

OBITUARIES



ROBERT A. MUSHROW

HAMPDEN - Robert A. Mushrow, 72, died October 23, 2015, at the Maine Veterans' Home with his family by his side. He was born May 26, 1943, in Portland, the son of George and Grace (Peters) Mushrow.

Robert served in the United States Army. He worked as a grounds supervisor at Eastern Maine Medical Center for 30 years. Robert enjoyed working on his farm and raising beef cattle which he had done his whole life. He also enjoyed anything to do with animals, camping and fishing, but especially spending time with his family.

In addition to his parents, he is predeceased by two brothers, Paul and Phil Mushrow and a sister Helen Severance. Robert is survived by his loving wife of 48 years, Dianne (Stubbs) Mushrow; son, Brian Mushrow and his wife, Kim, of Hampden; Daughter, Karen Strout and her husband, Jamie, of Cornville; two brothers, Gary Mushrow and Kenneth Lawton; four sisters, Betty Rackliffe, Jean Spencer, Connie Howes, and Gloria Leonard; five grandchildren, Hannah and Haley Mushrow, Cody and Devon Turcotte, and Dale Strout.

The family would like to thank the entire staff at the Maine Veterans' Home in Bangor for the love and care they have given Robert.

Services will be private for the family. Those wishing to remember Robert in a special way may make gifts in his memory to the Alzheimer's Association Maine Chapter 383 US Route One, Suite 2C Scarborough, Maine 04074. Condolence to the family may be expressed at www.BrookingsSmith.com.



ELIZABETH LUCILLE NODDIN GAGNIER

PORT ORANGE, FL - Elizabeth "Lucille" Noddin Gagnier of Port Orange, FL passed away in peace and surrounded by love on October 17, 2015 at the age of 88. She was born March 17, 1927 in Millinocket, ME to the late Lewis and Victoria Boyle Noddin.

Lucille graduated from Stearns High School in 1944. She was married to the late Leo Clarence Gagnier for 63 years. She was past president of the V.F.W. Auxiliary, Emblem Club and Hillcrest Golf Club. She enjoyed playing golf and bowling, but most of all she enjoyed listening to her husband, Clarence play his guitar.

She is preceded in death by her husband, Leo Clarence Gagnier, parents, Lewis and Victoria Boyle Noddin, daughter, Linda Wasilauskis and brother, Charlie Noddin.

Lucille is survived in loving memory by her children; Frank Gagnier & wife Susan, Timothy Gagnier and wife Sue, Patrick Gagnier and wife Bobbie, daughter, Kathy Gifford and husband David, sisters, Barbara Nudd, Norma Summers and Phyllis Merrill, as well as numerous grandchildren, great grandchildren, nieces, nephews and countless dear friends.

A Mass of Remembrance will be held next summer in Millinocket, ME

In lieu of flowers the family has requested donations to the Katahdin Area Support Group, 10 Field Street, Millinocket, ME 04462 or the Linda Wasilauskis Scholarship/ Mrs. W., attn.: Tammy McLaughlin, Secretary, Stearns Jr./Sr. High School, P.O. Box 30, Millinocket, ME 04462.

Arrangements are under the care of Heritage Funeral & Cremation Service, Port Orange, FL. admin@HeritageDaytona.com



JOSEPHINE GRANT

BANGOR - Josephine "Jo" Tucker Grant, 86, loving mother, grandmother, great-grandmother, and friend, went to be with her Lord Oct. 20, 2015. She was born in Cherryfield, ME, the only child of Merrill and Marguerite Tucker.

She graduated from Cherryfield Academy, attended Machias Normal School and Eastern Maine General Hosp. School of Nursing. She worked as a secretary for Banks Auto Supply in Bangor, as well as a cook, crew chief and customer service rep. for McDonald's in Houlton. Her true calling, however, was homemaking and being a strong and loving mother to her children. She delighted in caring for her family and in bringing them all together as often as possible. She was a long time member of First Baptist Church in Cherryfield, also attending the First Baptist Church in Houlton for 22 years where she taught Bible School and served on various committees. She later attended Messiah Baptist Church in Bangor where she found wonderful friends in Christ. She found joy, peace, and comfort in her faith and in the fellowship of her many church friends. Her faith gave her strength as she faced declining health and the loss of family and friends in later years.

