

January 2026

V.01.26

# THE MONTHLY *Connection*

WHERE REAL ESTATE MEETS REAL LIFE



*Maine Home Connection*  
*Residential Brokerage*

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# LETTER FROM THE EDITOR



## MOVING FORE-WARD

2026- Here's to you

Resolutions, intentions, goals, WHYs... they all sound big and shiny in January, but they can feel intimidating fast. Sometimes they lose their sparkle by mid-month. **Forward, though? Forward feels doable.**

If you've been following along, you know a few of us play golf weekly. I'm part of a non-competitive ladies league – beginners, intermediates, all skill levels – with one goal: get women out on the course and have fun.

One especially hot July day, my partner and I were off to a comically bad start. Truly impressive in its own way. The pair we were playing with started yelling “**FORWARD!**” – even if the ball moved an inch in the right direction.

That whole round? Laughter. Screaming “**FORWARD!**” Celebrating the tiniest bit of progress. And honestly... what a perfect mindset for the year ahead.

As we step into the new year, here's the reminder I'm carrying with me: no pressure to leap. No need to sprint. **Just keep moving forward – one swing, one step, one inch at a time.**

# UPCOMING EVENTS.

# 2026

JAN

01

## LOBSTER DIP

Old Orchard Beach - Join the special Olympics at The Swick

JAN

02

## FIRST FRIDAY ART WALK

Portland- join the local galleries as they open to the public

JAN

08

## THE MAINE CELTICS

Portland Expo Center vs. Salt Lake City Stars

JAN

10

## XTREME ICE RACING

Cross Insurance Arena Portland

JAN

14

## BREWERS HOP

Greater Lewiston Auburn Brewery Tours

JAN

17

## MAINE MARINERS

Cross Insurance Arena Portland vs. rois-Rivières Lions

JAN

23

## WINTER CONCERT SERIES: RYAN MONTBLEAU

Maine Beer Company Freeport

JAN

27

## STORY TIME WITH CHRIS VAN DUSEN

Bath Maritime Museum

JAN

29

## MAINE IRISH HERITAGE CENTER

Open Hours

JAN

31

## PORTLAND WHARF WALK: SEAFOOD, STORIES & HISTORY

Portland Beer Hub

# Selected Towns YTD

## Single Family

# December Statistics

<i>Cumberland County</i>	Units			Median Price		
	2025	2024	%	2025	2024	%
Portland	417	424	-1.7%	610,000	584,500	4.4%
South Portland	228	211	8.1%	549,500	530,000	3.7%
Falmouth	174	153	13.7%	1,100,000	1,015,000	8.4%
Cape Elizabeth	118	109	8.3%	1,002,500	901,000	11.3%
Scarborough	239	217	77.0%	750,000	775,000	-3.2%
Cumberland	112	101	10.9%	927,000	774,000	19.8%
Yarmouth	86	80	7.5%	815,000	937,500	-13.1%
Harpswell	110	95	15.8%	830,000	750,000	10.7%
Brunswick	173	176	-1.7%	536,000	537,500	-0.3%
Freeport	88	87	1.1%	737,500	795,000	-7.2%
Windham	241	240	0.4%	525,000	487,750	7.6%
Gorham	177	154	14.9%	541,000	548,500	-1.4%
Westbrook	173	150	15.3%	462,000	479,400	-3.6%
Standish	134	95	41.1%	496,750	440,000	12.9%
New Gloucester	52	45	15.6%	513,500	485,000	5.9%

### *York County*

Old Orchard Beach	95	101	-5.9%	589,000	565,000	4.2%
Saco	198	206	-3.9%	573,700	567,500	1.1%
Biddeford	152	158	-3.8%	512,500	462,500	10.8%
Kennebunk	150	168	-10.7%	802,500	713,123	12.5%
Kennebunkport	79	72	9.7%	1,206,735	1,397,500	-13.7%
Wells	192	176	9.1%	639,785	627,950	1.9%
Ogunquit	32	28	14.3%	1,077,500	1,196,500	-9.9%
Sanford	247	228	8.3%	365,000	377,950	-3.4%
Acton	61	58	5.2%	535,000	498,425	7.3%
Berwick	75	76	-1.3%	523,000	475,000	10.1%
Buxton	79	82	-3.7%	449,000	452,500	-0.8%

