

# THE QUARRY HILL Quarterly

## All Grown Up

FROM DEVON GALE SMITH, MARKETING

Perhaps you remember a day—maybe somewhere in your 20s—when you suddenly realized (with a bit of a shock) that you were no longer a child, but an adult. We had such a moment recently as we began laying plans to celebrate Quarry Hill's tenth anniversary in 2012: all of a sudden, it seems, our "baby" is all grown up—with all the joys and complexities pertaining thereto.

Complexities, yes. Amid the nation's economic woes, some folks have hit the pause button on their retirement plans, thus adding to the challenges of keeping our cottages and apartments full. The federal government's recent ten-percent cut in Medicare payments means our nursing-care staff must do more with less. And there are threats at the state level as well, with Governor LePage's proposed cuts in Mainecare funding—potentially devastating news for some 4,000 low-income seniors in assisted-living centers statewide—demanding the most vigorous resistance we can mount.

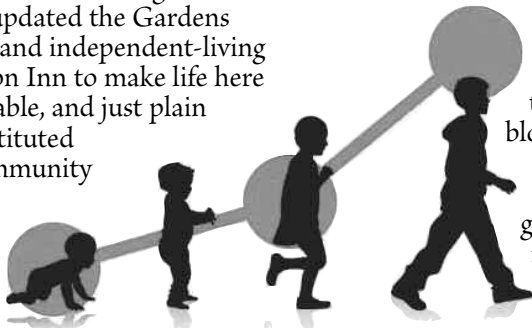
Fortunately, we're "not a baby anymore" (as any 10-year-old will tell you), and we have the confidence and know-how that come from a history of success. We've developed a deeper understanding of our residents and used it to turn what was once mere "bricks and mortar" into a thriving community. We've updated the Gardens nursing-care center and independent-living wing of the Anderson Inn to make life here safer, more comfortable, and just plain more fun. We've instituted committees and community meetings to give residents a hand in the running of things. We've

launched dozens of monthly social events, educational programs, fitness offerings, and interest-based activities like book clubs and sing-alongs, not to mention a whole slew of traditions ranging from the ultra-casual Coffee Hour to the ultra-anticipated annual Lobster Bake.

The future beckons. Technology is extending our ability to communicate with the larger world, as our website, blog, and new Facebook page attest. And as the newest star in the constellation of MaineHealth, we grow more excited by the day about the opportunities membership brings to offer better-than-ever care while keeping costs in check.

We look forward to significant benefits for our assisted-living and nursing-care residents in particular. Standardized approaches to the management of a range of health issues improves care across the board. Judicious consolidation of services increases efficiency and reins in costs. Collaborative undertakings—like the Fall Prevention Workgroup that has already reduced the incidence of injurious falls at Quarry Hill and other participating MaineHealth members—give us the added resources and brainpower we need to address today's healthcare challenges.

All in all, we think we're going to like being a grownup. We hope you'll celebrate with us throughout 2012 as we blow out our candles and make this heartfelt wish: to be of ever greater service to the residents and families for whom we care.



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

30 Community Drive, Camden, ME 04843

(207) 230-6116 • quarryhill.org

qhinfo@penbayhealthcare.org

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# NOTEWORTHY EVENTS

## **Parkinson's Disease Resource & Information Forum**

People with Parkinson's disease and their caregivers, as well as interested health practitioners, are invited to attend this annual gathering, to be held this year on **Tuesday, April 24, from 4 to 5 pm** at the Anderson Inn at Quarry Hill. Participating specialists will discuss local services available to people with Parkinson's. *Free.*

## **AARP Driver Safety Course**

On **Monday, April 30, from 8:00 am to 12:30 pm**, instructor Don Lunt will teach this one-day refresher course, designed for drivers age 50 and better. The course includes lecture, video, workbook, and other materials (but no actual driving) for a cost of \$14, or \$12 if you're an AARP member, payable at the door. AARP membership is not a prerequisite, but *registration is required. Call 230-6114.*

## WATCH YOUR MAILBOX

### **Now We Are Ten!**

Quarry Hill celebrates its tenth anniversary in 2012, and you're invited to the festivities!

From springtime straight through the winter holidays, we'll be marking the happy occasion with a series of parties and special events you won't want to miss.