She and her husband, Virgil, lived in Caribou and Mapleton before settling in Houlton for 22 years where they raised their family. After his retirement, they moved back to Washington County and lived in Harrington for 28 years. During the past 8 years, Jo resided in Bangor.

Her greatest joy came from her love of and devotion to God and family. Her grandchildren and great grandchildren were the "light of her life." Music was also a passion of hers. She started singing with her mom as a little girl while they worked around the house. There was always music playing in her family home and her dad often played the piano with Jo singing along. She also loved playing piano and sang in the church choir in Cherryfield as well as the Houlton Community Chorus. In addition to the piano, Jo played the saxophone for 6 years in the Cherryfield Academy Band and the Cherryfield Town Band. She also loved nature, especially the birds and wild life creatures that frequented the fields

around her Harrington home. She delighted in snapping photos of them and feeding "her" birds. Her hobbies included gardening, photography, reading, and travel. She and her husband took several wonderful trips throughout the Western states and through the South. Jo was well known for her extraordinary cooking abilities, especially the wonderful family holiday meals and her delicious pies. She was also a very loyal Red Sox fan. Being a homemaker was her true calling and she excelled at it.

She was predeceased by her parents and husband, Virgil. She is survived by a son James Grant and wife, Barbara of Moneta, VA, daughter Pamela Nelson and husband, Daniel of Orono, daughter Patricia Duran and husband John of Brewer, ME, and daughter Margaret Grant of Ellsworth, ME; six grandchildren: Devin Grant of Malta, NY, Ryan Grant and wife, Sarah of Schenectady, NY, Kelly Jones of Bangor, Alicia Duran of Bangor, Ashley Sherry and husband, Zach of Hampden, and Jenna Duran of Brewer; 3 great-grandchildren: Gage Duran-Meeker, Mason, and Brody Sherry. She is also survived by the special mother of her grandsons, Janice Grant of Scotia, NY, sister-in-law, Gertrude Ashby of Bangor, one especially close cousin, Janet Sprague and husband, Harold of Cherryfield as well as many other cousins, all very dear to her. In addition, she is survived by several nieces and one nephew as well as dear friends, Normand and Jean Philbrick of Bangor, Sandra White of Hermon, Phyllis Sproul of Cherryfield, Jan and Bud Butterfield of Bangor, and Tom and Stephanie Dow of Hermon.

The family wishes to thank the wonderful staff of DeVita Dialysis Centers in Bangor and Ellsworth.

Visitation will be 1:00-2:00PM Sunday Oct. 25, 2015 at Cherryfield Baptist Church with a service to celebrate Jo's life at 2:00PM. A reception will follow the service. Interment will be at Pine Grove Cemetery in Cherryfield. Funeral arrangements by Bragdon Kelley Funeral Home of Ellsworth. In lieu of flowers, contributions may be made to Birchwood Living Center, PO Box 829, Ellsworth, ME 04605, The First Baptist Church of Cherryfield, or Messiah Baptist Church of Bangor.

Thomas Stemberg, founder of Staples retail chain, dies at 66

BY STEPHEN MILLER BLOOMBERG

Thomas Stemberg, the founder and former chief executive officer of office-supply superstore Staples Inc., has died. He was 66.

He died Friday at his home in Chestnut Hill, Massachusetts, his son, Will Stemberg, said in an email. The cause was gastric cancer.

Stemberg wrote the business plan for Staples and with backing from super-market magnate Leo Kahn opened the first store in 1986.

The chain today is the largest U.S. office-supply retailer and has more than 1,600 stores in North America. It had \$22.5 billion of revenue in its latest fiscal year, according to data compiled by Bloomberg.

