



fall  
**2014**

# Lifestyle

News, Personalities and Perspectives from

## HIGHLAND GREEN

*A masterpiece of Maine living for those 55 or better*

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## Highland Green Exemplifies Active Adult Living and Lifelong Learning

The community provides endless opportunity for education and interaction with others

With the end of summer and the arrival of another glorious Maine autumn filled with dramatic and colorful foliage, Highland Green continues to blossom. While around the nation primary and secondary students have returned to school, new residents from throughout Maine and across America continue to join those already enjoying Highland Green. Its unique 55-plus Active Adult Lifestyle on its vast 635-acre site creates a college-like atmosphere.

Much like an academic campus, Highland Green provides a platform for residents to enjoy their individuality while

experiencing new adventures. They discover fresh interests, make new friends, enjoy culture and entertainment, stay physically active, and remain socially and intellectually engaged with others.

Norman and Linda Curthoys from Fort Collins, Colorado recently made the decision to relocate here and will close on their new home on Waxwing Drive at the end of this year. This brings the total number of states from which new friends have relocated to Highland Green to 28. Norm is a Professor of Biochemistry at Colorado State University, previously having taught and researched the same discipline

at the University of Pittsburgh Medical School. Linda earned a degree in education and taught 4th and 5th grade in California and Pittsburgh before working for an adoption agency.

Like many who have moved here the Curthoys considered many options while researching where to live next and were attracted to the singular Highland Green lifestyle. It offered them the chance to have a custom-built home while enjoying low-maintenance living. They look forward to spending less time on such things as mowing their

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**HIGHLAND GREEN**  
7 Evergreen Circle, Topsham, Maine  
1-866-854-1200 / 207-725-4549  
[www.highlandgreenlifestyle.com](http://www.highlandgreenlifestyle.com)



lawn and worrying about repainting their home and more time enjoying life. Highland Green's incorporation of large amounts of open space and conservation land, organized activities here and nearby, proximity to transportation, shopping, medical services, Maine coastal beauty, and the nearby college town of Brunswick all compelled the Curthoys. Perhaps most important was the ability to connect with others.

"Highland Green offered everything that we were looking for, seemed filled with people who have sought the same things as us and with whom we share a similar background," says Norm.

Jeff and Jo Hipsher have lived at Highland Green since 2005 and theirs was among the first 20 homes built here. The Hipshers moved from Toledo, Ohio to Harpswell, Maine in 1983. Jeff has been a science teacher in the Brunswick school system ever since, for 11 years at the Junior High School and for the last 19 at the High School. Jo also worked in the system as a librarian at the High School for 29 years before retiring two years ago.

While the Hipshers had loved their waterfront house, which was only a handful of miles from Brunswick and the site of Highland Green in Topsham, they found out like many have that a house on the coastal peninsulas in Maine can be isolated from services, from other people, and is hard to maintain. Having a one-story home, less outside maintenance, an easier commute, and closer proximity to such things as shopping, services, and hospitals influenced them to relocate to Highland Green more than a decade before retirement.

"When we first looked at Highland Green and committed moving here in 2003, there was nothing but a trailer, dirt road and woods," says Jo. She adds: "We liked the concept, the convenience, the potential character of the community, and the people that we expected would move here eventually."

Since the Hipshers came to Highland Green in 2005, the community has grown to nearly 170 homes. The Community Center has been built and the Wild Duck Pub has



Longtime Highland Green residents Jeff and Jo Hipsher look forward to being busy upon retirement from teaching

become another terrific gathering space. The management, the governance, and the financial strength and stability of the community have matured as second-to-none.

Most significantly, the Hipshers have seen Highland Green live up to and exceed their expectations in terms of the people they thought would come to live here and the type of community that would develop. "Having been around high school students who are full of energy, ideas and challenges, we never wanted to lose the chance to be around stimulating, thoughtful and energizing people," says Jeff. At Highland Green, the Hipshers have found that chance and more.

