

Quarterly Newsletter



Adult Day Service Center  
Providing Comfort, Care, and Community

Fall 2008

### *The Mission of Friendship Cottage*

To gently tend the needs of dependent adults in a welcoming setting, while guiding and assisting the family and friends who care for them.

### *Friendship Cottage Open House*

*Blue Hill, Maine, July 12, 2008* – A few people may have noticed a small stone heart resting on the mantel as they toured the facility at Friendship Cottage the day of the open house, but by the end of the ceremony, everyone there would have touched and been touched by the little memento.

More than 100 people stopped by to take a peek at the facility and celebrate the culmination of a two-year effort to create an adult day service program for the Blue Hill peninsula. Everything was in place from the comfy overstuffed arm chairs to the newly printed operating license. The floors were gleaming, there were vases full of fresh flowers provided by Blue Hill Garden Club, and the tables were laden with breads by Kathy McClosky and delicious food prepared by volunteers and donated by local businesses, such as Tradewinds Marketplace.

Those in attendance included Albert and Bev Small, Bob and Ellie Cates, John Eysenbach, Rudy Deetjen, Bobby and Dianne Capen, John and Betty Tyler, Bob Dick, Dr. Susan Ostertag, Anne Ferrara, Barbara Clark, Anne Dickens, and dozens of others who arrived throughout the day. The shuttle bus service provided by volunteers, led by Jan Alexander,

kept the traffic flowing.

After a few remarks by Tim King, Anne Ossanna introduced Gerry Bryan. Gerry has been the emotional engine behind this project from the start. He shared a story about his wife, Jackie, who succumbed



*Anne Ossanna (left) Friendship Cottage Program Site Manager and Gerry Bryan (right) passing the stone heart Gerry and his wife Jackie shared during their years together.*

to Alzheimer's disease several years ago. In his hand he held a palm-sized rock that was smoothed into the shape of a heart. He had bought it for Jackie one year for Valentine's Day because he realized he had been so busy taking care of her that he hadn't been spending enough time just being with her. The two of them would sit each day and hold the heart between them in their clasped hands. After a while, Gerry said he would find the heart in different places, all over the house, in a drawer, under a pillow. The little stone heart became a reminder for him to keep the caring coming from the heart. When he finished the story he handed the heart to Anne. She

handed it on to Tim and soon the stone heart was spontaneously passed from person to person, making a complete circuit around the room.

The little stone heart seemed to embody the promise of Friendship Cottage, "to gently tend the needs of dependent adults," and it is still there on the mantle as a reminder.

## Thoughts from Anne



*“Start by doing what’s necessary; then do what’s possible;  
And suddenly you are doing the impossible.”*

This quote from Saint Francis of Assisi has guided me when faced with a challenge. These inspirational words also mirror the creation of Friendship Cottage. Seeing the necessity of a safe haven for our most vulnerable citizens and those who care for them, a small group of community members worked diligently to make Friendship Cottage a possibility. Their efforts resulted in the seemingly impossible, raising over 1 million dollars from individuals, businesses, private family foundations and federal grants. Thanks to more than 400 contributions from individuals, Friendship Cottage is now able to do what is necessary and fulfill our promise *“to gently tend to the needs of dependent adults, while guiding and assisting the family and friends who care for them.”*

On July 12, 2008, friends and neighbors gathered to celebrate the opening of Friendship Cottage. Since that time, we have steadily increased our census in the Adult Day Service Program. Reimbursement contracts have been granted to allow our veterans and those with a modest fixed income to attend our program at little or no cost. Four committed volunteers assist staff to provide quality care to our participants. The Caregiver Resource Center has established a lending library and hosted a Caregiver Retreat, a wonderful event which drew 16 local caregivers together for an afternoon of support, education, rest and relaxation. While much has been accomplished, we look forward to continued growth in census and services provided.

On behalf of the staff, volunteers, participants and caregivers, I offer a heartfelt thank you. The generosity of so many has truly made Friendship Cottage a haven to those we serve. Please, visit us at Friendship Cottage; you are welcome anytime.

