When I accepted my position here at the Journal Tribune in November, I decided to move in Old Orchard Beach and have been here ever since. It was an easy choice for me as it was pretty much right down the street that I had been to before and I also had family living there.

As a native of northern Maine, I have visited the town before, but I did not really get to know the beach community last summer for a weekend and enjoyed the beautiful weather and the view of downtown and East and West Grand Ave.

I don’t have much of a history of Beacon Hill, but what I have learned is that Old Orchard is a place that seems like a great time – and I’m excited to experience it first-hand this summer.

Now, that brings us to the re-opening of the town. There are many new restaurants, bars, and shops that’s to talk about winter in OOB.

There are the obvious drawn-backs – it’s too freak’n’ Maine! – but there are also some positives. The town has found that the people of OOB really have created a cold atmosphere for the cold months.

There may not be 50 different types of drinks to try like in the summer, but there are some local establishments that make up for it. There is certainly something to be said for being a little bit more adventurous.

Simple, yet profound changes can be made to support families and friends of loved ones. These can include being more likely for them to care for their loved ones at home and prevent unnecessary hospitalizations or no hospitalizations following surgery or treatment.

Presently, statistics show that one of every eight Medicare beneficiaries is readmitted within 30 days due to the lack of proper transitions of care.

That’s why AARP has embarked on a multi-state effort to advance comprehensive legislature solutions to provide some basic tools to addresses what will make big responsibilities a little easier.

AARP Maine is working with Rep. Drew Gattine (D-Westbrook) and Sen. Mark Dion (D-Portland) on LD 66, the Caregiver Bill of Rights (CARE) Act. This act is designed to directly support caregivers who help their counterparts by taking care of their home ones and we are urging all legislators to support it. A few excerpts of the CARE Act, the hospital would record the name of the patient’s caregiver, define the relationship. Our team at UNE has worked with the Goulet family to help coordinate and maintain that relationship. Our team at UNE has launched a public discussion about brain injuries and addiction. Our carefully designed programs focus on brain health and addiction treatment.

Dr. Erica Magnus AARP Maine Volunteer Windham

Readers’ Forum

Support CARE Act

There is a group of people in Maine who frequently go unnoticed. They have the burdensome responsibility of caring for another person. The nearly 200,000 unpaid caregivers in Maine who provide care to family members or friends who cannot any longer take care of themselves.

Family caregivers play a critical role. They are the heart and soul of our health care system, acting as a lifeline for those who need help. They are the closest loved ones move from hospitals to rehabilitation centers to nursing homes. They are the percent of family caregivers per year. They can be 80 percent of family caregivers per year. They can be 80 percent of family caregivers per year. They can be 80 percent of family caregivers per year. They can be 80 percent of family caregivers per year. They can be 80 percent of family caregivers per year. They can be 80 percent of family caregivers per year. They can be 80 percent of family caregivers per year. They can be 80 percent of family caregivers per year. They can be 80 percent of family caregivers per year. They can be 80 percent of family caregivers per year. They can be 80 percent of family caregivers per year. They can be 80 percent of family caregivers per year. They can be 80 percent of family caregivers per year. They can be 80 percent of family caregivers per year. They can be 80 percent of family caregivers per year. They can be 80 percent of family caregivers per year. They can be 80 percent of family caregivers per year. They can be 80 percent of family caregivers per year. They can be 80 percent of family caregivers per year. They can be 80 percent of family caregivers per year. They can be 80 percent of family caregivers per year. They can be 80 percent of family caregivers per year. They can be 80 percent of family caregivers per year.