Stemberg served as CEO until 2002 and chairman until 2005. That year he joined Highland Consumer Partners, a Wellesley, Massachusetts-based venture capital firm, where he was managing general partner. The firm focuses on the consumer industry.

He also founded of Oly Shoes, a children's footwear retailer, and Zoots, a dry cleaner.

"When I invest, I look for two things above all: a great market and a great entrepreneur," Stemberg said, according to an article in July-August issue Inc. magazine last year. "The business plan is going to change. The team is going to evolve. But if you have a leader who can inspire others and a growing market that offers you an opportunity to differentiate yourself, typically you'll have a winner."

Thomas George Stemberg was born on Jan. 18, 1949, in Newark, New Jersey, to Oscar Michael Stemberg and the former Erika Ratzer, both Austrian immigrants, according to Marquis Who's Who. After his father died when he was 13, he moved with his mother to her native Vienna, where he attended the American International School, according to "The Guru Guide to Entrepreneurship," a 2001 book by Joseph H. Boyett and Jimmie T. Boyett.

Stemberg returned to the U.S. to attend Harvard University in Cambridge, Massachusetts, earning a bachelor's degree in 1971. Two years later, he received an MBA from Harvard Business School.

State gives final OK to midcoast health merger

BY STEPHEN BETTS BDN STAFF

ROCKPORT — The commissioner of the Maine Department of Health and Human Services approved Wednesday the merger of Pen Bay Healthcare and Waldo County Healthcare.

The approval means the two organizations that oversee medical facilities in Knox and Waldo counties will fall under one board of directors. The formation of the singular Pen Bay Healthcare Board is expected to occur Jan. 1.

"Changes in health care financing, regulation and economies of scale have driven them to act more regionally, at least on an ad hoc basis," a memo from DHHS stated in support of the merger. Commissioner Mary Mayhew signed off on the merger in a Wednesday notice.

DHHS agreed with the Pen Bay and Waldo County organizations that volumes necessary to support high quality specialties are more achievable with a larger patient base. Similarly, the economics of hiring physicians/specialists is more tenable over a larger patient base, in part because changes in physician call coverage expectations require that practice specialties have at least two, sometimes three,

four or more physicians to share night and weekend call schedules, the department concluded.

The same is true at administrative levels, the department stated.

Pen Bay Healthcare is the parent corporation of the 99-bed Pen Bay Medical Center in Rockport; the Quarry Hill development in Camden; the Knox Center for Long Term Care in Rockland; Kno-Wal-Lin home health and hospice care, which serves Knox, Waldo and Lincoln counties; the Sussman House hospice center in Rockport; and nearly all physician practices in Knox County.

Waldo County Healthcare is the parent corporation of the 25-bed Waldo County General Hospital in Belfast; Waldo County Home Healthcare Services; Belfast Public Health Nursing Association; Coast Medical Care; Arthur Jewell Community Health Center in Brooks; Donald S. Walker Health Center in Liberty; Lincolnville Regional Health Center; Searsport Health Center; and Stockton Springs Regional Health Center.

The two organizations had total expenses in 2013 of about \$210 million, with Pen Bay Medical Center being the largest organization at \$106 million.

Pen Bay and Waldo County are subsidiary corporations of MaineHealth, which is the parent organization of numerous hospitals, nursing homes and other health care organizations in southern and central Maine, with the largest being the 606-bed Maine Medical Center in Portland.

The two midcoast area organizations already have the same CEO. Mark Biscione has been head of the Waldo County hospital for more than 31 years. He was appointed Pen Bay's interim CEO in March 2014.

The two health organizations already have integrated more than 40 programs. The two hospitals are sharing services and positions that include laundry, marketing and communication, nephrology, home health and hospice, urology, vascular surgery, oncology, infectious disease physicians, a chief medical information officer, electronic information, a cardiopulmonary department manager, coverage for the radiology manager's medical leave, a dentist, grant writing, speech therapy, telepsychiatry service, oncology, an echo sonographer and telestroke services.