With gratitude, *Anne Ossanna*

### Inspirational Thought

*“It is one of the most beautiful compensations in this life that no man can sincerely try to help another without helping himself.”*

*~Ralph Waldo Emerson*

### Come join our promise!

Anne Ossanna, LSW, Program Site Manager  
118 Ellsworth Road, Route 172  
P.O. Box 1107, Blue Hill, ME 04614  
Tel: 207-374-5612  
Cell: 207-479-3078  
Fax: 207-374-5023  
[www.friendshipcottage.org](http://www.friendshipcottage.org)  
[info@friendshipcottage.org](mailto:info@friendshipcottage.org)

### Executive Advisory Board

*Gerry Bryan, Brooksville	*Barbara Clark, Ellsworth
Jason Charland, Orono	Anne Dickens, Ellsworth
Nance Eaton, Blue Hill	Kathy Lirakis, Harborside
Barbara Peppy, Blue Hill	Dr. Marshall Smith, Surry
Del Thomas, Castine	Joan Weber, Little Deer Isle

\* Denotes Co-chair

### WHCA Staff

Tim King, Executive Director, Ellsworth  
Anne Ossanna, Program Site Manager, Franklin  
Lucy Bunt, Certified Nurses Aide, Sedgwick  
Rita Brown, Nurse Consultant, Blue Hill  
Joe Perkins, Project Coordinator, Blue Hill  
Ellen Hathaway, Resource Developer, Surry  
Bobbi Ann Harris, Administrative Support and  
Newsletter Editor, Winter Harbor

## Caregiver Resource Center Hosts Caregiver Retreat



*Evelyn (center top) shares stress reduction techniques with caregivers during our Caregiver Retreat in September.*

On a sunny September afternoon, 16 caregivers gathered in the Caregiver Resource Center for a retreat co-hosted by Friendship Cottage and Eastern Area Agency on Aging. Caregivers were treated to an afternoon of education, rest and relaxation. A discussion on chronic stress and caregiving was led by Evelyn Foster. A guided meditation by Leela Sinha and massages from Healing Hands provided caregivers with an opportunity for some much needed pampering.

In honor of National Family Caregivers Month, the next caregiver retreat will be held on November 7, 2008, from 9:30 - 11:00 a.m. On-site respite for

adult care receivers is available in the Adult Day Service Program. Please contact Anne Ossanna at 374-5612 if respite is needed and for additional information.

## What Friendship Cottage Means to Me



*Marjorie and Marshall share a moment in the Brooksville Room in front of the blooming Hibiscus tree.*

When I first heard of Friendship Cottage a couple of years ago I knew this was what I was going to need to help care for my wife who has Alzheimer's Disease. Not long after this, I was asked to be on the Advisory Board. Because of my wife's disease, I could not leave her alone, so she would accompany me to the board meetings. She was not happy about this, and after the meetings she would usually say she wanted nothing to do with the place.

In July 2008, Friendship Cottage opened for business. As a start, my wife visited to see what things were like. She was impressed, but still not sure she wanted to be there. I then tried leaving her

for a couple of hours in the morning, leaving my cell phone on so they could reach me if necessary. The staff was very kind and supportive. They knew she liked coffee, so they would offer her a cup as soon as we got there. She would go off with Lucy to get the coffee and didn't seem to notice that I would leave.

Since then she goes to Friendship Cottage three times a week most of the time. This has given me a chance to go to the YMCA for exercise, get my hair cut, and do other errands that are easier with her not coming along. When I pick her up she seems happy and tells me she had a good time. I have been very impressed with the dedication and caring of the staff. This makes me comfortable in leaving her with them.

Friendship Cottage has made my life much easier in giving me respite from caring for my wife 24 hours a day. With this help I have hopes that I will be able to care for her at home throughout most, if not all, of her battle with Alzheimer's Disease. I particularly want to thank Gerry Bryan for his vision and effort in bringing this project to fruition. ~ Dr. Marshall Smith, Blue Hill

## Sharing and Caring



*Madeline (left) and Marjorie enjoy a game and conversation.*



*Marshall and Marjorie relax after lunch with a cup of coffee in the Castine Room.*



*David is all smiles.*



*Anne and Fred arrive at the start of the day.*



*From left, Marjorie, Madeline, and David soak in the sun streaming through the window and share conversation.*



