



Penobscot Shores  
Life with a view

# Newsletter

February 2025

## Upcoming Calendar of Events

- Mondays & Fridays @ 1:30 PM – Dominos
- Tuesdays 12 PM – 2 PM – Population Health
- Wednesday @ 2 PM – Hearts
- Fridays @ 9 AM - Coffee Talk (Solving the World's Problems)
- Fridays @ 1 PM – Knitting or Not Group
- February 4 @ 2 PM – Magical Mystery Tour of the British Isles, Part 1
- February 6 @ 9:30 AM – Open Art Studio
- February 7 - National Wear Red Day
- February 10 @ 11 AM – Building & Grounds Meeting
- February 11 @ 2 PM – Magical Mystery Tour of the British Isles, Part 2
- February 13 @ 11 AM – Midcoast Maine Green Buriel
- February 14 @ 4:30 PM - Valentines Day Cocktail Party
- February 18 @ 11 AM – Chaga: A Mushroom with Healing Benefits
- February 18 @ 4 PM – Masanobu on Piano
- February 20 @ 9:30 AM – CMCA Art Workshop
- February 24 @ 11 AM – Budget Meeting
- February 27 @ 9 AM – Linda Buckmaster Writing Workshop
- March 3 @ 11 AM – Resident Meeting
- March 4 @ 1 PM – The Point of Acupuncture
- March 4 @ 4:30 PM – Mardi Gras



Kate & Kevin find a great spot for their grandson to slide.

# February 2025

## **Resident Meeting February 3, 2025 @ 11 AM Piano Area – In Person & Zoom**

**The Meeting was called to order by Larry Theye**

### **Approval of Past Minutes:**

- There was motion, second and approval of the January 6, 2025 Meeting Minutes.

### **Director's Report: Steve Bowler**

- Dining Update – Emerson DellaMattera shared that the reusable takeout containers are going well. Throwaway containers used in Oct costs \$603.58, Nov costs \$653.00 and Dec costs \$1,000.53. In January we only spent \$252.97 on throwaway containers, and we expect that to be even less in the coming months.
- Maintenance Update
  - Fidium Fiber Update – S&C Communications will be connecting the Fidium fiberoptic to the cottage quads on February 10 & 11; the cottage duplexes on February 12 & 13; and the Ocean House apartments from February 18 – 21. You are under no obligation to sign up with Fidium, but you will have access to their high-speed internet connection.
  - Solar Panels Update – at first the grant was put on hold by Trump and then the courts ruled it was not allowed so we are on again with the REAP Grant. We also passed the PUC and CMP requirements for hooking up to the grid. We plan to have the roof on the south carport replaced this summer to accommodate the solar panels to be installed this fall.
  - Solar Streetlights – we have two more solar lights waiting to go up where the lights are out when it warms up a bit. We will be looking at a permanent fix this year.
- COVID tests are available from the Office.
- Current #2 Oil is \$3.60/gallon; we locked in at \$3.15/gallon last year. We have an oil delivery this Wednesday of roughly 8,000 gallons; that's a savings of \$3,600.

### **Sales**

- Cottage #13 has a Purchase & Sales Agreement with Dana Degenhardt to close April 1.
- We'll have \$2,085,935 in sales this year which adds \$208,594 to your Replacement Reserve.

### **Programs & Marketing**

- February 3 @ 11 AM – Resident Meeting
- February 13 @ 11 AM – Midcoast Maine Green Burials
- February 14 @ 5 PM – Valentine Dinner & Music
- February 18 @ 11 AM – Chara: A Mushroom with Healthy Benefits
- February 18 @ 4 PM – Masanobu on Piano
- February 27 @ 9 AM – Writing Workshop with Linda Buckmaster

### **Committee Reports:**

- Activities Committee – Tim Weitowitz, Monday, May 19 @ 11 AM
- Budget Committee – Monday, February 24, 2025 @ 11 AM
- Dining Committee - Kay Hunt, Monday, March 17, 2025 @ 11 AM

## February 2025

### Resident Meeting Minutes from Page 2

- Building and Grounds – Monday, February 10, 2025 @ 11 AM – be thinking about a chairperson.

