

THE QUARRY HILL Quarterly

A message from the executive director Rx for Lower Costs

BY BOB MCKEOWN

Sometimes we could all use a little help from our friends. And because we're proud to count you as a friend of Quarry Hill, we want to call your attention to a missed opportunity we experienced during the last legislative session.

As you know, Quarry Hill is always looking for ways to improve care while reducing costs. One such opportunity concerns the medications we provide to skilled nursing residents during stays covered by Medicare. Medicare includes medications in calculating the payments it makes to Quarry Hill; we then purchase the medications our skilled nursing residents need from a supplier.

We determined that the pharmacy at Pen Bay Medical Center (a member of Pen Bay Healthcare, as is Quarry Hill) could meet our medication needs, and do so efficiently and economically, while ensuring continuity of care as we transfer patients from the acute care setting to skilled nursing care.

Seeking permission to choose the Pen Bay pharmacy as our medications supplier, we filed a bill (LD 1406) in the Legislature that would grant our request.

With opposing testimony from the large, commercial operators that dominate medications sales to nursing homes, the bill narrowly made it through the committee process. Eventually, the Senate passed the bill, but the House rejected it, based on a concern that it would adversely affect local retail pharmacies. Yet the fact is, local

pharmacies generally do not supply medications to providers like Quarry Hill as they're not equipped to provide this service.

We're grateful for the support of many of our local representatives on this issue, notably Joan Welsh of Rockport, Chris

Rector of Thomaston, Ed Mazurek of Rockland, Charles Kruger of Thomaston, Andrew O'Brien of Lincolnville, Deborah Sanderson of Chelsea, Kevin Raye of Washington, and Dana Dow of Waldoboro. We're disappointed that others have so far rejected our good-faith attempt to control costs, even as state funding for elder care declines.

Stay tuned—we'll continue to work for positive action on this key issue and will let you know how good friends—like you—can help.



inside

Page 2

Noteworthy Events
New Quarry Hill Administrator

Page 3

Quarry Hill Facebook Page and Blog
Classes
Support Groups

Page 4

Adventures in Living Well

Page 5

Welcome New Residents
From the Recipe Box
Tips & Tricks: Sell Your Home!
Mind Bender

Page 6

Resident Profile



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

30 Community Drive, Camden, ME 04843

(207) 230-6116 • quarryhill.org

qhinfo@penbayhealthcare.org

facebook.com/QuarryHillCamdenMaine


Member of Pen Bay Healthcare

NOTEWORTHY EVENTS

TRICKS OF THE TRADE: OUTSMARTING INVESTMENT FRAUD

*A program of the FINRA Investor Education Foundation
in cooperation with AARP and SaveAndInvest.org
Free, but registration is required. Call 230-6114.*

Investment fraud accounts for billions in lost savings every year. And research shows that many of the victims—relatively affluent, financially savvy—are not who you might think. Come learn the psychology of a scam, find out how to resist fraudsters' sophisticated tactics, and pick up vital tools you can use to protect your hard-earned assets. Choose the session that's most convenient for you: **Wednesday, October 26, from 4:00 to 5:30 pm, or Monday, November 7, from 10:00 to 11:30 am**, in the Anderson Inn at Quarry Hill.



Get an update on
current living
opportunities at
quarryhill.org
or call 230-6116.

Greens Sale

The Quarry Hill Ladies Auxiliary will host its annual Greens Sale on **Saturday, November 26, from 9:00 am to 1:00 pm** on the first floor of the Independent Living wing of the Anderson Inn. Among the items available for purchase will be 12-inch decorated wreaths, which may be preordered by calling 230-6250. Crafts, baked goods, and other items will also be available for sale.

Read all about it

Mary Sargent Named Quarry Hill Administrator

As officially announced in May, Mary Sargent has been named administrator of the Anderson Inn at Quarry Hill. As administrator, she assumes responsibility for ensuring that Quarry Hill meets state and federal standards for nursing care, rehabilitation, and other services.

Sargent joined Quarry Hill in April 2010 as administrator-in-training under the preceptorship of executive director Bob McKeown. She completed a 1,040-hour training program certified by the Maine Nursing Home Administrators Licensing Board and recently passed the board's licensing exam.

Sargent brings more than two decades of leadership experience to her new

post. For 11 years, she served first as recruitment specialist and then as director of employee relations and recruitment in the Human Resources Department at Pen Bay Healthcare, Quarry Hill's parent company.

The Belfast native and former high school teacher said Quarry Hill represents an exciting opportunity to put her management skills to work for a good cause.

"All my adult life, I've looked for ways to use my administrative abilities to further the work of nonprofit, people-centered organizations," she said.

"Quarry Hill and the other members of Pen Bay Healthcare have the most highly skilled, caring, and dedicated

providers I've seen. It's a privilege to support the work they do."

A graduate of the University of Maine at Machias, Mary holds a certificate in human resources management from the University of Maine, Orono. She achieved certification as a Senior Professional in Human Resources in 2007.



