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by Mike Lange
To outsiders, Maine is known for its rockbound coast, lobster dinners, Mount Katahdin and the majestic moose.
But it's also known for its aging population, as younger

people graduate from high school or college and move away to pursue better job opportunities.

Piscataquis County is the second-oldest, third-poorest and one of the least healthiest counties, according to the Maine Health Access Foundation (MeHAF).

But thanks to a program known as Thriving in Place (TIP), more seniors and persons with disabilities who may live far away from friends or immediate family can safely live at home.

"Many seniors aren't aware of programs designed to help them," said Meg Callaway, coordinator of the Piscataquis TIP Collaborative. "Right now, we have around 50 partners to reach out to."

Callaway cites a case where an elderly resident ran out of heating oil during the winter. "We start working through the agencies involved, fix the problem and then follow up two weeks later to see if everything is all right," she said.

During the follow-up call or visit, Callaway said that the client "often cites other problems that they didn't mention earlier. When you're less stressed, you can think clearer."

A PowerPoint presentation by MeHAF points out some tragic results of seniors living in isolation. "A year ago, an older man died in Aroostook County. When he was found, he had no heat in the home and the room temperature was 32 degrees.

"Another man who was a caregiver died of a heart attack. It was two weeks before he was found. In the meantime, his disabled wife had died as well due to lack of care."

When MeHAF interviewed or surveyed people that they felt were in need of services, many often said, "Oh, I don't want to take away services from someone who might need it more than I do."

They concluded that seniors and people living with disabilities want to continue to contribute to their community and have a sense of purpose and dignity.

The Piscataquis TIP Collaborative's lead organization is the Charlotte White Center in Dover-Foxcroft, which provides community health and social services for more than 1,000 adults, children and families affected by cognitive or developmental disabilities.

Other local partners include Community Health and Counseling Services, Center Theatre in Dover-Foxcroft, C.A. Dean Memorial Hospital in Greenville, Penquis, Dexter Family Practice, Millside Fitness of Dexter, Mayo Regional Hospital, Hometown Health Center (formerly Sebasticook Family Doctors), Pine Tree Hospice, Piscataquis Regional YMCA, Spruce Mill Farm in Dover-Foxcroft and the towns of Monson, Greenville and Dover-Foxcroft.

Callaway cited some of the major areas of concern for local residents: transportation, home health care support and caregiver's support. "Penquis offers transportation services for a variety of reasons, such as everyday needs like banking or shopping, and more critical appointments such as cancer treatments," she explained.

Some residents may not be aware of home health care services which are often an alternative to a nursing home or assisted living facility, Callaway said. "In addition, there are resources available through agencies like Eastern Area Agency on Aging and Pine Tree Hospice to assist caregivers," she added.

For more information on any services offered through the Piscataquis TIP Collaborative, call 564-0273. "Once we know what the problem is, our partners will go into action," said Callaway

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LAUREN GAUDET, HEALTH EDUCATOR

Lauren spends time one-on-one with patients helping them to find ways to reach their health goals through healthy lifestyle choices. Patient goals may include weight loss, reducing cholesterol levels, lowering blood pressure and more. She also assists patients with chronic disease such as COPD, Heart Disease, and Diabetes to improve their quality of life. Lauren holds monthly Diabetes group education, Wellness Groups, and offers a bi-weekly class at the local gym.

KIMBERLY PETTENGILL, FNP

Kim earned her Master's degree in Nursing and her Family Nurse Practitioner at Saint Joseph's College of Maine in 2015. She is credentialed as a Family Nurse Practitioner by the American Academy of Family Nurse Practitioners. Kim has had a long and varied career in nursing which includes medical surgical nursing, cardiology, trauma and emergency nursing. Kim also has 18 years of prehospital experience and 15 years as a paramedic. She is accepting new patients of all ages.



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Snowplowing safety reminders

by Jodie Gilroy

As the winter season heats up, as you jump in the cab of your truck and put your plow on the road, remember these safety tips to keep you, your truck and your plow safe this plowing season.

Plow transportation

When transporting a snowplow, angle the blade to the right (toward the curb). This will reduce the chance of catching a curb or a snowbank that could pull your vehicle into it.

Never operate a plow while

transporting it to and from a job site. It's a good idea to keep the plow control turned off in order to prevent accidental operation.

When transporting a plow, position the blade so as not to block the plow headlights or your vision.

