Couple works with C.A. Dean Memorial Hospital Foundation to create Alzheimer’s fund

Anyone who has lost a loved one to Alzheimer’s disease or other form of dementia knows the toll the illness takes on the patient and the family. The burdens can be physical, emotional and financial.

Families in the Moosehead Lake region have come to rely on the staff at Charles A. Dean Memorial Hospital and Nursing Home, trusting that their loved ones are receiving competent care. These families can also rely on enhanced patient services, thanks to a couple who faced similar issues and wanted to help others. When Roy and Emily Burdin were planning their October 2015 wedding, they knew their plans would include something special to memorialize their beloved grandparents.

“Our grandparents were both amazing, selfless individuals who absolutely loved life and could put a smile on your face after just seconds of meeting them”

Roy’s grandmother, fondly known as “Ma,” and Emily’s grandfather, known to her as “Grampy,” had both been diagnosed with Alzheimer’s disease. Both families had experienced the impact of the emotional and financial stress which accompanied the diagnosis.

“Our grandparents were both amazing, selfless individuals who absolutely loved life and could put a smile on your face after just seconds of meeting them,” said Emily. “We wanted to be able to tell their story and provide support for other patients and their families who are dealing with Alzheimer’s.”

With that in mind, Roy and Emily focused their wedding day not just on creating their own cherished memories, but by helping those who have lost the ability to recall their own.

Because C.A. Dean serves the area where both Emily and Roy had grown up and where their grandparents both lived, they wanted their gift to specifically help individuals who love that region of Maine as much as they do. The bride and groom worked with Charles A. Dean Memorial Hospital Foundation to create a fund to assist Alzheimer’s patients and their families and asked their wedding guests for donations to the fund in place of traditional wedding gifts. The wedding guests rallied around the cause, donating nearly $3,200 which will be used to help fund a music therapy program.

“The money raised through Roy and Emily’s wedding is making a difference every day for our patients,” said Lorraine Rogerson, the chief nursing officer at C.A. Dean. “As healthcare providers, we see firsthand how our donors’ generosity truly does make a real impact.”
Bangor Y celebrates 150 years

Since 1867, The Bangor YMCA has been a community leader in supporting people of all ages and backgrounds in their lifelong quest for physical, emotional and social wellness.

Today, the Bangor Y is proud to celebrate 150 years of “lighting and loving” the Bangor region. The variety of programs the Y offers for all ages—children, teens, adults, families and seniors—has been made possible with the goal to make a positive impact in an individual’s life. The Y partners with families to help their kids gain self-confidence, leadership skills, good sportsmanship, and instill the core values of honesty, caring, respect, and responsibility. The Y provides individuals with opportunities to become the best versions of themselves, helping teens learn the importance of paying it forward, encouraging adults and seniors to stay active and healthy, and prolonging the number of years of being mobile and independent. None of this could be possible without the help of the staff, volunteers, and supporters of the Bangor YMCA.

In 2016, the Bangor YMCA provided nearly $245,000 in financial assistance to ensure that everyone has access to the Y, helping 1,067 households overcome financial barriers. The number of individuals the Bangor Y serves grows every year. Currently, it serves more than 10,000 individuals.

Now, the Bangor YMCA needs your help more than ever to continue their mission and strengthen the Bangor region community. This year, the Bangor Y is kicking off their 150th anniversary with their annual campaign and a goal to raise $350,000. Every dollar matters. Every cent counts. There is no donation too small or too large.

To donate to the Bangor YMCA, visit bangorymca.org, call (207) 941-2808, or mail your donation to the Bangor YMCA, attn: Diane Dickerson, CEO, 17 Second Street, Bangor, ME 04401.

Interested in volunteering your time to an organization in need? Opportunities abound all over the state. The Maine Commission for Community Service initiated the VolunteerMaine Partnership in 2002 to be a catalyst for volunteerism. Today, the website volunteermaine.org is a database of Maine volunteer opportunities. Below is a sampling of opportunities available at time of writing. For more information or to discover more opportunities, visit volunteermaine.org.

Social Media Agents
The Social Media Agent would be able to help us post information on our Facebook page and our website. We also need to be active on more platforms. We are looking for individuals who are literate in Twitter, Snapchat and Instagram.
Organization: Waterville Food Bank

Part-time at home volunteer
We are currently looking for volunteers in the Bangor area who could find businesses and organizations throughout Maine that are supportive of the LGBT community.
Organization: OutinMaine

Support families of hospitalized children in Bangor
Volunteers are the backbone of Ronald McDonald House Charities. RMHC provides a home-away-from-home for families of ill or seriously injured children. RMHC in Bangor is looking for compassionate individuals, or pairs of volunteers, to contribute to the overall atmosphere of warmth and support.
Organization: Ronald McDonald House Charities Maine

Maine Harvest Bucks at Belfast Farmers Market
Are you passionate about local food? Maine Farmland Trust is looking for volunteers to help out at the Belfast Farmer’s Market information booth.
Organization: Maine Farmland Trust

Continues on page 4
Volunteer opportunities abound at Catholic Charities Maine

COURTESY OF CATHOLIC CHARITIES MAINE

Inspired by scripture and the Church’s social teaching, Catholic Charities empowers and strengthens individuals and families of all faiths. Catholic Charities provides innovative, community-based social services throughout Maine based around mental health, counseling, substance use disorders, senior outreach, child development, dental and orthodontic services, and refugee and immigration, among others.

With service locations in over 20 sites across the state, our 20-plus programs and services have helped more than 56,000 people in Maine last year alone. We couldn’t do it without the support of our donors and volunteers!

We offer many diverse volunteer opportunities, making it easy to match a volunteer’s interests and schedule.

Our SEARCH (Seek Elderly Alone and Renew Courage and Hope) program in Androscoggin, Kennebec, Lincoln and Sagadahoc Counties and the Bath/Brunswick area offers volunteer opportunities to visit with a senior citizen 2 to 4 hours a week to provide support, companionship and help with daily tasks.

To support Maine’s newest residents, consider volunteering with our Refugee & Immigration Services program as a mentor. You will be matched either as a Job Coach, American Friend or Senior Companion to mentor a recently federally-resettled refugee based on common vocational backgrounds, schedules and personalities as they acclimate to a new community and pursue educational or career goals.

Offices, schools and faith-based or community organizations can hold a clothing drive for one of our Threads of Hope thrift stores (in Portland, Caribou, Sanford, Monticello and Presque Isle). We can provide you with a “drop box” on a temporary or permanent basis. Individuals are always needed to help out in-store sorting donated items and providing a pleasant shopping experience for guests.

For more information about these opportunities and many more, visit ccmaine.org/volunteer and enrich your own life while bringing hope to someone else!

Continued from page 3

Data Entry Geek for United Way of Mid Coast Maine

United Way of Mid Coast Maine is seeking a person who is comfortable with computers, is willing to learn our CRM (customer relationship management) software, believes in our mission, values accuracy, is the soul of discretion and is able to commit time on a regular schedule for a minimum of six months.

Organization: United Way Of Mid Coast Maine

Event, Fundraising Assistant

If you’d like to learn office skills, or if you have experience with computers then we’re looking for you. We raise money to take care of the animals here at our two shelters. We are a non-profit and have to rely on the kindness of our community to continue doing our mission. Any help you give will ensure that another puppy, kitty, bird or bunny finds a forever home.

Organization: Coastal Humane Society

Donate online at www.ccmaine.org/YourCause
Or call the Development Office at (207) 523-1188