



fall
2013

Lifestyle

News, Personalities and Perspectives from

HIGHLAND GREEN

A masterpiece of Maine living for those 55 or better

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CARE
ISSUE**

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Location and Leadership

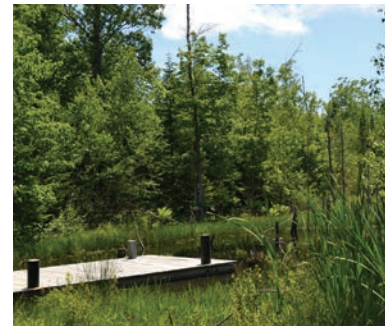
Highland Green residents enjoy access to premium care while displaying leadership in the field of health

As 2013 reaches the three-quarter mark with the promise of extravagantly colorful fall foliage, there continues to be many reasons why new friends who love Maine and share interests have moved to Highland Green in record numbers. The end of the year will bring frequent move-ins to existing resale homes and newly built homes alike. Construction will continue all winter for customers who will move in the spring and summer of 2014.

Highland Green offers custom-built homes with a low-maintenance lifestyle that lets residents spend more time enjoying life. Cooperative housing, similar to condominium living, allows for operational services such as snow removal and collective maintenance of

landscaping and home exteriors. Highland Green owners are especially proud of the financial strength of the community and the stability that is offered through the vitality of their reserve funds, which ensure that the community appearance and value are maintained.

An unprecedented incorporation of natural beauty within Highland Green includes the 235 acre Cathance River Nature Preserve, the Heath Sanctuary, miles of maintained trails and the Ecology Center. This assimilation of permanently preserved space allows the chance to embrace an active outdoor lifestyle, conservation, and nature within the security of Maine's premier planned development for those 55 or better.



A view within the Cathance River Nature Preserve at Highland Green

Most of all, an indelible sense of community is bolstered by dynamic social, educational and volunteer activities based around the Community Center.

An active lifestyle at Highland Green does not just mean walking,

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hiking, biking, swimming, tennis or golf. For those so inclined, it also means folks from 25 states and counting being actively engaged with others of similar interests, whether those interests are social or intellectual. Important for many is the chance to use their experiences and life skills to give back to Highland Green and to the greater community.

Interesting inhabitants in their 50's, 60's, 70's and 80's, from very diverse backgrounds and locations as close as three miles near and as far as California and Oregon, have moved to Highland Green in part because they do not want to live in a traditional "retirement" community. At the same time, Highland Green residents tend to be planners who want a solid arrangement with security for the future. Whether moving from right nearby or from across the country, people want to know that there is access to the highest level of quality health care.

Though Highland Green is a 635-acre oasis of community and natural beauty, its strategic location in Topsham, Maine is just three miles from the college town of Brunswick, is proximate to the scenery of the Maine coast, and is very convenient to Portland. Mid Coast Hospital in Brunswick is located just a few minutes away. Its affiliate through MaineHealth called Maine Medical Center, just down Interstate 295 in Portland, has a reputation as one of the top regional facilities in the nation.

Claire Bowen from Claremont, New Hampshire recently made the decision to move to Highland Green. After growing up in Lewiston, Maine and eventually attending graduate school at Xavier University in Cincinnati, Ohio to study Health Care Administration, Claire went on to become a leader in the health care field. She retired in 2013 as Chief Executive Officer of Valley Regional Hospital in New Hampshire, having previously held the same position at Fairview Hospital in Great Barrington, Massachusetts.

In considering her move to Highland Green, Claire was clearly well-equipped to evaluate access to high quality health care. Through her research of nearby



Claire Bowen at a gathering of new friends at the Highland Green Community Center

Mid Coast Hospital, she found what she calls "an impressive array of specialists" with "top notch credentials." Says Claire:

"Mid Coast Hospital is an absolute gem!"

Though she already owned a condominium in Cape Elizabeth, Maine where she had planned to live after retiring, Claire discovered Highland Green three years ago and continued to be drawn back "like a magnet." The sense of community, the people, the size and natural beauty of the development, the easy access to Portland and so many chances to kayak were just some of the attractions. She also will live in a free-standing custom home with more room inside and open space outside for her Golden Retriever, Callaway (named after her golf clubs). Though she will not move until November, she already has Highland Green friends named Betsy, Anne and Susan and many more she shall soon meet.

