, in June of 1959. Peter enlisted in the Marines in August that same year, and was Honorably Discharged in August 1967. Peter served in the Vietnam War for 14 months as a Section Leader of the 60 mm mortars of B Company, 1st Battalion, 5th Marines. While in the military, he traveled the globe spending time in South Carolina, California, Hawaii, France, Italy, Greece, Japan and Vietnam.



On August 10, 1966, during Operation Colorado, Peter's unit was conducting a mission in the vicinity of Tam Ky, Vietnam, and became involved in a rescue of a pinned down Marine squad. While moving against heavy machine gun fire, Peter made three trips to evacuate wounded Marines and provided cover for other evacuations. During one of the trips, Peter was wounded in the face by a grenade blast. When a subsequent enemy mortar attack began, Peter moved his mortar squad into position and again fearlessly exposed himself to enemy fire in order to adjust his mortar fire, which forced an enemy withdrawal. Only after the attack was completed would Peter submit to evacuation. Peter received the Purple Heart and the Navy Commendation Medal (with a "V", denoting combat bravery) for his actions. On April 25, 1967, while conducting a mission, Peter was wounded by a mine blast on the left side of his body that caused severe injuries to his left shoulder, and the left side of his neck and face, resulting in the loss of his left eye. Peter received a Gold Star in lieu of his second Purple Heart for his combat injuries. Peter also received the Armed Forces Expeditionary, Vietnam Service, Vietnam Campaign, two Good Conduct, and Rifle Sharpshooter medals for his service.

After his service, Peter was a Department of Defense Security Officer at the Naval Shipyard in Portsmouth for 10 years and then retired. During his service he conducted law enforcement actions on the shipyard, and oversaw the protection of nuclear reactors as they were replaced in submarines. He has one son, Peter Jr. In his free time, Peter enjoyed watching and rooting for all the New England sports teams, and rarely missed a Patriots game. Peter also enjoyed hunting and fishing in Maine, and always loved Chevrolet Corvettes. Peter owned three after his military service; they were green, gold, and red. Today, Peter's love of New England sports continues and he can be found relaxing and watching sports on TV.

Photography by Dianne Chicoine, West Gardiner

Norman St. Peter

Maine Veterans' Home, Caribou

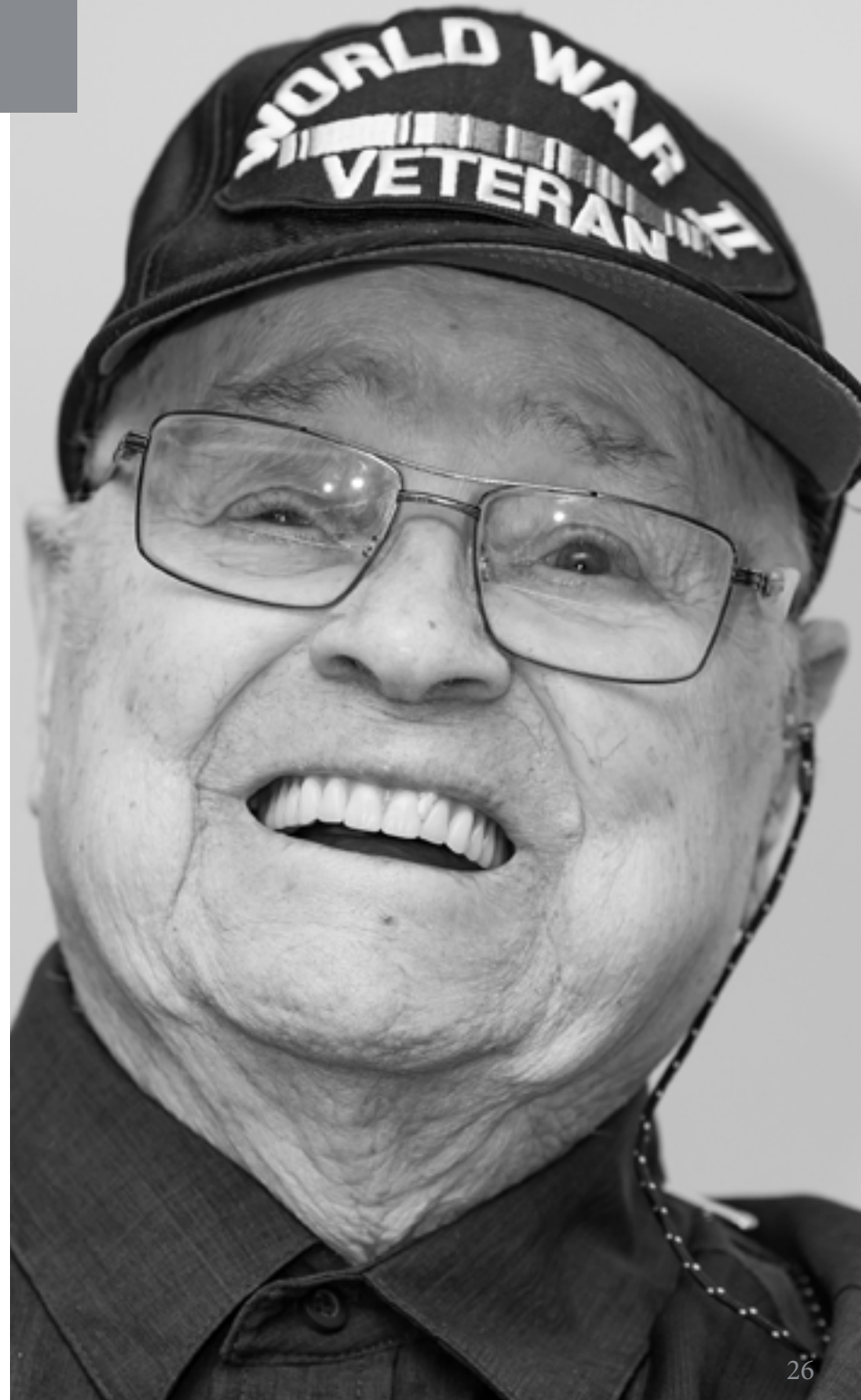
Norman St. Peter was born in October of 1922 in the small town of Cross Lake, Maine. The tenth child of twelve, Norman has fond memories of growing up in Northern Maine in a large family who enjoyed ice fishing, hunting and snow sledding down Stockholm Hill. He recalls how self-sufficient his family was, owning a farm, as well as, St. Peters Country Store. At the young age of ten, he helped out at the store selling live bait.

