

WELCOME TO MEA-RETIRED 74TH CONVENTION AND ANNUAL MEETING

KEYNOTE COMEDY: “The Q-Tips” of Dover-Foxcroft will regale you with laughter and memorable moments long after you leave. Barbara Austin is a long-time agent with Longaberger Baskets. Jane Sharrow is a retired nurse and is musical and quite at home onstage. Judy Dow is a retired educator. They have performed for local and statewide variety shows and fundraisers such as the Pine Tree Hospice Fundraiser.

BREAKOUT SESSIONS: Choose two

“MedRhythms” by Brian Harris of Portland is the founder and developer of the world’s first prescription music platform, pioneering work at the intersection of music, neuroscience, and technology. A board-certified music therapist and one of only 350 Neurologic Music therapist fellows worldwide. Specializing in traumatic brain injury, stroke, and other neurological diseases, Brian co-founded the Arts and Neuroscience Group at the American Congress of Rehabilitation Medicine (ACRM) and was named a 2025 Fellow of ACRM. He is the first music therapist selected as a member of the Recording Academy.

“Traveling to South Asia” by Karen Cookson of Dover-Foxcroft. She and her husband Fred have enjoyed international travel since retiring from teaching elementary grades in Dexter. We will travel with her by tuk tuk, Jumbo, Lambro, high-speed train, water buffalo cart, and long boats to Thailand, Cambodia, Laos, and Vietnam. She highlights various temples, Buddhas, a floating village, the killing fields of Cambodia, the tunnels used by the Vietcong during the war and more. Her artifacts will depict the economy of the region.

“Axe Throwers” by Alissa Wetherbee of Mount Desert Island grew up exploring and working in the woods of Acadia National Park. The founder of Axe women Loggers of Maine in 2011, Alissa has been competing in timber sports professionally for nearly 25 years. A three-time world champion, she encourages women to showcase their athleticism and celebrate the heritage and history of lumber sports. Alissa is the only person to logroll across the Mississippi and Missouri Rivers. When not competing, she spends her time coaching, teaching and promoting women and girls in sports.

“Legislative Update” by Jan Kosinski of Brunswick has served as MEA Government Relations Director for 15 of his 16 years as lobbyist and chief political strategist. Known as a relentless advocate and a committed organizer, Jan is always focused on getting members engaged in the political process. He recognizes that MEA’s strength rests in the voices of our members—reminding us that “there are no permanent friends, no permanent enemies, only permanent issues.”