#### Old/ New Business:

- Happy Birthday to those born in February.
- Fire Safety Blanket Demonstration – Isaak and Steve demonstrated how to open the fire blanket and then to gently lay over the fire. The blankets are available to all residents; ask Isaak or Steve if you need assistance on how to use them.

#### Adjournment @ 12:32 PM

#### Next Meeting March 3 @ 11AM

Following the meeting there was a Special Presentation: Safe Use, Storage & Disposal of Medications for 50+ by Pharmacy staff of MaineHealth Pen Bay.



#### Safe use, Storage & Disposal of Medications for 50+

The Pen Bay Pharmacy teamed up with the Midcoast Y on a program of importance to us all. Jamie Lovely, Licensed Master Social Worker from PenBay Community Health Partnership shared the importance of properly disposing of your medications. She provided Detera bags to attendees used to dispose of unused medications in a safe manner when you can't go to a drug takeback location.

**Penobscot Shores Association  
Annual Shareholder Meeting Minutes**

Monday, January 13, 2025 @ 12:00 Noon in person and by Zoom

A light luncheon was made available at noon.

Chairperson Larry Theye called the meeting to order at 12:18 PM

- 1. Review & approval of the minutes of the January 8, 2024 Annual Meeting** – there was a motion, second and unanimous approval of the 2024 Annual Meeting Minutes.
- 2. Election of three Waldo County Healthcare Management Company Directors**  
Heather Shanklin, Chief Financial Officer, Coastal Healthcare Alliance  
Denise Needham, President, Coastal Healthcare Alliance  
Steve Bowler, Executive Director, WCHMC/Penobscot Shores  
There was a motion, second and approval of the WCHMC directors.
- 3. Election of two shareholder directors**  
Nominees  
Suzanne Dwyer, Cottage #25  
Susan Remsberg, Apartment #307  
Larry Theye, Cottage #11  
Ballot counter Rick Bowles and Karna Olsson reported that it was a very close race with Susan Remsberg & Larry Theye receiving the majority of the votes. The new/returning Board members for 2025 are Susan & Larry.
- 4. Penobscot Shores Association 2024 Year in Review:** Steve Bowler read the attached.
- 5. Other**

Adjourned at 12:35 PM

**Penobscot Shores Retirement Community  
2024 Year in Review**

We are very fortunate to have a wonderful and caring staff. Staff who go above and beyond the call of duty and genuinely look out for the well-being of residents and the condition of their cottages and apartments. Donna on the front-line takes your questions, answers calls, and does whatever needs to be done. Judy brings us educational programs that stimulate the minds. Isaak and Miranda in housekeeping work to keep our community clean and sparkling. Eric, Mike and Tim in Maintenance find solutions to resident problems and try to keep up with the many renovations. And then there's Emerson and his kitchen staff of Ryan, Ladonna, Raven and Patty who have developed into quite the providers of culinary delights. Our compliments to our staff for looking out for your best interest.

### **PSA Annual Meeting** Continued from Page 5

We must give a special thanks to our committee chairs. Although he stepped down this year, Roy Moore on the Building & Grounds brought forward some tough, but much needed policies bringing clarification to unwritten practices. Kay Hunt on the Dining Committee led the way to a more profitable and better dining experience and her helpers Marcy Simpson, Joyce Goodfield and Suzanne Dwyer dressed up our tables and walls. And to Tim Woitowitz on the Activities Committee who does a phenomenal job finding us a variety of entertainment at a reasonable cost, not to mention he is always there to do the sound system for meetings, speakers and musical programs including Hymn Sing with Meredith Creswell. And, Tim makes sure the popcorn is popped for Ellen Bishop's Sunday Matinee. And a shout out to our librarians Joyce Goodfield and Diane Plourde, and our green thumb of a gardener Suzanne Dwyer who brought fresh vegetables to the kitchen all summer long. I apologize if I've missed anyone.