After graduating from school, Norman met the love of his life, Freda Collins, and they married in 1943. He and Freda settled into married life living in Cross Lake. Norman got a job selling insurance. In 1945 he was drafted into the U.S Army. Norman recalls that boot camp was tough and long. During training he was struck right above the eye by a recoiling spring from a 30 caliber machine gun. He was placed in the infirmary for two weeks after the incident. After boot camp, Norman's military assignment abroad was being in charge of filling stations ensuring there was enough gas for vehicles during WWII, first in France and then in Germany. Norman reflects on the many friends he made, stating that overall it was a good experience and affirming his pride in serving his country.

After being discharged from the military, Norman returned home to Cross Lake and his family. In 1954, they bought St. Peters Country Store from his father. He and Freda ran the store together while raising their eleven children. During the winter, Norman worked at Loring Air Force Base removing snow at night and then helping Freda at the store during the day. St. Peters Country Store has operated for well over 100 years. Norman will turn 100 also this year! When asked what he would consider his greatest accomplishments, he answers, "Serving my country and my kids." Norman, 99, now resides at the Maine Veterans' Home in Caribou where he spends his days shooting the breeze with his fellow veterans and looking forward to visits from his children.



Photography by Monty Rand Photography, Bangor





Hope Shelley

Avita of Wells

If you mention Hope Shelley's name around the town of Wells, Maine, chances are everyone will know who you are talking about. After all, Hope, 87, was the Wells Town Historian! She became involved with the Wells Historic Preservation Commission in the 1970's and became a member of the Historical Society in 1978. She served as its President from 1978 to 1981 and again in the 1990's.



She became the Wells Town Historian in 1992. Hope has written many historical articles that have been published in local newspapers and she started the "Waves and Furrows" newsletter. She also developed and co-authored the "Wandering Through Wells" series and was heavily involved in coordination of the town's 350th celebration in 2003. In addition, she has written several books including: (1) Wells; (2) Beaches of Wells; (3) The Congregational Way at Wells: A History of the Congregational Church; (4) My Name is Wells, I am the Town and; (5) Vital Records of Wells Maine 1619-1950. Hope has also transcribed the 18th century journal of John Littlefield, an early settler, and undertook the organization and documentation of 200-plus private cemeteries in Wells.

She devoted more than 40 years to volunteerism to the town and was recognized as the 2018 Wells Volunteer of the Year. Growing up locally, Hope attended Wells schools from first grade through high school, graduating in 1952. During high school, she marched in the band, played sports, especially basketball, and excelled academically. After school, Hope enjoyed a career in nursing and also served as school nurse in Wells Schools.

Hope's roots are deep in the town of Wells. It's where she grew up and it's where she and her late husband, Robert F. Shelley, raised their three incredible children. When Hope was not involved in the town, she found enjoyment in gardening, flowers, reading and writing books.