Being familiar with condominium and cooperative style ownership, Claire is keenly aware that the most important factor when contributing to collective maintenance of homes is the replacement reserve funds of the community and reserve plans for

the future. She learned the hard way that most condominiums and cooperatives are not only underfunded in their reserves, but do not have a calculated actuarial plan to cover capital expenses in the future. Having previously paid numerous "special assessments" at her condominium, Claire was eager to review Highland Green's reserve. The results of that review were extraordinarily positive as she found that not only have Highland Green shareholders funded themselves well, there is a reserve study going out decades into the future. Furthermore, some funds are being conservatively and strategically invested to outpace inflation. Highland Green owners have set the tone regionally, if not nationally, with the strength of their reserve plan.

Alroy and Valerie Chow recently made their decision to move to Highland Green from their home in Jacksonville, Florida. They will be building a custom home in Highland Green's new Red Maple Lane neighborhood, which is an eight lot cul-de-sac at the highest elevation in the community, abuts the Heath Sanctuary, and is just across from the entrance to the Cathance River Nature Preserve. Another advantage for the Chows is that they were able to lock in a design and plan now and move in early 2015.

Originally from Trinidad, Dr. Chow was educated in Canada and has practiced gastroenterology in numerous locations around the country. More recently, he was recruited to organize the department at Mid Coast Hospital in Brunswick, where he became very highly regarded by the general Brunswick-Topsham community as well by many residents of Highland Green. Having just retired from that position, Alroy will always remain active in medicine as well as with his true passion: owning, training and watching his harness-racing horses compete throughout the Northeast.

Valerie Chow grew up in Caribou in Northern Maine. During their latest temporary stay in Maine for Alroy's work, the Chows started to seriously consider moving to the state permanently. After looking at traditional real estate neighborhoods surrounding Portland,

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the Chows discovered Highland Green and began to look very closely. The location, the setting, and the ability to custom build their home were all factors. “We have a lovely house in Jacksonville,” says Alroy, “but we decided to move to a place where we could be even happier.” Their interactions with Highland Green staff and especially with current and future residents reinforced the one-of-a-kind sense of community that is apparent. Valerie recently summed up her feelings by saying:

“This place is magical.”

As far as access to health care, Alroy likes to point out that there are only two “magnet” hospitals in Maine. Mid Coast Hospital in Brunswick and Maine Medical Center in Portland, both proximate to Highland Green, are the only two that share this title.

Claire Bowen confirms that the “magnet” designation is rare. “This is an incredible achievement requiring very tough qualifications,” says Claire. She adds: “There is a particularly high bar set for staff. Every nursing professional must have at least a Baccalaureate-level degree for the institution to qualify.”

While Mid Coast Hospital, the “gem” of coastal Maine, is just a few minutes down the road from Highland Green, Maine Medical Center in Portland is less than 30 minutes away. It is one of only 173 out of 5,462 evaluated by U.S. News and World Report to be named one of America’s Best Hospitals. Mid Coast and Maine Med are affiliated with each other and with several other hospitals in Maine. MaineHealth, the parent organization, is a not-for-profit family of health care providers and other health care organizations.

Highland Green resident Peter Wood retired in the spring of 2013 as Executive Director of the Maine Medical Center Physician-Hospital Organization. PHO is an organization that affiliates over 1200 physicians and MaineHealth hospitals. As



Alroy and Valerie Chow on race day at Scarborough Downs Racetrack, Scarborough, Maine

Director, Peter was in charge of overseeing operations, developing a strategic plan, and creating initiatives for cost reduction and quality improvement. “The goal is to improve post-discharge quality and reduce the probability of readmission,” says Peter. He adds: “The PHO helps with transition, ensures connection between patients’ primary care doctor and specialists, and makes a concentrated effort to coordinate care, and to foster accountability.”

Peter and his wife Ellen are pioneers at Highland Green, having moved from Yarmouth, Maine, in 2003, the first year homes were completed here. Originally from Cleveland, Ohio and Baltimore, Maryland respectively, the Woods moved to Yarmouth in 1995 from Rochester, New York when Peter took the position with PHO. Ellen, meanwhile, took a post as Web Coordinator for the Maine State Library in the state capital of Augusta, a position she holds until later this year.