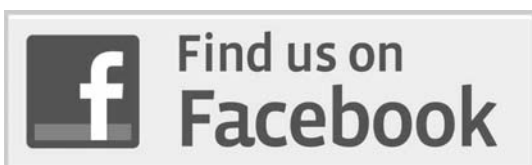
OF NOTE

We now have a Facebook page and blog devoted to the interests of older adults.

The Facebook page, facebook.com/QuarryHillCamdenMaine, focuses on Quarry Hill news and coming events, images, videos, staff and resident activities and updates, and information on apartment and cottage availability, as well as tips of interest to older adults and their families.

The blog, quarryhill.org/blog, offers perspectives on the joys and challenges of older adulthood along with information about recent developments at Quarry Hill.

Quarry Hill executive director Bob McKeown hailed the new communications ventures. “Being on Facebook and posting a blog are in keeping with our commitment to the wise use of technology to make life easier, safer, more comfortable, and more convenient—for our residents and their families, as well as for those considering their retirement and healthcare options. One of our goals is to make it easy for people to get information about Quarry Hill in a variety of ways and across a variety of media.”



CLASSES

Dancing Chi Qong (free)

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.

Tai Chi for Seniors

Connecting the mind and body, this ancient Chinese discipline is a graceful form of exercise used to reduce stress and provide relief from other health conditions. Instructor Carol Woodbury Witham, a local clinical exercise specialist, leads the class on **Wednesdays, 10 to 11 am** at Quarry Hill. Cost is \$5 per class, payable at the door.

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.

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.

Adventures in Living Well

SUMMER/
FALL
2011

FREE PROGRAMS
designed to enhance your health
and vitality after age 55

Creating Memorable Picnics

Wed., Sept. 21 • 11:30 AM–1:00 PM • Quarry Hill • Presented by Susan Pierce, *events planner*

Would you like to be ready to enjoy a great picnic anytime the mood strikes? With a few basic supplies, you can savor fresh, local foods with ease and grace. Learn how to put together your own memorable picnics and enjoy a taste of what's available from local farms.

Discover The Proposed Maine Woods National Park

Wed., Oct. 12 • 1:00 –2:30 PM • Camden Public Library

Presented by Thomas Mark Szelog and Lee Ann Szelog, *wildlife conservationists* • Cosponsored by Camden Public Library

Journey into one of the last unprotected wilderness areas in the U.S.—Maine's Great North Woods. This multimedia presentation from the Szelogs' *Maine Woods National Park Photo-Documentation Project* captures the splendor of the 3.2-million-acre treasure that's poised to become America's next national park.

Love the Skin You're In

Wed., Nov. 16 • 10:30 AM–12:00 noon • Quarry Hill

Presented by Jennifer Ross-Boshes, *master esthetician and owner, Beauty Mark Spa*

You'll be glad you let Jennifer under your skin, with a presentation as vitally informative for men as it is for women. What's going on with *your* body's largest organ? Find out, and get the facts you need to keep your skin healthy for life.

Growing Peace: Building Bridges of Communication

Wed., Dec. 7 • 10:30 AM–12 noon • Quarry Hill

(snow date: Fri., Dec. 16) • Presented by Peggy Smith, *certified NVC trainer, founder and principal trainer, Open Communication*

Break new ground in your relationships with family, friends, and even those with whom you disagree. Peggy's interactive presentation will help you learn new ways of listening; resolve conflicts with authenticity and compassion; and develop habits of thought based on connection, not confrontation.



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

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
- custom features, such as fireplaces and built-ins
- radiant floor heating
- three and four-season porches

Discover it
for yourself...

QUARRY HILL
FOR ADULTS 55+

Priority access to health services
Home ownership without the chores

Find us on Facebook
facebook.com/QuarryHillCamdenMaine

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



from the Recipe Box



24-Hour Salad

By Quarry Hill resident Gloria Snow
Serves 8-12, depending on appetites

Ingredients:

- | | |
|---|---------------------------------------|
| 1 large head of lettuce, rinsed, dried well, and torn into bite-size pieces | ¼ C sugar |
| 1 large red onion, thinly sliced | 2 C mayonnaise (not Miracle Whip!) |
| 1 lb. cooked bacon, diced | ½ C grated Parmesan cheese |
| 1 large cauliflower, cut into bite-size pieces | Salt and pepper, to taste |
| | 1 C frozen peas (optional, for color) |

Directions:

1. In a large serving bowl, layer the first four ingredients in the order listed, starting with lettuce on the bottom.
2. In a separate bowl, combine sugar, mayonnaise, Parmesan cheese, salt, and pepper.
3. Spoon mayonnaise mixture over layered ingredients.
4. Cover and refrigerate for 24 hours.
5. Toss to combine mayonnaise mixture with layered ingredients. Add frozen peas, if desired, and toss again.

TIPS & TRICKS for Happy & Healthy Living

Ready, Set, Sell Your Home!