### *Totals*

Maine	15,144	14,443	4.9%	405,000	390,000	3.8%
Cumberland County	3,198	2,957	8.2%	590,000	570,000	3.5%
York County	2,426	2,355	3.0%	539,000	518,000	4.1%

Detailed stats available on our website

[MaineHomeConnection.com/stats](https://MaineHomeConnection.com/stats)

# MARKET SPEAK.

## By the Numbers

Unlike many parts of the country where prices have softened from their pandemic highs, the Maine real estate market has continued to show steady resilience. Median sale prices are still posting healthy single-digit year-over-year gains, supported by a welcomed increase in the number of homes available for sale.

That said, demand continues to outpace supply. There are still more qualified buyers than there are homes to purchase — but the market has been slowly moving toward better balance. Properties are staying on the market a bit longer, which gives buyers more time to be thoughtful and secure contingencies such as financing and inspections. At the same time, appropriate pricing remains one of the strongest drivers of success for sellers. Well-priced homes continue to perform, while others are more likely to sit.

## Market Myths We Heard This Year

There's no question that during the pandemic, Maine saw an outsized surge of out-of-state buyers. People were seeking space, lifestyle, and remote-work flexibility — and our coastline, small towns, and quality of life became national headlines.

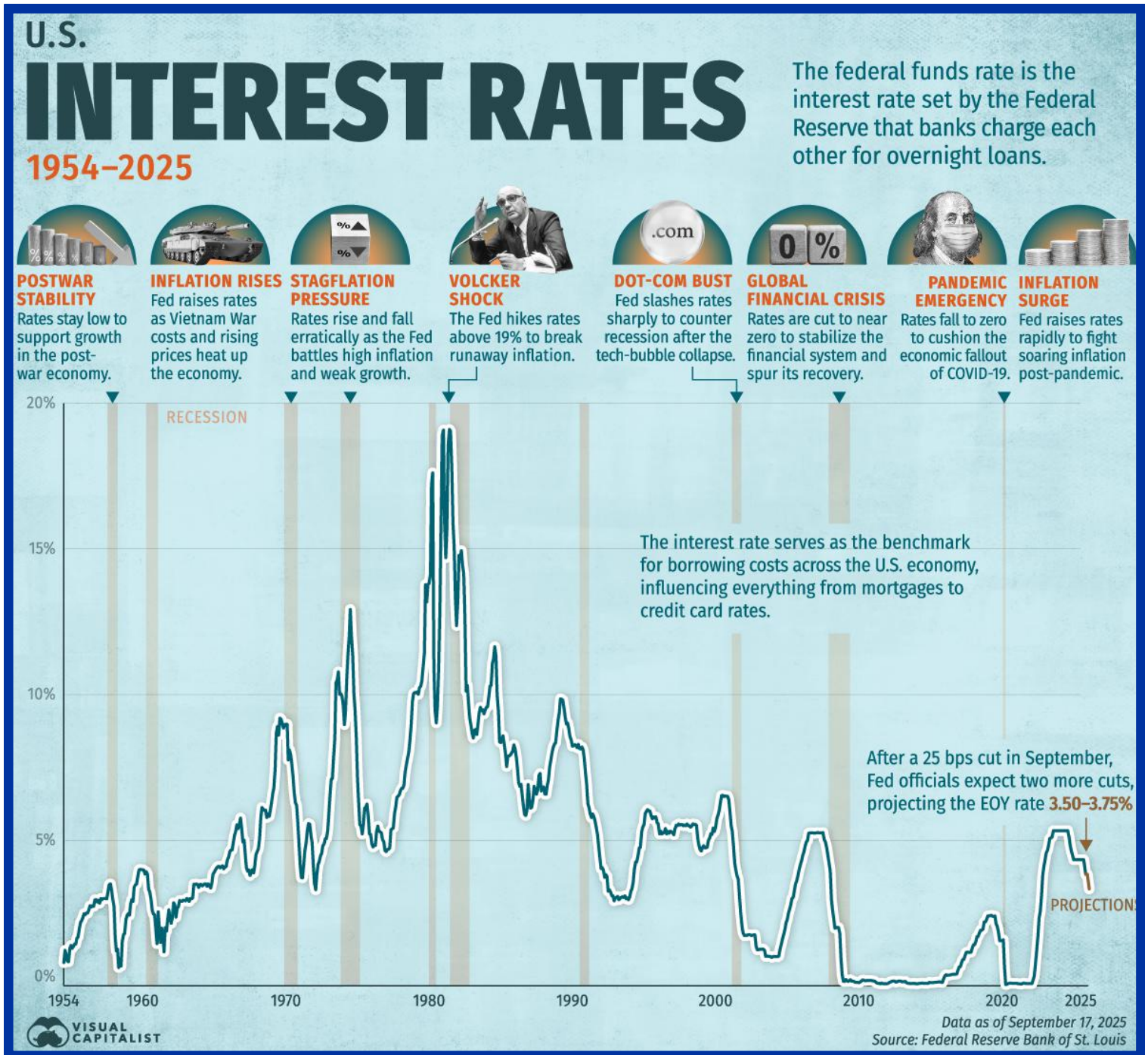
For a period of time, non-Maine buyers made up a noticeably larger share of home purchases than usual.