So, dust off your dancing shoes—and keep your eyes peeled for news of all the fun goings-on.

***We hope to see YOU at the party!***

**PEN BAY CHALLENGE 2012**  
run · walk · ride

**JUNE 23 SATURDAY**  
OWLS HEAD COMMUNITY CENTER

Join the fun: [www.pbmc.org/challenge](http://www.pbmc.org/challenge)

Come run, walk or bike with us! All proceeds to support Pen Bay's Zing! program for energizing our kids.

Pen Bay Healthcare MaineHealth | BDN MAINE MEDIA SPONSOR | YOUR SPONSOR LOGO COULD BE HERE | YOUR SPONSOR LOGO COULD BE HERE | Zing!

## **Parkinson's Disease Support Group: Programs of Interest**

- **Tuesday, April 3: Parkinson's Drug Interactions**  
Vicki Wellner, RPh, of Pen Bay Medical Center Pharmacy will discuss potentially harmful interactions between Parkinson's medications, commonly prescribed over-the-counter medications, and herbal supplements.
- **Tuesday, May 1: Ken Nye**  
The Freeport poet returns with another reading from his well-regarded collection of writings. Nye, a former University of Southern Maine professor, has Parkinson's himself and reflects on life with the condition in his poetry.

See page 3 for more information about the support group.

# 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 1:45 pm** at the Anderson Inn, Quarry Hill. Attendees should bring a bag lunch; drinks and desserts provided.

For details, call **Suzanne Miller**, RN, BSN, CCM, at **230-6224**.

## 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 to 7 pm** at the Anderson Inn, Quarry Hill
- The **third Tuesday** of each month from **3 to 4 pm** at Knox Center for Long Term Care, Rockland.

Call **Cheri Alexander**, LSW, at **230-6237** for more information.

Discover the good life in Camden

Cottage Homes Now Available

STARTING AT \$265,000

Featuring:

- two bedrooms, one-and-a-half or two baths
- fully appliances kitchens
- attached garages
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- radiant floor heating
- three and four-season porches

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**QUARRY HILL**  
FOR ADULTS 55+

Priority access to health services  
Home ownership without the chores

Find us on Facebook  
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230-6116 • quarryhill.org/cottage-for-sale  
MEMBER OF THE PEN BAY HEALTHCARE FAMILY

Your mom may not be a dignitary. But to you, she's one of the world's most important people. You want the best for her. So when it's time for Assisted Living, consider Quarry Hill.

- a stimulating, varied program designed to celebrate each person's interest and abilities
- three levels of care tailored to individual needs
- round-the-clock support, including three meals daily, help with medications, emergency response, and personal care

Call today to learn more.  
**230-6116**

**QUARRY HILL**  
30 Community Drive, Camden  
Member of the Pen Bay Healthcare Family

**V.I.P.**

www.quarryhill.org

We accept MaineCare and long-term care insurance, as well as private payment.

# CLASSES

## Dancing Chi Qong

A series of 12 gentle, easy-to-learn movements performed to music, Dancing Chi Qong supports the body's natural ability to keep itself in balance and promotes the health of mind, body, and spirit. **Thursdays, 8:00 to 8:30 am** at Quarry Hill. *Free.*

## New Pathways for Parkinson's

This holistic fitness program is designed specifically for persons with Parkinson's and their caregivers. Instructor Carol Woodbury Witham, a local clinical exercise specialist, leads the class on **Fridays, 10 to 11 am** at Quarry Hill. Cost is \$5 per class, payable at the door.

# Adventures *in* Living Well

WINTER/  
SPRING  
2012

## FREE PROGRAMS

*designed to enhance your health  
and vitality after age 55*

### Islands in Time

Wednesday, March 28 • 10:30 AM–12 noon • Quarry Hill

Presented by Philip Conkling, *author and president of Island Institute*

The new edition of Conkling's *Islands in Time*, capturing the rugged beauty and evolving culture of the islands of the Gulf of Maine from prehistory to the present, has readers everywhere oohing and ahhing. Explore our state's unique and precious off-shore world in a presentation illuminated with photos from the book (*copies available for purchase and signing*).

