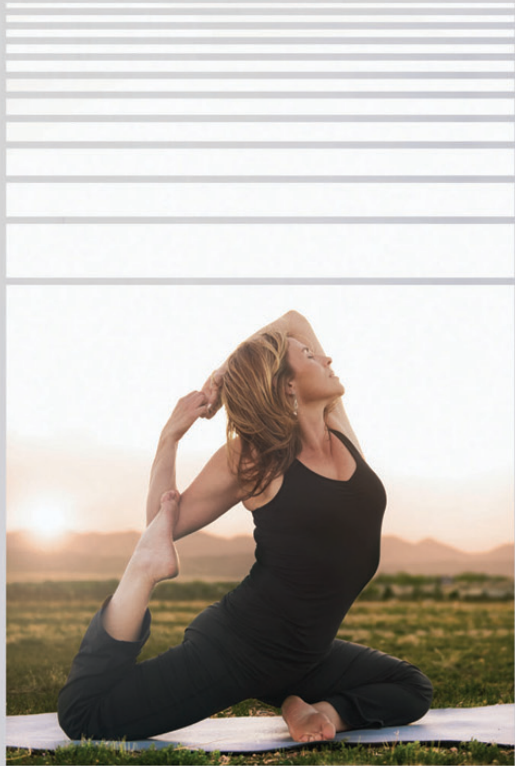




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Aromatherapy: Pleasant scents for the senses

by Mike Lange
DOVER-FOXCROFT – Aromatherapy has been around in some form or another since the Biblical times and was often used by Greeks and Romans to relieve pain, to minimize stress and help improve a person's overall mood. The actual phrase wasn't coined until the 20th century, but as a form of "alternative medicine," aromatherapy seems to be gaining momentum.

Carpe Diem Salon in Dover-Foxcroft has offered aromatherapy as part of their full range of services since they opened last year, according to owner Christina Marsh. "Every scent has a unique effect," she said. "The oils can be inhaled or rubbed on the body. In either case, the results are amazing."

For example, rubbing peppermint on your forehead can help relieve a headache.

Some oils made from citrus fruits such as oranges and grapefruit are known to be "uplifting and energizing," said Marsh.

Oils from tree and grass extracts traditionally have calming effects and an oregano scent is ideal for fighting colds, Marsh added.

Rosemary is good for "a natural lift and memory booster," according to Aromotherapy.com and lavender extract is great for relieving stress.

Carpe Diem carries doTerra

essential oils, which Marsh said is the leading brand on the market. The name is a Latin derivative meaning "gift of the earth," and the company donated nearly \$3 million to humanitarian projects across the globe last year.

"The oils are super-concentrated," she said. "So that means that you only have to use a few drops on your skin or in an atomizer to get the full effects."

Carpe Diem is a full-service salon and aromatherapy is often used in conjunction with other offerings such as massage and reflexology.

"Aromatherapy is becoming more popular," Marsh said. "It's simply a more natural way to feel better, physically and mentally."

Carpe Diem Salon is located at 31 North Street in Dover-Foxcroft and more information about their services is posted on their Facebook page.

For an appointment, call 802-8169.

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PLEASANT SCENTS – Carpe Diem Salon in Dover-Foxcroft has a wide variety of doTerra essential oils. (Eastern Gazette photo – Mike Lange)

Facts on Children and Autism



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- April is Autism Awareness month
- Autism now affects 1 in 68 children
- Autism prevalence figures are growing
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Northwoods Healthcare clinic welcomes new staff in Sangerville



SANGERVILLE STAFF – Shelly Roope, FNP; and Nick Fusco, PAC are two of the newest staff members at the Northwoods Healthcare Sangerville clinic. (Eastern Gazette photo – Mike Lange)

by Mike Lange

SANGERVILLE – A physician’s assistant who enjoys cooking and scuba diving and a family nurse practitioner with strong roots in Maine are the two newest staff members at Northwoods Healthcare in Sangerville.

Nick Fusco received his PAC degree from Lock Haven (Penn.) University and spent more than 10 years in orthopedic medicine and clinical cardiology. “But I’ve always wanted to practice rural medicine,” Fusco said. “One day, I received an email about an opening at this clinic. So I said, ‘Why not?’ So far, it’s been very rewarding.”

One of the reasons Fusco and Shelly Roope are enjoying their affiliation with Northwoods Healthcare is because the Sangerville clinic is undergoing a \$3 million expansion.