Penobscot Shores had a good year with unit sales. We had 7 cottages, and 2 apartments change hands this past year for a total of \$2,707,802 in sales with the side benefit of the 5% contribution from both the buyer and seller that added \$270,780 to your Replacement Reserve. The average days on market for a unit was 10 days, but only because we give residents one week and Priority Members two weeks to make an offer. We had 24 new Priority Waiting List members added to our growing list of 338, with over 150 active members. Where did our new PWLs come from? Well, 14 were from Maine, 4 from New England and 6 from other states. Someone coming on the Priority Waiting List today can expect to wait seven or more years before there is an opening for them.

We undertook some major capital improvements this past year with the siding and window project for Quad 53-59, the installation of a new computer system for our heating and ventilation system, purchasing a new tractor, reconstructing the damaged access area to the shorefront and planting over 200 salt-resistant plants along the shorefront to prevent erosion.

New residents to our community included Rhoda Waller, Candace Sigerson, Kirk & Helen Newsom, Diane Carsley, Doug & Gail Smith and David Beebe. We also had several internal moves with Rick & Joy Bowles, Roy & Pam Moore, Ruth Degenhardt and Barney Lutsk. We lost one of our residents and lover of bees in Judy Wick last year; her contributions to the community, and not just her sourdough bread, will be long remembered.

Some of the activities of the year included participation in Keep Belfast Maine Beautiful Clean-up Day, bimonthly Hymn Sings with Meredith Creswell, the Solar Eclipse Watch, the Memorial Stone Toss, E-Bike Demonstration, the courtyard wedding of Lou and Linda, our 28<sup>th</sup> Anniversary Celebration with a Pig Roast and music by Annie & the Rainmakers, Halloween Bingo, Penobscot Shores Arts & Crafts Fair, food and cash donations for the Belfast Soup Kitchen and our Holiday Party.

And a thanks to the Population Health staff of Stacey Hall, Jess Mason and Susan Dupler, for doing our flu shot clinic and ongoing Tuesday health checks.

We get so many compliments on our landscaping that we must mention the fine work of Sorrentino Landscaping in our Year in Review. Bobby, Nate and Anthony have been taking care of our community for the past 28 years and they do it as if they owned the property.

Our finances are strong. Our bottom line after depreciation was a positive \$303,628 at the end of FY2024 and the Replacement Reserve has been growing and totaled \$782,633. We used the Replacement Reserve funds to make several capital improvements including heat & ventilation, deck replacements, cottage boilers, painting, and siding and windows replacements. We continued to be challenged with increasing cost of labor, food, appliances and equipment. The management team has been efficiently using resources and taking opportunities to keep expenses in check.

As we turn the corner to a new year, we need to say a special thank you to so many of our residents who give of their time and talent. A special thank you goes to your PSA Board members Larry Theye, Connie Woitowitz, Heather Shanklin, Syrena Gatewood and Steve Bowler for their support and guidance in serving

