



# Schooner Tidings

News in and around Schooner Cove

[www.schoonercove.com](http://www.schoonercove.com)

## Continuous Learning at Schooner

Whether it is learning about the decline and remarkable recovery of Atlantic Puffins aboard the Hardy Boat III, or touring the Damariscotta River Association's facilities, opportunities for learning are plentiful at Schooner Cove.

This fall, Schooner Cove hosted three Coastal Senior College courses: "Grounded Poets: Robert Frost and Seamus Heaney," "Drama Cum Norway: Three Plays by Ibsen," and "A Nature PotPourri," taught in part by our very own Joe Gray.

More courses are on tap for the fall/winter term including a series of classes focusing on the Damariscotta River and the countless relationships that make up the estuary's ecosystem, taught for the third time by Sarah

Gladu, Education Coordinator at the Damariscotta River Association.



**Pete Salmansohn, Education Coordinator for the Audubon Society's Seabird Restoration Program, educated residents about the history of Maine's migratory seabirds and efforts to re-establish Puffins in Maine. Pictured are (from left) Vic Macomber, Schooner Cove Marketing Director Steve Peters, Eleanor Bowman, Pete Salmansohn and Harry Emmons.**

Gladu, a naturalist for about 20 years, enjoys teaching the courses for several reasons, including the wide range of possible topics – everything from the tiny but enormously important phytoplankton to the aquaculture industry – and the diverse and engaged audience she has come to expect at Schooner Cove.

"The energy of the group did surprise me (at first)," said

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## Schooner Cove Gardeners Redesign Front Garden



**Schooner Cove Gardeners, including Bobby Atkinson, Phyllis Baldwin, Eleanor Bowman, Betty Huson and Doris Bedford.**

Three years ago the garden in front of Schooner Cove was in need of a makeover, remembers Betty Huson.

Out of that observation a committee was born. Huson and other Schooner Cove gardeners, including Bobby Atkinson, Phyllis Baldwin, Eleanor Bowman, Carolyn Gray and Doris Bedford developed a vision for a new garden that reflected a respect for the environment and pride of place.

With the help of Master Gardener Kathleen Boyle, the group chose perennials that reflected that vision and a design that offered a colorful and richly textured welcome to visitors and residents, spring, summer and fall

All of the perennials chosen are indigenous to the area, noted Bobby Atkinson. Carolyn Gray added that the garden is also designed to attract butterflies and bees.

## Meet the Emmons Family

Harry Emmons likes his apartment overlooking the Damariscotta River and activities like a recent puffin watch cruise on the Hardy Boat III.

But the real reason he came to Schooner Cove this May was family.

At Schooner Cove, Harry is just a few miles from his son Bob, a retired professor at the State University of New York, and daughter-in-law Holly, also a retired professor.

Bob visits often and the whole family, including Holly, grandson Lee and Lee's fiancée, Rebecca, often come over for dinner.

For Harry, having access to a variety of interesting activities and a community of interesting people is important.

Raised in a small town in New Jersey during the Great Depression, Harry made a habit of staying active



Harry Emmons with family, including grandson Lee (seated) and Lee's fiancée Rebecca (standing on left), Bob and Holly Emmons.

from an early age, holding various jobs from the age of 10. He also participated in Boy Scouts, sports and music. Harry later graduated from Rutgers with a degree in Electrical Engineering.

During World War II, Harry worked on engineering products for the U.S. Navy as an employee of GE. He continued to work for GE after the war for 43 years. Married for 54 years, Harry and wife Doris traveled to Europe, the Caribbean, Florida and many other places.

After retiring, Harry was active in many different capacities in Winchester Massachusetts, his home for more than 60 years. While he enjoyed his friends, his neighbors and a busy volunteer schedule, at 95, he knew it was time to move closer to family.

At Schooner, his doctor is right next door, and if it snows in the winter he can go to dinner without having to worry about shoveling or clearing snow.

He has already made many new friends and hosts the occasional cocktail party before dinner at his apartment. On any given night, he can name everybody in the Schooner Cove dining room.

He also enjoys the frequent activities, including concerts, a trip to the Muscongus Bay Lobster Pound or a Puffin Watch cruise.

"We are doing something like that all the time," said Harry.

But at the core of the move, is family. The move felt like the right thing to do, for Harry, and son Bob as well.

"It certainly makes me feel a lot more relaxed about things. It certainly gives me much greater peace of mind," said Bob.

A long-time volunteer on the Miles campus, Bob knows his dad is in good place.

