

News & Views

from Quarry Hill

Winter Brought Out Our Best

FROM LORIMAN LOOKE, EXECUTIVE DIRECTOR

As I write, Camden is in the grip of a fierce weekend snowstorm. I've shoveled my driveway multiple times, but the snow is getting wetter as it falls, and now, each shovelful feels like concrete.

But I did manage to clear my driveway, and that allowed me to head over to Quarry Hill to make sure everything was okay. What I found during my visit reaffirms some of the reasons why I love Quarry Hill, and why it's such a great place for people to call home.

Entering the Anderson Inn, I asked the first person I saw how things were going. "We're doing great," he replied, adding proudly that everyone on his team had reported for duty, in spite of the storm. I received the same answer from every department I visited. Anywhere else, that might have been surprising. But that's one of the great things about Quarry Hill: the staff here takes pride in this community. And that means doing everything humanly possible—even during the most outrageous weather—to deliver gold-standard care for the residents we serve.

Of course, it's not just about good

people. It's about good planning, nailing down step-by-step procedures for every conceivable emergency before emergencies occur. When storms are on the horizon, we have communication protocols to ensure appropriate staffing. We put the Anderson Inn generator through its paces. And even before the first flakes fall, we see to it that our snow plows and snow blowers are fueled up and ready to roll.

The goal is to ensure that winter storms like these are non-events for our residents; that their lives here go comfortably on and that the quality healthcare they rely on continues without interruption.

Maintaining the status quo may not seem the most exciting of objectives. But it is a central reason why I am so proud to be a part this community—and why so many older adults and their families have come to count on Quarry Hill.

Welcome spring!



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*Midcoast Maine's Premier Extended
Care Community for Adults 55+*

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Pen Bay Medical Center

New Leaders Bring Fresh Ideas to Health Services

Quarry Hill received not one but two pre-holiday gifts in 2018, and, straight out of the box, both brought new energy to the nursing care and assisted living components of our continuum of care.



Heather Quesnel, MS, RN, NEA-BC, joined Quarry Hill as director of nursing in November. Her 25-plus-year career began in Maryland and Washington, D.C., where she served five years in the U.S. Army Nurse Corps. Migrating to Vermont, she pursued positions in school nursing, nurse education, and nursing administration before moving to Maine in 2014 to become chief nursing officer at Waldo County General Hospital in Belfast.

In 2016, she was named administrative director of MaineGeneral Homecare and Hospice in Waterville. Her leadership was seen as instrumental in enabling the organization to complete a major restructuring initiative, overcome regulatory and compliance issues, surpass budget targets, and exceed virtually all national standards for hospice care.

Commenting on Quesnel's arrival, executive director Loriman Looke said he cannot imagine a more qualified candidate for the top nursing job.

"Heather is precisely the kind of leader we need to continue to meet the challenges of senior care," he said. "Her devotion to residents and patients as well as to the staff members she guides is remarkable.

And the combination of clinical and leadership skills she embodies will be essential to our success in today's ever-changing senior living environment."

Quesnel has a bachelor's in nursing from the University of Vermont and a master's in nursing administration from the University of Maryland.

Kendall House came aboard in late August in the newly created position of regional assistant administrator. She serves both Quarry Hill and the Knox Center for Long Term Care in Rockland.

When in Camden, she's responsible for developing and implementing policies and procedures consistent with the caring mission of our nursing care and assisted living communities and for ensuring that we remain in compliance with shifting state and federal regulations affecting senior care.

House is well-known in local healthcare circles, having started out as a dietetic technician at the Knox Center and at Waldo County General Hospital. In 2015, she stepped into the position of executive assistant at Pen Bay Medical Center, providing support at the highest levels of the organization.

Shortly after joining Quarry Hill, House completed the rigorous training and testing required for licensure as a healthcare-facility administrator. She also holds a bachelor's degree in healthcare administration from Saint Joseph's College.



When Money Got Tight, He Got Cooking

When hard times “ketchup” with you, “relish” them.