Highland Green’s location was perfect for the Woods, being equidistant from Peter’s work in Portland and Ellen’s in Augusta. More importantly, however, the Woods moved to Highland Green a decade before retirement for a sense of community. In 2003, their kids had grown and they had no unbreakable ties to the town of Yarmouth. “In our opinion, it is important to be proactive,” says Peter. “It was important for us to form relationships,

and to have a lifestyle in place when we actually did retire...even down to having a first floor bedroom. Why wait?” he asks.

Over the last ten years, the low-maintenance package at Highland Green has been convenient as the Woods do not have to worry about their home when have had free time to visit their kids in Missouri, or to travel elsewhere. Their passion for scuba diving has brought them all over the world and as of this year they have completed over 500 dives in the Caribbean, Papua-New Guinea, Australia, Thailand and many other places.

Like many other Highland Green residents, Peter will never be truly “retired.” He recently received the 2013 Quality Improvement Leadership Award from Maine Quality Counts for his innovations in health care quality and cost improvement in Maine. He has also become a consultant for care coordination projects around the nation, most recently in Alabama. Through these projects he has realized that Maine is “way ahead of the curve.” “This is a very progressive area in terms of delivery of quality care,” says Peter. “Not only does Maine have high quality

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Peter and Ellen Wood with Josh



hospitals and doctors, through coordination it has an impressive continuum of care,” he says.

Highland Green Founder John Wasileski is the preeminent developer of retirement communities in Maine who prides himself on being ahead of trends. From developing two full scale retirement communities in Maine starting in the 1980’s to founding Highland Green, Maine’s first and finest 55-plus active lifestyle community, John has always been proud of the fact that his creations are “part of the greater community and not apart from it.”

Another advantage that Highland Green residents enjoy in terms of planning, health and wellness is the fact that they receive priority access to assisted-care or respite-care in John’s sister community nearby called the Highlands. The Highlands is a full service retirement community with assisted living, memory care, transportation, dining and wellness services right on its campus. For many at Highland Green, proximity to the Highlands is reassuring in the event that things change in the future. The Highlands’ wellness and case management staff is available to Highland Green residents on an a la carte basis.

Service Plus is a new Personal Care Agency that was launched at the Highlands in the spring of 2013. Also available to Highland Green residents,



New Adult Primary Care practice to open across from Highland Green in 2016

Service Plus can provide assistance with the activities of daily living as needed. Whether it is tidying up a home, house or pet sitting, meal preparation, dressing, or mobility assistance, Service Plus offers peace of mind at a lower-priced rate than that of outside agencies. Plus, it falls under John Wasileski’s family of communities’ umbrella.

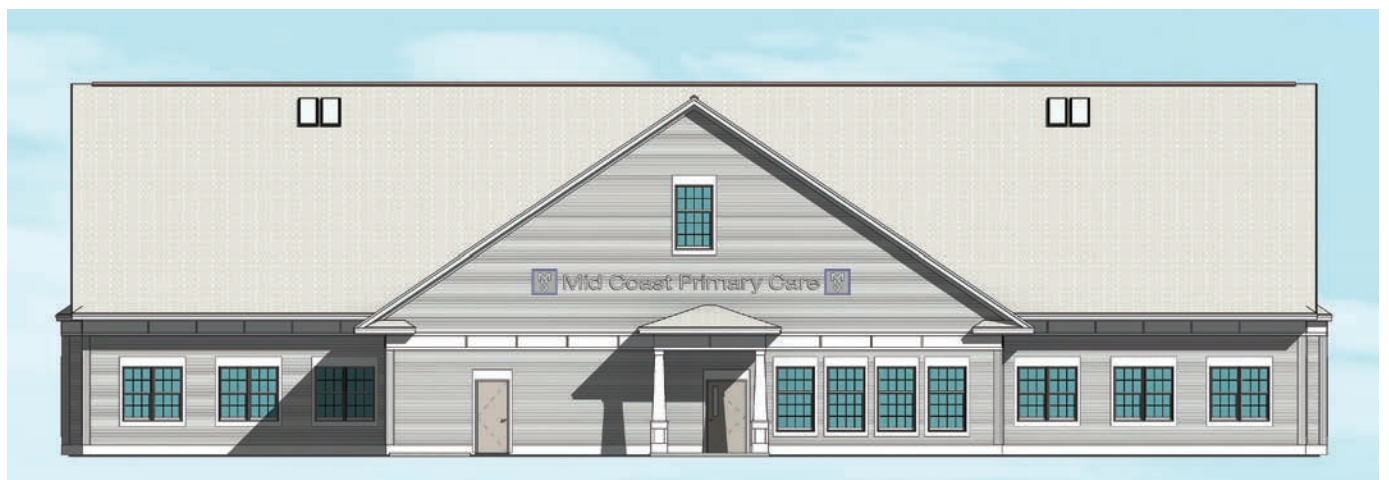
“Service Plus has provided some potential back-up for Highland Green residents, even if they do not need it now, or might not for 30 years,” Will Honan says. “For those potential Highland Green customers who might use these services sooner, Service Plus can give them the confidence that they can live in the Highland Green setting and potentially in a larger home than might be