Continued on Page 6

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Don't let energy escape out your home this winter

Courtesy of the Maine Energy Marketers Association
Is money leaking out of your windows?

It's easy to tell which windows are the troublemakers. And leaky windows can slowly rob you of hundreds of dollars' worth of heat over the course of a few heating seasons.

To test which windows need help, simply cut a narrow strip of very light plastic about a quarter inch wide and 15 inches long (plastic dry cleaning bag material works very well). Tape the strip to the top of a pencil and hold it a few inches away from the window on a windy day. Be sure that your window is closed and locked. If outside air is blowing into the house you'll see the strip moving.

Maintain: You can improve the integrity of your windows with some simple maintenance. Caulk around loose panes. Add weather stripping between sashes and sills.

Enclose: You can reduce leaks and improve a window's insulation effect by stapling or tacking a tight layer of polyurethane plastic sheeting on the outside. For extremely troublesome windows, you can apply plastic sheeting to the inside as well.

Replace: If there is still a lot of leakage, window replacement might be the only permanent solution. Ask your local lumberyard or building supply dealer for information on replacement windows. Keep in mind that replacing windows is easier in the summer, and typically less expensive to install, than it is in the winter.

Don't forget to check your basement windows, too.

Shut the door good and hard

To hold heat indoors and keep the cold outdoors, all four sides of the door need to be weather tight – a tricky balance because the door will stick if it's too tight. Rubberized weather stripping around the edges of the door that compresses slightly when the door is closed makes a tight seal to keep out the cold winter wind. Your local hardware store is a great source for all kinds of weatherstripping products.

Of course, a weather tight storm door and a weatherized solid door make a great combination. The storm door forms a first defense against wind, and the trapped air between the doors makes a very effective "dead air" insulation barrier, too.

Here are a couple more things to keep in mind. If you have an eighth of an inch gap at the bottom of an average 36 inch-wide door, that's the same as having a hole in the wall about the size of half dollar coin. Think of all the cold air that can blow through a hole that size non-stop all winter long.

Now keep in mind that an average open door makes a 21 square-foot hole in the wall that lets cold air come rushing into your nice warm house. So whether you're entering or exiting, you'll save on your heating bill if you're quick about it. Don't linger in the doorway, and make sure you have your car keys so you don't have to come and go twice.

Let the sun shine in

In Maine, the sun rises and sets slightly south of a true east to west line. That's why "southern exposure" is very desirable. It's very basic passive solar.

Even in the old days, builders would try to situate a new home so that the south side windows let the sun shine in and the north side of the house had fewer and smaller windows – sometimes no windows.

Another old-timers' trick was to plant deciduous trees close to the south side of the house. That way, the leaves on the trees would block the sunlight in the summer, keeping the house cool. Then, when the leaves dropped in the fall, the sunlight would shine through and warm the home in the winter.

Where's the south side of your home? If you have deciduous trees, you're in great shape. But if your south side has lots of sun-blocking evergreens you might consider thinning or removing them to take advantage of free solar energy.

A word of caution, though: Depending on how large your windows are, you might consider gradually thinning a group of evergreens to find the right balance between not enough and too much sun. You don't want to discover that your home becomes an oven in the summer because you took out too many trees.



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Public-private partnerships keep Greenville Rec Department healthy

by Mike Lange
GREENVILLE - After several years of moving from one location to another, the Greenville Recreation Department moved into a permanent home in the spring of 2015.

Previously, the programs were held at the now-demolished Nickerson Elementary School, the town's industrial park incubator building, the Greenville Consolidated School cafeteria and the Center for Moosehead History.

But when the space formerly occupied by a fitness center became available at Leisure Life Resort two years ago, Tornquist and town officials negotiated an agreement to lease the space. Tornquist said that she agreed to raise half of the monthly rent through donations, grants and fees. "So far, we're getting a lot of support from individuals and businesses," she said.

It's a public-private partnership that appears to be paying nice dividends for Moosehead Lake region residents

A \$10,000 grant from the Plum Creek Foundation -

now Weyerhaeuser - helped buy some of the fitness machines at the center. "We have about \$23,000 invested in equipment right now and we're in the process of getting another elliptical machine and leg press," Tornquist said.

Weyerhaeuser has also donated a load of firewood for a winter raffle and the Stress Free Moose has hosted fundraising dinners for the center.