"The people are great. They are really great here," said Bob.

## Congratulations Gloria and Karen



Congratulations to Gloria Wotton and Karen Westhaver, who were recently honored for their tenure at Schooner. Gloria has been with us 30 years and Karen for 20. Thank you Karen and Gloria. You are both important members of the Schooner Cove community.

## Continuous Learning....



**Damariscotta River Education Coordinator Sarah Gladu explains a feature of Muscongus Bay to resident Alice Tomlinson.**

Gladu. "I think people are interested in pretty in-depth information."

Part of that interest flows from a natural curiosity with the ever-changing landscape.

"People look right out on the river from where they live and they want to know 'What is that boat doing? What is that guy doing walking around on the mud flats? Why is the color of the water one way at a certain time and a different color another time?'"

The people who choose to take the class – a diverse group, from former oceanographers to retired insurance executives – come with a curiosity to learn about their environment.

Often, conversations that begin in class will continue afterwards, with follow-up e-mails, said Gladu.

This year's classes will begin in January, and although Gladu had not determined the content of all of the classes, one of the topics will be the astonishing ways that animals like the Star Nosed Mole have developed to survive in challenging environments.

Considered by many a pest for its habit of tunneling under lawns, the mole has a unique array of adaptations that allow it to find food in darkness.

It uses an array of fleshy finger-like appendages at the end of its nose, along with a unique ability to process information at extraordinary speed, to find its prey in darkness, even in water, a skill that was previously unknown among mammals.

Stay tuned for the subject of other classes or call Steve Peters at 563-4001 (steve.peters@lchcare.org) to be updated as Schooner Cove's winter term approaches.

## Hello From Steve

Schooner Cove continues to be a very busy & exciting place, especially when it comes to cultural events. Trips include museums, concerts, plays, lunch outings, and boat trips. We also continue to host lectures, musical performances, senior college classes and our best friends "Miles of friends" second graders! We are very lucky to live in such a beautiful part of the country and the surrounding area is filled with interesting places to go.



After welcoming nine new community members this year, we now have just two apartments available, both on a rent-to-own option. The rent-to-own option gives



**String Musicians Josie (left) and Sophie Davis of Waldoboro**

you a chance to try an apartment out while your home is being sold. As winter approaches (The Farmers Almanac is predicting the snowiest year in recent memory) the rent-to-own option makes the move in very easy.

We have also been busy on our new website [www.schoonercove.com](http://www.schoonercove.com), which is nearing completion. And I am always available to show you around and introduce you to the great lifestyle and the people who make up our community.



**A group of talented young musicians performed under the tutelage of professional musicians at the Salt Bay Chamberfest master class at Schooner Cove August 24. (from right to left): Pedja Muzijevic (piano coach), Teal Vickery (viola), Marcos Edgar (piano), Jennifer Willis (flute), Conor Nelson (flute coach).**

## Building a Healthier Future

A better patient experience, lower costs and a healthier community are Lincoln County's Healthcare's goals as part of a new MaineHealth Accountable Care Organization (ACO).



**James Donovan**  
Medicare ACO.

Lincoln County Healthcare President James Donovan spoke about the decision to join a new MaineHealth ACO at a July Priority Member event.

MaineHealth, the largest health care network in Maine, was one of 89 organizations selected this summer by the Centers for Medicare and Medicare Services to participate in a

Accountable Care Organizations are groups of providers who work together to care for a population of patients. The goal of an ACO is to improve the patient experience, to improve the health of the community as a whole, and to lower costs.

As cuts to government insurance programs like

Medicare and Mainecare create a growing gap between the cost of providing care and reimbursement, becoming part of an ACO offers Lincoln County Healthcare the chance to enhance care by changing the rules.

Instead of being rewarded based on the number of services doctors and hospitals provide, ACOs are rewarded based on their efficiency, and the health of their community. That means doctors can spend more time offering patients care that will keep them well, instead of reacting when patients get sick.

Patients will notice few changes in the short term, but over the longer term, they may notice an emphasis on prevention. During future office visits, they may spend more time talking to their doctor about how to control their high blood pressure or discussing ways to control their blood sugar with a diabetes educator.

ACO's are different than other health maintenance organizations because they are physician-led and give doctors more responsibility for coordinating patient care. If the ACO is able to both save money and meet or exceed quality and safety guidelines, it can keep part of the money saved. That money can then be reinvested in preventative care, creating a virtuous cycle.

## Schooner Cove

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