available to them otherwise,” says Will.

Now, in a continuing effort to stay on the cutting edge, John Wasileski has recently announced a partnership with Mid Coast Hospital to build a new Adult Primary Care practice on land he owns just across the Coastal Connector from Highland Green. “Building this actually fulfills a dream to have a full service primary care facility nearby our campus,” says John. Soon-to-be Highland Green resident Claire Bowen, for example, has already signed up with a primary physician at this new location.

Joe and Caroline Feely from Oakland, Maine recently decided to move

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forward with their plans to build a home at Highland Green. Not only will living at Highland Green provide them a chance for less maintenance and what Caroline calls: “a beautifully laid out and imaginatively created community,” it will afford them the opportunity to be close to the ocean and the marina in Harpswell where they keep their sailboat.

Caroline was born and raised in the San Francisco Bay area and moved to Maine in 1978 to Peaks Island in Casco Bay three miles from Portland. After graduating from the University of Southern Maine and the Boston University School of Social Work, she went on to be a clinical social worker in Portland, Augusta and Waterville. She now continues in the field performing per diem outpatient work for Maine General Health in Waterville.

Through the journey of discovery of Highland Green, Caroline finds the role that Highland Green staff plays comparable to social work. “A social worker helps people adjust to an environment and facilitates people’s growth,” she says. In describing their interaction with Highland Green staff, Caroline sees similarities: “The process is not just about making sales and building houses. It is about helping people and providing an environment where they discover options they did not know they have. It is about facilitating people to make their own choices that are the best for them. It is about creating a community of people who have made choices they are comfortable with.”

Highland Green Director of Marketing and Sales Will Honan agrees, pointing out that founder John Wasileski has a permanent management and marketing agreement with the community. He emphasizes that this arrangement helps to ensure that the original vision of Highland Green stays intact and prevents



Highland Green founder John Wasileski stops by to meet Joe and Caroline Feely on the site of their future home.

management turnover endemic to traditional developments. “Director of Operations John Coughlin, Sales Associate Amber Grant, Marketing and Operational Executive Assistant Brina Stairs and I are part of the community. This is all that we do and the goals are transparency and ensuring that people make good decisions, and are happy,” says Will.

Dr. Steve Loeb moved to Highland Green from Columbus, Ohio in 2012 after spending over 40 years teaching and heading the graduate program for Health Care Administration at The Ohio State University. He is currently teaching a freshman seminar at Bowdoin College in Brunswick.

Robert “Chip” Liversidge moved to Highland Green from Rangeley, Maine with his wife Margaret in 2013. Chip was the first Executive Director of CHANS, a home health care agency in Bath, Maine. He is the incoming Chair of the Board of Androscoggin Home

Care and Hospice.

Dr. Richard and Dr. Claire Corbin from Phippsburg, Maine have recently made the decision to move to Highland Green. Claire is a retired pediatrician and Richard was just named the new Medical Director for Oasis Health Network, a volunteer organization that serves uninsured people.

Anne Cole, who moved to Highland Green from Fairfield, Connecticut in 2013, was Director of the Student Health Services at Fairfield University. The list goes on, but of course, not all Highland Green residents come from the field of healthcare.