The Moosehead Lake Winter Golf Classic, where duffers play on a frozen course near the Greenville Junction railroad trestle using a five-iron or a putter and tennis balls, raised more than \$2,000 last year. "The Hight family auto dealerships in Skowhegan donated the \$250 prize for the longest drive and Indian Hill Trading Post donated gift cards to the top three teams in the tournament," Tornquist said.

Harris Drug Store donates prizes for the kid's Halloween party and parade through town each year and the Moosehead Lake Region Kiwanis Club is also a "huge supporter" of the local rec

Continued on Page 7



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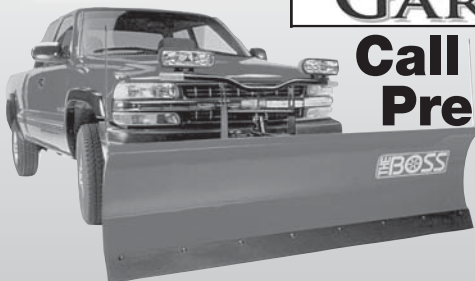
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SNOWPLOW from Page 3

Speed recommendations

Do not exceed 40 mph when transporting a plow. Do not exceed 14 mph when plowing.

Avoid overheating

When transporting a plow or while plowing, check the temperature gauge often. Overheating the engine can be costly. If the vehicle overheats, stop and correct the problem. If overheating occurs while transporting, stop and adjust blade position to allow more airflow to the radiator.

Look out for hidden obstacles

Before it snows, walk around the area you will be plowing to check for obstacles that will become hidden when snow is on the ground. Look for things such as bumper stops and speed bumps, curbs, sidewalk edges, shrubs, water drains, fire hydrants, fences and pipes sticking up from the ground. To prevent damage to the area being plowed as well as to your snowplow and truck, mark any obstructions that will be hard to see when there's snow on the ground.

Buckle up

Always wear a seat belt when operating a motor vehicle and never plow with your head out the window.

Look once and look again

When plowing in reverse, don't rely on the vehicle mirrors. Turn around and look where you're going.

Know your surfaces

When plowing in dirt or gravel, lower the plow shoes. This will raise the blade so you don't scrape the surface away. When plowing on asphalt or concrete, either raise or remove the plow shoes so that you scrape as close to the surface as possible.

Be nice to the hydraulics

When you're finished plowing, lower the blade to the ground and turn the plow control off for safety. This will also take stress off the hydraulic components.

(Jodie Gilroy was the digital marketing manager for Boss Snowplows where she was best known as the Snowplow Blogger. She is now a marketing technology specialist with Ledgeview Partners of Appleton, Wis.)

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GREENVILLE, from Page 5

program, according to the director.

Some of the other programs and activities offered to youngsters include arts and crafts, basketball, gardening, golf, soccer, paddleboarding, tennis, swimming lessons, the Young Explorers Program and Destination Imagination.

The center is also rented by the Greenville School of Classical Ballet where instructor Stephani Salmi conducts classes for all age groups five days per week.

Tornquist and her committee – Alicia Kronholm, Ashley Owens, Ann Murray,

Sherry Kreider and Tammy Vraux – are now raising money to replace the floor in the center so it can be utilized for more activities. "Just looking at it, you'd think it was in good shape," Tornquist said. "But it's really too slippery for some classes like ballroom dancing. We have \$2,000 saved up already and we need another \$1,300. But I'm pretty confident we'll get it."

Membership, which is growing steadily, costs \$200 per year for adults and \$150 annually for senior citizens and students. There are also membership rates for six months, three months,

monthly, weekly and as low as \$7 per day.

C. A. Dean Memorial Hospital members get a 10 percent discount on all memberships.

Tornquist said she is always looking for new ideas to serve all age groups. "We're looking at more activities for the youngsters as well as outings for senior citizens," she said. "Anyone who has ideas should contact me (260-0990) or any committee member."

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KEEPING MOOSEHEAD RESIDENTS IN SHAPE – Greenville Recreation Director Sally Tornquist is shown with one of the recreation center's elliptical machines. (Eastern Gazette photo – Mike Lange)

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Winterizing is key to better lawns

(BPT) - As September closes the door on summer with falling temperatures and leaves, many homeowners mistakenly slip into hibernation from yard work. However, this timeframe is crucial for prepping your yard for the coming winter- and positioning it to look its best the following spring.

The typical yard goes through a lot in a given year: natural wear

and tear, rainstorms, dry spells, blankets of leaves, weeds and so on. Properly managing the inevitability before the season changes requires simple planning and a little elbow grease.