*"Highland Green is full of terrifically nice, down-to-earth, talented, and engaging people from every kind of business and background," Jeff says.*

*"Life here is terrific; we love being here," adds Jo.*

Life is about to become even more terrific as Jeff hopes to retire from Brunswick High School at the end of this academic year. He and Jo look forward to doing more things together like travelling abroad, making day trips to the beautiful parts of Maine they have not had time to explore, participating in the many activities available right at Highland Green and volunteering. They will also continue to challenge themselves by taking some of the many nearby academic courses available to Highland Green residents.

Highland Green is an oasis of natural beauty and community that can feel like its own world. Yet it is merely a mile from the Interstate 95 corridor for easy access to such urban centers as Portland, Maine and Boston. It is also just a couple of miles from the bustling college town of Brunswick that has a quintessential New England town green, antique shops, art galleries, diverse restaurants, and the renowned Maine State Music Theatre.

Brunswick is also home to Bowdoin College, founded in 1794 and considered one of the premier small liberal arts colleges in the country. It is also home to The Bowdoin

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College Museum of Art which houses a collection that is among the oldest and most significant of any college or university in the United States. The Association of Bowdoin Friends is an informal group that Highland Green residents can inexpensively join for access to many benefits at the college. Additionally, Highland Green residents take advantage of the opportunity to audit classes at Bowdoin.

Midcoast Senior College offers many courses nearby Highland Green that are specially designed “to provide intellectually stimulating learning opportunities and special activities for persons 55 and older.” The MSC faculty includes a good number of Highland Green residents. Mort Achter, who moved to Highland Green from New Harbor, Maine with his wife Barbara in 2013, specializes in music theory, composition, music history, opera, and musical theater. He previously taught at Otterbein University, Indiana, Purdue, Boston University and the Boston Conservatory. Parker Marden, who moved to Highland Green from Indiana with his wife Ann in 2003, was both President and Professor of Sociology at Manchester College in Indiana, and also taught at Beloit College and St. Lawrence, Cornell and Brown Universities. Ted Reese, who moved to Highland Green from Gorham, Maine with his wife Lynn in 2006, taught English Literature at the college and high school levels throughout Massachusetts and Maine. These Highland Green gentlemen have taught numerous courses at MSC and have counted many other Highland Green residents as their students.

Another Highland Green resident who teaches at Midcoast Senior College is Alison Johnson, who moved to Highland Green from Brunswick in 2006 and has a background in Mathematics and Literature. Alison also helps organize some of the many dynamic resident-driven activities at the Highland Green Community Center. She facilitates one of the popular book discussion groups and is chair of the committee that arranges the “Green Bag Lunch”, a monthly gathering with guest



A Highland Green North Phase III neighborhood “block party” at the Community Center

speakers. A recent example was a visit, talk and slideshow by world renowned photojournalist Robert Freson, who worked for the *Times of London* and *Look* and *Esquire* magazines on assignments that took him all over the world to photograph the leading celebrities of the last half of the twentieth century.

Not all organized activities at Highland Green have an academic theme. Social events include dinners and gatherings at the Community Center and the Wild Duck Pub such as Lobster Fest, Progressive Dinners and Wine Tastings. Exercise classes, walking and hiking groups, bocce, pickleball, tennis and golf are just some of the activities that help residents stay physically active. Group volunteerism with organizations such as Midcoast Hunger Prevention Program, Midcoast Symphony Orchestra, Oasis Health Care Network, and SCORE help ensure that residents are a part of the community outside of Highland Green and not apart from it.

One-third of Highland Green’s 635 acres is permanently conserved as open space. The 235-acre Cathance River Nature Preserve and the Heath Sanctuary provide residents with opportunities to explore nature and miles of trails within the security of

New England’s premier Active Lifestyle community. The Preserve is much more than just open space. It also provides volunteer and educational opportunities.

The conservation easement on Highland Green’s land is held by the Brunswick-Topsham Land Trust. BTLT features Highland Green residents Jim Wilkes and Jeff Nelson on its Board of Directors.