BY DEVON GALE SMITH, MARKETING

If you're thinking of selling your home in favor of new digs (easier to maintain, closer to family, or just more to your liking), don't let the doomsayers get you down: You *can* sell your home in today's market. And you don't have to lose your shirt—or your sanity—in the process.

Senior real estate specialist Nicole Bland, ABR®, SRES®, recommends dividing the process into five doable steps.

1. **Pricing.** Consult your broker for an objective assessment of your home's market value. He or she will consider the home's dimensions, layout, lot size, and condition; identify key selling features; and factor in curb appeal.
2. **Staging.** Nothing to do with props or costumes, "staging" is simply real-estate lingo for sprucing up your home for maximum appeal to prospective buyers. It might mean giving the place a thorough cleaning,

fixing that leaky faucet, or just corralling clutter to create a cleaner, airier look. Outdoors, you'll want to clean up the yard, keep the grass mowed, and remedy any obvious issues like flaking paint or sagging gutters.

3. **Showing the property.** Often, it's best to let your broker handle the job of showing the house to prospective buyers. Let the broker know if you'd prefer showings during specific hours or if you'd like him or her to be present when other agents show the home. Holding an open house? Be sure to place valuables and prescription meds out of sight.
4. **Negotiating the sale.** Once you have an offer (hooray!), your broker can help you decide whether it's reasonable and help guide you through the negotiations. Discuss the offer with your grown children, siblings, and anyone else with a stake—emotional, financial, or otherwise—in the deal. Before you

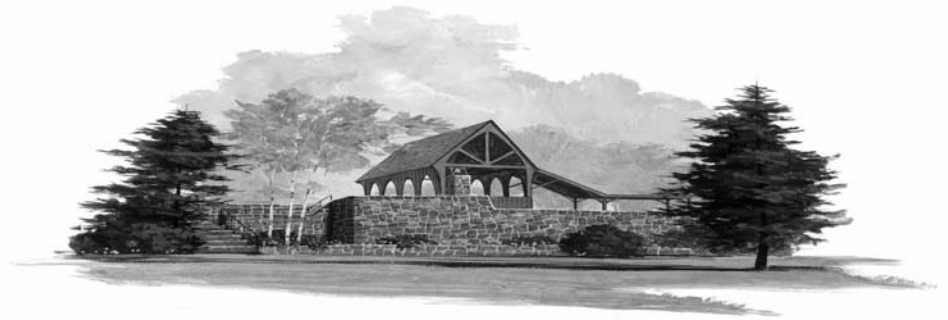
accept an offer, and certainly before closing, remember to have an attorney review all documents and contracts.

5. **Break out the champagne** and raise a toast to the next chapter of your life. There, now. That wasn't so hard, was it?

mind bender

For some I go fast. For others I'm slow. To most people, I'm an obsession. Relying on me is a well practiced lesson.

Answer on page 6.



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



quarryhill.org/cottage-for-sale

Meet apartment resident Nancy Akers

Ask anyone what they think of Nancy Akers, and you'll likely get a string of superlatives: "She's so artistic!" "What a wit!" And especially, "Where does she get all that energy??" So we decided to ask this remarkable lady, born and raised in Camden and still a practicing real-estate professional here, to name some of her own "best ofs."

Best ways to spend an afternoon

Next to being with friends and family, I most love playing bridge, sailing, golf, movies, going to auctions, and selling houses. And I enjoy acquiring art. My family has always appreciated art, from my Great Aunt Lou, who made hats for movie stars, to my three daughters, each of whom is artistic in her own way. In college [Bradford Junior College in Haverhill, Mass.], my official major was art—although, really, it was boys.

Best movie

Gone with the Wind. The first time I saw it, I cried and cried. I didn't have a handkerchief, so I used my slip.

Best book

I loved *Where the Mountains Meet the Sea: A History of the Camden Area, 1900-2000*, by Philip Conkling. My grandparents are in it. They ran the old J. A. Brewster Shirt Factory in Camden and made hunting shirts and children's snowsuits that were sold all over the country.

Biggest accomplishment

That would be my daughters, for sure. But my career has brought me a lot of satisfaction, too. My husband Frank and I started a real estate company in Portland in the 1950s and eventually launched a branch office in Camden. In 1985 I served as membership chairman of the National Association of Realtors and the following year was president of the Maine Association of Realtors.

Best mood booster

Throw a party! I used to think nothing of inviting 30-odd people for dinner and doing all the cooking myself. It's funny: I love organizing things, but I'm the most disorganized person in the world!

Best meal

All I need is an ice cream sundae and a spoon. Eating out is fun. But now that I've been spoiled by the food and the ambience at Quarry Hill, I don't do that as much as I used to.

Best advice

My mom always told me, "Never let the sun set on your anger." The most important thing in any relationship is communication. So when there's a problem or a disagreement, talk it out. If you can do that, you can get through anything.



mind bender Answer: Time.

Source: *Riddle #66556*. <www.riddles.com>.