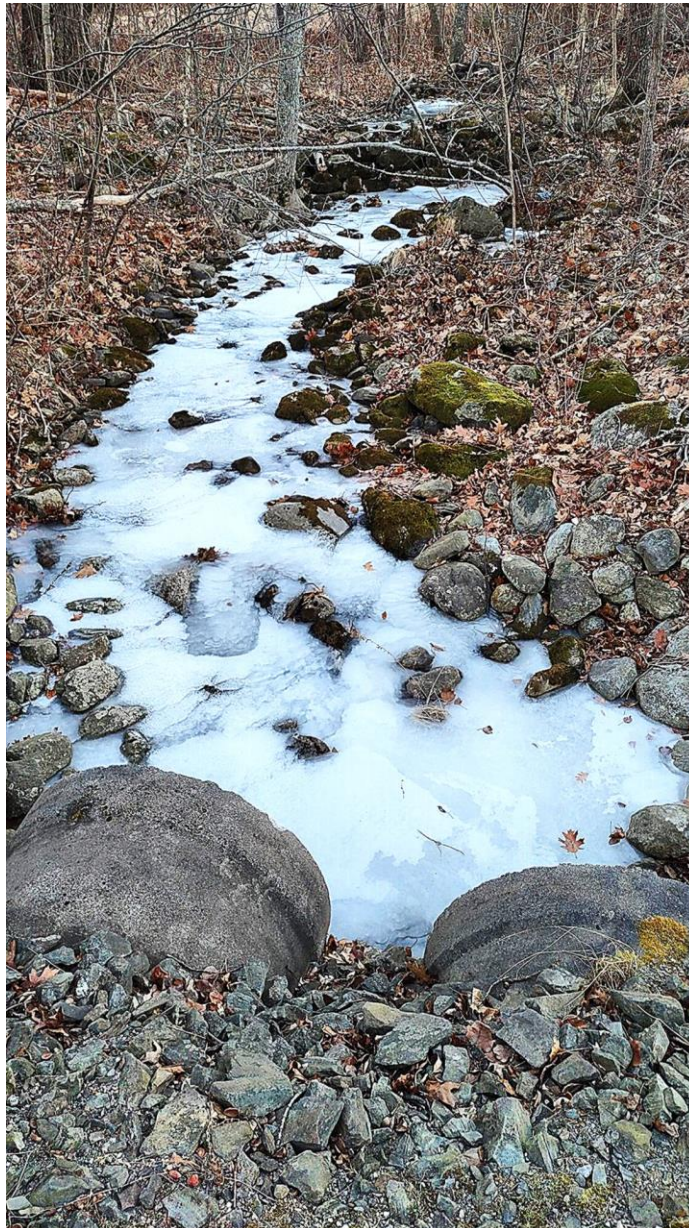


### **PSA Annual Meeting** Continued from Page 6

the community. I will miss Connie's insight and calmness in the storms as she goes off the Board. We thank her for her time and caring attitude. It takes many people working together to have a great community.

We are on a good footing starting into 2025 with an excellent staff, strong community support and a good balance sheet. Sustainability will be our catch phrase in 2025 as we look to ways to improve efficiencies of operations, reduce our carbon footprint and leave a healthier environment for future generations. A big thank you goes out to everyone as we start a new year with a promising future.

Thank you,  
Steve Bowler  
Executive Director



**Penobscot Shores Association Board of Directors Meeting**

**Friday, January 17, 2025 @ Noon in the PS Library**

**Present in person or by Zoom: Board Members: Larry Theye, Susan Remsberg, Heather Shanklin, Denise Needham & Steve Bowler. Guests: Roy & Pam Moore & Tim Voitowitz**

**Meeting Minutes**

- 1. Larry Theye called the meeting to order and welcomed our new Board members Susan Remsberg and Denise Needham.**
- 2. There was a motion, second and unanimous approval of the Minutes, November 22, 2024.**
- 3. Shareholder Comment Period** – Tim Voitowitz wanted to congratulate and welcome our new Board members.

**4. Penobscot Shores Revised Transportation Policy** – Steve Bowler

After some discussion and clarification to change the Transportation Policy that had support at the December Resident Meeting the following wording was presented:

For transportation in the immediate area (Belfast) there is no charge. If a resident needs transportation to an appointment, like a physician visit in Rockland or hair appointment outside of the Belfast area, there will be a fee of \$40/hour to cover the loss productivity of a maintenance person.

There was a motion, second and unanimous approval of the change to the Transportation Policy.

**5. Election of Officers for 2025: the following slate was presented**

President – Larry Theye

Treasurer – Heather Shanklin

Secretary – Steve Bowler

Clerk – Benjamin Townsend (non-voting)

There was a motion, second and unanimous approval to accept the slate of officers as presented.

**6. Proposed Schedule of PSA Board Meetings:**

Friday, April 25 @ Noon

Friday, August 22 @ Noon

Friday, November 21 @ Noon

**7. Marketing/Sales Report** – Steve Bowler

➤ Dining Update

- We started with an experiment last fall that has now moved to reusable containers for all residents doing take-out meals. It takes 9 take-out throw away containers to pay for one reusable container while reducing trash in our dumpster and helping the environment in the long term.
- We have a new \$13,000 dishwasher.