The Cathance River Education Alliance (CREA) is a non-profit organization co-founded by Highland Green developer John Wasileski. CREA manages the Cathance River Ecology Center at Highland Green, provides nature based educational programs for residents, the public, and local schoolchildren, and fosters wise use of the Preserve. Highland Green resident Ed Lovely recently joined the CREA Board of Directors.

Nancy Merz Nordstrom is the author of “Learning Later, Living Greater: The Secret for Making the Most of Your After-50 Years.” In her book, Nordstrom postulates that scientific research reveals that more than ever before, a challenged, stimulated

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brain may well be the key to a vibrant later life. She states: “As 78 million Baby Boomers prepare to redefine their own retirement, news that staying active and keeping their brains constantly engaged may help stave off mental and physical ailments and diseases has many asking how best to do so. The answer is simple: lifelong learning.”

Nordstrom defines lifelong learning as: “the continued educational experience that utilizes non-credit academic courses, educational travel, and community service and volunteerism to fully engage the brain, heighten physical activity, and maintain healthy social relationships.”

Many happy residents have found that the unique opportunities for engagement available at Highland Green dovetail with Nordstrom’s concept that lifelong learning is a key wellness booster for the 55 or better population. Lifelong learning “helps fully develop natural abilities; opens the mind; creates a curious, hungry mind; increases our wisdom; makes the world a better place; helps us to adapt to change; helps us find meaning in our lives; keeps us involved as active contributors to society; helps us make new friends; and leads to an enriching life of self-fulfillment.”

Residents do not just take advantage of learning opportunities at Highland Green and nearby. The collegial atmosphere nurtures easy connection with others and the low-maintenance package at Highland Green allows for turnkey travel without the worry of leaving a house unattended. Through such educational travel organizations as Road Scholar, dozens of residents have taken trips around the country and globe which combine sightseeing with an academic theme. In September, Highland Green residents Bev Brown, Jerry and Gretchen Davis, Bob and Pat Allen, and Ed and Barbara Lovely journeyed together to France through



Highland Green residents Bev, Jerry, Gretchen, Bob, Pat, Ed and Barbara at the American Military Cemetery, Omaha Beach, Normandy, France

Road Scholar. A short three years ago these folks who relocated here from Massachusetts, Maine, California and New Jersey respectively did not know each other. Through moving to Highland Green, they are now the very best of friends sharing everyday life, world-wide adventures and lifelong learning.

Charlie and Carol Evans moved to Highland Green from Lee, New Hampshire this past July. “I am astonished that we have been here for such a short time; it seems like so much longer” said Carol. She adds:

*“Every day I wake up here and think ‘what kind of adventure will we have today?’”*

Charlie Evans received a Master’s Degree in Physical Therapy from Notre Dame College and worked with people before shifting to animal physical rehabilitation. He still commutes a couple of days a week back to New Hampshire to work (for the time being). Carol received a BA in English followed by an MBA and a short

teaching stint, all at the University of New Hampshire. The bulk of her career was spent as a Management Consultant.

Sometimes opposites attract and, since Charlie is the more reserved half of the Evanses, it was expected that Carol would be the most actively involved at Highland Green. However, “Charlie has really bloomed here,” says Carol. On August 5th alone he: took the first golf lesson of his life, attended a “Romeos” luncheon at a local restaurant with 30 other Highland Green gentlemen, played in a golf scramble, enjoyed dinner at the Wild Duck Pub with some potential Highland Green residents, and attended a slideshow put on by the Cathance River Education Alliance about whitewater rafting in the Cathance River, which abuts Highland Green. Additionally, he plays bocce, bikes, hikes on the conservation land, and makes new friends every day. As a result, Charlie has decided to stop working in New Hampshire earlier than expected “so he does not miss out on anything at Highland Green.”

Charlie has also teamed with resident, certified fitness trainer and Highland

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Green fitness guru Ruth Ann Specht in an effort to expand the programmed exercise options available. By surveying residents and combining Ruth Ann's training background with his physical therapy experience, Charlie hopes to help take the already established age appropriate exercise options at Highland Green to the next level.

