

**Unum Retirees Newsletter**  
**Winter 2025 – 48th edition**



### **From the Editor**

Welcome to our Winter 2025 issue! I'm probably not alone saying enough of winter 2025! We certainly are getting enough snow here in Maine and it looks like pretty crazy weather elsewhere too. Is anyone else ready for spring?

I have a hunch the weather might be a factor for some of you not doing much traveling. I think this is the first issue where I haven't received **any** travel or trip stories. Is everyone staying home?

And for the first time, **no one** responded for the "Getting to Know You" section.

I do want to thank the retirees that have submitted articles about volunteering!

And as a reminder for upcoming issues, please send articles, pictures, or feedback to me at [cpascoe@maine.rr.com](mailto:cpascoe@maine.rr.com).

Thank you, Connie Pascoe, Editor.

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### **Important Dates for 2025**

May 20 – Spring Picnic

August 19 - Summer Picnic

October 22 – Annual Meeting

#### 2025 Unum Blood Drives

April 8

June 10

August 12

October 14

December 9

*Note - If you are willing to help out with the Unum Blood Drives, please contact Connie Pascoe at [cpascoe@maine.rr.com](mailto:cpascoe@maine.rr.com)*

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### **Membership**

By Bruce Theriault

Happy New Year Unum Retirees! We have had a lot of activity in our membership over the past year. We currently have 659 members!

Here are some interesting statistics about our membership. In 2024 we added 50 new members, updated the information for 33 members, and lost 13 members. As you would expect, the majority of our membership lives in Maine with 524 members living here. The second state with the most members is Florida with 45 members. We have members across 24 states. We also have 38 members who we do not have addresses for.

Fifty new members! That is due to your help in getting the word out about the Unum Retiree's Group. Great job! Please continue to let fellow retirees know about the group.

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## A Blast From the Past



Cathy Fiske



Peter Bruenn, Lou Strnad



Rob Fornabaio



Joanne Hanton, Marianne Ruggeri



New York Benefits (including some Home Office employees)

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## Volunteer Options

By Connie Pascoe

In our last issue we reminded you that one of the missions of our Retiree Group is promoting volunteerism. In this issue you will see updates from organizations some of you participate in. Again, I encourage you; if the organization you're involved with hasn't been promoted in our newsletter, please consider doing a write-up for a future issue. Or make me aware and I can add your organization to our ongoing list for republishing in a future issue. Thank you! Meanwhile, here are some additional options if you are interested in volunteering:

**Maine Long Term Care Ombudsman Program** - a non-profit agency whose mission is to advocate for quality of life and care for long-term care consumers. Some volunteer activities include:

- Visit residents in long-term care settings (nursing home, residential care, assisted living).
- Educate residents and staff about resident rights.
- Engage in conversation with residents to learn about problems or concerns.
- Seek resident permission to address problems or concerns regarding quality of life.
- Additional opportunity to become an in-service trainer to provide education on resident rights and mandatory reporting to staff in nursing homes, residential care and assisted living.

For more information, go to their website; <https://www.maineombudsman.org/>

**South Portland Food Cupboard** – a non-profit, volunteer-based food pantry dedicated to alleviating hunger. The cupboard organizes volunteers who are committed to the acquisition and distribution of food to hungry people throughout South Portland, Cape Elizabeth, Scarborough, and surrounding communities.

For more information, go to their website; <https://www.southportlandfoodcupboard.org/>

**Partners for World Health** – a non-profit agency with a mission to improve health care and reduce environmental impact by collecting surplus medical equipment and supplies and distributing them to communities in need globally and locally. PWH collects medical supplies and equipment from healthcare facilities, manufacturers, other organizations, and individuals. They sort, evaluate, repackage, and prepare these supplies and equipment for distribution to individuals, communities, and healthcare facilities in need.

For more information, go to their website; <https://www.partnersforworldhealth.org/>

**iTN Portland** – provides a community-based, and community supported, economically viable and consumer-oriented, quality transportation service for seniors and disabled adults.