Photography by Wyndee Grosso Photography, Westbrook

Diane Slason

Heritage Rehabilitation and Living Center, Winthrop

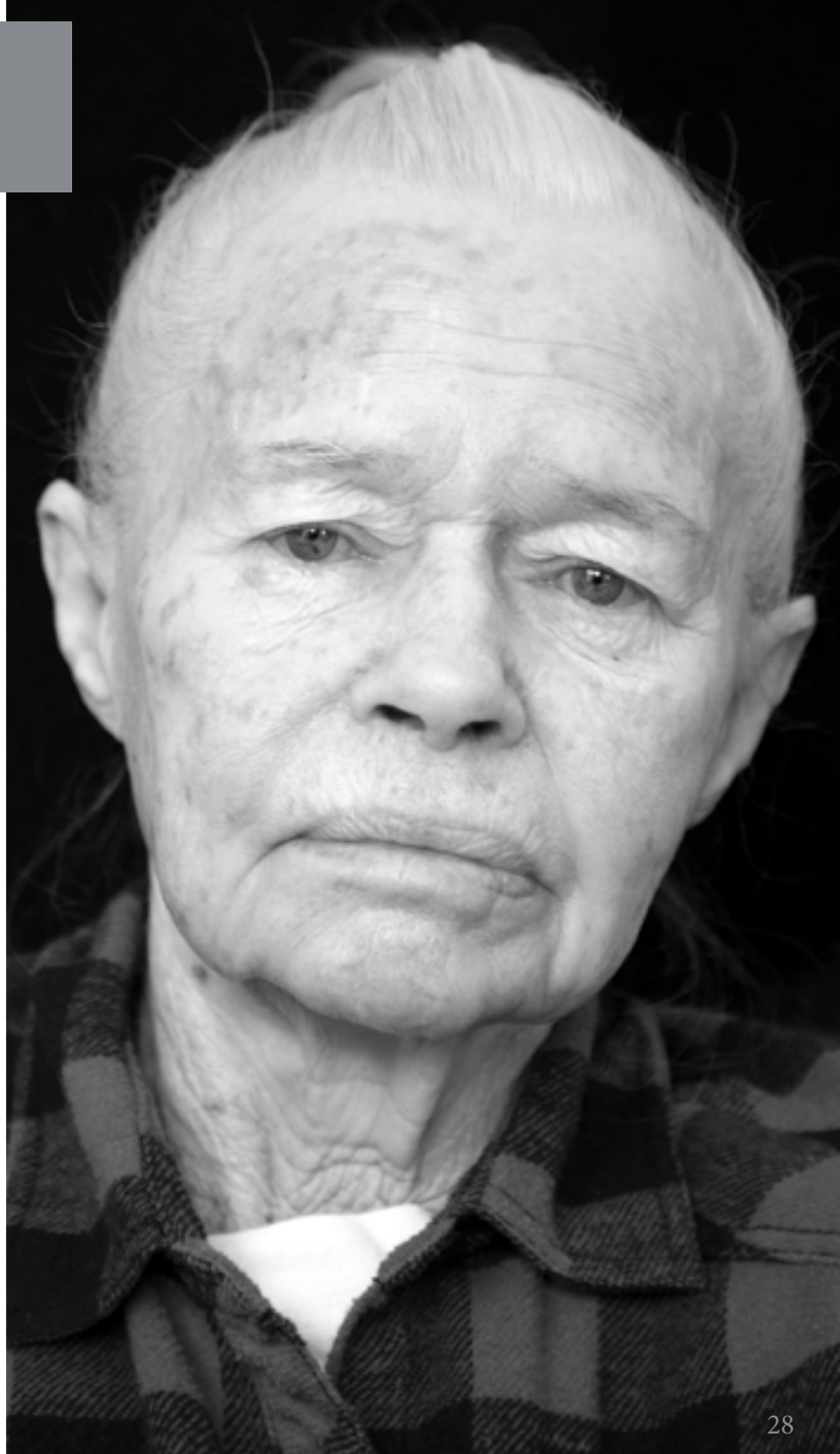
Diane Slason's love and showing of horses began at the age of five and continued until the age of 80 when two strokes and late onset Alzheimer's Disease took their toll. Diane showed her horses throughout New England and once showed at Madison Square Garden in New York City. Diane competed against some well known people over the years including a well known T.V. star, Reggie Smith of Red Sox Fame and Wayne Cashman, Captain of the Boston Bruins and others. Diane won championships and numerous trophies and blue ribbons throughout New England including three-gaited saddlebreds, working stock horse, barrel racing and many in-hand classes.