Charlie and Carol were drawn to Highland Green for many reasons. The unprecedented incorporation of conservation and nature in the community appealed to their environmental sensibilities. Being able to find a house that offered one-floor living yet also had space for Carol's art studio was important. Having a customized home within a low-maintenance environment was significant. Highland Green's location, with easy access to the coast, the mountains, shopping, culture, transportation, and medical services was noteworthy.

Most of all the Evanses sensed that being in a place with a variety of people that share interests would be important in their chapter of life. In researching Highland Green, they carefully read the Lifestyle Newsletters, watched videos from the Highland Green YouTube page, met with the marketing and operational staffs and with several current residents. Says Carol: "We knew through all of the literature that we read and the conversations that we had that 'lifestyle' and 'community' were significant themes. We hardly



Charlie and Carol Evans enjoy life at Highland Green

could have been prepared for how truly deep those themes are in real life at Highland Green and how important a factor they are in our happiness."

Carol has been building her own personal definition of "community" through examples they have experienced at Highland Green in a short time: "waves from folks who pass in their cars; food delivered by neighbors shortly after our move in; a neighborhood welcome party within two weeks of arrival; calls or emails including us in group hikes, Bocce, and book groups; folks introducing themselves graciously and easily at social events and inquiring where we came from and what brought us here," and more.

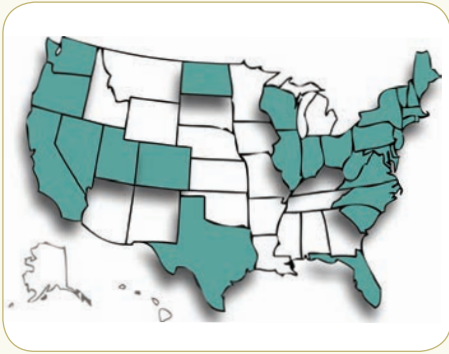
Carol's definition of "community" is a working one, and may evolve in a dynamic way just as a life does at Highland Green as residents make new discoveries, connections, friendships, develop fresh interests and participate in engaging activities. She currently defines community as:

*"small gestures of kindness, thoughtfulness or generosity exchanged in interactions between people who have some common bond."*

Maybe that definition is just perfect the way it is... ■



# Seen around Highland Green...



28 States and Counting



One of Highland Green's signature volcanic rocks is bound for the Maine Gem and Mineral Museum



Solar Energy is a popular option for Highland Green's custom built homes



Highland Green's video team at the Ecology Center readies the aerial drone camera for spectacular footage now available on our YouTube page



Chef prepared Maine Lobster Bisque with Toast Points at the Wild Duck Pub at Highland Green



Highland Green resident Dr. Steve Loeb begins his second year lecturing at Bowdoin College

## Featured Custom Built Homes

*There are a limited number of beautiful Highland Green homes for resale and immediate move-in.*

### 27 BITTERN DRIVE *Blue Breeze*

Live near Charlie and Carol (featured in this issue)! Ensnconced on an elevated cul-de-sac and perched over a lovely natural pond, Blue Breeze offers friendly community in the front, complete privacy behind, stylish designer space inside, and full daylight lower level with office and large potential workshop space. \$415,000



### 1 WREN DRIVE *Red Wren*

With perhaps the most admired curb appeal at Highland Green, this home seems constantly commented upon. Enjoy the sweeping lawn that leads to this New England red gem. Overlooking an expanse of golf course, Red Wren combines formal and open space with an extra private, sunny screened room. \$425,000



# HIGHLAND GREEN EDUCATORS

Highland Green residents have been business owners, medical professionals, artists, scientists, engineers, journalists, clergy, veterinarians, firefighters, military members, and much more. Many have been educators. Here is a *partial* list of some of the institutions at which Highland Green residents have taught:

Bowdoin College • Brunswick High School (Maine) • University of Maine • Mt. Ararat High School (Maine) • Midcoast Senior College • Maine Audubon • Boston College • Cornell University • The Ohio State University • Michigan University • Buena Terra Elementary (California) • Utah State University • Hall Dale High School (Maine) • Windham High School (Maine) • Josephine Mitchell Elementary School (New Jersey) • Colby College • St. Lawrence University • Manchester University • Beloit College • Lawrence University • Tabor Academy (Massachusetts) • Colorado State University • Harvard University • Deerfield Academy (Massachusetts) • United States Coast Guard Academy • Purdue University • University of Illinois • Dedham Country Day School (Massachusetts) • Kabul University (Afghanistan) • Indiana University • Western Michigan University • Hamilton Junior High School (California) • Cabrini College • Princeton University • State University of New York • Piney Orchard Elementary (Maryland) • Trinity College • Landon School for Boys (Maryland) • Milton Academy (Massachusetts) • Columbia University • Northern Virginia Community College • Bishop Dubourg High School (Missouri) • University of Connecticut • Massachusetts Audubon • University of New Hampshire • Glastonbury Pre-School (Connecticut) • University of California Berkeley • Dartmouth College • Prince William Fire Academy (Virginia) • Derby Academy (Massachusetts) • Greely High School (Maine) • University of Southern Maine • Bolton Public School (Connecticut) • Fairleigh Dickinson University • Mercersburg Academy (Pennsylvania) • Xavier University • Gould Academy (Maine) • Tufts University • Drew University • Hood School (Massachusetts) • Broadneck Elementary (Maryland) • Gray/New Gloucester High School (Maine) • Fordham University • Washington University • Albertus Magnus College • Northfield Mount Hermon (Massachusetts) • Bonny Eagle High School (Maine) • Tabor Academy (Massachusetts) • Plainfield Elementary (New Jersey) • University of Virginia • Brown University • Haverhill Public Schools (Massachusetts) • Weston Elementary (Connecticut) • University of Georgia • Queens College • St. Andrews High School (South Carolina) • Stanford University • University of Missouri • Gilman School (Maryland) • Kenmore Elementary (New York) • University of Wisconsin • The George Washington University • Wheatland/Chili Public Schools (New York) • University of Pittsburgh • Brandies University • Scarborough High School (Maine) • Columbia High School (New York) • Yale University • Hofstra University • Monson Junior High (Massachusetts) • Rondout Valley High School (New York) • University of Cincinnati • Spruce Run Elementary (New Jersey) • University of Pennsylvania • Shrewsbury High School (Massachusetts) • La Grange Park Elementary (Illinois) • North Dakota State University • Massachusetts Institute of Technology • Chester County Adult Literacy (Pennsylvania) • Derby Academy (Massachusetts) • St. Joseph's College • Camden/Rockport High School (Maine) • Goethe University (Germany) • New York University • Long Beach Unified (California) • Waynflete School (Maine) • Tufts University

## Connect & Experience HIGHLAND GREEN

Connect with us online at:  
HighlandGreenLifestyle.com



*All issues of the award-winning Lifestyle newsletter are available on our website by clicking on the Connect tab. Enjoy our:*

Conservation Issue  
Strength & Stability Issue  
Activities Issue  
Health Care Issue  
Quality & Value Issue  
and many more!

*All videos of the Highland Green Experience\* event are available on our website by clicking on the Connect tab. Enjoy our:*

Unique Propositions Video  
Lifestyle Decisions Video  
Custom Homes 101 Video  
Financial Video

*\* Nearly three hours of engaging panel discussions featuring Highland Green residents, staff, and industry experts*



# New Opportunities at Highland Green...



## For now and for the future!

**Kestrel Drive** Tucked into the desirable Sparrow neighborhood and backing onto a wooded buffer, the two remaining Kestrel Drive home sites are ready to build on. *See our YouTube page for aerial footage of this unique and friendly neighborhood.*

**Basswood Neighborhood** Ensnconced between the vast Cathance River Nature Preserve and the Heath Sanctuary, Basswood is comprised of two short lanes and a cul-de-sac. Three of eleven home sites remain for those wanting to be a part of this special neighborhood and to move in 2015 or 2016.

**Contact us today to find out more details and how to get involved in something special. 1-866-854-1200 / 207-725-4549**



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