That’s what Quarry Hill resident Alan Pease did back in the 1930s, when the Depression took hold in his home town of Wiscasset, Maine. The son of an attorney, Alan, then in his mid-teens, might have sailed through the economic crisis unscathed, but for one thing: the only attorneys safe from the economic pinch were those doing foreclosures, and that was not his dad’s line of work. In the Pease household, things went from comfortable to touch-and-go.

And what does a 16-year-old do when money gets tight? If he’s Al Pease, a smart lad with the inborn positivity that remains his hallmark to this day, he goes to work. He got a job at a combination gas station / snack bar—and it was that snack bar that gave Al his first entrepreneurial lightbulb moment.

He figured he’d run deliveries for the town’s grocers, but none of them would take him up on his offer. Undaunted, he recast himself as a rubbish hauler (“I called it a ‘parcel-delivery service,’” he remembers). For 50 cents, Al, driving his dad’s Model A, would collect a family’s trash twice a week. Or he’d transport furniture for people who were moving, or ferry his classmates to Lincoln Academy in Newcastle. (The latter proved so much fun, he forgot to charge. And it became even jollier in winter, when he put a heater on the floor of the car, ran a bar from driver’s door to passenger’s door, and draped a blanket over it, creating a heated tent to warm his and his riders’ feet and legs.)

But then Al got to thinking about that snack shack at the gas station. Operating on a shoestring, he and his dad began turning the trailer into a mobile hot-dog stand.

They bought an ice cooler to chill sodas and a small gas stove to steam hot dogs. They painted the cart blue and yellow, added an umbrella, and rigged the whole thing with electric lights, courtesy of an extension cord from the window of Mr. Pease’s second-floor law office. Strategically positioned on the town’s main

thoroughfare, the hot dogs sold like, well, hot cakes.

By this time, it was the late ’40s, and the Depression and rationing of the war years were giving way to more prosperous times. But Al couldn’t stop thinking of new ways to maximize profits. On days when the local baseball team played, he’d rev up the wiener stand, drive it to the baseball diamond, and fill spectators’ bellies with 15-cent dogs with all the fixings. The only fly in the ketchup was the back pain Al got while bending over to hand people their orders. The creative solution? Putting vendor and vend-ee on the same level by cutting a hole in the trailer’s floor.

Eventually, Al finished high school and set his sights on college. But just he was preparing to leave for the University of Maine, the couple that owned the snack shop on the corner of Water and Main—the business that would in time become world-famous Red’s Eats—asked him if he’d like to run it.

“I said no, but I’d love to buy it,” Alan recalls. In the end, it was the stand’s 85-cent lobster rolls that paid his way through college and law school.

Al went on to become a successful lawyer and ultimately Chief Judge of the Maine State District Court. He and Marnie, his college sweetheart and bride of 66 years, preside over a close family of two children and four grandchildren. “I’ve had a wonderful life,” he says, implying it’s been a matter of luck, not pluck. But if you ask us, it’s probably been the other way around.



Community Service Committee

They're few in number and young as a team. But the half-dozen members of Quarry Hill's Community Service Committee are already propelling one of the most dynamic and productive resident efforts in the history of our organization.

In just two-and-a-half years, the group has used its collective rocket fuel to:

- Sponsor several children in the Area Interfaith Organization (AIO) Weekend Backpack Program, helping ensure that kids who rely on free and reduced-cost breakfasts and lunches at school get plenty of good, healthy food to eat during weekends, too.
- Raise approximately \$920 to help local folks make it through winter safe and warm by holding bake sales benefiting AIO's Emergency Fuel Assistance Fund.
- Enlist fellow residents in filling backpacks full of school supplies for children living at the area's homeless shelter, Hospitality House, and donating boxload after boxload of everything from breakfast cereal to toilet paper to make life easier for families served by the nonprofit.
- Organize "packing parties," where residents socialize while bundling toiletries for distribution by the local initiative One Less Worry to individuals and families struggling with homelessness and other difficulties.
- Collect some 45 new and good-as-new winter coats, given by Quarry Hill residents and staff, for donation to Coats for Kids and its Coats for Seniors spinoff.
- Channel donated medical supplies and other materials to Syrian refugees fleeing violence in the war-ravaged nation through Camden-based NuDay Syria.
- Help Quarry Hill raise more than \$2,000 in support of the Maine chapter of the Alzheimer's Association by donating returnable bottles and cans to the CLYNK program.

