

**FOR IMMEDIATE RELEASE**

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**Free Breakfasts on September 11 for Local First Responders at The Highlands**

**TOPSHAM, ME** (September 1, 2017) – This September 11, from 7:30 a.m. to 9:30 a.m., local police, fire, ambulance crews and other first responders who drive up to Cadigan Lodge at The Highlands retirement community (54 Governors Way, Topsham) will get free breakfasts-to-go.

"On a day that none of us will ever forget, we wanted to find a way to show our appreciation and thanks to the local first responders who help our residents every day," said Highlands Wellness Coordinator Lisa Secone.

First responders can drive up under the portico of the Lodge, where volunteers will take their orders. Highlands chefs will also be outside, cooking the breakfasts as the orders are placed, while staff and residents bag them for the officers, firefighters and ambulance crews so they can eat and run while on-call.

In the fourth year of this community-wide effort, residents make some of the freshly baked goodies to go. Dining services will serve coffee and juice, fruit cups and breakfast sandwiches made-to-order.

The breakfast-to-go invitation is out to the Topsham and Brunswick Police and Fire Departments and Northeast Ambulance crews.

Retirement communities can take care of their own, but it's those few first responders in the greater communities who truly take care of *everyone*. In memory of those who came to the rescue on a tragic day in 2001, Highlands staff and residents will offer a tasty "thank you" to honor local heroes who work daily to save people's lives.

For more information, contact Chelsie Mitchell, Director of Sales and Marketing, The Highlands, (207) 725-2650 X 151; toll-free: 888-760-1042; email: [chelsiem@highlandsrc.com](mailto:chelsiem@highlandsrc.com).

**ABOUT THE HIGHLANDS**

The Highlands retirement community offers a wide range of maintenance-free lifestyle options in Topsham, just across the picturesque steel bridge from Brunswick and Bowdoin College. Our wooded 95-acre campus features a blend of historic buildings and custom cottages, with cooperative home ownership and rental options to suit any needs. With miles of paved and natural walking paths, a fitness center and state-of-the-art amenities, The Highlands is so much more than a place to live. It's a place to call home.