The new building is slated to be open for patients in late April, but a formal open house will be held in June, according to Megan Ryder, the Director of Practice Management. “When the weather is nice, we’ll be able to hold a large, community-wide outdoor celebration,” she said.

Among the new amenities will be onsite radiology, a full-service laboratory and behavioral health services, said Ryder. “We’ll have 14 exam rooms in the new unit which frees up more room in the existing building for physical therapy and other services,” she added.

Fusco said that he’s received a very warm welcome from the Sangerville community, although he joked that a few patients asked him how long he planned to stay. “We had some staff turnover for a while,” he said. “But things are looking very positive now. I have patients coming from as far away as Brownville Junction and Rockwood.”

Fusco is an avid scuba diver and said that he’s looking forward to exploring the Allagash as well as the coast. “I’m still in the ‘Discover Maine’ mode, and I’ve got a lot of exploring to do,” he said.

Roope, a Presque Isle native and Husson University graduate, came to Northwoods Healthcare from Newport Family Practice in September. She lives in Dover-Foxcroft with her husband and 5-year-old son.

“I enjoy practicing in a rural community and I’m also very excited about the new building,” Roope said. “We’ve really cramped for space right now and we’re very busy.”

Away from the office, Roope also enjoys outdoor activities and home improvement projects and hopes to get more involved with the Dover-Foxcroft community in the future.

“One thing we look forward to every year is the Maine Maple Sunday Breakfast,” she said. “It’s a wonderful event that the whole family can enjoy.”

More information about Northwoods Healthcare is posted on the C.A. Dean website at www.cadean.org.

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New cancer treatment center to open at Mayo Regional in DF

DOVER-FOXCROFT – Construction has begun on the Tracy Hibbard-Kasprzak Cancer Treatment Center at Mayo Regional Hospital in Dover-Foxcroft.

Jane Hibbard-Merrill and Charles Merrill of Dover-Foxcroft initiated the effort with a seed donation of \$250,000, made in memory of Tracy Hibbard Kasprzak, daughter of the late Gary M. Hibbard and Jane Hibbard-Merrill.

The center will be designed for privacy, pharmacy services and physician support creating a homelike atmosphere with support for patients and their family members.

“The new center will provide an enormous benefit for our community and our cancer patients. We’ve all been touched by cancer, and I know first-hand how important it is for patients to have a private, dignified, space for treatments and healing,” said Marie Vienneau, CEO of Mayo Regional Hospital.

Improvements will also include the addition of state of the art equipment and teleconferencing capability with out of town physicians which will reduce the need for travel for additional services.

With the initial \$250,000 donation to the fund, Jane Hibbard-Merrill is hopeful that others will come forward and contribute to building a facility that allows local cancer patients to access excellent oncology support and services close to family and home.

“This is not just about Tracy’s memory; this is about giving to the community and taking care of people and families suffering from cancer. We must find a cure for cancer, but until we do, we must have a comfortable place for those needing treatment,” said Merrill. “We hope this cancer center can make a difficult time a little bit easier for people battling cancer.”

Tracy Hibbard-Kasprzak passed away on March 25, 2014.

She held a variety of positions in health care including director of nursing services at Hibbard Nursing and Rehabilitation Center.

Mayo Regional Hospital was founded by Col. Edward J. Mayo, a wealthy businessman who willed his home on West Main to the town of Dover-Foxcroft for use as a hospital after his death in 1935.

Ground was broken for construction of a 46-bed acute care hospital in 1976 and the \$5.1 million Mayo Regional Hospital opened in 1978.

A \$1.3 million medical office building was constructed in 1989 on the east side of the old Mayo building; and an \$8 million project in 2003 brought the hospital a new emergency department, an expanded ambulatory services wing, and the Mayo Resource Center.

For more information and updates, visit www.mayohospital.com.

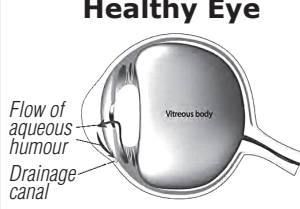
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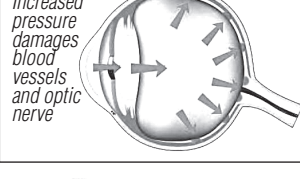
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NEW CANCER TREATMENT CENTER - Celebrating the start of construction at the Tracy Hibbard-Kasprzak Cancer Treatment Center at Mayo Regional Hospital on Feb. 20 were, left to right, Denise Scuderi, Marie Vienneau, Jane Hibbard-Merrill, Charles Merrill, and Lisa Murray. (Mayo Regional Hospital photo)