*Gerry and Jackie Bryan's heart shaped stone (see cover story) shares the mantel with paper tissue flowers crafted by participants.*

## ***We Salute Our Volunteers***

*“Volunteers don’t necessarily have the time; they just have the heart.” ~ Elizabeth Andrew*



*Sarah and Kathy, Healing Hands volunteers, provide massages to caregivers.*



*Jane entertains participants with traditional folk music.*



*Every toe taps along with Scott’s blues-infused songs.*



*Splash takes a well deserved break.*

## ***Volunteer Spotlight - Meet Mike Tansey***



*Mike prepares an interactive game for participants.*

Mike Tansey has joined the Friendship Cottage volunteer team. Traveling each Thursday from Sorrento, Mike enhances our Adult Day Service Program by engaging our participants in individual activities. With over 25 years of experience in the social service field, Mike brings with him a wealth of experience that fits well with our participants. Mike’s professional resume includes Activity Director at The Together Place in Bangor, a program aide at Capacita Day Program in Dedham and as a residential counselor with Down East Horizons in Ellsworth. With a kind heart and care, Mike encourages our participants to achieve their full potential.

## ***Friendship Cottage/Eastern Agency on Aging New Caregiver Support Group***

Friendship Cottage and Eastern Area Agency on Aging will be offering a Caregiver Support Group in the Caregiver Resource Center (CRC) at Friendship Cottage the first Friday of the month beginning in October. The support group will meet from 1:00 to 2:30 p.m. Janet Lewis of Eastern Area Agency on Aging and Anne Ossanna, Program Site Manager of Friendship Cottage will co-facilitate the support group.

Healing Hands of Blue Hill will provide caregivers with a free 15-minute seated massage in the CRC from 11:00 a.m. to 1:00 p.m. the same day as the support group.

Caregivers from Hancock County are invited to participate in the support group and/or receive free massages. Please contact Anne Ossanna at 374-5612 to reserve a space and sign up for onsite respite for adult care receivers.

### ***Getting Connected***

#### **Maine 2-1-1**

Connects anyone in Maine who wants to give help or get help with a full range of health and human services in their community.

Toll Free: 211 (To speak to a call center specialist)

[www.211maine.org](http://www.211maine.org)

#### **Eastern Area Agency on Aging**

Source of information, resources, and options for seniors as they grow older.

450 Essex Street

Bangor, ME

Ph: 941-2865

Toll Free: 1-800-432-7812

Fax: 941-2869

[www.eaaa.org](http://www.eaaa.org)

#### **Office of Elder Services**

Information about programs and services for older adults, including information on Assisted Living Options, Medicare, and prescription drugs.

Toll Free: 1-800-262-2232

TTY: 1-800-606-0215

[www.state.me.us/dhs/beas](http://www.state.me.us/dhs/beas)

### ***Thank You to Friends of Friendship Cottage***

We would like to thank all the friends of Friendship Cottage that made the following in-kind donations:

- Pam Scott - Books for the Caregiver Resource Center
- Rusty Roberts - Flowers, Indoor Plants
- Blue Hill Garden Club - Garden Design
- Elliot & Elliot & Norelius Architecture - Garden Design
- Gudrun Tarr - Paintings
- Hospice of Hancock County - Supplies
- The Bud Connection - Indoor Plant
- New Land Nursery - Indoor Plant
- Fairwinds Florist - Indoor Plants
- Rich and Susan Eichenberg - Plant Stands, Rocking Chair, Coffee Table
- John Gray, Brooksville, Electrical work

#### **Maine Alzheimer's Association**

Dedicated to providing information, services, and support for people with Alzheimer's.

163 Lancaster Street, Suite 160B

Portland, ME 04101-2406

Toll Free: 1-800-660-2871

Ph: 772-0115

Fax: 772-0354

[www.mainealz.org](http://www.mainealz.org)

### ***Local Caregiver Support Groups***

#### **Hancock County:**

1st Friday of each month, 1:00-2:30 p.m. at Caregiver Resource Center, Friendship Cottage; onsite respite available for adult care receivers; free massages offered by Healing Hands from 11:00 a.m.-1:00 p.m.

