

Aging

Continued from Page C1

ly young spouse with dementia. Rates of Alzheimer's disease and other forms of age-related dementia or expected to rise sharply in coming years, Address noted, affecting millions of older couples and their families. Faith communities must prepare to support this wave.

For a healthy partner deprived of meaningful companionship, the losses associated with dementia can be overwhelming, Address said, and

it's not unusual or necessarily wrong to be drawn into a new relationship, even while continuing to care lovingly for a stricken husband or wife.

"The power of relationship and community become more important as we age," he said. "Human contact is essential. No one wants to be alone." Faith communities can choose to be supportive, he said, by recognizing and solemnizing an extramarital relationship that evolves in this context.

Taking a sacred approach to aging also allows for the use of "new age" or traditional rituals to honor milestones such as entering hospice care, moving into a care facility or

signing an advance directive declining life-prolonging interventions, Address said. Even the simple recognition that a strong, possibly even intimidating parent has become frail and dependent can be made more meaningful through prayer or ritual.

"Even devout atheists understand that there are moments in life when you should stop and give thanks or ask for peace," he said. "These are opportunities to recognize a powerful moment."

Address will deliver the following talks:

— "Sacred Approaches to Aging and Mental Health," 3:30-5 p.m., Thursday, Oct. 22,

Barrows Hall, University of Maine, Orono.

— "Sacred Aging and the Role of Elders," 12-1:30 p.m., Friday, Oct. 23, 67 College Avenue, Orono. This program is part of the Wilson Center Interfaith Luncheon Series.

— "Sacred Approaches to Health and Wellness," 7 p.m., Saturday, Oct. 24, St. Joseph Healthcare, 900 Broadway, Bangor.

Address also will lead a Torah study and discussion from 9:30 to 11:30 a.m. Saturday, Oct. 24, at Congregation Beth El on 183 French St. in Bangor.

All events are free and open to the public.

Atwood

Continued from Page C1

them already -- community buildings where people gather.

"We're trying to transform the culture here in Maine," says Tina. "As part of the process, we're also building a statewide AED registry and a website -- kind of like Google Maps. You'll be able to search and find out where AEDs are located. This is a difference between life and death."

For more information about the Rural AED project

in Maine and how you might get an AED for your community, visit the Maine Cardiovascular Health Council website or send an email to Tina Love.

Diane Atwood was formerly the health reporter on WCSH6. She's a regular guest on the WCSH6 "Morning Report," a freelance health and wellness writer and blogger. Read her BDN blog, Catching Health, at catchinghealth.bangordailynews.com.

Join the conversation. [facebook.com/bangordailynews](https://www.facebook.com/bangordailynews)



WHAT IS IT?

Send your answers for this week's What Is It (above) to: Robert Croul, 1095 North Road, Newburgh, Maine 04444. Readers may respond by email to recestate@midmaine.com. Be sure to write "What is it?" in the subject line.



ROBERT CROUL



In the Oct. 7 Bangor Daily News "What Is It?" an antique parade torch was correctly identified by Erny Levesque of Saint David, Brenda Harrington of Spruce Head and Stephen Dickinson of Presque Isle. I am told that in later years many farmers used these to burn tent caterpillars out of fruit trees.



HELP IS HERE FOR FAMILY CAREGIVERS IN MAINE.

A new law requires hospitals to record the name of a patient's designated family caregiver upon admission and to keep that caregiver informed of the patient's discharge plans. It also ensures that family caregivers have the instructions needed to safely care for loved ones when they return home. **AARP Maine fought for the CARE Act because supporting family caregivers is a top priority for all of us. On behalf of Maine's 178,000 caregivers, we thank Rep. Drew Gattine for sponsoring this important legislation.**