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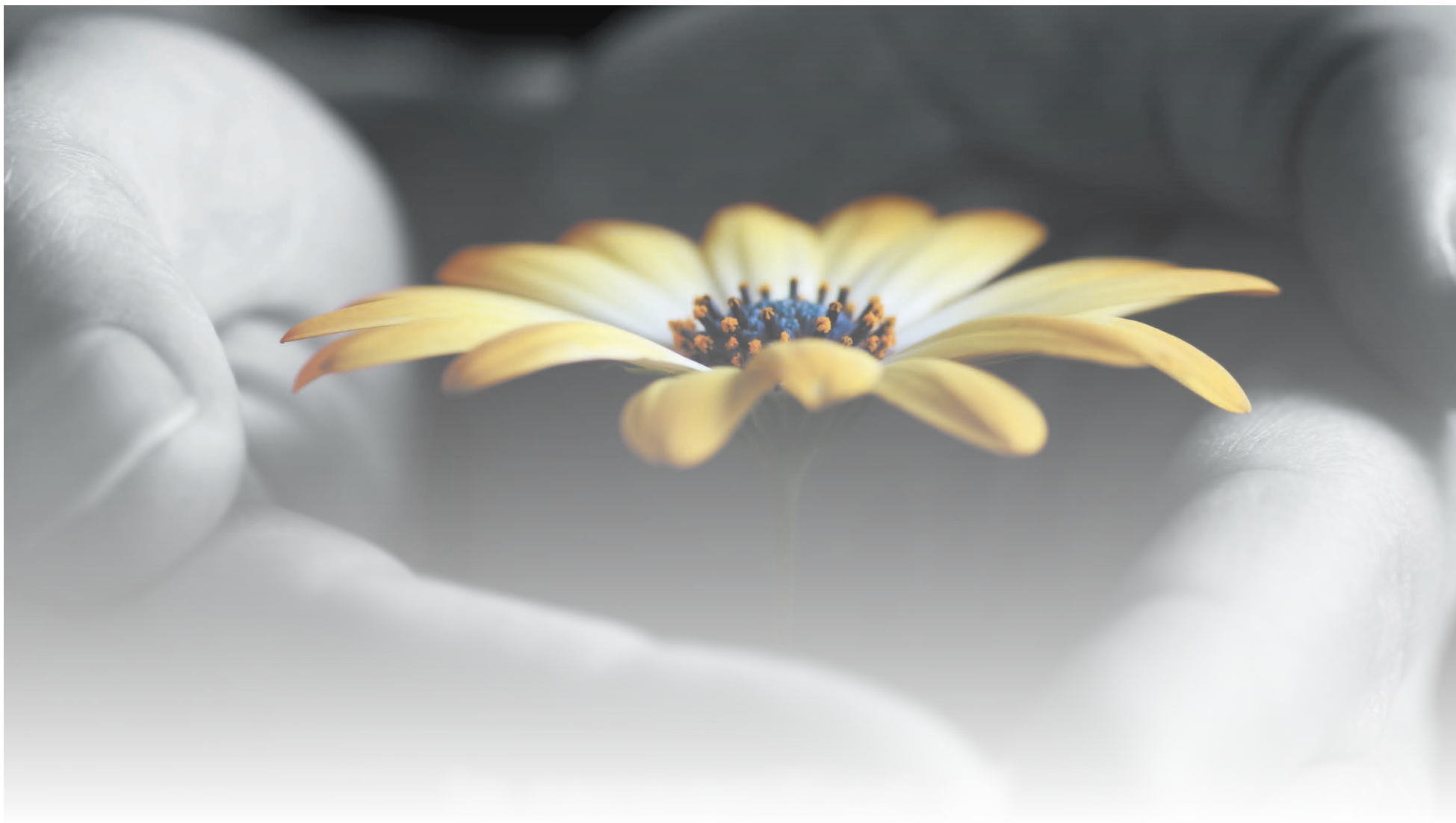
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TOGETHER We're Stronger



Many common plants and herbs have natural healing powers

by Mike Lange

DEXTER – Linda Tisdale has always been interested in plants.

“I enjoyed walking in the woods looking at various plants as a youngster,” she recalled. “Later, I learned how many of them had medicinal purposes. Then I started studying herbal medicine seriously around 1995.”

Tisdale founded Alchemilla: An Herbal Apothecary in 1998 which now operates out of her cozy camp on Number 10 Road in Dexter.

While plants have been used for medicine for centuries, there’s been a renewed interest recently in using natural ingredients to cure ailments or alleviate their symptoms.