#### **Hancock County:**

2nd Tuesday of each month, 2:00-3:30 p.m. at The Ellsworth Public Library. For further information, call 667-7889.

#### **Hancock County:**

4th Tuesday of each month, 2:00-3:30 p.m. at Parker Ridge Retirement Community, Blue Hill. For further information, call 348-6611.

*Thank You*  
*to the most recent of our generous contributors*

- ◆ Bar Harbor Bank & Trust, Bar Harbor
- ◆ Clements Family Charitable Trust, Key West, FL
- ◆ The Martin Foundation, Huntingdon Valley, PA
- ◆ Mr. & Mrs. John Merrifield, Blue Hill
- ◆ Ms. Frances Truitt & Mr. Robert Bonthius, Blue Hill
- ◆ Dr. & Mrs. John Tyler, Blue Hill

**For the Brooksville Room-**

**In Honor of Jackie and Gerry Bryan**

- ◆ Mr. & Mrs. Rudolph H. Deetjen, Jr., Brooksville
- ◆ Mr. & Mrs. Karl Webster, Brooksville
- ◆ Wooden Boat Publications, Inc., Brooklyn

**For the Castine Room-**

- ◆ Mr & Mrs. Standish T. Bourne, Jr., Castine
- ◆ Dr. Mary Cushman Circle, Castine
- ◆ Ms. Mary Holt & Mr. Robert Meyer, Castine

**In Memory of Jean Becton**

- ◆ Ms. Jean P. Messex, Blue Hill

**In Memory of Mr. & Mrs. Luther and Gertrude Perkins**

- ◆ Mr. & Mrs. Robert Burns, Mt. Laurel, NJ
- ◆ Mr. Leo R. Morris, Jr., Sarasota, FL
- ◆ Mr. & Mrs. James Perkins, Audubon, NJ
- ◆ Mr. & Mrs. Steven Russ, Hainesport, NJ

**In Memory of Douglas W. Crate, Jr.**

- ◆ Mr. & Mrs. Carlton J. Austin, Jr., Glen Mills, PA
- ◆ Mr. Gerry Bryan, Brooksville
- ◆ Mr. & Mrs. Frank Bouchard, Fairfield
- ◆ Community Health and Counseling, Bangor
- ◆ Mr. Keith Cook, Waterville
- ◆ Kennebec Water District, Waterville
- ◆ Mr. Michael Maybury, Brewer
- ◆ Mr. Gerald Metz, Addison
- ◆ Mr. Vincent Scannell, Smithfield
- ◆ Mr. & Mrs. Brent Williams, Winslow

**Wish List for Friendship Cottage**

*The following are items that are needed at Friendship Cottage. All donations are greatly appreciated: ☞ Houseplants ☞ artificial Christmas tree w/white lights ☞ ornaments ☞ balsam wreath*

**How Can I Help?**

Through your donation, you will help Friendship Cottage provide Adult Day Service care for those in need and a Caregiver Resource Center to guide and assist the family and friends who care for their loved ones at home. You can help those being cared for and their caregivers on the Blue Hill Peninsula live more independent, satisfying lives. WHCA is a private 501(c)3 non-profit organization; all gifts to it are tax deductible as allowed by law.

*Donations or memorial gifts of any size are most welcome.*

**Please accept my donation of \$ \_\_\_\_\_**

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Telephone Number:** \_\_\_\_\_

**This gift is:** \_\_\_\_\_ **in honor of** \_\_\_\_\_ **in memory of**

**Name:** \_\_\_\_\_

**Please make your check payable to: WHCA Friendship Cottage**

*Washington Hancock Community Agency*

*248 Bucksport Road, P.O. Box 299*

*Ellsworth, ME 04605-0299*

For more information or assistance, contact Joe Perkins, WHCA Development at (207) 664-2424, ext. 4480  
or email: [jperkins@whcacap.org](mailto:jperkins@whcacap.org)

**Washington Hancock  
Community Agency**  
2 Maple Street, Milbridge, Maine  
248 Bucksport Road, Ellsworth, Maine  
[www.whcacap.org](http://www.whcacap.org)



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