

LIFESTYLE AT HIGHLAND GREEN

NEWS • PERSONALITIES • PERSPECTIVES

WINTER/SPRING 2022

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Highland Green... Fostering personal fulfillment and well-being within a welcoming, vibrant, majestic environment

HIGHLAND GREEN™

7 Evergreen Circle, Topsham, Maine

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HighlandGreenLifestyle.com



Merrymeeting Bay

About the Author: Highland Green resident Franklin Burroughs is author of Confluence: Merrymeeting Bay

Merrymeeting Bay is located ten minutes from Highland Green. The Bay is home to Atlantic and Shortnose Sturgeon, bald eagles, and harbor seals.

There are four places on earth where two major river systems share the same delta: the Tigris and Euphrates combine to form Mesopotamia's Fertile Crescent; the Ganges and Brahmaputra create extraordinarily fertile and densely populated floodplains in India and Bangladesh; the San Joaquin and Sacramento form California's Central Valley, the breadbasket of the nation; the Androscoggin and Kennebec give us (drumroll please) Merrymeeting Bay. Like the other three, the Bay is surrounded by fine soils and extensive marshes, and a webwork of lesser rivers. Unlike them, it has never been drained or diked; it still is home to substantial remnants of its once vast congregations of migratory fish and fowl. It minds its own business quietly, as though not quite part of Vacationland.

Its tidal range varies from 5 to 7 feet; its tidal currents, where constricted by narrows, are stiff. But for all of this, its waters are fresh, and used for agricultural irrigation. The Androscoggin, wandering over from New Hampshire, drops down to tidewater below the Frank Wood Bridge in Brunswick; the Kennebec, coming straight down out of Moosehead Lake, widens as it passes under the Richmond-Dresden Bridge, then divides and spreads out as it goes around Swan Island, by far the largest of Merrymeeting's many islands. From south to north, the Bay

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A Message from Highland Green CEO John Wasileski

As a long-standing advocate of seniors and the preservation of their independence, I am honored that Highland Green has been a beacon in these turbulent times, continuing to provide our aging population with an environment and lifestyle that are both rewarding and supportive.

As a testament to those sentiments, I am pleased to report that Highland Green expansion plans remain on track: with Phase 3 new home construction sold out, five reservations already in place for Phase 4, and groundbreaking planned for the Highland Green Assisted Living component this year.

There is even more good news... Remaining new home construction designs and options are varied, including custom builds, quarry cottages as well as homes with basements and other very desirable features. Site work and infrastructure development on Phase 4 is scheduled to begin April 1st and a generous incentive of six percent off the base price is available on the first seven Highland Green home sales within Phase 4.

The positive developments at Highland Green leave me optimistic for the future, especially the future of Highland Green residents; and my wish for all of you is a healthy, fulfilling year.



Phase 4 is being developed near the 8th hole.

Merrymeeting Bay *Continued from page 1*

is roughly 20 miles long; its width varies from a few hundred yards to perhaps a mile and a half.

You can drive around the Bay: north through Bowdoinham to Richmond, east over the Kennebec to Dresden, south though it and Woolwich, then west across the Kennebec to Bath. You get a few handsome overviews along the way, but at too great a distance: the Bay just looks like random, generic Down East scenery. It is remarkable how many people even in Brunswick, Bath, and Topsham have only the haziest conception of where and what and how unique a place it is.

The Bath Maritime Museum's Merrymeeting Bay cruises provide the best introduction to the Bay. You'll spend three hours at a rate of ten or fifteen dollars an hour. You'll get educated about the natural and human history of the region, and the enormous importance of this watershed to both of them. You'll see eagles, osprey, seals; by September, you'll see waterfowl too, and acres and acres of wild rice standing tall, like oats on steroids. Like all truly educational experiences, it acquaints you with your ignorance and leads to self-education.

Get serious. Buy, rent, or borrow a canoe, a kayak, or a rowing shell. Consult tide charts.

Study maps; note the locations of boat landings. Plan trips and take them. Pay particular attention to the small tributaries-the Cathance, Abagadasset, the Muddy, and the Eastern: remarkably secluded little rivers: not like anything else in this state; not like each other. On a half tide in late summer, drift stealthily through winding channels of wild rice, whispering and stirring over and around you.

Don't say a word, even to yourself.



MEET THE NEIGHBORS

A Close Community, Maintenance-free Living and Nature Trails Just Outside Their Door

As Princeton University Chaplain in the 1980s and 90s, Frank Strasburger spent much of his career in campus ministry. The last 25 years of his service took him to the African continent, where he ran a company which supported South African healthcare. He then helped to establish two non-profits there: The "Princeton in Africa" fellowship program and "Healthy Learners" which was created to substantially improve access to healthcare for the children of Zambia.