“The Indigenous people taught white settlers about herbal medicine when they first arrived in the country,” she said. “Today, young people are taking an interest in herbal medicine because they

don’t want to be exposed to toxic substances.”

While many prescription drugs use natural ingredients, the final product is usually “a synthesized copy of one chemical component,” according to the Herb Specialist website. “Herbalists prefer using the whole herb and believe that one of the reasons why herbs have fewer side-effects is because of a balance of naturally-occurring ingredients.”

Tisdale pointed out the various tinctures she creates in her workshop from leaves, flowers, roots and even tree bark. “Lichen that grows on spruce trees is quite common in Maine,” she explained. “It’s called usnea, and it can treat urinary tract infections as well as upper respiratory problems.”

Violas, also known as Johnny-jump-ups, also have properties known to alleviate upper respiratory problems.

Horsetail, which has a high mineral content, is used to treat inflammation and helps heal wounds, sprains and fractured bones, according to the Home Remedies website.

“Our grandparents used to dig up dandelions in the spring and use their roots and leaves for a variety of medicines,” Tisdale said.

Tisdale said that one of the most enjoyable parts of running her small business is trekking through the woods and gathering the plants. “For example, the only place I’ve been able to find uva-ursi or bearberry is on Mount Kineo,” she said. “While I try to use local plants

and herbs most of the time, I do have to order specialized material from western states.”

Once she gathers the ingredients, she creates the tinctures with organic alcohol and water. “The formula depends on the properties of the plant,” she pointed out.

In addition to running Alchemilla: An Herbal Apothecary, Tisdale is also a holistic health educator and has taught classes on natural medicine through the Penquis Valley Adult Education Cooperative.

Like prescribed medicine, users need to follow directions when

using herbal remedies as well, Tisdale said. “Keep in mind that just because something is natural doesn’t mean it can’t be dangerous in large doses,” she said. “Some roots and herbs are very powerful medicine. Also, some can’t be used safely by pregnant women or nursing mothers.”

Or, as she summed it up, “Too much of a good thing can be dangerous.”

For more information on herbal medicine and its properties, visit the American Herbalist Guild website at www.americanherbalistsguild.com.



HEALING HERBS – Linda Tisdale is the owner of Alchemilla: An Herbal Apothecary in Dexter. (Easter Gazette photo – Mike Lange)

Silver Sneakers keeps seniors moving at Community Fitness

GUILFORD – Proper nutrition and adequate physical activity are important at any age but can play a critical role in our lives as we age.

Millions of older adults are taking stock of their health and hitting the gym to get the physical activity they need to stave off chronic illnesses such as heart disease, diabetes, colon cancer and high blood pressure.

The Silver Sneakers Fitness Program has been proven to reduce health care costs by improving the health and well-being of members, helping them become active and motivating them to stay that way.

With the Silver Sneakers premier network, members have access to a variety of participating locations throughout the country, including Community Fitness in Guilford.

Classes are held from 10-11 a.m. Monday, Wednesday and Friday and the cost is included with a gym membership, according to Gayle Worden, executive director of Friends of Community Fitness. “You can also take classes for a \$5 day pass, or Silver Sneakers and gym membership can be absolutely free if you have the right kind of supplemental Medicare insurance,” she said. “Silver Sneakers is a program of Healthways, which works as a go-between for insurance companies and fitness centers to offer free memberships to their clients.”

Worden added that 35-40 people are currently participating in Silver Sneakers classes or an average of “15 to 25 people on any given day.”

Activities that help build muscle strength, improve balance, and promote walking significantly reduce falls in older persons. Whether you enjoy walking on the treadmill, riding the stationary bike or taking group exercise classes like those available through the Healthways Silver Sneaker Fitness Program, it’s important to keep moving.

If you are new to exercise or haven’t exercised in a long time, be sure to consult your physician before starting a program. Here are some helpful tips for staying active this spring:

- Engage in at least 30 minutes of moderate activity, such as brisk walking, on five or more days.
- Include strength training exercises in your regular workouts at least twice a week to improve and maintain muscular strength and endurance.
- Make sure physical activities that enhance and maintain flexibility are part of your routine.
- If you have difficulty with your mobility, perform moderate amounts of low-impact activities such as swimming, water exercises or stretching.
- Gentle forms of yoga and tai chi help to promote flexibility, improve balance and increase strength.

To find out if you are eligible for SilverSneakers, contact your health insurance provider or stop by Friends of Community Fitness, 31 High St. (the old Guilford Primary School) in Guilford.

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