



It is with great sorrow that the board of Rangeley Health and Wellness announces the loss of one of its founders and champions, Lizbeth “Beth” Brunswick. On April 28, 2022 Beth lost her eight-year battle with ovarian cancer. Beth and her husband, Edward B. Brunswick, have been seasonal residents of the Rangeley community for over 30 years.

Although Beth visited the Rangeley region as a child, it wasn’t until she and Ed purchased their home in 1993 that Beth became an active participant in the community. The lack of quality health care in the region was a pressing need at the time and Beth joined the grassroots effort to bring a primary health care provider to the area. Beth led the fundraising campaign to construct Rangeley Family Medicine and for years played an active role in ensuring Rangeley had access to primary care close to home.

Never one to walk away from unmet community needs, Beth encouraged Rangeley Health and Wellness to expand its vision to include Physical Therapy and Fitness. In 2001, she again led a capital campaign to construct the Wellness Pavilion on Dallas Hill Road. The building has once been expanded and services now include behavioral health, massage, programs for children and seniors, and many other community services. As one longtime RHW board member said, “Beth knew how to gently push you to her line of thinking where you found that her intended outcome was what you had envisioned in the first place, but the journey there was much more efficient and productive. Like a strong breath of fresh air, she bolstered our cautious and shaky confidence, encouraged us to think beyond our self-imposed boundaries, and made us feel good about ourselves and our dreams.”

Sustaining and growing Rangeley Health and Wellness became Beth’s passion and lifelong work. Never a day passed when she was not checking in on the organization or making a phone call for support. Her summer days were always spent selling raffle tickets at festivals or planning upcoming events. Beth’s tenacity and consistency were unwavering and built the strong foundation from which RHW will prosper for generations to come.

It could be argued that her greatest and most creative fundraising idea of all time was RHW’s Annual Summer Concert. Inspired by her love of music and impeccable organizational skills, Beth was instrumental in leading RHW through twelve major concert productions with well-known artists such as Foreigner, the Beach Boys, Doobie Brothers, Kenny Loggins, and many others. Under Beth’s leadership, the annual concert attracted thousands of visitors to the region providing significant support to Rangeley Health and Wellness and many local businesses.

Beth’s love for the region and the organizations that make it special were not only limited to RHW. Beth was always the first in line to rally support for any undertaking that would improve the vitality of the region or enhance the lives of those living here. Her support was genuine and



she loved helping special projects come to fruition. Seeing Saddleback Mountain reopen last year brought her immense joy and she enjoyed participating in the process to ensure its success.

Helping others was far and away Beth's first calling in life. However, she managed to find time to follow her own pursuits and interests including fly fishing which allowed her to travel the world with friends. She also loved to golf at Mingo Springs and especially enjoyed playing in the Chamber's summer golf league where she was an integral member of the Gingerbread Cookies team. On most summer mornings she could be seen walking along Route 4 with a group of friends. Most of all she enjoyed spending time on Mooselookmeguntic Lake with her husband Ed, her large extended family, and her network of friends from near and far.

Beth's diagnosis of ovarian cancer eight years ago came as a shock to everyone who knew her. She battled her disease exactly as she lived her life...with grace, humor, love, optimism, and fierce determination. She was always willing to try new and experimental treatments to further cancer research and save future lives.

Even in Beth's final days, her thoughts were on the unmet needs of the Rangeley community including the increasing lack of childcare options for working parents. In fact, she considered it one of the region's most pressing needs today. Weeks before her passing, Beth shared her vision for a place where children would be able to experience enriching opportunities throughout the day. The Beth Brunswick Memorial Fund for Child Development is being established in her memory to create a safe place for all children to learn, grow and develop. This community wide effort will serve as a lasting memory of Beth's love for children, wellness, and the Rangeley region. Stay tuned for more information and ways to participate.

The Board of Rangeley Health and Wellness will always be grateful for Beth Brunswick's service to the organization and the community. Her legacy will live on in these special places she helped to create and the generations of people who will benefit from the programs and services she developed. A service will be held in Rangeley later this summer to celebrate all of Beth's amazing accomplishments and her guiding example of a "life well lived."