Frank and his wife Carrie moved to Maine in 2007 when he retired as an Episcopal priest. Carrie has also ended her nine-to-five lifestyle, yet maintained her advocacy for domestic violence and sexual assault survivors. She also volunteers three times per week at Mid Coast Hunger Prevention. For fun, Carrie sings in the Oratorial Corral and still finds time for cross country skiing, hiking and biking.

Born and raised in New Canaan, CT, Carrie attended Smith College, taught for a few years and then completed her Graduate Program at Columbia University. Her career included 30 years of special education, specializing in math. Subsequently, she began curriculum writing for teaching children in need of special education, as well as presenting nationally and internationally on the subject. She also continues to write and tutor.

When Frank and Carrie initially moved to Maine, they bought an oceanfront home on Simpson Point in Brunswick. Fourteen years later, they decided that their idyllic home on five acres was more work than they preferred. Also eager for a closer community, the Strasburgers decided to move to Highland Green, ultimately settling on building a home nestled along the scenic Cathance River Preserve.

Carrie says that it was a difficult decision to leave what they thought would be their forever home, but the transition to Highland Green was easier than she anticipated. **"Highland Green feels like home and I absolutely love being here. The residents are very warm, interesting and lots of fun, and we live in an amazing house we adore."**

"We have a wrap-around porch from which we enjoy beautiful views," says Frank. Carrie adds, "In snowshoes or hiking boots, we can walk right out our door onto a nature trail leading to waterfalls." The Strasburgers also decided on a walk-out basement and high ceilings on their main floor which, according to Frank, give their home a spacious feel. Frank says they loved the process of designing and building their Highland Green home. "They walked us through the process; we were given lots of latitude; and they let us do things that no one had ever done."



Frank and Carrie built their home at Highland Green near the picturesque nature preserve.

Frank jokes that he hates to admit it, but he also loves having someone else do all the snow plowing and shoveling, mowing and mulching; and adds how impressed he and his wife are with how quickly and efficiently all the maintenance is handled at Highland Green.

The Strasburgers also shared that they have enjoyed cribbage, a few Zoom virtual cocktail parties and they look forward to taking part in even more of the active Highland Green lifestyle.

"They walked us through the process; we were given lots of latitude; and they let us do things that no one had ever done."

Rent While You Build Options at Highland Green

Has your current home sold quickly? Would you like to experience life at Highland Green before you even move in, while you watch the construction of your new Highland Green home and your dreams come to life? Simply take advantage of the Highland Green Rent While You Build Program! Our team of helpful, knowledgeable marketing professionals can help new construction buyers smoothly transition from their current living situation with convenient rental options. For more information, including home rental availability and specifications, visit highlandgreenlifestyle.com.



1 Kingfisher Drive at Highland Green



Walking your dog at Highland Green can become a social event. Photo: Ruth McCrea

Dogs at Highland Green

"Meet" Jeb, a beautiful, intelligent creature who rings the doorbell when he is ready to come inside. He is a white golden retriever, a breed which is a bit more laid-back than a traditional golden and, according to Highland Green residents Peter and Ellen Wood, perfect for them at this stage of their lives. The Woods also say that they are often referred to simply as Jeb's parents and that Highland Green is an unbelievably supportive, wonderful place for dogs.

Peter, Ellen and Jeb enjoy countless walks along the lighted sidewalks and throughout the beautiful surroundings on the Highland Green campus, as well as the social aspect that comes with being a dog owner at Highland Green. Case in point...The Woods and Jeb often run across other Highland Green dog owners and their friendly pooches along the way, which can turn a few minute walk into a delightful, half-hour social event. Plus, you don't have to have a dog to join in. Peter and Ellen explain that they rarely leave their home with Jeb without receiving exuberant greetings from neighbors who are dog owners or simply just dog lovers.

It is no secret that Highland Green is located in one of the most majestic areas of the country, so its dog owners can also find a multitude of scenic places off-campus where their dogs can run and play. These include the Brunswick Dog Park, where Highland Green residents and their furry companions can frolic along the river; as well as Bowdoin College, which offers an area where dogs can roam off-leash.

Additionally, there are a variety of local conveniences for active dog owners, including Blue Dog Daycare in beautiful Brunswick, with 6,000 square feet of indoor space and 10,000 square feet of secure outdoor space, as well as training and grooming services. This is a great solution for dog owners who may be away for the day, perusing a nearby museum or boating, for example. There is also the Brown Dog Inn in Freeport, offering overnight accommodations including a posh in-ground pool with a waterfall feature. There are even pet sitters available for those who prefer their dogs remain at home.