For more information, go to their website; <https://www.itnportland.org/>

**Ronald McDonald House Charities Maine** – Ronald McDonald House Charities® of Maine provides comfort for the families of pediatric patients and supports programs that directly improve the health and well-being of all children. Every day, volunteers make a difference in the lives of the families that come through our doors by cooking, cleaning, listening, and simply by being here.

For more information, go to their website; <https://rmhcmaine.org/>

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## SCORE

By Kevin Huber

Looking for a meaningful way to give back? Volunteering with SCORE (Service Corps of Retired Executives) is a powerful way to support small businesses and entrepreneurs. SCORE mentors use their expertise to guide and empower the next generation of business owners, helping them navigate challenges and achieve success.

Since 1964, SCORE has helped more than 17 million entrepreneurs start, grow, buy or successfully exit a business. SCORE's 10,000 volunteers provide free, expert mentoring, resources and education in all 50 U.S. states and territories.

I retired from Unum in spring, 2022 and became a SCORE mentor later that year. I have been a mentor for 2 years now. I enjoy the relationships I have built with local entrepreneurs. I have met some fantastic people, and I really enjoy listening to their ideas and helping them out. I also enjoy being part of the SCORE community, the group of men and women that I work with in SCORE are dedicated, smart, and kind. I really enjoy being part of this group.

If you're interested in becoming part of the southern Maine SCORE chapter and helping local people start businesses, let me know if you have any questions or reach out directly to Charlie Weidhas at [charles.weidhas@scorevolunteer.org](mailto:charles.weidhas@scorevolunteer.org).

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## Book Fairy Pantry Project

By Ruth Hannan

I donate gently used books and hand-made (knit/crochet) stuffed animals to the Book Fairy Pantry Project to promote children's literacy. (Gently used Beanie Babies work too.)

Mostly looking for realistic animals to match a children's book. Below is a photo of a few that I've made.

The project is run by a woman named Pam in Portland. A drop-off point is Maine Needs on Forest Ave.

FMI: <https://www.facebook.com/BookFairyPantryProject>

A note to those who wish to create and donate story bags for our HeadStart project ...

- \*Books and stuffies need to match the book cover as closely as possible to make the magic.
- \*Books and stuffies don't need to be new but they do need to be in gift-worthy condition.
- 1 gallon zip bags work well for board books and some picture books. Most Raising Readers picture books need the 2-gallon bags (2 1/2 gal are TOO big).
- It is completely great to donate what we call "LiT KiT BiTs" ...a box of zip bags, stuffies without books, books without stuffies, we will find matches.
- You can also make cash donations on our website [BookFairyPantryProject.org](http://BookFairyPantryProject.org) to help us buy zip bags, more stuffies and books, and ...to help us pay for our storage unit where our donated books and stuffies are stored until they are sorted, matched, bagged, and delivered.
- \*Other than stuffies, the two toys we most often match with books are dinosaurs and vehicles.
- \*The stuffies we "most" need are...brown, black, white, and panda bears (no pastels for any stuffies except unicorns) rabbits, ducks, sheep, cows, pigs, unicorns, foxes, elephants, tigers, owls, turtles, and frogs. Beanie stuffies work best...they are also the most washable...and we also love Beanie "size" Douglas and Jelly Cat stuffies



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## Math Motivators

For those of you in the Portland area - **Like Algebra? Portland High Needs You!**

Every week over 40 Portland High School freshmen spend an hour practicing their Algebra I under the guidance of a dozen or more adult volunteer tutors. The number of students taking advantage of this

opportunity to strengthen their skills (and their belief in those skills!) is growing and so is the need for tutors. Students are currently being turned away or wait-listed due to lack of tutors. Demand is much higher than the number of tutors.

Tom Heckel and Kevin Huber, former Unum employees, have been tutoring for several years, joining actuaries currently working at Unum and around town, graduate students from the Roux Institute and others who enjoy helping young people. Tom likes being there to see those 'aha moments' when things click and has been impressed with the maturity of the students he's paired with: "My group of 3 is 100% engaged and motivated to get the most out of our time together. They're respectful, grateful and a lot of fun!" Kevin enjoys the relationship he builds with his students, "I explain concepts in various ways to make sure my 3 students understand the material. I always enjoy getting updated on their school activities outside of math!"