While it is the community and the complete Highland Green package that has helped Joe and Caroline Feely to make comfortable lifestyle choices, the house itself is important as well. Joe, an architect, has been especially drawn to the design process. Originally

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Seen around Highland Green...



Pat Allen scored a hole-in-one on the Highland Green golf course in August



Pub Trivia Nights at the Wild Duck Pub at Highland Green are always a hit



Residents and friends gathered in front of the Ecology Center before a guided hike



Highland Green resident and certified fitness trainer Ruth Ann Specht has a big following for her classes at the Community Center



Jack and Nancy Spinner's house really started to come together in September



Highland Green is famous for its countless interesting rocks

Featured Custom Built Homes

16 SPARROW DRIVE Yellow Sparrow

Well-appointed with privacy, nature and light perched on a wooded lot. A bonus sun room, separate office retreat plus partially finished daylight lower level offers guest space and potential workshop area. \$445,000



2 THRUSH DRIVE Gardener's Delight

Elegant one floor living on a wooded corner lot with a private screened porch next to its own perennial garden; built-in bookshelves, stylish office plus a bonus retreat over the garage. \$460,000



from York, Pennsylvania, Joe graduated from Williams College and the St. Louis School of Architecture. He is a former principal in a Portland, Maine architectural firm and most recently was staff architect at Colby College in Waterville. He was keen on studying Highland Green's building specifications, being involved in the planning procedure, and discovering how one of the Highland Green models could be customized to the specifics of their lifestyle. "Joe's experience and attention to detail make it very easy to work with him," says Highland Green builder Dan White. "It is obvious that Dan's knowledge is extensive and up to date," says Joe. "It has been uncomplicated to figure out something that works perfectly for us," he adds.

Highland Green residents come from 25 states and many varied backgrounds. Some are retired; others are working. Some have been primary educators; others have been college professors. Some have been in the corporate world; others have been in small

business. Some have been in the military; others have concentrated on raising family. Some have been in banking; others have been in social work. Some have been artists; others have been engineers. Some have been a combination of many things; others rediscover themselves while living at Highland Green. The possibilities are endless.

There are certain things that most Highland Green residents have in common. They love Maine. They want to interact with others with similar interests. They want to be active. They want to spend less time on home maintenance and more time enjoying themselves. They want easy access to culture, to shopping, to travel opportunities and to medical care. They want a solid plan for the future. Most of all they want to live in a beautiful, well-maintained place, with a strong, down-to-earth sense of community. Highland Green has it all. Whether you want to purchase an existing home or plan ahead and have Highland Green build for you...why wait? ■





Connect & Experience
HIGHLAND GREEN

Connect with us online at:
HighlandGreenLifestyle.com

Experience Highland Green on video.
 Click the YouTube icon at the top of our home page.

Visit and Like us on Facebook.


Left (and cover): Changing leaves near the Cathance River

Above: A pileated woodpecker

Photos taken at Highland Green by resident Jim Wilkes



UPCOMING EVENTS AT HIGHLAND GREEN

Please join Highland Green residents, friends, and guests at our themed events designed for interaction and a true taste of different aspects of the Highland Green lifestyle.

Highland Green Solar Exposition

Saturday, September 28 | 10:30 AM – 1:00 PM

- Learn about the benefits of solar-powered hot water and electricity from ReVision Energy expert Fortunat Mueller
- Meet Highland Green residents Paul and Linda Wilson and learn how they were able to incorporate solar into their custom Highland Green home
- Tour the solar-powered Cathance River Ecology Center on the 235-acre Cathance River Nature Preserve at Highland Green

Highland Green Kayaking Adventure

Sunday, October 6 | 11:00 AM – 3:00 PM

- Come to the Wild Duck Pub at Highland Green for a Meet and Greet and to fuel up on a light lunch before heading out on a kayaking trip up the Cathance River from the new Head of Tide Park nearby Highland Green
- All equipment is provided.
- Space is limited. Please RSVP only

**Highland Green information and featured homes are available for viewing during and after events.
Call today for more information and to RSVP, 1-866-854-1200 / 207-725-4549.**

Explore Highland Green's award-winning low-maintenance lifestyle combining custom homes, ecology, nature, neighborly ambiance, endless possibilities, strength and stability - all directly at the crossroads of Midcoast Maine.



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