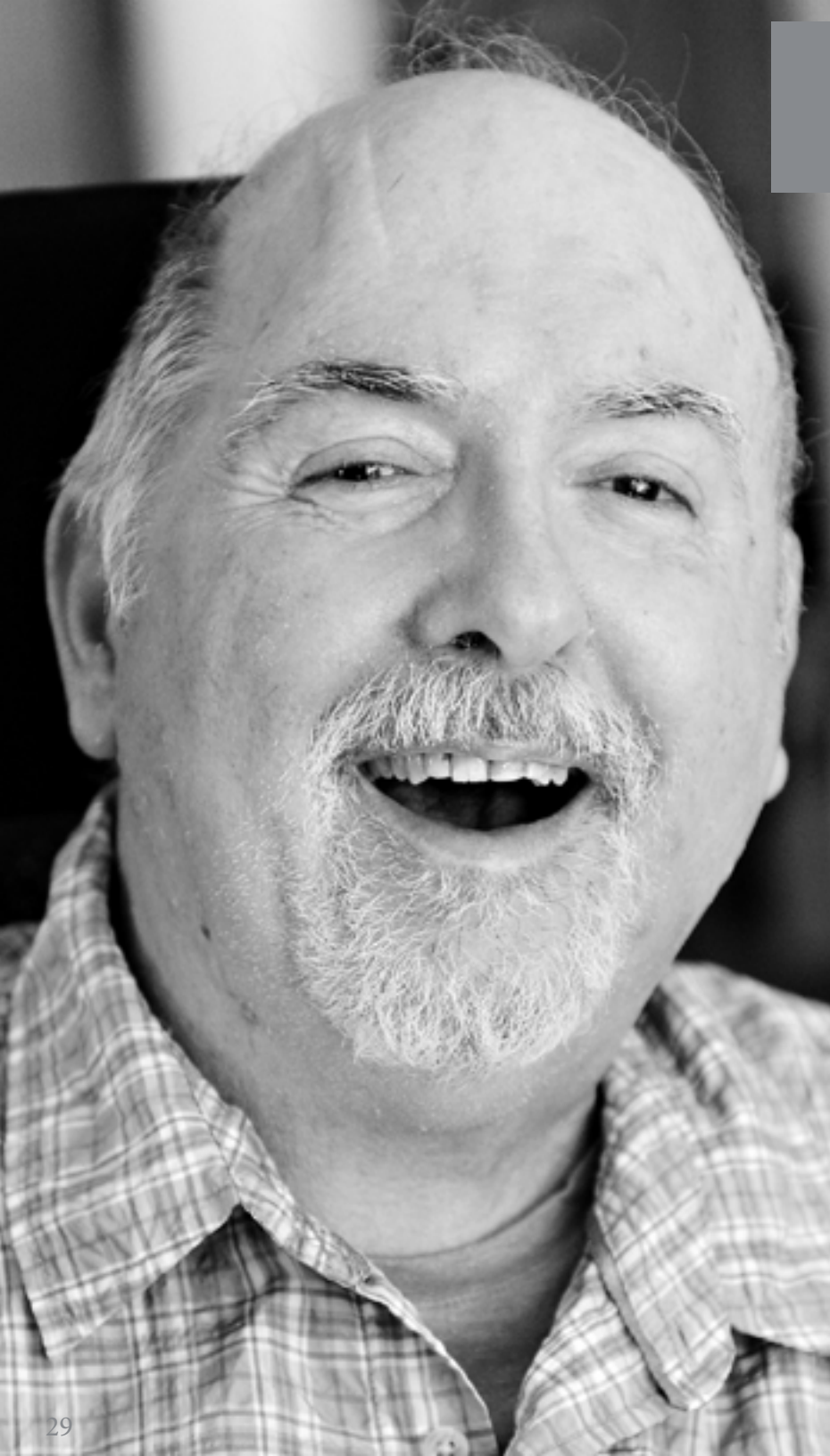
Diane opened a licensed riding school called "Hidden River Farm" in Middleboro, MA where she taught English and Western instruction. She had nine horses that she used for classes and took care of them all without much help. She taught hundreds of children and many adults who excelled at horse shows under her leadership. One of her most rewarding accomplishments was training her daughter, Holly, to follow in her footsteps, which she did, becoming an accomplished rider like her mother. Diane's training and mentorship paid off at a horse show in Cape Cod when Holly competed against President John F. Kennedy's daughter, Caroline. Holly swept the boards beating Caroline in every class. First Lady Jacqueline Kennedy who was disappointed, asked Diane if she would consider selling her horse to Caroline for future competition. Diane declined and continued showing her beloved horses. She also began a jumping career and was hoping to go to the Olympics, but couldn't arrange the necessary financial backing.



Diane retired from competing in 1999 and moved to Maine taking three horses with her which she continued to ride until illnesses prevented her from doing what she loved. Diane, 85, was not only an accomplished equestrian, but is a descendant of Aaron Burr, the third Vice President of the US, which makes her eligible to join the Daughters of the American Revolution. More than this, Diane is a wonderful mother and wife. Although her family misses her, her husband, who submitted this life story, says they are thankful for the love and care she is receiving at Heritage Rehab and Living Center.

Photography by Dianne Chicoine, West Gardiner





Stevan Sylvester

Seaside Skilled Rehabilitation Center, Portland



Stevan, or Steve as he is known, grew up on the banks of the Kennebec River in Bath in what is now known as the Maine Maritime Museum's Donnell House. A talented piano player and entertainer, Steve was a favorite camp counselor at the local YMCA. In March of 1967, Steve walked into the Times Record office of Editor Peter Cox, and said, "Your paper doesn't have a column for teenagers, it should, and I should write it!" Steve was hired! After spending a year in New Zealand as part of the Americans Abroad program, Steve graduated high school and applied to Bowdoin College. Steve had to submit a photo of himself with the application so he chose one dressed in his New Zealand school uniform, holding his school umbrella, and jumping in the air like Mary Poppins. When the Dean of Admissions saw the photo, he said, "We gotta get this guy!" Steve had a great four years at Bowdoin. He was a member of Delta Kappa Epsilon fraternity, the Masque and Gown Drama Club and had a program on the campus radio station. He graduated Magna Cum Laude with a B.A. in English. On October 12, 1974, Steve and his long-time sweetheart, Ellen Howe, were married in the Bowdoin Chapel. After Bowdoin, Steve taught three years of English at Mount Ararat School where he was also Director of Dramatics.

Steve pursued a Master of Fine Arts degree in Acting at Smith College in Northampton, Massachusetts where he met Tina Packer who directed him in a production of Moliere's "The Learned Ladies." The show was a finalist at the American College Theatre Festival and Steve performed it at the Kennedy Center in April 1978. He received his degree in June 1978 and returned to Shakespeare & Company, where he was a founding member. He received the coveted Actors Equity card (membership into the union) from Tina Packer. He decided it was time to try New York before settling into college teaching. In June 1980, just five months after arriving in the city, Steve was crossing Fifth Avenue on foot when he was struck down by a 10-speed bicycle. He hit his head on the pavement and was taken to Bellevue Hospital where they performed surgery to repair an epidural hematoma. He was 28 years old. After six months of rehabilitation at Bellevue Hospital, and three months at NYU's Rusk Institute, Steve regained speech and he and Ellen returned home to Bath where Steve spent his days going to therapy, bowling, handicapped skiing, and attending Cribbage Club. Through all his trials and tribulations, Steve's spirit remains vibrant. At 70, his main goal in life is to be liked and have a positive impact on others. Many would say he has fulfilled this goal! *Photography by Wyndee Grosso Photography, Westbrook*