The following tips will help even the novice homeowner stay on top of things.

Fertilizing
Your yard is like a bear - it stores the most nutrients as possible to survive lean months. Fertitizer is the easiest route. Apply nitrogen fertilizer - at a lower dosage than your spring application - to promote growth and help roots prepare for the harsh winter months.

Raking
While it seems obvious, it is deceptively easy to let leaves and debris pile up to the point where a homeowner gives up for the season. Regular raking is one of the simplest ways to protect your lawn. Fallen leaves during the wintertime smother grass and can prevent new grass from sprouting. Moreover, getting the job done in the fall makes for a much drier chore come spring.

Aerating
Aeration is less common than raking and fertilizing but is just as important. Tools like the Strongway Tow-Behind Plug Aerator by Northern Tool & Equipment penetrate and extract plugs from lawns to loosen compacted soil and break up thatch. In turn, aerating frees up the soil to allow for air, nutrients and water to flow down to the roots of the grass. The rejuvenated roots grow deeper, producing a stronger and richer looking lawn.

Tree Therapy
Trimming and pruning trees are a heavy dose of risk management for homeowners.

Continued on Page 14

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A healthy body starts with healthy feet, says local podiatrist

by Mike Lange
SANGERVILLE – It wasn't too many years ago that patients would be instructed to disrobe and slip into a hospital gown for a physical exam, but leave their shoes and socks on.



DR. SHANNON MEREDITH (EMMS photo)

As a result, feet were often an overlooked part of the anatomy. "The term podiatrist wasn't even coined until 1964," said Dr. Shannon Meredith, who practices at C.A. Dean's Greenville and Sangerville clinics. "Fortunately, the medical profession is paying closer attention to foot care nowadays, especially in Maine where we have a high rate of diabetes and a large population of senior citizens."

Dr. Meredith, who grew up in Cleveland, Ohio, practiced in Portland for 21 years—including seven at Mercy Hospital—and joined the staff of C.A. Dean two years ago. "I wanted to slow down a bit and enjoy life with my two daughters," she said. "Now, I'm working three days a week instead of seven." An outdoor enthusiast, she enjoys "anything to do with water or snow."

While working in Portland, Dr. Meredith said many cases where diabetes took its toll on a patient's feet. "I performed around 80 toe amputations," she recalled. "When the infection gets into the foot bones, you really don't have many options."

Some of the telltale signs that should prompt a doctor's visit include an open foot wound that doesn't heal; redness, swelling and flu-like symptoms.

Proper footwear is also very important, she added. "Whether you wear sneakers or a lace-up shoe or boot, make sure they're snug in the heel but loose in the toes," she explained.

Basic hygiene is also vital to proper foot care. "Be sure to keep your feet clean, especially between the toes," said Dr. Meredith. "If your feet sweat, use an antiperspirant. Be especially careful in the winter. If you go outside in cold weather with sweaty feet, you could have a bad outcome."

While foot exams should be a part of every routine physical, Dr. Meredith said that diabetics should be checked four times a year. "A little precaution can prevent a lot of problems down the road," she said.

According to the Maine Podiatric Medical Association, nearly eight in 10 Americans have experienced foot problems as a result of wearing uncomfortable or ill-fitting shoes.

The most reported foot ailments are heel pain, blisters, and ingrown toenails.

Heel pain is the most common foot ailment, with 43 percent of Americans experiencing this condition within the past year.

Six in 10 people who have experienced heel pain over the past year also have had trouble performing life's daily activities.

Other common foot ailments Americans have experienced within the past year include pain in the balls of the feet (35 percent), nail problems (33 percent), and sweaty feet or foot odor (32 percent).

Doctors of podiatric medicine (DPM) receive medical education and training comparable to medical doctors, including four years of undergraduate education, four years of graduate education at one of eight accredited podiatric medical colleges and two or three years of hospital residency training.

Other local podiatrists include Dr. James Fullwood of Sebasticook Valley Health/EMHS, who is also vice-president of the Maine Podiatric Medical Association; Dr. James R. Johnson Jr. of Mayo Surgical Associates in Dover-Foxcroft; and Dr. David Thao, who recently joined Katahdin Valley Health Center which has a clinic in Brownville.