➤ Maintenance Update

- Fidium Fiber laid fiber optic cable around the community roadway in early December and will be taking it into the cottages and the Ocean House. The installation plan for apartments is currently being worked on for possible installation this spring.

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### Board Minutes Continued from Page 7

- We are moving forward Solar Panels installation. We have a REAP Grant application in for \$20,000. We completed the Certificate of Completion with CMP along with Customer Net Survey Agreement and the Interconnection Agreement; SolarLogix has been great to work with on this. We have an estimate on replacing the south side carport roof at \$9,000 as it is 14 years old. The bottom-line cost to us after the grant, tax credits and the expedited depreciation rate will be \$22,170 with less than a 3-year ROI. The panels will be a full efficiency for 25 – 30 years and about half efficiency at 35 years and beyond. Installation is scheduled this fall.
- We received a DEP letter on our soon to be 30 year old 12,000 underground oil tank. We will have comprehensive tightness testing this fall to hopefully extend the useful life of the double walled tank. We have a placeholder in 2027 Replacement Reserve of \$100,000 if it needs to be replaced.
- We're in the midst of completing our Emergency Planning & Community Right-to-know Act (EPCRA) Report regarding hazardous materials on site. Steve took a two-hour online course this week for filling out the form for DEP, Local Emergency Planning and our Belfast Fire Department.
- As part of our Sustainability efforts, we are happy to report that ScrapDogs Composting said we gave them 7,500 pounds of compost material and they gave us back three yards of finished compost for our gardens.

#### ➤ Sales Report

- David Beebe moved into Cottage #1 last week.
- Cottage #3 was sold to Bill & Nancy Calvert; they are currently in Florida and are expected to be here in April.
- Waterfront Cottage #29 was sold to Kirk & Helen Newsom; it is currently under major renovations.
- Cottage #13 is closing with Dana Degenhardt on April 1.
- Six Sales already for FY2025 total \$2,085,935, which will put \$208,594 into the Replacement Reserve and is \$83,594 over budget to the good.

- The Murder Mystery Roman Toga Bash was postponed to April 1.

**8. There was a motion to adjourn at 12:38 PM with unanimous approval.**





## **ACTIVITIES COMMITTEE** **Minutes for January 20, 2025 @ 11 AM**

### **1. Finances**

- Report from Larry – Current Finances & 2025 Budget
- 33 Holiday Letter contributors totaled \$4,585; contributions ranged \$20 - \$1000.
- Recent disbursements:
  - Reimbursed dining \$746.86 (\$800 allocated—Kay has more receipts).
  - \$240 high school group.
  - \$100 Masanobu.
  - \$75 holiday party/Lincoln Blake.
- Current balance from bank \$13,545.10; Larry has \$13,510.09 (off by \$35). Memorial fund is reflected in current funds. Some checks have been cut to help pay vendors immediately vs over a month if submitted; management will reimburse these where appropriate.

Motion to approve report made and accepted.

- Karna spoke to the group about American Mahjong and starting a group here. It is very different than Chinese Mahjong. 1/29/25 in dining will be first meeting.
- What to give speakers as a thank you?  
An appeal was made for presenter gifts to be given to those who are not charging for their services. The group decided upon \$25 gift/gift cards per presenter.

### **2. A Look Back**

- Decorating for Holidays Kudos to the committee that keeps us up to date with our holidays.
- Holiday Party Amazing event, well-attended, excellent job by the kitchen.
- Belfast Soup Kitchen Donation Generous donations by PS.
- Gifts for Emergency Personnel Connie spearheaded a gift basket presentation to our local emergency personnel/staff. Police & fire chiefs were thankful.
- Holiday Concert Postponed to next year when it will be bigger and better! Thanks given by Steve for the work put into it. Tim thanked the group for gift certificates given to the group that was working on it.