Lauretta Torraca

In Memoriam

Pinnacle Health & Rehab at South Portland

Lauretta (Alagero) Torraca was born in 1926, and grew up in Malden, MA, graduating from Malden High School in 1944. Against the backdrop of the Depression and WWII, Lauretta's middle class upbringing was ordinary in every respect but one: her extraordinary talent at the piano. Her father splurged every payday on fresh sheet music for the young prodigy. Her high school rendition of Rhapsody in Blue earned her a scholarship to the New England Conservatory of Music, which she attended for one semester because she didn't want to study music, she just wanted to play it. And play it she did for close to 90 years, sharing her talent with many. In 1947, she married her wartime sweetheart, Nunzio Torraca. They started a family that grew to include 8 children. After living in Cape Elizabeth for two years, Nunzio passed away suddenly. Lauretta found herself a widow at age 58 with 5 young children at home and no outside work experience.

This marked a first turning point in Lauretta's life, beginning her transformation from housewife and mother to skilled professional, valued public servant, and world traveler. Quickly needing income, she landed a part-time clerical job in the Portland IRS office. Congressman David Emery, who had an office in the same building, quickly noticed Lauretta's excellent problem-solving and diplomacy skills and hired her to staff his field office. Her reputation for handling constituent concerns with professionalism and grace became so well known that she was hired as a field representative by many future leaders. Over her 15 year career in public service, she also served in the offices of Representative Tom Andrews and Senator William Cohen. After her retirement, newly elected Senator Susan Collins tapped her to set up her Portland office. Lauretta received countless letters of appreciation from constituents and earned the "Iron Pant" award from her peers for her stellar public service.



She enjoyed international travel to visit her children who lived across the globe. As a founding member of the Portland Chapter of the Chinese-American Friendship Association, she travelled to China several times. At 83, she reached another pivotal point in her life when, in an inspiring act of affirmation, she divorced her second husband. In this choice, she opened herself to new partnerships that brought joy and love back into her life. And, she got her first tattoo at age 93. Lauretta lived by the motto, "it ain't over till it's over."

Photography supplied by the family





Jane Tuttle

Piper Shores, Scarborough



Jane Case Tuttle was born on February 16, 1923, in Auburn, New York. Her family moved to New York City where she spent most of her time growing up. From grades K-12, Jane attended the Chapin School for girls. After graduation, she majored in voice at Longy School of Music in Cambridge, MA. During this time, Jane heard that the Navy was looking for highly educated women with experience in language and mathematics to serve. The only stipulation was that you had to be at least 20 years old, which Jane was not. While waiting for her next birthday, she moved back home with her mother, but did not tell anyone of her intentions. When Jane turned 20, she informed her family of her choice to join the military after passing preliminary entrance tests. Jane served in Navy Intelligence as a Code Girl in World War II from 1942-1945. During her service, Jane was sworn to secrecy about this top-secret intelligence work. As the Code Girls say, "Loose lips sink ships." Recently, Jane contributed to the book: "Code Girls: The Untold Story of the American Women Code Breakers of World War II" which came out in 2017.

After the military, Jane married and started a family with her first child being born in 1947. Jane was a homemaker and took care of all her children. Once the children were in school, Jane found work through an employment agency. She eventually worked for an educational TV program in Washington, DC, today known as PBS. Jane was one of the very first ones hired along with the engineers and assisted in getting the station up and running. Jane and her late husband, Arthur, came to Piper Shores twenty years ago. Together, they share eight children and 12 grandchildren. Jane's interests are mostly in the spiritual healing area, having taken courses in Laying on of Hands and Therapeutic Touch. In 2019, she and her partner, Brad, published their manuscript, "Voices from the Light." It is the transcript of years of channeling sessions where Jane and Brad began each session by asking God to give them the wisdom that they needed in their own lives and any information that they could pass on for the good of the world. Years after these notes were compiled into notebooks, they decided the words contained wisdom that could help others and so they published this book. Jane, 98, is also a First-Degree Reiki Healer and enjoys quilting and reading in her spare time.

Photography by Wyndee Grosso Photography, Westbrook

Marilyn Willey

Durgin Pines, Kittery

Marilyn Willey, 80, was born on November 3, 1941 in Millinocket. She was one of twelve children growing up in the small mill town. After graduating from Schenck High School in East Millinocket, she went to a one-year nursing program in Presque Isle. She worked for the State of Maine Home Health Program, taking care of senior citizens and others who needed in-home care. She married, had four children and was very involved in her community. She was a member of the American Legion, a Scout leader, and taught CCD classes. As a volunteer EMT for the East Millinocket Fire Department, she taught community First Aid and CPR classes.

After raising her children, Marilyn ran a boarding home, taking in senior citizens in need of a temporary place to live. One client that she remembers quite vividly was a gentleman who had been institutionalized for 37 years. When he became a resident of her home, he needed help adjusting to a whole new world that he had left behind. She taught him how to use a telephone, write cards, and reconnect with family members. Marilyn continued caring for people in her home for 13 years. When she started having medical issues of her own, she took in another resident. This time, the resident was not so much in need of care, but instead in need of a place to live and work. Always willing to help others, this was an easy decision that came at just the right time. With her new “resident” watching over the boarding home, Marilyn continued to provide services, but was able to spend more time at her camp at Cedar Lake with her husband, Arthur, and youngest child.