That trend has slowed down in 2025.

**“ To appreciate the beauty of a snowflake it is necessary to stand out in the cold. - Aristotle**

”

# INTERESTED IN RATES?



The average mortgage rate on a 30-year mortgage is 5.99% as of January 7, 2026, and 5.37% on a 15-year option. The median refinance rate for a 30-year term is 6.67% and 5.62% for a 15-year alternative.

With the chances of a Fed rate cut at the central bank's next meeting currently low, however, these averages aren't likely to change much further (barring major developments).

# HOT TAKE: REAL TALK

## *Thoughts and Reflections on safety in Portland.*

Portland residents are invited to complete the 2025 Community Survey, which asks about quality of life, city services, safety, parks, streets, and more. The city says responses will help guide programs, services, and long-term investments.

Our office sits in the heart of downtown Portland on Commercial Street, often called the city's artery. Over the past decade, the area has seen a lot of change. With tourism driving the economy, the Old Port remains vibrant and welcoming, though safety in some spots has become a daily conversation.

## Poll Questions

**87%**

of residents rate city parks+ public areas as good or excellent.

**19%**

Above average crime rating- some neighborhoods vary

**90%**

of residents popped dissatisfied with public safety

**Recently Portland Police requested a \$45,000 drone (from Axon) for specific operations.**

***Do you think this will help deter and solve crime in the city?***



***No, will not help to dissolve crime***



***Yes, could be of valuable use***





# WHAT MOVED US THIS YEAR.

Laura Sosnowski | Broker + Owner

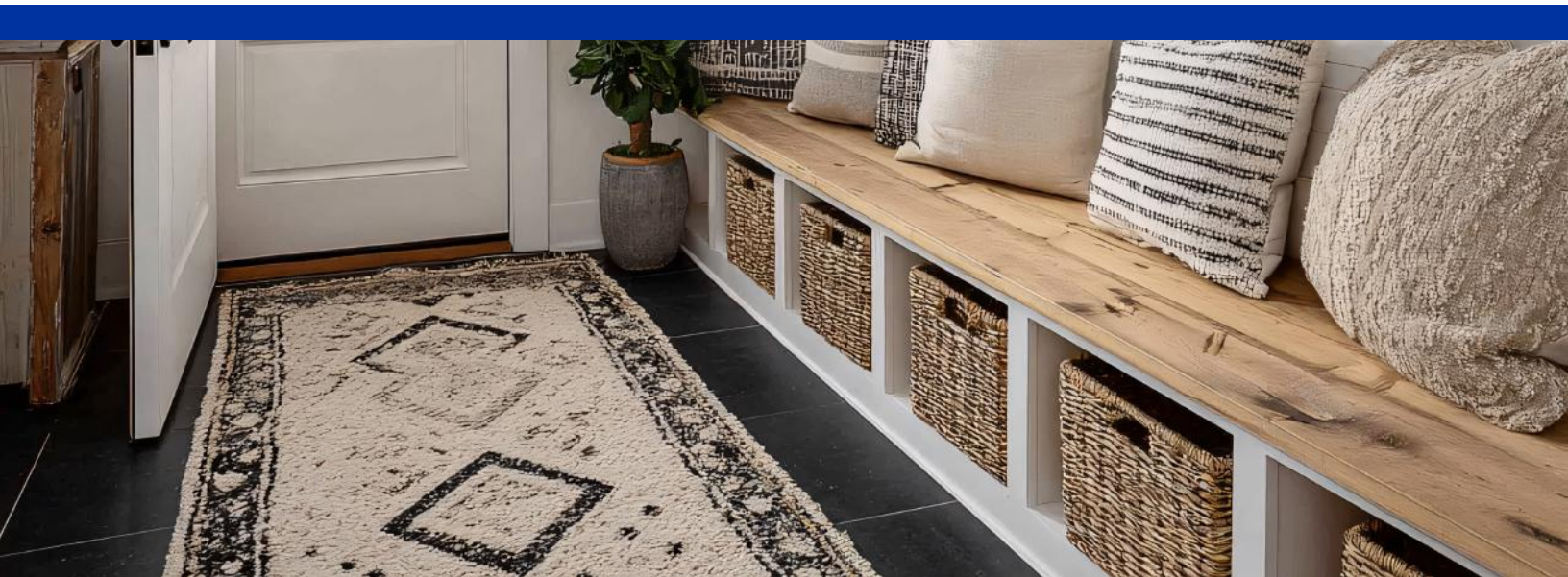
What's your long-term vision? Not the quick win or the next quarter goal—but the why behind it all. Maybe it's a milestone trip you've always talked about. Maybe it's a small camp of your own near the mountains or the lake. Or maybe it's something simpler: carving out one day a month that's just for you.