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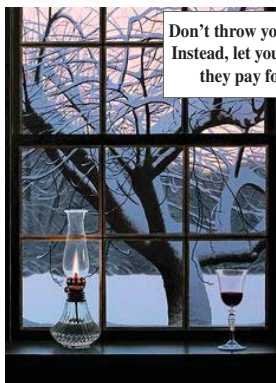
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LAWN from Page 10

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misfortunes of a broken window or hole in your roof.

Yard care should take a rightful place on homeowners' winterization checklist, right next to installing storm doors and checking the furnace. As with many things, an ounce of prevention is worth a pound of cure.

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Smart renovation investments to prepare your home for winter

(BPT) - Do you shudder at the thought of shivering through another frigid winter? Now may be an opportune time to consider investing in some energy efficient winterizing projects to let your home stay comfortable throughout the colder months. By investing in several simple, yet cost-effective measures, you can reap both immediate and long-term benefits.

While instinct may urge you to increase the heat during winter and keep your home toasty all day long, that's not always cost-effective. Investing in a programmable thermostat allows you to adjust the temperature remotely, lowering the setting when the house is empty, and save money in the process. Modern thermostats let you monitor the indoor temperature of your home via your smart phone or online. By keeping the temperature low when no one is home and programming the thermostat to increase the temperature when everyone returns, you could notice a 10 percent drop in your heating costs.

Fall is also an ideal time to ensure your furnace is functioning optimally. Schedule an appointment for a professional to inspect and clean your furnace once a year. By doing so, you'll help your furnace function more effectively and last longer.

If ice damming on the roof is an annual problem, consider taking measures to reduce the risk of ice dams forming. Major damage can result from ice damming, so it's never too early to start thinking about a long-term solution. Ice damming occurs when warm, indoor air escaping through the roof melts snow on the shingles. The water then refreezes as it runs off the roof, creating a barrier of ice at the edge. Shoveling snow or chipping ice away can threaten life, limb and roof, so it's best to consider more permanent solutions.

While caulking or weather-stripping can help address the gaps allowing the air to escape, proper air sealing insulation and attic venting are the best methods to stop ice damming from occurring. Spray foam insulation is one modern material that both insulates and seals to reduce the risk of ice damming. Installed by professionals, spray foam insulation, like that available from Icynene, works well in all climates to limit air leakage and help maintain an even, comfortable temperature in the living areas of a home.

As a long-term solution, spray foam insulation helps maintain a comfortable temperature year round while helping to control monthly heating and cooling expenses. Thanks to spray foam insulation's air-sealing qualities, homeowners can reduce the size of their heating and cooling equipment since less effort is required to heat or cool the home.

While air leakage can cause heating and cooling bills to jump and ice damming to occur, a well-insulated home and economical winterizing can help you get through the cold winter months.

Spray foam insulation is not a DIY product, so it's important to ensure that you work with a trained and licensed spray foam contractor to ensure that the foam is installed safely and properly. A licensed professional will walk you through the process from beginning to end and give you confidence that you've invested in a high performance energy efficient solution that pays back year over year in savings.

Icynene recently released a comprehensive home insulation mobile app, available on the Apple App Store and Google Play Store, to allow homeowners understand where air leaks can occur in their home as well as how a modern insulation material like spray foam can help make a difference.

More information about Icynene spray foam insulation can be found at Icynene.com.

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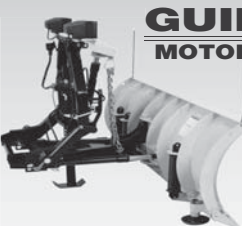
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Time to put your garden 'to bed' for the coming winter

by Mike Lange

The tomatoes have all been canned or eaten, the day lilies cut back and the grass around the edges is slowly turning brown.

Winter is coming, but that doesn't mean it's time to put away your gardening gloves and tools.

The best way to get your plot off to a good start in the spring is to take care of it in the winter.

Hannah Todd, a UMaine Extension Home Horticulture Coordinator, has several suggestions on putting your garden "to bed" for the winter.

One of the key tasks is to remove dead plant material that insects and diseases can use as wintering-over sites. "Do not compost plants that were heavily infested with a disease," Todd wrote in a recent Extension bulletin. "Pull weeds. Winter annuals will be germinating and growing, so plucking them now will reduce weeds and give you more of a window in the spring/summer before it is critical to pull weeds."

Weeds also "suck up" a lot of water, so removing them is even more critical during an unusually dry season like the current one.