It's an impressive track record, to be sure. But health services coordinator Nina Cunningham, who serves as a facilitator to the group, thinks that one of the committee's greatest accomplishments may be the awakening it's brought to Quarry Hill itself.

"Committee members are driven by sheer passion for the causes they support, and that's contagious," she says. "They've opened everyone's eyes and hearts to the need to share what we have with those less fortunate, right here in midcoast Maine."



Back in the day, we thought that once we'd made sure our kids got the immunizations the pediatrician recommended, we were done with shots. But in recent years, advances in medical science have ushered in a brave new world of vaccinations, and guess what? This time, they're for you.

In fact, older adults now face a bewildering array of inoculations against everything from pneumonia to whooping cough (wait—*whooping cough*?). Here, Quarry Hill health services coordinator Nina Cunningham, RN, boils down the latest advice from the Centers for Disease Control to reveal the four key shots most adults age 65+ should get. Read on—we promise it won't hurt a bit.

Flu Shot

This one's a no-brainer. Yes, each year's formulation is but an educated guess as to which flu strains will cause the most trouble in the coming season. But there's no live virus in flu shots, so they cannot cause the flu. And consider this: People age 65 and older are among those most likely to suffer complications from the flu. So unless your doctor advises against getting the shot, just roll up your sleeve and do it.

Td Booster or Tdap

Remember the tetanus-diphtheria shots your kids got? Turns out these serious diseases aren't just for kids. Even with the best medical care, tetanus (lockjaw) kills about one out of every 10 people infected; and diphtheria can lead to breathing problems, paralysis, heart failure, and death. Most adults should receive Td booster shots every 10 years. Alternatively, if you have or are expecting grandkids, your physician may suggest the Tdap, which also

protects against pertussis (whooping cough), a disease that's usually mild in adults but can be passed, with potentially serious consequences, to infants and small children.

Shingrix

For most, this new vaccine against shingles is well worth the effort. Caused by the same herpes virus that causes chickenpox, shingles produces a painful rash that can go on for weeks. About one out of three Americans will develop shingles at some point, and the risk of severe, long-term pain increases with age. Shingrix is highly effective in preventing shingles in older adults—90% compared to 50% to 64% for the earlier Zostavax vaccine—but it does require two shots, given a few months apart. You'll probably have a sore arm and maybe feel mildly unwell for a day or two after one or both injections. But hey—it's better than having shingles. As they say on TV, ask your doctor if it's right for you.

Prevnar 13 and Pneumovax

To guard against pneumococcal disease, the CDC recommends that adults 65 and older get two vaccines: Prevnar 13 and Pneumovax. The two formulations protect against different strains of the bacteria that cause pneumococcal disease, so getting both shots maximizes your protection. Why bother? These bad boys love to infect older adults, and when they do, the illness and complications thereof can be especially severe. Ask your doctor about how and when to get the two vaccines.

That's it: just four vaccines, and you'll have protected your health as conscientiously as you protected your kids'. That wasn't so bad, was it?



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NOTEWORTHY EVENTS

Adventures in Living Well

Programs designed to
enhance your health and
vitality after age 55.

Creatures of the South Pacific

**Wednesday, April 17, 1:30 to 3:00 p.m., Camden
Public Library (cosponsor)**

Presented by Carla Skinder, wildlife photographer

Go nose-to-snout (and beak!) with the extraordinary fauna of the South Pacific Islands in this armchair tour replete with Skinder's stunning images.

Adventures of a Nantucket Whaler

Wednesday, May 15, 10:30 a.m. to 12 noon

Presented by Renny Stackpole, director emeritus, Penobscot Marine Museum and former curator, The Whaling Museum at Nantucket

Voyage back to New England's whaling days through the tale of Obed Folger, a ship's boy aboard the 1820s whaler *Lady Adams*, in this fascinating illustrated talk. Copies of the presenter's recent books, *Sea Letters* and *Treasures in the Attic*, available for purchase and signing.