Pen Bay became a member of MaineHealth in 2012. Waldo County became part of MaineHealth in 2009.

Cancer group scales back mammogram guidelines

REUTERS

In a major shift, the American Cancer Society is recommending that women at average risk of breast cancer get annual mammograms starting at age 45 instead of at age 40 and that women 55 and older scale back screening to every other year.

The new guidelines, published Tuesday in JAMA, fall more closely in line with guidelines from the U.S. Preventive Services Task Force, a government-backed panel of experts that recommend biennial breast cancer screening starting at age 50 for most women.

The Task Force's 2009 recommendations to reduce the frequency and delay the start of mammogram screening were based on studies suggesting the benefits of detecting cancers earlier did not outweigh the risk of false positive results, which needlessly expose women to additional testing, including a possible biopsy.

When the Task Force first recommended pushing back the start of mammogram screening from 40 to age 50, many advocacy groups, including the American Cancer Society, decried the change. Some experts charged it would result in more women dying from breast cancer.

A recent draft of updated guidelines from the Task Force in April that have not yet been finalized acknowledge some women in their 40s



TNS FILE

The American Cancer Society is recommending that women at average risk of breast cancer get annual mammograms starting at age 45 instead of at age 40 and that women 55 and older scale back screening to every other year.

may benefit and say the decision of screening women in their 40s should be based on individual discussions between a woman and her doctor.

"You see this moving from a one-size-fits-all approach to something that's more personalized and more individualized, which is where medicine is going," said Dr. Kevin Oeffinger, a primary care doctor at Memorial Sloan Kettering Cancer Center in New York, who chaired the panel that crafted the new American Cancer Society guidelines.

The new ACS guidelines

are the result of a review of new evidence on the benefits and harms of breast cancer screening. It found that younger women through age 54 benefit more from annual screening than biennial screening. Oeffinger said biennial screening among women older than age 55 is acceptable, because women's breasts tend to be less dense and their cancers tend to grow more slowly after menopause.

The ACS guidelines also recommend women continue screening as long as they are healthy or until their life expectancy falls below 10 years.

Loud noise exposure linked to increased risk of heart disease

BY ROXANNE NELSON REUTERS

People with long-term exposure to loud noise at work or in leisure activities may be at increased risk of heart disease, a U.S. study finds.

Researchers found the strongest link in working-age people with high-frequency hearing loss, which is typically the result of chronic noise exposure.

"Compared with people with normal high-frequency hearing, people with bilateral high-frequency hearing loss were approximately two times more likely to have coronary heart disease," said lead author Dr. Wen Qi Gan of the University of Kentucky College of Public Health in Lexington.

Past research has already linked noise exposure, especially in workplaces, to cor-

onary heart disease, high blood pressure and other illnesses, Gan and his colleagues write in Occupational and Environmental Medicine. But many of these studies lacked individual information about actual noise exposure, relying instead on average decibel levels in the person's environment.

High-frequency hearing loss, the researchers say, is a better indicator of exposure to loud noise over time.

To investigate the connection with heart disease, the researchers looked at data on 5,223 participants in national health surveys between 1999 and 2004. Participants ranged in age from 20 to 69 at the time they were surveyed.

Overall, people with high-frequency hearing loss in both ears were about twice

as likely to have coronary heart disease compared to those with normal high-frequency hearing. Among those age 50 and under, who were also most likely to be exposed to loud noise at work, the heart disease risk was increased four-fold.

There was no link to heart disease among people with one-sided hearing loss or loss of lower-frequency hearing, the study team notes, further supporting the idea that noise exposure is the culprit.

The study only looked at people at one time point, however, and cannot prove that noise or hearing loss are direct causes of heart disease. The researchers also acknowledge that they relied on study participants' own recollections about their work and leisure-time noise exposure.