Covering the garden spot with leaves, straw, newspaper, etc. will reduce erosion due to water and wind pressures and will also add organic matter to the garden, Todd said. "It will not hold nutrients in place, but you still have time to do a soil test so you can add the 'appropriate amendments' in the spring."

Fall is a good time to add organic matter to the soil, according to Todd. "That compost pile you have been tending to all summer is a great candidate for a source of organic matter for your vegetable garden," she wrote. "Also, those leaves that you rake from your yard can be immediately tilled into the garden."

Some Maine gardeners take a slightly different approach to winter. Instead of putting the garden plot "to bed," they keep it alive through creative planting.

Deb Burdin, who owns B-Warts Plants and Nursery in Dexter, recommends planting a cover crop in your home

Continued on Page 17

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The Eastern Gazette: Your Winter Survival Guide

GARDEN from Page 16

garden like winter rye. "You can also plant vegetables like garlic, parsley and carrots," said Burdin. "If you plant spinach now, you won't believe how good it will taste in the spring."

Burdin also makes a "worm pit" for her gardens so the creatures can live comfortably through the winter. "You dig a pit and fill it with earthworms and food waste like egg shells, banana peels and coffee grounds," she said. "Once they breed and take off, you'll have them in the garden all year long."

Burdin also suggests building a cold frame to extend the fall and winter growing season and get your vegetation off to a good start in the spring.

A cold frame can be as simple as a wooden box with a recycled window top or a hay bale enclosure covered with plastic. They act like miniature greenhouses and heat up the soil anytime the sun shines.

More information about gardening in all seasons is available at the UMaine Extension office next to the Piscataquis County Courthouse in Dover-Foxcroft or online at www.extension.umaine.edu.



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THE BOSS – Rowell's Garage Sales Manager Tim Packard is shown with a Boss snowplow hooked up to an ATV. The Dover-Foxcroft dealership carries a variety of Boss plows for all types of vehicles. (Eastern Gazette photo – Mike Lange)

What's winter for? Snowplows!!!

by Mike Lange
DOVER-FOXCROFT – The weather may have been unusually warm recently, but the calendar says that winter is just around the corner.

So this is the ideal time of year to shop for a snowplow, according to Tim Packard, sales manager of Rowell's Garage in Dover-Foxcroft, your local Boss snowplow dealer.

"Some models may be in short supply already, but we have a decent inventory of new and used Boss plows," Packard said. "In most cases, we can get the type you want within a few days."

Since 1985, Boss snowplows have been manufactured and tested in northern Michigan, which has a similar – if not harsher – climate than Maine. They're designed to clear everything from small piles of snow in a driveway to huge amounts in a commercial parking lot.

"The company has a reputation for superior engineering," Packard said. "They have a huge product development team and they do a

Continued on Page 19

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SNOWPLOW from Page 18

great deal of testing on every piece of equipment for they approve it for production."

Boss also keeps its products user-friendly.

"Another major advantage of the Boss snowplow is that you can hook it up to your truck in seconds, not minutes," Packard explained. "With the Boss Smart Hitch, you're ready to go in three easy steps."

One of the most versatile Boss snowplows available at Rowell's Garage is the EXT with expandable wings. It plows at eight feet for tighter cuts and expands to 10 feet with pitched-forward wings for optimal productivity, making it the perfect parking lot plow.

How about a plow that will clear your driveway – and maybe even your neighbor's – in minutes? With today's contractor and homeowner in mind, Boss has engineered the HTX line for today's lighter-duty and half-ton trucks by putting just the right amount of steel in exactly the right place for the best combination of strength and weight.

"Boss plows also use 100 percent, heated LED lights to keep snow and ice off them," Packard said.

Another notable feature is the Boss' chainless hydraulic cylinder lifting system which is not only durable, but greatly reduces "bounce" during travel time.

All Boss snowplows also use diagonal cross-bracing to reinforce the outside edges of the plow blade, which reduces twisting while increasing blade strength and rigidity.

Rowell's Garage also has a complete line of Boss accessories and replacement parts and has three factory-certified Boss technicians on staff.

Rowell's sales department is open Monday through Friday from 8 a.m. to 5 p.m. and on Saturdays from 8 a.m. to noon. Their parts and service department is open Monday through Friday from 7 a.m. to 4:30 p.m.

For more information about Boss snowplows, visit www.bossplovs.com.

Find Rowell's Garage on Facebook or www.rowellsgarage.com.



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