### That Dizzy Feeling: New Ways to Conquer Vertigo

Wednesday, April 18 • 10:30 AM –12 noon • Quarry Hill

Presented by Nancy Coyne-Chiras, MSPT, *physical therapist, Pen Bay Healthcare*

Do you, or does someone you know, struggle with bouts of vertigo? Coyne-Chiras, one of a handful of physical therapists in Maine specializing in the emerging field of vestibular rehabilitation, reveals surprising techniques that can help overcome dizziness for good.

### Shells: Nature's Exquisite Creations

Wednesday, May 16 • 10:30 AM–12:00 noon • Quarry Hill

Presented by Joyce Tenneson, *photographer and author*

In her newest masterwork, Tenneson hauls in an inspiring harvest from the sea: shells, luminous and ethereal, set against backgrounds of velvety black. Lose yourself in their miniature architecture—and find a fresh perspective on the world at large. *Copies available for purchase and signing.*

### To Drive or Not to Drive?

Wednesday, June 20 • 1:00–2:30 PM • Camden Public Library

Presented by Susie Kelley, OTR/L, CDI, *occupational therapist, New England Rehabilitation Hospital of Portland*

Cosponsored by Camden Public Library

Driving represents independence. Yet aging and certain health conditions can compromise one's ability to drive safely. Park here to sharpen your driving skills—and find out whether it's safe for you (or a loved one) to continue behind the wheel.



Seating is limited.  
Reservations are necessary.  
Call 230-6114.



Find us on  
Facebook



**WELCOME**  
**QUARRY HILL'S**  
**NEWEST**  
**RESIDENTS**

Catherine Parratt  
 Hannah Williamson  
 Barbara Wolter

from the **Recipe Box**



**Chicken Stew**

*Submitted by resident Sallie Leighton*

**Ingredients:**

- Small amount of olive oil
- 4 boneless, skinless chicken thighs
- 1 large sweet onion, chopped
- 1 large green pepper, thinly sliced
- 1 14.5-oz. can chopped tomatoes with juice
- 1 C chicken broth
- Salt and pepper to taste

**Directions:**

1. In large, deep skillet or pot, lightly brown chicken thighs in olive oil. Remove chicken from pan and set aside.
2. Add onion and pepper to pot and cook until slightly soft.
3. Return chicken to pot and add tomatoes (with juice) and chicken broth.
4. Cover pot and cook on low heat until chicken is cooked, about 1 hour.
5. Serve over brown rice.

**TIPS & TRICKS**  
*for Happy & Healthy Living*

**Can You Lend a Hand?**

BY DEVON GALE SMITH, MARKETING

People often ask whether there's a place for volunteers at Quarry Hill, and if so, what volunteer jobs are available. The answers are (1) YES!, and (2) lots! We can't say enough about the many kind souls, from teens to seniors, who regularly donate their time, energy, and talents to the benefit of our residents. In fact, we hope you'll join them!

Here are some of the many ways *you* can make a difference at Quarry Hill:

**Assisting with Special Events**

- Dinners
- Decorations
- Holiday Activities

**Visiting with Residents**

- Reading Aloud
- Playing Cards or Other Games

- Helping with Letter Writing or Email
- Surfing the Internet
- Playing a Musical Instrument
- Bringing in Pets
- Going for Walks
- Distributing Books or Magazines
- Accompanying Residents to and from Our Beauty Salon/Barber Shop
- Running Errands or Taking Residents Shopping
- Just Chatting

**Helping with Group Activities**

- Beano
- Social Events
- Entertaining Residents (Do you play a musical instrument? Act? Dance?)
- Cooking
- Slide Shows
- Craft Projects
- Educational Events