Island Inspiration: Monhegan's Art Colony, 1895–2000

Wednesday, June 19, 10:30 a.m. to 12 noon

Presented by Leith MacDonald, artist and curator, MacDonald Art Services

Using rarely seen paintings from a private collection, MacDonald divines the connections between artists drawn to Maine's century-old art colony and the islanders and island landscapes that have inspired them.

AARP Driver Safety Course

Friday, April 12, 10:00 a.m. to 3:00 p.m.

Presented by Paul Sheridan

This one-day refresher course is designed for drivers age 50 and better. The course includes lecture, video, workbook, and other materials (but no actual driving) for a cost of \$20, or \$15 if you're an AARP member, payable at the door. AARP membership is not a prerequisite, but registration is required.



New Beginnings in the Second Half of Life

**Wednesday, May 1, 9:00 a.m. to
12 noon (includes continental
breakfast)**

Presented by Diana Coleman, MA, author, speaker, and change catalyst; and Lisa Cohn, MA, LPC-C, certified SoulCollage® facilitator

Spring at last! Explore your potential for rebirth as Coleman shares true stories of women 50 and better who found bold, new ways to blossom. Plus: Cohn returns with a creative SoulCollage® workshop designed to reveal your soul's adventurous yearnings. Copies of Coleman's *Women Going For It! Taking Risks After 40* available for purchase and signing.

**Events and classes free and at Quarry Hill
unless otherwise noted.**

**Registration required.
Call 207-921-6116 or
email qhinfo@pbmc.org.**

NOTEWORTHY EVENTS CONTINUED



A new educational series devoted to topics in senior health

From Distress to De-Stress

Wednesday, May 21, 1:00 to 2:30 p.m

Presented by Gilda Joffe, BM, MM-HMCT, certified HeartMath trainer and coach

A stress-free life? No such animal. But you can control how you deal with life's inevitable ups and downs. Joffe discusses the nature of stress and how to build emotional and physical resilience.



Annual Yard Sale

Saturday, June 1, 8:00 a.m to 12 noon

Don't miss Quarry Hill's annual bargain-hunting extravaganza. Donate items for sale, or just come to the sale and shop! Call 921-6250 for details.

Lobster Bake (by invitation)

Thursday, August 15, 4:30 to 6:30 p.m. (inclement weather date: 8/16)

Quarry Hill is pleased to invite Priority List members to its 16th annual Lobster Bake. This is a wonderful opportunity to become acquainted with future neighbors and enjoy great food and entertainment. Free to invited guests, with cash bar.

Assisted Living Open House

Wednesday, September 11, 4:00 to 5:30 p.m.

During National Assisted Living Week, we invite you and your family to join us for a first-hand look at how the men and women of our assisted living community live active, productive, happy lives. Plus: learn more about the benefits of assisted living for yourself or a loved one. Guided tours and refreshments will be offered.

A large, stylized pineapple graphic with a crown of leaves. The word 'WELCOME' is written in large, bold, sans-serif letters across the top of the pineapple. Below it, the text 'QUARRY HILL'S NEWEST RESIDENTS' is written in a smaller, bold, sans-serif font.

WELCOME QUARRY HILL'S NEWEST RESIDENTS

Dorothy Conover

Lise Dalton

Gene & Carlyn Ernest

Moray & Barbara Fleming

Peg Flippo

Lucy Hallowell

Pat Hopkins

Marilyn Lindquist

Jim & Jean Matlack

Hank Meil



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quarryhill.org/cottage-for-sale

SUPPORT GROUPS

Parkinson's Disease

For people with Parkinson's disease, their families, friends, and caregivers. The **first Tuesday** of each month from **12 noon to 2:00 p.m.** at the Anderson Inn, Quarry Hill. Attendees should bring a bag lunch; drinks and desserts provided.

For details, call Cassie Walters at **207-596-3978**.

Alzheimer's Disease

Provides information and support to area residents who have loved ones coping with Alzheimer's disease or related dementias. Meets twice monthly:

- The **first Tuesday** of each month from **6:00 to 7:00 p.m.** at Anderson Inn, Quarry Hill, Camden;
- The **third Tuesday** of each month from **3:00 to 4:00 p.m.** at Knox Center, Rockland.

For details, call **Cheri Alexander, LSW**, at **207-921-6237**.