

TODAY IN HISTORY:

In 1776, a resolution passed saying "these United Colonies are... free and independent States."

In 1881, President Garfield was shot; he died the following September.

In 1926, the U.S. Army Air Corps was created.

In 1955, "The Lawrence Welk Show" premiered under its original title, "The Dodge Dancing Party."



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SUNDAY, JULY 2, 2017



University of New England medical student Sarae Sager reads a newspaper in her room at St. Andre Health Care Facility in Biddeford on Tuesday. Sager just finished a 10-day stay at the facility as part of a learning exercise.

ALAN BENNETT/Journal Tribune

"Something I needed to do"

UNE med student completes nursing home stay

By ALAN BENNETT
Staff Writer

BIDDEFORD — Have you ever wondered what it's like, day-to-day, for older adults taking up residence in a nursing home?

Last week, one medical student at the University of New England found out, firsthand.

Sarae Sager, who's just finished up her first year in medical school, and who already holds a bachelor's degree in exercise science from the university, recently spent 10 days at St. Andre Health Care Facility in Biddeford, where she acted as an 85-year-old woman who experienced a stroke, losing all motor coordination in her right side.

At the 96-bed facility, the only Catholic facility in York County, Sager was fed pureed foods and consumed thickened liquids, as if she actually had a stroke, and was showered and toiletied just as the residents around her.

It took some getting used to, she said Tuesday.

"It's been interesting. The first couple days were the worst but I feel like I adapted very quickly," she said.

The program, brainchild of Sager's professor, Marilyn Gugliucci, began in 2006 as a way for students to gain a deeper understanding of what it means to be human.

"I had a medical student who came up to me and stated she wanted to learn how to speak with 'institutionalized' elders. I never use the term 'institutionalized,'" she stressed. "I had a 'teachable moment,' and what came out of my mouth was, 'Would you live in a nursing home for two weeks as if you were an elder resident?'"

"All of a sudden she said, 'I would,'" Gugliucci said.

Since then, about 50 students have taken part in the program, spending about 10 or so days in nursing homes across the state — and some outside Maine — volunteering their time in efforts to



ALAN BENNETT/Journal Tribune

Sarae Sager pushes herself down the hall of St. Andre Health Care Facility, using only her left side, as part of an experiment during which she played a stroke patient, on Tuesday.

gain new perspective on their medical studies.

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Mmm... Strawberry season

Daila Malpass, 7, visiting from North Carolina, samples a sweet strawberry at Lavigne's Strawberry farm u-pick in Sanford on Wednesday.

TAMMY WELLS/Journal Tribune



Piper Hutton, 16-months-old, plunks a plump strawberry into a basket at Lavigne's Strawberry Farm u-pick in Sanford on Wednesday. 'Tis the season!

By TAMMY WELLS
Senior Staff Writer

SANFORD — What's red and juicy and appears for a sweet, brief season toward the end of June and the early part of July?

If you live in Maine, there's no question — the answer is strawberries, and the season is in full swing.

Whether you grow your own, go berrying at the pick-your-own farms, buy them at a farm stand or in the market, now is the time.

They are here to sweeten the season — and whether you eat them now, make jam or freeze some for later, strawberries spell summer.

Early on Wednesday, more than a dozen families were in the pick-your-own fields at Lavigne's Strawberry Farm in Sanford.

Among them were Libby and A.H. Hutton, their 16-month-old daughter Piper and a visitor named Daila Malpass,

7, who lives in North Carolina.

Both the 7-year-old and the 16-month-old had red-stained faces and sweet smiles.

Libby Hutton said that with Daila in town, they thought they'd take advantage of the cooler temperatures afforded early in the day, and were out picking around 8 a.m.

"We came before it gets too hot — my Nana taught me that," said Libby.

What will be their strawberry treat?

"Shortcake, if they last," said Libby looking at the two girls sampling what they'd picked.

"We'll eat them," said Daila.

Well, of course.

To check if u-picks are open, call first: Lavigne's Strawberry Farm, Sanford 324-5497; Dole Orchards, Limerick, 793-4409 or Spiller Farm, Wells, 985-2575.

— Senior Staff Writer Tammy Wells can be contacted at 282-1535, ext. 327 or twells@journaltribune.com.

All summer long, find Music in the Park

By LIZ GOTTHELF
Staff Writer

YORK COUNTY — Area summer music series offer many opportunities to enjoy free live music. Lineups feature a range of music types and many local favorite. Bring a blanket or a lawn chair, sit back, relax and enjoy the show.