If you're interested in learning about how you can get involved, please contact Rachel at [Rachel.Pargeter@ActFnd.org](mailto:Rachel.Pargeter@ActFnd.org). For the rest of this school year, they meet on Thursdays from 10:50 to 11:45.

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## Event Volunteering

By Connie Cardamone

When I turned 60, I decided it was time for me to volunteer for non-profit events in Portland, Maine. I was still working full-time so I looked into volunteering for annual local charity events.

I saw an article in the local newspaper, looking for volunteers for the annual Beach to Beacon (B2B) 10K road race. I filled out an application just a week before the race date. I got a phone call from Tom who oversaw traffic control and bussing of the racers. He asked if I would be willing to help with traffic control on packet-pickup days (race bibs and race t-shirts) on Thursday and Friday before the race. Sounded like a good volunteer start for me. The assignment involved mostly being a B2B greeter – flagging cars into the far-right lane to get to the parking lot at Cape Elizabeth High School and waving to folks in cars from Maine and so many other states.

I also volunteered that year to make sure runners were safe when they got off the buses near the start line and then to load the runners back onto the buses after the race to get back to their cars. It was amazing to be part of such a great event - I was hooked.

Since then, I have volunteered for traffic control at Route 77 on Thursday and Friday afternoons and, on Saturday morning, loading runners onto buses to the starting line and, after the race, getting them onto buses to go back to where they parked before the race.

The B2B would not be possible without the many volunteers – 800+ volunteers. If you volunteer, you get a B2B volunteer t-shirt (a new design each year) and there is a fun volunteer dinner on the Wednesday before the race at Fort Williams under a giant tent – raffles, music, good food, fellow volunteers, and door prizes.

B2B starts taking volunteer registrations on May 1. The volunteer coordinator is Chandra Leister ([chandraruns@gmail.com](mailto:chandraruns@gmail.com)) who is my birthday twin. We were both born on August 3 and get to celebrate our birthdays together as part of volunteering at the B2B each year because the race is always the first Saturday of August.

A few years ago, I received an email from Habitat for Humanity, asking for volunteers for a water stand at the Old Port Half Marathon. Nothing as close to the race action as handing out paper cups with water or Gatorade to the runners as they go by!



Another local fundraising event that relies on lots of volunteers is the Tri for a Cure – the participants are all women, many cancer survivors. I love to walk down the line of athletes waiting to get to the registration desk and have them sign their waiver forms. So fun because all the participants are so enthusiastic/pumped and I always run into former co-workers, neighbors and exercise friends, plus I get in lots of steps. Check out the website for the Tri in May 2025 – that's when their volunteer website goes live – they need volunteers on the day for the before the race and lot of volunteers on the day of the race: traffic control; water stations; helping the racers transition to the next task; etc. Tri for a Cure is sponsored by the Maine Cancer Foundation. [triforacure@mainecancer.org](mailto:triforacure@mainecancer.org).

I just started to volunteer for the Maine Marathon in the fall of 2024. The founder of the Maine Marathon has been very generous with his time when he was asked to help with traffic control coverage for the B2B so I decided to volunteer for bib pick up at the Maine Marathon this fall. It was really fun to meet so many folks who came here from outside of Maine for the first time to participate in the annual marathon. The volunteer "slots" are already open on their website – yes, I am already signed up to give out bibs to runners in September 2025!

So, if you want to get involved but don't have consistent time each week to volunteer, there are plenty of opportunities. You can make a difference at an annual charity event by volunteering and being part of making it successful.

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## **The Magic of Myakka River State Park in Sarasota**

By Sandy Plette

My husband, Andre', and I both volunteer regularly at Myakka River State Park in Sarasota, Florida. We spend almost seven months here now (guess which ones!) having established residence about ten years ago.