There are all types of dogs at Highland Green, from 75-pound Jeb, to pocket-size Gucci, who is thankful to have a path in the snow cleared for him so that he can do his business. Just a related aside, another refreshing aspect of dog ownership at Highland Green is that our residents who are dog owners are very respectful, keeping their dogs leashed and practicing vigilant clean-up.

Lest we forget, there are also those Highland Green residents who thoroughly enjoy their feline friends as well, such as Lucretia Nelson who has used her "boys" (handsome exotic short-hairs) as subjects for a few of her paintings.

So, in summation, it would seem that our pals of the fuzzy persuasion have quite a lot in common with Highland Green. They make our lives just a little bit sweeter.

Peter, Ellen and Jeb enjoy countless walks along the lighted sidewalks and throughout the beautiful surroundings on the Highland Green campus, as well as the social aspect that comes with being a dog owner at Highland Green.

The Anxiously Awaited Re-Opening of the Yoga Program and Fitness Center at Highland Green

Yes, it's back! Yoga enthusiasts rejoice because the ultra-popular yoga program at Highland Green is back in action! What started last September as two possible classes with a minimum of six students in each class, ended up as four classes with a total of 38 participants. While COVID delayed the relaunch of yoga at Highland Green this year, the second session re-opened in January. Plans include two yoga sessions per year led by Ann Flannery, a Certified Yoga Instructor with Advanced Level Training and over 20 years of yoga teaching experience.

Additionally, the Highland Green Fitness Center, which is equipped with weights and offers other wellness programs including indoor video walking sessions, is once again open to residents.

Highland Green's Open Studio Also Welcomes Residents with Open Arms

One of the ways that Highland Green demonstrates its commitment to fostering the personal fulfillment of our residents is through life enriching pursuits. A prime example is Highland Green Open Studio Artists-in-Residents, which is an informal artist collective comprised of residents who share each other's company while they work in a variety of media. According to Highland Green Resident and Open Studio Participant Linda Wolcott, Artists-in-Residents is a helpful, engaging, weekly forum where artists of all levels have access to advice and feedback on their individual projects and can socialize at the same time.



Artists working in a variety of mediums sharpen their skills at the Highland Green Open Studio.



Ecology Center at Highland Green



Environmental Learning in Action

CREA Corner

When you live at Highland Green, there is a world of possibilities just outside your door...

Cathance River Education Alliance (CREA) is at it again with a host of exceptional presentations and adventures. In addition to its guided nature walks and interactive ecology center exhibits, CREA continually fosters a deeper understanding of nature with a diverse menu of enjoyable events and programs.

Highland Green Golf Club hosted CREA's very popular February "Full Moon Snowshoe" event, during which participants traversed gentle, snow covered slopes and looked for animal tracks while basking in the glow of the full moon. There was also snowshoeing to be had along the CREA Preserve Trails and snowshoe instruction for beginners.

The inspirational and educational CREA presentations we can look forward to include a fall field results presentation showcasing the remarkable data collection and analysis of Mt. Ararat High School honor students scheduled for March 10th; an April 11th presentation on the local effects of warmer waters due to climate change, including the northward shift of our lobster population; and May 22 "Trash Talk," a presentation on recycling and sustainable waste management. For a full list of events and more information about the impressive undertakings of CREA, visit creamaine.org.

LIVING OPTIONS AT HIGHLAND GREEN

If you can't wait to indulge in the innovative, vibrant lifestyle at Highland Green, consider our move-in ready homes that are available now...

AVAILABLE NOW AT HIGHLAND GREEN



7 Sugar Maple Drive abuts the Heath Preserve.

This Highland Green home built in 2018 offers a spacious design with high-end features throughout the residence. From Cherry hardwood floors to custom shutters and blinds to superior appliances and stunning light fixtures, the details in this home are stylish and upscale.

The graceful entry way leads to an open floorplan featuring large Andersen windows and natural light streaming from the south and western sides of the home. To your left is a private study with fireplace and French doors. Beyond the study is an elegant dining room with wall sconces and chandelier. To your right is a Berber-carpeted guest bedroom, followed by a deluxe laundry space and mudroom, that leads to the interior garage entry.

The open kitchen and great room feature a large granite kitchen island and counters with white Glenwood cabinets. The kitchen has 6' windows and appliances are chef grade and include a gas 6 top Wolf range, Samsung 4-door counter depth refrigerator and Thermador topaz dishwasher. A French-styled glass pantry door leads to abundant storage with built-in shelves.