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In Biddeford, the Music in the Park series runs Wednesdays through Aug. 9, featuring bands from Maine and Northern New England. Concerts are held at Shevenell Park on Main Street from 5:30 to 7 p.m.

Freddie Dame Jr. will perform July 5, The Space Between will perform July 12, Easy Money Band will perform July 19, Rodney Mashia will perform July 26, Thea Hopkins will perform Aug. 2 and The Hello Josephines will perform Aug. 9.

In Old Orchard Beach, the town recreation depart-

ment's Concerts in the Park series begins June 13 and runs every Thursday through Aug. 17.

All shows except Motor Booty Affair will be held at Veterans Memorial Park, 4 Heath St. from 6:30 to 8 p.m. The Motor Booty Affair, which is the final performance of the series, will be held at The Ballpark from 6:30 to 8 p.m. Hamburgers and hotdogs will be on sale at all shows.

2nd Time Around with George Shabo and Vinnie Bruni will perform July 13, Saco River Jazz Band

will perform July 20, Don Campbell will perform July 27, Bob Charest Band will perform Aug. 3, The Awesome will perform Aug. 10 and Motor Booty Affair will perform Aug. 17.

In Saco, local economic development group Saco Main Street is once again sponsoring "Music in the Park"ing Lot on Thursdays from 6:30 to 8:30 p.m. July 13 through Aug. 17. Shows will be held at the Dyer Library parking lot, 371 Main St. Local food truck, The Poutine Co., will be on site. Jessie and the Cruisers will

perform July 13, Pepperell Square Trio will perform July 20, Treble G will perform July 27, Rob Duquette will perform Aug. 3, Saco River Jazz Band will perform Aug. 10 and Don Campbell will perform Aug. 17.

In Kennebunk, the Concerts in the Park series runs on Wednesdays through Aug. 9 from 6:30 to 7:30 p.m. at Lafayette Park, 9 Storer St. There is a makeup date of Aug. 16 if needed.

For program cancellations due to weather call the program update line at 985-6890 ext. 1607.

The Kennebunk River Waiters will perform July 5, The Delta Knights will perform July 12, Ken & Mo will perform July 26, The Chris Humphrey Big Band will perform Aug. 2 and Finestkind will perform Aug. 9.

In Sanford, the Music in Central Park will provide live music during the weekly farmer's market at 920 Main St. on Wednesday from 4:30 to 5:30 p.m. from July 12 to Sept. 27.

— Staff Writer Liz Gotthelf can be contacted at 282-1535, ext. 325 or egotthelf@journaltribune.com.



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UNE Student, from A1
For Sager, however, the experience was more personal.

Following a classroom lecture by Gugliucci the first fall after her grandmother passed away,

Sager said she felt she needed to participate.

"I had an interesting experience with her care. I just felt really compelled, that it was something I needed to do," she said.

Sager was discharged from St. Andre on Friday, but she said the experience will linger with her forever. Having to use her non-dominant hand, she had to get use to writing, eating and getting dressed — not to mention wheeling herself from room to room — with only her left hand.

She also said it was hard adjusting to everyone looking down at her as she sat in her wheelchair, or people positioning her in places she didn't want to be — like facing the back of an elevator.

She said it's a completely different sensory experience.

Gugliucci described it as a total loss of control.

The overall goal of the experiment, Gugliucci said, is to convey to students that age is just a number.

"We always are who we are, regardless of age," she said. "That essence comes through at any point through your life ... Why do people expect you to be any different because you're older?"

Sager agreed, and said she was happy to learn the nursing home experience is more positive than often gets reported.

"(There is) just the wonderful sense of community that they have here, and the staff does an absolutely amazing job of connecting with every resident and being mindful that (residents are) still themselves," she said. "There's still a person in there, and (staff)

seem to find it and flip that light switch."

Forming that sense of community, Gugliucci, is crucial to the process; that's why the stay is 10 days instead of maybe three, she said.

"If I put students in the home for a night or two, all it would do is solidify negative attitudes about nursing homes or older adults. About day four or five, there's usually some depression or angst that comes up for the students," she said.

She did say Sager appeared to have some angst, as everyday activities became more and more challenging with her physical restrictions.

"But by day seven, community is really formed, and Sarae has been building community all the way through," Gugliucci said. "By the time

(students) need to leave, they don't want to leave."

As part of her field work, Sager kept a nightly journal outlining her experience. She did the same prior to taking up residence at St. Andre, and will also journal her re-entry back into normal life.

The experiment has been invaluable, both agreed.

"You can't teach this in a classroom," Gugliucci said.

"And you can't learn it in a day," Sager added. "All health-care professionals should have to experience this in some way."

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