Eventually, Marilyn closed the home for seniors and retired for good. She and Arthur became “snowbirds,” spending the winters in Florida and the summers in Maine. When Arthur passed away in 2007, Marilyn continued the tradition. In 2018, while at camp, Marilyn had a severe stroke that left her unable to talk, eat, walk, or sit. She spent over a month in the ICU at Maine Medical Center before coming to Durgin Pines as a rehab patient. The doctors said she would not make any significant recovery, but she proved them all wrong! Marilyn thanks God every day that she can now eat, talk, and use her wheelchair independently. A strong resident advocate, she enjoys being a good friend. She also reads stories to preschool children on Zoom. It is evident that Marilyn continues to thrive as a caregiver, even as a resident of a care facility herself.



Photography by Wyndee Grosso Photography, Westbrook



Honorable Mentions

Bartlett, Raymond	33
Cain, Elizabeth	33
Carney, Doris	34
Dickinson, Williard	34
Doucette, Laurette	35
Fasulo, Timothy	35
Jack, Reginald	35
Koval, Howard	36
Lutz, Fred	36
McAneeny, Stephan	37
Morse, Clayton	37
Nichols, Lorrel	38
Waterman, Richard	38
Williams, Freda	39

Raymond Bartlett

Pinnacle Health & Rehab at Canton

Raymond “Bud” Bartlett has lived in a lot of places, but will always call Rangeley home. He grew up in the backwoods near Oquossoc Light & Power Hydro Power Upper and Lower Dams and left home at 17 to join the Army. Following boot camp he was selected for three months of Military Police training. Bud was stationed in Georgia, New York, and then Fort Jay. Bud volunteered for duty in Korea where he guarded bridges, chased infiltrators, kept the peace between the many pugnacious nationalities serving together on the front line, and watched for Korean spotting planes. Bud served his country with honor and is a true Patriot. After returning home, Bud married the love of his life, Shirley, whom he met at a dance. They were together for 65 years. Bud’s love for Maine and nature brought them back to the northern lakes as partners and owner operators at the Oquossoc Hotel. After selling the hotel, Bud took Shirley across the lake every morning to cook at Grants Camp while he was the caretaker and did maintenance at Walters Camp nearby. His talents as a skilled carpenter and craftsman kept him very busy and made it difficult to retire. He said “I had to retire 5 times before it stuck.” Since his arrival at Pinnacle Health & Rehab Canton, Bud has shown his generosity and kindness for others through making monetary donations to provide pizza, pies, and donuts for his fellow residents, insisting on remaining anonymous. Bud’s compassion for individuals suffering from dementia is personal and shows in his everyday interactions.

Elizabeth Cain

Westgate Center for Rehabilitation & Alzheimer’s Center, Bangor

Elizabeth “Betty” Cain is 101 years old and was born in Dexter Maine. She married her husband after high school. During World War II, Betty helped reload grenade launchers. She also worked for the United States Department of Agriculture. She was given a black and white photo of properties, circled with a red pencil, showing her where she needed to go. Betty’s job was to knock on doors and ask property owners about their livestock to help them relocate or check on their animals during the war. She has written a number of magazine articles about her childhood in Maine. To this day, Betty remains a spitfire!



Doris Carney

Katahdin Health Care, Millinocket

Doris Carney was born in Orono in 1927 and is one of three children. Doris married the love of her life, Milton Carney, in 1947, two years after graduating from Mattanawcook Academy. They have two sons. Doris and her husband ran the family business, Carney's Clothing Store, in downtown Lincoln. Doris and Milton were married for 34 years before his passing. Doris loved meeting people and making them feel special. She was head of the Daughters of Isabella's, one of the largest organizations of Catholic women. Members strive each day to live the motto of unity, friendship, and charity. Doris lived these ideals everyday. She made homemade lemon scones each week and delivered them to elderly people who could not leave their homes, checking up on them while she visited. She volunteered many hours a week at the food cupboard and the hospital auxilliary. Doris was awarded a Community Leadership Award for her hard work and dedication. In Doris's spare time, she loved to play golf. At Barnes Brook Golf Course in Enfield, Doris was known as "the hugging golfer," giving hugs to everyone she came in contact with. Doris won many trophies in the Ladies Championships. Doris loved to boost the spirits of others, visiting the local nursing home and singing to the residents. Doris was always available to give a helping hand when needed.

Willard Dickinson

Mamie Waiver Home, Eagle Lake

Willard Dickinson has never avoided hard work. He grew up on the family farm caring for animals, fixing farm equipment, and driving potato trucks. His expert ability to diagnose a mechanical issue with a car, tractor, or lawn mower is well known to those from his community. Willard has a knack for telling humorous stories and bringing a smile to the face of those around him. Willard makes it his mission in help those in need, most of the time he is already helping before you even know you needed a hand. Willard is an example to everyone to never stop working on something. He says hello to everyone he sees and remembers personalized details to chat about. Willard spends time outdoors daily and has more energy than most people younger than him. He teaches everyone around him what is truly important in life.