This isn't about perfection or beating yourself up when life gets busy (because it will). It's about naming what matters, staying open to possibility, and committing to the life you're building—one thoughtful step at a time.

# MAINE TRADITIONS

## The Mudroom

The idea of a transitional space to remove dirty outdoor gear is very old – related to European “boot rooms” and secondary entrances in country houses where workers or farmhands would shed wet boots before entering the main house.



# NEIGHBORHOOD SPOTLIGHT



## BACK COVE

Recent public improvements have made a meaningful impact—from cleaner water thanks to a major underground overflow system, to upgraded parks, trails, and athletic fields designed to handle flooding and future climate conditions.

With refreshed public spaces, improved infrastructure, and a healthier cove, the neighborhood feels more connected, more resilient, and more inviting than ever.

# THINKING FORWARD

A move to Maine is more than logistics—it's a life transition.

## Services tailored to you

Our agents go beyond the basics, taking the time to understand your unique lifestyle, preferences, and priorities. From the moment we connect, our goal is to craft a relocation experience that's personalized, seamless, and truly exceptional.

*“Our clients tell us they felt guided, supported, & confident every step of the way. That's our measure of success.”*

## Choices made simple

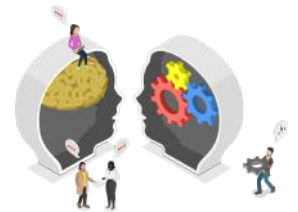
- Curated rental and for-sale options across budgets and neighborhoods.
- Personalized property tours before you arrive, saving time and matching your needs.
- Expert guidance throughout for a smooth, stress-free move.

[Are you making a move in 2026?](#)

[Download our relocation guide](#)

# No Jargon

Real estate isn't about slogans.



At Maine Home Connection, we focus on what actually matters: clear conversations, smart preparation, honest guidance, and steady communication – so every decision feels lighter, not harder.

**No jargon. No noise.**

Just thoughtful, dependable service that protects your goals and your investment.

The Elephant in the Room?

# 2025: THE YEAR OF INSTAGRAM 1000+ FOLLOWERS!

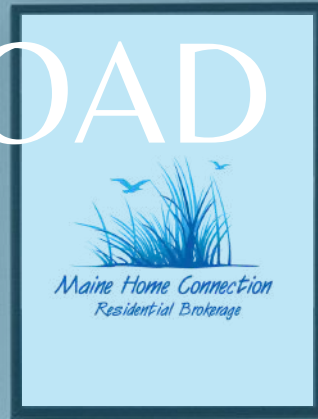
Every post is a window into who we are, what we do, and the care we put into our work. We might not always nail the Instagram rhythm, but behind every photo and caption is heart, & effort; **The Maine Home Connection way.**



# FOCUS ON THE THINGS THAT MATTER.

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# THE ROAD TO

# Home



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