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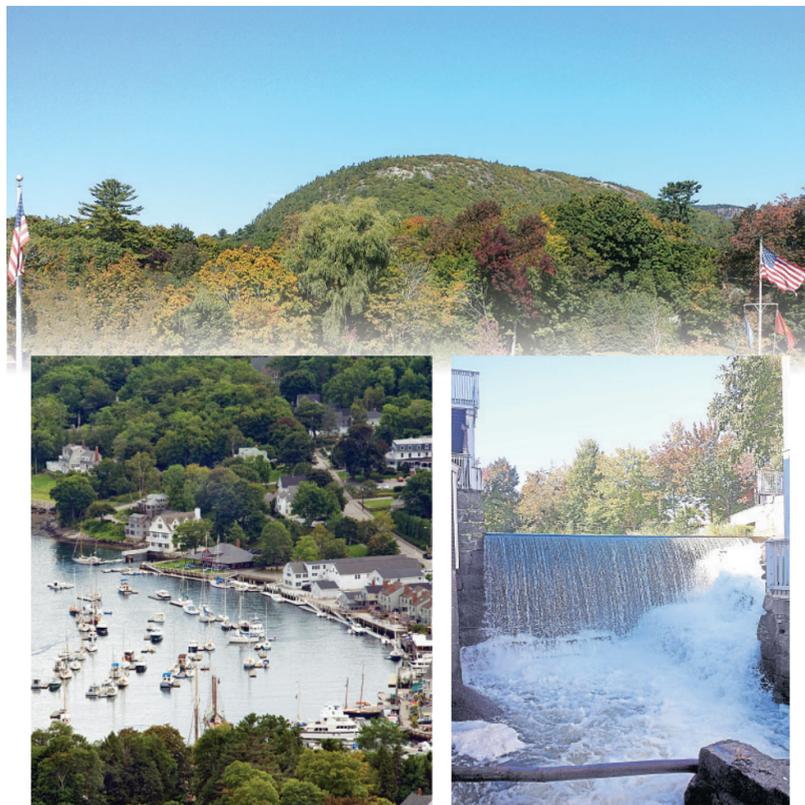
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Game	Type of Game	Prize	Game	Type of Game	Prize
Special #1	Large Diamond - purple	\$ 1199.00	Special #1	Large Diamond - purple	\$ 1199.00
Special #2	Six Pack Hard Way - green	\$ 1199.00	Special #2	Six Pack Hard Way - green	\$ 1199.00
Quickie #1	Coverall - black	\$ 100.00	Quickie #1	Coverall - black	\$ 100.00
Regular #1	Goal Post - blue	\$ 5000.00	Regular #1	Goal Post - blue	\$ 5000.00
Regular #2	Crazy Bow - Tie Either Way - orange	\$ 5000.00	Regular #2	Crazy Bow - Tie Either Way - orange	\$ 5000.00
Special #3	Double Bingo - gray	\$ 1199.00	Special #3	Double Bingo - gray	\$ 1199.00
Regular #3	Eight Pack Anywhere - lime green	\$ 5000.00	Regular #3	Eight Pack Anywhere - lime green	\$ 5000.00
Regular #4	Small Picture Frame - yellow	\$ 5000.00	Regular #4	Small Picture Frame - yellow	\$ 5000.00
Special #4	Pick-A-Chest - Letter P - olive	\$ 1199.00	Special #4	Pick-A-Chest - Letter P - olive	\$ 1199.00
Quickie #2	Coverall - red	\$ 200.00	Quickie #2	Coverall - red	\$ 200.00
Regular #5	Eight Around the Corner - pink	\$ 5000.00	Regular #5	Eight Around the Corner - pink	\$ 5000.00
Regular #6	Double Handway - gray	\$ 5000.00	Regular #6	Double Handway - gray	\$ 5000.00
Special #5	Crazy T - brown	\$ 1199.00	Special #5	Crazy T - brown	\$ 1199.00
Special #6	Regular Bingo & 4 Corners - white	\$ 1199.00	Special #6	Regular Bingo & 4 Corners - white	\$ 1199.00
Regular #7	Double Postage Stamp - olive	\$ 5000.00	Regular #7	Double Postage Stamp - olive	\$ 5000.00
SUPER PENOBSCOT SPECIAL			SUPER PENOBSCOT SPECIAL		
	Played Out	\$ 2,500.00		Played Out	\$ 2,500.00
Quickie #3	Coverall - green	\$ 300.00	Quickie #3	Coverall - green	\$ 300.00
Regular #8	Regular Bingo & Postage Stamp - red	\$ 5000.00	Regular #8	Regular Bingo & Postage Stamp - red	\$ 5000.00
Special #7	Lucky 7 - pink	\$ 1199.00	Special #7	Lucky 7 - pink	\$ 1199.00
Quickie #4	Coverall - pink	\$ 400.00	Quickie #4	Coverall - pink	\$ 400.00
Regular #9	Double Bingo - orchid	\$ 5000.00	Regular #9	Double Bingo - orchid	\$ 5000.00
Special #8	Crazy-L - yellow	\$ 1199.00	Special #8	Crazy-L - yellow	\$ 1199.00
Regular #10	Block of Nine Anywhere - brown	\$ 5000.00	Regular #10	Block of Nine Anywhere - brown	\$ 5000.00
Regular #11	Regular Bingo & 4 Corners - black	\$ 5000.00	Regular #11	Regular Bingo & 4 Corners - black	\$ 5000.00
Special #9	Double Handway - red	\$ 1199.00	Special #9	Double Handway - red	\$ 1199.00
Quickie #5	Coverall - blue	\$ 500.00	Quickie #5	Coverall - blue	\$ 500.00
Regular #12	Wild # Triple Bingo - tan	\$ 5000.00	Regular #12	Wild # Triple Bingo - tan	\$ 5000.00
Special #10	Double Bingo - orange	\$ 1199.00	Special #10	Double Bingo - orange	\$ 1199.00
BONANZA SPECIAL			BONANZA SPECIAL		
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