**Clerical/Office Help**

**Working in Our Gift Shop**

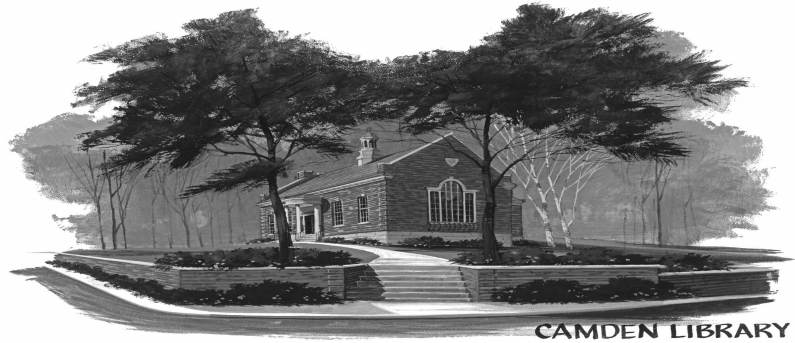
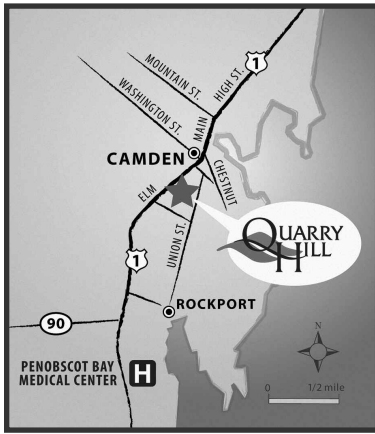
See something you'd like to do? Have another idea? We want to hear from you! Please contact Activities Director Noreen Clark at (207) 230-6250.

**mind bender**

**Who said this?**

"Failure is simply the opportunity to begin again, this time more intelligently."

Answer on page 6.



**Retirement Community**  
 30 Community Drive  
 Camden, Maine 04843  
 CHANGE SERVICE REQUESTED



[quarryhill.org/cottage-for-sale](http://quarryhill.org/cottage-for-sale)

## Meet Cottage Resident Marty Martens

Of all the cozy furniture and charming antiques in Martha “Marty” Martens’ Quarry Hill cottage, the least used surely must be the chairs. The woman doesn’t seem to know the meaning of the verb *to sit*.

Nor does *retired* figure in her lexicon. In addition to working full time as owner of Antique Treasures, a thriving Rockport antiques emporium, Marty roams the Midcoast, doing estate appraisals, buying things to sell in the shop, and orchestrating the kind of colossal yard sales most people wouldn’t dream of attempting. And in her idle moments? Those are few and far between, what with various community organizations also clamoring for Marty’s energy and expertise.

But then, careening from one thing to the next has been a specialty of Marty’s since childhood. Growing up the only child of a homemaker and a financial manager who once managed the U.S. Olympic ice-skating team, Marty spent a lot of time spinning around a nearby ice rink. She attended boarding school in Virginia, then enrolled at Skidmore College with the aim of becoming a nurse. “Instead of my RN,” she quips, “I got my MRS,” abandoning college after two years to marry George Martens. “We were George and Martha!”

she recalls with a laugh.

The newlyweds settled in Greenwich, Conn., where George went to work for Crayola, and Marty threw herself into raising sons Taylor and Greg. (They later adopted a daughter, Paige.) When the boys entered school, Marty began working part time in a real estate office.

Something about the business—the buying, the selling, the people and their stories—planted a seed in Marty. But it wasn’t until 1971, when she and George moved to midcoast Maine, that the sprout began to grow. The Martenses purchased The Yankee Stripper, a furniture refinishing business; building on that success, they opened an antiques store that eventually became Early Times/Antique Treasures.

Marty finds a lot to love in the old and well-worn. “They allow us to hold onto a bit of our past,” she says.

But these days, antiques are just one item on a crowded agenda. Marty also serves on the board of the Camden-Rockport Animal Rescue League (with the full approval of Kate, her West Highland terrier, and a certain black-and-white “tuxedo” cat named Guido); works as a Hospice volunteer; helps Bay Chamber

Concerts promote its programs; and works to improve local healthcare as a member of a MaineHealth advisory council dedicated to patient- and family-centered care. Squeezed into the margins, there’s also the goal of playing more, and better, bridge.

Marty does admit to one brief lull in her career, and it’s the reason she moved to Quarry Hill. Recovering in the Gardens skilled-nursing center from an injury, she received a visit from executive director Bob McKeown. “He took one look at me and said, ‘Have I got a cottage for you!’ He was right—my home-maintenance days were over.”

But will it ever be time to retire?

“Oh,” she says with a smile, “I hope not!”



**mind bender** Answer: Henry Ford.

Source: [www.brainyquote.com/quotes/topics/topic\\_intelligence.html](http://www.brainyquote.com/quotes/topics/topic_intelligence.html)