Myakka River State Park is so good for the soul. We just love being out there. They have a saying that captures it perfectly: The Magic of Myakka .... and it really is. There are concentrated populations of unusual and delightful birds as well as alligators, 39,000 acres with about 40 miles of hiking, biking and horse trails, and a variety of different terrains including jungle-like settings and dry prairies that look just like Africa. Here's a link to the state park website: <https://www.floridastateparks.org/parks-and-trails/myakka-river-state-park>

There are so many opportunities there to help, while being in nature. You've heard about the benefits of "Taking a Bath in the Forest", and you've heard how important it is for retirees to maintain a sense of purpose, socialize and be part of a group, exercise, and enjoy life. Volunteering in a state park you love just hits on all those things.

Over many years of volunteering there, we have built up a portfolio of different activities to be part of. Andre' spends a lot of time either as a docent in the Visitor Center or as a Rover throughout the Park, providing information to visitors, being extra eyes and ears for the Rangers, and generally enjoying nature. At other times, he suits up in work gear and does trail maintenance, clips branches, cleans out culverts, and picks up stray trash. I started out in the Ranger Station taking fees at the gate, answering the phone, and such. Over time, I moved into providing direct support to the ranger in charge of volunteers as well as interpretation for the park. And sometimes I suit up in work gear and assist Andre' to do trail maintenance. I need more exercise!

Many of the large Florida State Parks have Citizen Support Organizations, separate non-profit entities that exist to fund-raise and provide services, each to a specific park. I'm on the Board of Friends of the Myakka River and serve as Secretary and Treasurer. Check out our website: [www.friendsofmyakkariver.org](http://www.friendsofmyakkariver.org). Or, our Facebook page: <https://www.facebook.com/search/top?q=friends%20of%20myakka%20river>

And that brings me to the key reason I have for responding to Connie's plea to submit an article about volunteer experiences. We really could use more support for the activities of the Friends. I know that many of our UNUM retirees are in the Sarasota area. If you have a keen interest in nature and the environment and a love for preservation and being out there in it, first and foremost, please visit Myakka River State Park. And look me up and I'll show you around my world. And, if you've got enthusiasm and possibly some interest in helping out, we're awfully "thin" right now and would love to develop the possibilities with you.



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## Obituaries



From the Portland Press Herald, January 12, 2025

WINDHAM – **Deanna Corinne (Pulkkinen) Crawford**, 81, of Windham passed away peacefully on Jan. 5, 2025, having been lovingly cared for by the staff of Country Village Assisted Living in Casco for the past several years.

Born in Portland, on March 20, 1943, to Walter E. Pulkkinen and Betty (Tees) Pulkkinen, Deanna grew up on Land of Nod Road in Windham. She attended the First Congregational Church of Windham Hill with her family every Sunday. Deanna fully participated in every available church or school activity and especially enjoyed being part of the Cardinal Girl Scout Troop led by her mother and Edith Bell. She graduated from Windham High School in 1961 and then worked at New England Telephone Company in Portland.

Deanna met the love of her life, Glenn Crawford when he was stationed at Brunswick Naval Air Station. They married on May 8, 1965, beginning 51 years of being each other's best friend. Deanna was whisked away as a new Navy wife, traveling with her groom from Naval Station to Station. Their children Julie and Walter Crawford were born and many friendships were made along the way.

When Glenn retired from the Navy in 1977, they returned to Windham to raise their family. Deanna enjoyed boating on Sebago Lake, camping and snowmobiling. She worked for UNUM in Portland, then for a Windham optometrist where she loved helping everyone choose their frames and fitting their glasses.

In 1990, Deanna and Glenn began traveling to Florida in their RV and then bought a home in the same park as her parents. Deanna loved music and happily joined her mother teaching line dancing in their community. Deanna spread happiness wherever she went. She always loved to help others and made many friends.

Deanna and Glenn became grandparents in 1996. She adored her grandchildren and would sing and “dance” with them. The grandchildren loved her.

Deanna and Glenn moved to Mountain Home AR in 2006 where they enjoyed spending time with family and friends and joined the Church of Christ. When Glenn’s health declined in 2016, they moved back to Maine so that Deanna could be settled near family members. Glenn passed away soon after the move, peacefully knowing that Deanna would be well cared for throughout her dementia journey.