### **3. Scheduled programs for January 2025**

#### **All reviewed by Judy:**

- 1/2 Open Art Studio 1<sup>st</sup> Thursdays are independent workdays. The supplies are available to anyone & everyone who wishes to be creative.
- 1/8 Perils of Belfast Winters Megan Pinette curated a new program with this one, and it was quite interesting. She will be back in the future.
- 1/16 CMC Art Studio 3<sup>rd</sup> Thursdays are guided lessons by Tara, a teaching artist from Center for Maine Contemporary Art. Open to all.
- 1/20 Senior College in our Library Going well!
- 1/29 Learning American Mahjong 1<sup>st</sup> meeting had 8 students—will continue in the library the 4 Wednesdays of February at 11AM.
- 1/27 Telling Tales – Maine History through Letters and Diaries Jan Eakins is on our PWL and is a talented speaker with vast historical knowledge of Maine.

### **4. Scheduled programs for February 2025**

- 2/3 Safe Use and Disposal of Medication – after the Resident Meeting 11:30am
- 2/4 & 2/11 Magical Mystery Tour of the British Isles added, Senior College class condensed to 2 parts
- 2/6 Open Art Studio

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## February 2025

### Activities Continued from Page 9

- 2/13 Midcoast Maine Green Burials – a new movement to help the environment
- 2/14 Valentine Music – music will be provided for cocktail party
- 2/18 Chaga: A mushroom with healing benefits – A couple with a unique business plan
- 2/18 Masanobu on Piano
- 2/27 Linda Buckmaster Writing Workshop – Cap of 12, in the library

### 5. Scheduled programs for March 2025

- 3/4 The Point of Acupuncture – Ancient technique to help be your best self
- 3/4 Mardi Gras - party
- 3/6 Open Art Studio – self-guided
- 3/10 Understanding Modern Art – lecture/activity combo by Judy & teaching artist Tara Morin
- 3/13 Broadway Part II – Michael Paul Lund w/ music review from Porgy & Bess, The Music Man, and Annie Get Your Gun
- 3/17 Irish Music & Irish Coffee Bar
- 3/18 Hymn Sing – first after a brief hiatus
- 3/19 Marine Animals of Maine – fundraiser ideas welcome, raffle or donation of needed item, activity fund can pay out for object to be raffled?
- 3/26 North Woods Book Reading added

### 6. Future Activities

- 4/1 Murder Mystery Roman Toga Bash Moved to April 1st
- 4/8 Malaga Island – Award winning presentation of nefarious piece of Maine history
- 5/6 Armchair Exploration of the Allagash Wilderness Waterway – welcome back Tim Caverly with a serious discussion of the political nature of its preservation (or lack thereof of)
- 5/9 Keep Belfast Maine Beautiful Cleanup Day – barbeque & clean-up
- 5/27 Memorial Stones – more stones needed from the bay
- 6/20 Music & BBQ with Mid-Coast Ukes summer solstice celebration

### 7. Future Possible Trips

- Farnsworth Art Museum – revisit going on this trip
- Bangor Art Museum - carpooling
- Moosehead Lake Residents agreed the Moosehead Lake/steamboat Katahdin trip should be offered. July 15 is being investigated, using Cyr bus line. More info to come.
- Acadia National Park – 2<sup>nd</sup> Week of October

### 8. Other:

- **Cyr Bus to Vermont's Trapp Family Lodge, October 22 – 24** A sizable group is already going, others should consider joining! Brochures will be posted.
- Bocce @ The Jack is being planned for February 25 and March 25 @ 4-5pm
  - Possible tournament vs. Quarry Hill (t-shirts!) or Avalon in Hampden
  - Tim will find out about parking
  - Apps and drinks paid for by selves, no charge for the court.
- Muriel's daughter will come to do zentangle with us late summer
  - Small fee, materials will be provided
- Front Street boat tour 2pm on Thursdays starting in May
- Another Schooner trip? Different boat this year.
- Alpaca Farm in Unity is desired.
- "This is Your Life"/fireside chat should be renewed--

### 9. Next Meeting: Monday, May 19 @ 11 AM