The eat-in dining area accommodates a large table and/or bar area and has an exterior door leading to the patio and backyard. A connected gas-grill is steps away from the back door. The home abuts the Nature Preserve Heath area and the patio offers a view of the serene and nature-surrounded backyard.

The living room features a wall of built-in bookcases. On the west side of the living room, there is a cozy four-season sunroom with additional fireplace.

The primary bedroom has large walk-in-closet with multiple shelves, hanging units and a window. The bathroom has two separate granite sinks facing each other from across the room, a custom walk-in tiled shower, a private water closet and classic basket weave tiled floor with radiant heating.

The guest bedroom has a large closet and is around the corner from the common bath, which is nautically themed with custom tile.

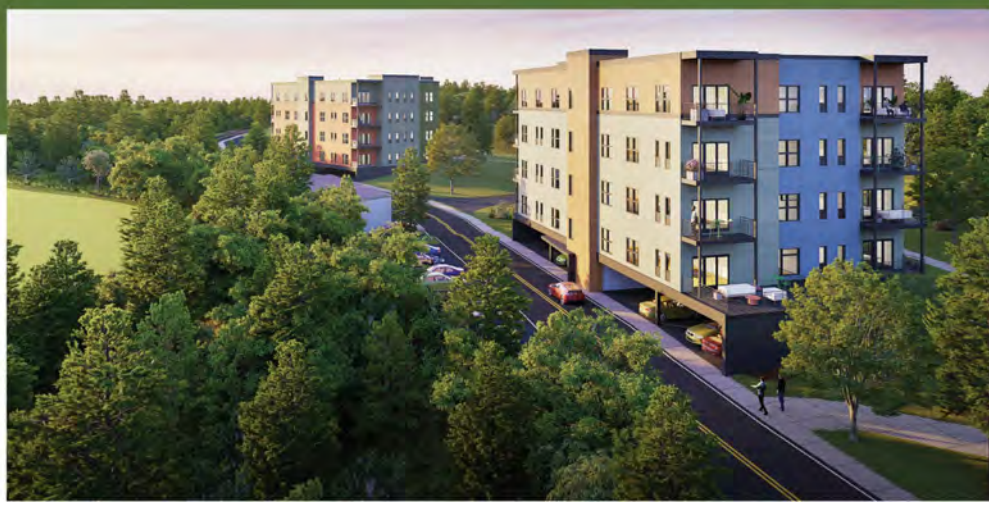
CUSTOM HOMES AT HIGHLAND GREEN

Custom Homes at Highland Green are a blank canvas ripe for filling with color, warmth, light and life…all to create a paradise of your own design. While they last, select lots are now available for custom building on elevated home sites abutting the picturesque Cathance River Preserve here at Highland Green. But don't delay. To make your move before 2022, you need to set your sights on a site now. Having designed and built more than 200 homes from the ground up, we have a deep inventory of existing plans that you can either replicate or modify.



Custom Homes at HG are a paradise of your own design.

THE ENCLAVE
AT HIGHLAND GREEN



The Enclave is an entirely new concept in apartment-style retirement living - at the corner of luxury and open design. Offering contemporary luxury, energy-efficiency and maintenance-free living, The Enclave is also seamlessly integrated into the incredible lifestyle at Highland Green. Residents of The Enclave enjoy the benefit of supportive services including transportation, wellness program, interior and exterior maintenance, dining services, and housekeeping, among others.

QUARRY COTTAGES
AT HIGHLAND GREEN



Cottages at the Quarry are distinctive, exquisitely built cottage homes with quality craftsmanship and stunning finishes, yet priced to scale. Our two customizable floor plans can be upgraded with features such as granite countertops, stainless appliances and hardwood floors as well as two-car garages and solar energy. Of course, each quarry home is also designed and constructed with the same painstaking care and attention to detail as all of our Highland Green residences, regardless of size, style or price range.



Assisted Living and Memory Care will be a new addition to the Highland Green campus, providing seamless access to a valuable extension of support services.

Put Your Move in Motion. Call 1-866-854-1200 today to plan your future.

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Learn about Highland Green's Rent While You Build Program Inside

Live life to its fullest at Highland Green.



Highland Green is nestled within hundreds of pristine acres and offers a splendid balance of convenient access to culturally rich, urban Portland and the bold, natural beauty unique to Maine. It is an extraordinary 55+ community possessing an unrivaled welcoming spirit, stimulating interaction and remarkably enchanting residences.

If you would like more information about award-winning Highland Green call **1-866-854-1200 / 207-725-4549,** visit **highlandgreenlifestyle.com** or like us on Facebook.