Deanna was preceded in death by her husband Glenn Q. Crawford. She is survived by daughter Julie E. Crawford-Murphy (Jeff) and children Miranda and McKinley Murphy of Harrison; son Walter G. Crawford of Ft. Meyers, Fla., and his son Walter Alexander Crawford of Montego Bay Jamaica; brothers Steve Pulkkinen (Ann) of Seattle, Wash., and Bruce Pulkkinen (Pennie) of Naples.

The family would like to thank the dedicated staff at Country Village Assisted Living in Casco for all the loving care and compassion they gave to Deanna over the years.

Deanna’s life will be celebrated at 1:30 p.m., on Friday January 31, at Dolby Blais Segee Funeral Home, 434 River Road Windham, with reception following.



From the Portland Press Herald, January 12, 2025

WINDHAM –**Karen Irene Lougee** of Windham passed away surrounded by a circle of loved ones on Jan. 8, 2025, following a brief illness.

She was born Oct. 7, 1954, to George and Frances Lougee. She spent much of her childhood in Brewer before moving to Portland with her family at age 10. Karen graduated from Deering High School and spent time working at a fabric shop and Portland Public Library before launching her thirty-plus year career as a paralegal at Unum, earning college degrees and raising her children along the way.

Karen was the center of a close orbit of family and friends, each of whom felt her immense kindness, care, generosity, humor, and love. She took interest in your interests, championed your successes, soothed your sorrows, and was always present for her family. Her house was often filled with visitors, her door always open to sit and talk, laugh, play a game, ask advice, or just exist alongside her. It was not uncommon to pull into her driveway to find someone else also arriving to stop and say hello. She kept others continuously in mind and constantly showed small actions of care, whether that be cooking a favorite Thanksgiving dessert to share with a special niece, picking up small gifts that made her think of you, or a simple call or note to check in or share a laugh. She equally enjoyed sharing her own interests ranging from camping weekends and day trips, hosting her book club, making quilts for family members, tending her flowers and bird feeders, and most of all, reading.

An avid reader, Karen loved the written word and the power of story, particularly historical fiction. She was never far from a book and regularly exceeded reading over 100 titles a year. From childhood, Karen was especially fascinated by English and Scottish history. She was thrilled to be able to travel twice to the U.K., touring Scotland with her husband and England with her daughter, stopping at every castle possible along the way. She enjoyed learning her family history and was thrilled to discover a direct connection to a noble Elizabethan era family at Dudley Castle in her genealogy. From then on, she carried a glint in her eye when asking her husband Gerry for assistance with any particularly pesky tasks



or projects, calling herself “Lady Karen” while doing so. Her love of books and history coalesced when she joined the Windham Historical Society after retiring from Unum. She joined the Society’s Board, serving as Secretary and on the Programs Committee. She enthusiastically stewarded the restoration of the original Windham Center Library building for the Society’s Village Green, proudly completing this large and complex project in the fall of 2024. She worked very hard to restore the library and has left this piece of Windham history as her lasting gift to the community.

Karen had a boundless love for life and threw herself into adventures big and small. Some of her favorites included spending time at Baxter State Park with her husband, annual Girls’ Weekend trips with her closest friends, day trips with her daughter to historic homes, evenings around the campfire with her sons, establishing beloved holiday traditions of attending the Nutcracker or Christmas Carol, and hosting everyone for boisterous Christmas mornings. She encouraged her children in their own individual interests, working the concession stand at her son Wesley’s baseball games, creating magic by arranging to send her son Brett to a landmark football game, and delighting in a shared love of books with her daughter Kate. She took enormous joy in her grandchildren, gaining a wide knowledge of monster trucks and construction vehicles from the youngest and enjoying long talks with the oldest, proudly watching them grow. Little compared to the excitement and fun of sleepovers at Grams’ house for them all.

She is deeply loved and missed by her husband, Gerry Campbell; son Brett Jacobs (Wendy); son Wesley Jacobs (Abby); daughter Kate Jacobs; daughter Ashley Cardurns; grandchildren, Samantha, Tyler, Quinn, Corbin, Lizzy, Birch, and Agate; great-grandson Carter; sister Susan Lougee; brother Chip Lougee; nieces, nephews, and her chosen family of friends. All are privileged and lucky to have known her.