Honorable Mentions

Laurette Doucette

Forest Hill Manor, Fort Kent

Laurette Doucette was born in Grand Isle and grew up during the Great Depression. One of 17 children, she was taught to be frugal at a young age. Laurette married Reid Doucette when she was 19, they would go on to have four sons and one daughter. She was blessed with 10 grandchildren, 6 great grandchildren and one great great granddaughter. Laurette was a hard worker, holding several jobs over the course of her life. She worked in the potato fields, as a cleaning lady, a seamstress, a supervisor at Northern Trading perfume factory, and as a teacher's aide. Laurette earned an Associates degree. She was well known in her community for her vegetable garden. Laurette volunteered in the community and church. She was a member of the Ladies of St. Anne and was voted "Mother of the Year" in 1992. She sang in the church choir and made quilts for the church to raffle off. Despite financial challenges, Laurette was always generous in her support of the parish. She is truly one of a kind and is beloved by her family, her children are very proud to call her "my mom."

Timothy Fasulo

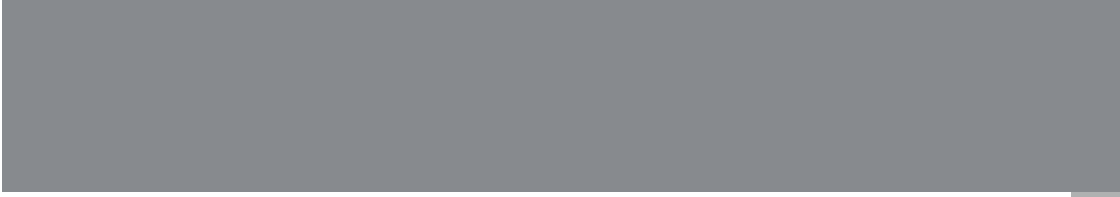
Avita of Stroudwater, Westbrook

Timothy worked for the Portland Fire Department for 22 years. Along with serving the city of Portland, he also served his country in the Marine Corps. Timothy served six years in the reserves and six months of active duty. During his time working with the Portland fire department, Timothy saw many difficult things, including the loss of one of his best friends in a horrific fire. Timothy was determined to make a difference in the lives of all he met. He worked long hours and made great friends. Timothy is a compassionate person, caring for everyone around him. He is a gentleman and has a big heart.

Reginald Jack

Market Square Health Care Center, South Paris

Reginald "Reggie" Jack was born in 1930 in Buckfield. His passion for art began when he was a young boy. His mother was a school teacher and among many subjects she taught, one of them was art. She would bring her work home which inspired him to start drawing and painting. Reggie has had many commissioned pieces of art. Locally, Norway Savings Bank Corporate Offices, had 20 or so pieces on display. Reggie has held a variety of jobs throughout his life. He worked at a hotel in Old Orchard Beach, for Metropolitan Life Insurance Company, and as a restaurant manager for Goodwin's Dairy. Reggie served in the military for four years as a high speed radio operator during the Korean War. He was tasked with sending messages via Morse code.



Reggie married his wife, Helen, in 1981 and they raised 5 children. Reggie has continued his passion for painting at Market Square. He paints every chance he gets. When asked about his inspiration, Reggie stated that he would buy a postcard when traveling and use those for inspiration. He shared that he never really made much from his art, though it was never about the money. He just enjoyed doing what he loved and sharing that with others.

Howard Koval

Eastside Center for Health and Rehabilitation, Bangor

Howard has a PhD in sociology as well as a Master's Degree in Social Work. He taught 3 different classes at Brooklyn College in New York. He has also written a book titled The Unmaking of Subcultures. It took him 7 years to write!

Fred Lutz

Maine Veterans' Home, Bangor

After quitting school at the age of 16, Fred went on to an outstanding military career as both a high ranking enlisted Marine and a commissioned officer. He later undertook an entirely new second career as a Methodist minister. Following Marine boot camp, Fred was assigned to the 2nd Engineering Battalion of the 2nd Marine Division at Camp Lejeune, where he served until the outbreak of the Korean War in 1950. Upon returning to the U.S., Fred reenlisted and during the 1950s he served in Puerto Rico as well as on an extended tour of duty in the Mediterranean. Fred would end up serving multiple tours of duty in the Vietnam War, earning meritorious services honors and rising to the rank of gunnery sergeant. He eventually became a master sergeant, the second highest enlisted rank. As a master sergeant, Fred was again offered the opportunity to become a commissioned Marine officer. This time he was ready for the move. As a new second lieutenant, he worked as a staff officer. By the time he retired in 1979, he attained the rank of Captain and served as an adjutant. While serving in the Marines, Fred felt a calling to the ministry. When he retired from active duty, he decided to act on that calling. He enrolled and eventually received a bachelor's degree from Nathaniel Hawthorne College in New Hampshire. He was then accepted to the seminary school at Duke University. Fred served for years as minister for United Methodist Churches in Canaan and Pittsburg, New Hampshire. Following his retirement from the church, he and his wife Barbara, relocated to Steuben Maine, where he lived before moving to the Maine Veterans' Home.

