



GABOR DEGRE | BDN

Kelley Strout (left) helps Ellen Torrey, 77, plant seeds in a raised bed on Tuesday at the Brewer Housing Authority senior housing in Brewer. Strout, a University of Maine assistant professor of nursing, wrote a grant last year to have the raised beds installed for the residents to be able to grow their own vegetables.

## Garden

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chair in the sun. Hawkes, formerly of Harmony, said she's excited about her garden, even though the project is limited to growing leafy greens and tomatoes the first year. That's so researcher Strout and her partners can more specifically measure the impact of the project.

"Next year, they say we can grow anything we want," Hawkes said with a grin. "Oh, I love to garden."

Inside, Hannah Stefl, a UMaine nutrition student from Syracuse, New York, conducted a pre-participation survey with 80-year-old resident Joan Greenlaw, formerly of Baileyville.

Stefl asked about Greenlaw's diet and medications, her mobility, her stress level, her overall happiness and any signs of dementia.

"Well, I don't remember things like I did when I was 25, but I'm all right," Greenlaw responded.

Greenlaw said that at her former apartment complex, she was allowed to put out flower pots and other garden containers. Until now, she said, Brewer Housing Authority hasn't provided an opportunity for green-thumb residents like her.

"They're a good height," she said, peering out the window at the beds. "Some of us can't bend over so well."

Soil and seeds were delivered Tuesday, and seniors got



MEG HASKELL | BDN

Gordon Stitham (right), executive director of the Brewer Housing Authority, signs for the delivery of 13 raised garden beds for residents to grow their own vegetables. With him is Sam Rogers of Central Maine Moving and Storage.

to work planting their beds. They also were issued garden journals and disposable cameras to encourage them to document their progress over the growing season. Each week, Strout and others from the project will visit to monitor the beds, chat with the gardeners and troubleshoot any problems. A weekly recipe will help seniors incorporate the fresh produce into their diets, and they will be encouraged to share any surplus with their neighbors.

Come fall, Strout and her team of nursing and nutrition students will assess residents' experience and re-administer the health survey, looking for signs that participating in the garden project has improved their intake of fresh produce while providing health benefits such as physical activity, social engagement and intellectual stimulation. The team

also will identify any barriers to success and ways in which the project could be improved.

Strout hopes to take the data from this pilot program and use it to help design and fund a larger-scale project at senior housing facilities across the state. In the meanwhile, she's happy to be working with the friendly residents at the Brewer Housing Authority, where her nursing students have conducted basic health clinics for the past three years.

"This is really a very capable population," she said. "For many seniors, gardening has been an important part of their lives in the past, but they often lose that opportunity when they move into subsidized housing."

## Haskell

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ing, team building, community engagement and overall enthusiasm. I dealt with my self-inflicted technology problem as best I could and launched into my talk. It included a crash course in different types of news content, suggestions for engaging the interest of a busy reporter or editorial writer and a demonstration of how to write and post an online calendar event or story of their own about their project.

We talked about the impor-

tance of great photos and videos and some of the ways news outlets such as the Bangor Daily News are finding to adapt to the massive disruptions brought about by digital technology and the rise of the Internet. Their apparent interest in what I had to say came as no surprise; this group of baby boomers was primed for learning and motivated to pick up new tools for the success of their projects.

Like most reporters I know, I am at heart an introvert and a little bit self-conscious. Public speaking makes me anxious, but it gets easier each time, so now I just pull on my big-girl

panties and step up to the podium. I always end up having a lot of fun and learning as much from my audience as they learn from me. The Encore Leadership Corps summit was no exception. I hope my group took home some useful tips for moving their projects forward with interest and coverage from the news media. I came away with a new appreciation for the optimism and can-do energy of older Maine volunteers and their dedication to making life better for us all.

Read more of Meg Haskell at [livingitforward.bangordailynews.com](http://livingitforward.bangordailynews.com).

## Facebook expands ads on 3rd-party apps

REUTERS

Facebook Inc said its customers' ads would now be visible on third-party apps and websites to everyone who has ever visited its website, and not just to users logged into its social networking service.

However, people can opt out of seeing ads on apps and websites not offered by Facebook, based on their ad preferences, the company said late on Thursday.

Facebook, like other online ad service providers, uses cookies to collect data on users' browsing habits to show them relevant ads.

The company, which has more than 1.6 billion users,

offers online advertising services under its "Audience Network" business.

In the first quarter, Facebook generated more than 80 percent of its \$5.20 billion ad revenue from mobile ads.

The company has been rolling out new features to ramp up mobile advertising and to encourage customers to experiment with video advertising.

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## Diet

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finds younger riders often have a tough time keeping up with him.

"It's always a question of how much of this is genetics and how much is diet," he said. "But I think it also has a lot to do with how active you were in life before turning 50 or 60. In my case, I've been pretty physical since my mid-20s. Sitting down is just not part of my regime."

For Bob Lombardo, 66, of Orono, cycling is a way of life. He owns 20 bikes, and cycles in spring and summer. As the years roll on, he said he's noticed some changes with new aches and pains from riding, especially in his back and wrists.

"Getting out of bed in the morning, I'm starting to feel like I'm 66," he said. "But I'm still in denial about that."

But he's not letting that stop him from cycling.

"You really can ride bikes at any age," he said. "I was in Sweden in the winter and saw these elderly ladies riding

bikes on snowy streets, and they were definitely a lot older than me."

Lombardo said he sticks to a vegetarian diet and has since the late 1960s. He also prefers real food over processed energy snacks or gels and often packs a peanut butter and jelly sandwich or fresh fruit for longer rides.

"For the most part, it's not a high protein diet, but I do get the protein I need from tofu, beans, dairy and eggs," he said. "I'm also a believer in carbohydrates, especially on the nights before I do a long ride the next day."

The bottom line for anyone wanting to stay active to 50 and beyond, Camire said, is to make sure to get the nutrients you need to stay comfortable and alert.

"Omega-3s are good for elevating your mood and [so] are anti-inflammatories," she said. "So if you are prone to soreness, having [omega-3s] built up in your bloodstream will help reduce the need for [anti-inflammatory] drugs."

Staying active, Camire said, is the key.

"Find what you enjoy," she said. "And just do it."

# Join us!



## AARP Bangor Spring Social

Thursday, June 2nd, 4:00pm-7:00pm

Bangor Public Library, 3rd Floor

RSVP: 776-6302 or [ME@aarp.org](mailto:ME@aarp.org)

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