Karen’s family asks that you keep her in your thoughts. Remember her by diving into a good book, picking lilacs in the spring, and sharing a laugh and a tight hug with those you love most. Her family invites you to a Celebration of Life to honor our treasured mother, wife, grandmother, Tanny, and friend on Thursday, January 16 at the Little Meetinghouse, 719 Roosevelt Trail, Windham. Informal visiting hours will be held from 2-4 p.m., with a period of sharing stories about Karen to follow in which you are encouraged to share.

In lieu of flowers, donations may be made to the Windham Historical Society (<https://www.windhamhistorical.org>).



From the Portland Press Herald, January 05, 2025

SCARBOROUGH – **Ann Gammon**, 75, of Scarborough, passed away on Dec. 31, 2024, in Gorham.

Ann was born in Portland to Edmond and Phyllis (Brigham) Tanguay on Aug. 6, 1949. She was a graduate of South Portland High School. On Oct. 25, 1969, she married Dana Gammon in South Portland. She worked for UNUM as an administrative assistant for 20 years.

Ann was a member of the Mothers of Twins Club and was involved with the Camp Fire Girls. Ann enjoyed ceramics, oil painting, gardening, quilting and sewing. She also loved spending time with her grandchildren.

She was predeceased by her parents; her brother, Gerard Tanguay and her sister, Maureen Tanguay.

Ann is survived by her husband, Dana Gammon of Scarborough; daughters Lara Maloney and her fiancé Don Briggs of Old Orchard Beach and Lynn Roberge and her husband Tom of Gray, son, Michael Gammon of Scarborough; six grandchildren; brother, George Tanguay and his wife Carolina of Raymond.

Ann's family wishes to extend our sincere thanks to the caring staff in the Oxford Unit at Gorham House.

Visiting hours will be 10 a.m. to 12 p.m., followed by a funeral service at 12 p.m., on Sunday, Jan. 12, at Hobbs Funeral Home, 671 U.S. Route 1, Scarborough.

Condolences may be expressed online at <http://www.hobbsfuneralhome.com>.

In lieu of flowers, please consider a donation in Ann's name to the  
Maine Greyhound  
Placement Service,  
231 Belgrade Rd.,  
Augusta, ME 04330



From Wilson Funeral Home

**Sally A. Emery** passed away 11/15/24 peacefully at Northern Lights Medical Center from pneumonia.

She was born January 23, 1946, in Gray to parents Estelle Lawrence Emery and Edwin Emery.

She graduated as valedictorian of her High School class at Gray New Gloucester

High

School in 1964. She graduated from the University of Maine, Orono in 1968 majoring in Math.

She started her working career at Unum, formally known as Union Mutual, in 1968 as a computer programmer. Sally was known as a trail blazer in her field. During her 32-year career at Unum she advanced to manager of the IT department, and manager of Facilities.

In 2000 she started her second career at Wex as a consultant. 15 year later she retired from Wex as a Vice President in the IT department.

Sally loved going to the fairs assisting her brother Bruce and nephew Heath with the cattle. At Cumberland Fair she designed a computer program for the fair to assist with the livestock shows, before big software companies developed current software programs. For many years Sally took her vacation during Fryeburg Fair week to work in the Livestock Office entering all the livestock exhibits for the fair. She loved interacting with all the Exhibitors at the fair. Sally was a big supporter of the Cumberland County 4-H program, helping for many years with the Young Farmers Beef Club.

Sally also enjoyed volunteering at the Gray Historical Society.

She was predeceased by her parents and by her brother Bruce Emery of Gray.

She is survived by her sister-in-law Wendy Emery, Gray. Her nephew Heath Emery and his wife Kelly of Windham, and two nephews Brandon Foley and Dillon Foley.

Per her request there will be no funeral services.

Contributions in Sally's name may be made to the Gray Historical Society or the Animal Refuge League of Greater Portland.

To **send flowers** to the family or **plant a tree** in memory of Sally Ann Emery, please **visit our floral store.**

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