Honorable Mentions

Stephan McAneeny

Sedgewood Commons, Falmouth

Stephan McAneeny was born in 1941, in Mansfield, Connecticut. After graduating from RHAM High School in Hebron, Stephan immediately enlisted in the U.S. Coast Guard and began nursing school in New London. He transferred to the U.S. Army after becoming a Registered Nurse in 1966, trained at Ft Benning, GA as an Operating Room Nurse, and was sent to Vietnam in 1967. He worked at an Army hospital during the Tet Offensive. After Vietnam, Stephan was stationed mainly in Germany, however in 1970 he volunteered for a humanitarian mission to Jordan, Operation Fig Hill, which treated civilians injured during the civil war. The American hospital was called 'the place of miracles' by the Jordanians, because even badly wounded patients turned away by other relief missions were treated. Stephan received the Army Commendation Medal from President Nixon for his service in the war. While on leave Stephan lived and traveled in Europe, where he visited cultural sites like ancient Roman aqueducts, the Acropolis, the Eiffel Tower, and museums like the Louvre. He especially enjoyed finding tiny cafés in out-of-the-way villages. Stephan also visited Saudi Arabia. He sailed on the QE2 ocean liner to return home to the United States. After leaving the military Stephan lived in Shelby, Montana before settling in Maine in the early 1980s. He is divorced, and had two sons, Sean and Patrick. When not working in various nursing positions or with the Red Cross, Stephan would go hiking, or for long walks in nature. He enjoys talking with people and speaks four languages - French, German, Arabic and English. Stephan loves old movies, his favorite being The Quiet Man, which inevitably brings on his Irish accent when he watches.

Clayton Morse

Norway Center for Health & Rehab, Norway

Clayton Morse was born in 1928. He graduated from Norway High School in 1948. He was happily married to his wife Althea, for over 70 years! Together they raised two children. He enlisted in the Navy during the Korean War and served on aircraft carriers and several ships as a Baker. Upon his return from the Navy, Clayton worked over thirty years for New England Telephone Company. He served many years as Commander for the Knights of Pythias in Norway, Maine. Clayton liked to fish and travel around the United States by car with his wife Althea. After retiring, Clayton and Althea spent winters in Zephyrhills, Florida. Today he enjoys playing bingo, attending special events, and watching football.



Lorrel Nichols

Sunnybrook, Brunswick

Nick, as he prefers to be called, was born in 1933, one of three children. Nick entered the Army in 1952 as a private. He tested so high on exams (beating out college grads with engineering degrees) that he became the youngest man qualified for the start up of “the guided missile program.” After serving in the Army for three years, he went to college and earned two degrees utilizing his G.I. bill: a B.S. in Geology from the University of Arizona, with a minor in chemistry and mathematics, and a degree in Architecture. It was there at University of Arizona that he met his wife to be. Together, they raised two children. In his early thirties he became an architect. Nick had a successful career working for the oldest architectural firm in the country, “Shepley, Bullfinch, Richardson, and Abbott” for 35 years. Nick has experienced a little of everything over the course of his life, including meeting Louis Armstrong, canoeing the Allagash, traveling much of the world, serving his country, raising a family, meeting a bear face to face, and having the honor of helping to design additions for Colby and Bowdoin Colleges...just to name a few! When he’s not enjoying classical music, you just may get him to share a story or two from a well-lived life.

Richard Waterman

MaineGeneral Rehabilitation and Long Term Care at Gray Birch, Augusta

Richard Waterman has lived a full life. He attended Wollaston Elementary School in Quincy, Massachusetts. During high school he ran track. After high school, Richard joined the Naval Reserves so he could see the world. He traveled to Spain, Portugal, Azores, the Dominican Republic, Columbia and to the Panama Canal. He worked Shore Patrol in Columbia and was an assistant to the captain. Richard has three degrees, a BS in Business Admin, and a Fine Arts/Studio Arts, both from NorthEastern University, and a masters in Taxation from Bentley College. He worked as an accountant throughout his life, taking over the family business when his father had a heart attack. Music has been an important part of Richard’s life. He played the guitar and the banjo. Richard was an actor and belonged to the guild actors. He auditioned for the Boston Pops. Richard continues his appreciation for music and the arts to this day, his favorite pastime is listening to music.

Honorable Mentions

Freda Williams

High View Rehabilitation & Nursing Center, Madawaska

Freda Marie Lamoreau was born in 1927, the first of six children born into a loving, farm family in Presque Isle, Maine. Upon graduating high school, she began nursing school, but fate had different plans for Freda when a Staff Sergeant, Ball Turret Gunner fresh home from WWII arrived at the farm to visit. When he and Freda met, it was love at first sight. At the time nursing students weren't allowed to be married so she left school to marry James Williams and they started a life together, traveling to different states before settling back in Houlton, ME. Freda dedicated her life to raising her four children and a little later a nephew. Freda served her community in countless ways. She was dedicated to the Girl Scouts, serving as a leader for years. She was a member of the Church of the Good Shepherd Ladies Guild directly supporting the local Rotary Chapter. Freda was a member of the Masonic Eastern Star, the Odd Fellow Rebekahs and the Houlton Regional Hospital Ladies Auxiliary. She also volunteered for years with the Aroostook County Cooperative Extension and belonged to the local chapter of the Great Books Club. She even spent some time enjoying The Red Hat Society. Freda loved to sew and made numerous dresses. She did all this while working as a store clerk and buyer for a local dress shop in order to help support the family. A life long learner, Freda attended college classes to become proficient in bookkeeping and business and later obtained her CNA certification. Freda's love of travel brought her all over the U.S. and to England where she and her husband were able to reconnect with his family. As she approaches her 95th birthday, Freda spends her days entertaining visiting family and friends, keeping track of her 8 grandchildren and 3 great grandchildren and reminiscing over a life well spent.





A program of the



Maine Health Care Association

*Group Purchasing partnerships with:
Acadia Benefits, Inc. & Provista/Vizient*