

THE QUARRY HILL Quarterly

We've Come a Long Way, Baby

FROM ROBERT MCKEOWN, EXECUTIVE DIRECTOR

Driving through Quarry Hill each morning on my way to work gives me an opportunity to reflect on how far we've come in the six years since our community opened.

Perhaps the most obvious change is the maturing of trees and shrubs throughout the Quarry Hill campus. Our landscaping efforts can now focus on pruning and transplanting to maintain the beauty of our community. In recent months, we've expanded our lawn-irrigation system to include the entire campus. This system will help keep things green, reduce maintenance costs, and help the environment by using recycled storm water rather than city water.

The Grounds Committee continues its work, developing a master landscaping plan in cooperation with a landscape architect. Over the past several years, our walkways have been paved and new outdoor sitting areas created. Bryant Pond has gained a fountain. And we've added a new community garden, where residents enjoy cultivating their own vegetables and flowers.

Quarry Hill's historic Laite House has been remodeled inside and out. Two separate apartments within the house now serve as guest quarters for prospective residents as well as residents'

visiting friends and relatives. Plans to turn the adjacent barn into a usable space are underway.

The entrance to the Independent Living Lobby in the Anderson Inn now has a second set of exterior doors, creating a vestibule that acts as a buffer against harsh weather. This winter, we plan to refurbish the lobby and remodel the adjoining Living Room to better accommodate the popular morning coffee gatherings held there.

Our Dining Room once had French doors leading to the patio. This summer, we enclosed the patio so residents can comfortably dine there during the milder half of the year.

Finally, we continue to beautify the hallways on the Independent Living side of the Anderson Inn with a growing collection of framed art. Works by renowned painters such as Winslow Homer, Fitz Hugh Lane, and Andrew Wyeth—as well as several of Quarry Hill's own talented resident artists—have turned our halls into a celebration of the splendor of coastal Maine and drawn rave reviews from residents and visitors alike.

Clearly, year after year, Quarry Hill just keeps getting better. We invite you to come see how beautifully we're growing.

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Resident Profile



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Member of Pen Bay Healthcare

NOTEWORTHY EVENTS

Greens Sale

The Quarry Hill Ladies Auxiliary will host its annual Greens Sale on Saturday, November 29, 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.

AVAILABILITY AT QUARRY HILL

Assisted Living

We currently have a companion suite and efficiency apartment available in the Terraces, our traditional assisted living community.

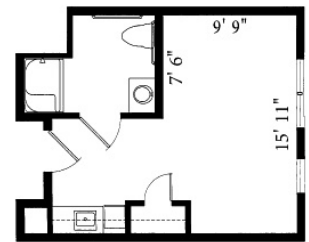
Each apartment features wall-to-wall carpeting, bathroom, and individually controlled heating.

Assisted living services include:

- three chef-prepared meals daily
- enriched activities program
- scheduled transportation
- weekly housekeeping
- 24-hour nursing care
- help with daily activities

Call 230-6116 or e-mail qhinfo@penbayhealthcare.org.

*Representative floor plan.
Layout and square footage may vary.*



Efficiency suite

Maine Seafood Pie

Submitted by Dining Services Staff

Ingredients:

1 C lightly cooked chopped spinach
½ C diced onion
1 T chopped garlic
1 T olive oil
Salt & pepper to taste

Directions:

Place spinach in buttered baking dish. Sauté onion, garlic, and salt and pepper and spread over the spinach. Poach smoked haddock in milk (use enough milk to cover the fish) for 30 minutes. Poach fresh haddock and shrimp until the fish is flaky; remove bones from haddock. Spread poached seafood over spinach-onion mixture. Pour soup over fish. Spread mashed potatoes over soup. Bake at 325° for 30 minutes, or until potato topping is golden brown.



from the
Recipe Box

½ lb. smoked haddock
½ lb. fresh haddock
½ lb. fresh Maine shrimp
1 14-oz. can cream of mushroom soup, NOT condensed
6 medium Yukon Gold potatoes, mashed

Adventures in Living Well

Winter/
Spring
2009

Free programs designed to enhance your health and vitality after age 55.



Paul Robeson: The Life and Times of a Great American Voice

Wednesday, February 18 • 1:00–3:00 PM
Camden Public Library, Jean Picker Room
Cosponsored by the Camden Public Library

Presented by Michael Paul Lund

Author and radio personality Michael Paul Lund promises an inspiring exploration of the “great voice and soul” of legendary bass baritone Paul Robeson. Robeson achieved fame on the concert stage, starred in 13 films, and made history with his performance in Shakespeare’s *Othello*, *the Moor of Venice*. Rare recordings, photos, books, and more illuminate Lund’s presentation. *Light refreshments will be served.*

Wisdom of the Nomads

Thursday, March 19 • 10:30 AM–12 noon
Quarry Hill Independent Dining Room

Presented by Linda Cortright, *editor*, Wild Fibers Magazine



Deep in the Himalayas, nomads produce some of the world’s finest cashmere. Who are these people? How has their culture survived the forces of globalization? Find out as we journey to a remarkable and little-known culture halfway around the world. *Light refreshments will be served.*

A Peaceful Passage

Wednesday, April 22 • 1:00–3:00 PM
Camden Public Library, Jean Picker Room
Cosponsored by the Camden Public Library
A Panel Presentation



Planning for life’s final chapter can be an opportunity to affirm your values, reassure your loved ones, and ease the way to a dignified and peaceful passing. Join us as a panel of experts—including a physician, Hospice nurse, minister, funeral-home director, and elder-law attorney—address the many facets of this topic. *Light refreshments will be served.*

Healthy Plants for Indoor Living

Thursday, May 21 • 10:30 AM–12 noon
Quarry Hill Independent Dining Room

Presented by Hammon Buck, *owner*,
Plants Unlimited, Rockport



You know houseplants beautify your home. But did you know that helping them thrive helps you thrive, too? Calling all thumbs—the green and not-so-green—for a how-to session on choosing and maintaining indoor plants and herbs. *Light refreshments will be served.*

SEATING IS LIMITED. RESERVATIONS ARE NECESSARY.

Call Quarry Hill today at 230-6114!

SUPPORT GROUPS

Parkinson’s disease

The Parkinson’s Support Group is for people with Parkinson’s disease, their families, friends, and caregivers. The group meets the **first Tuesday** of each month from **12 noon to 1:30 pm** in the Media Room of the Anderson Inn, Quarry Hill. Attendees should bring a bag lunch. Drinks and desserts are provided. For details, please call **Suzanne Miller**, RN, BSN, CCM, at **230-6224**.

Alzheimer’s disease

The Alzheimer’s Support Group provides information and support to area residents who have loved ones coping with Alzheimer’s disease or related dementias. The group meets twice monthly:

- The **first Tuesday** of each month from **6 to 7 pm** in the Media Room, Anderson Inn, Quarry Hill
- The **third Tuesday** of each month from **3 to 4 pm** at The Knox Center for Long Term Care, Rockland.

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

CLASSES

Dancing Chi Qong Class

A series of twelve gentle 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. The movements combine elements of T’ai Chi and Chi Qong, which have long been practiced in Eastern cultures for healing, peace, and balance. The movements are easy to learn and can be modified to meet individual physical abilities.

The class meets on **Thursdays** from **8:00 to 8:30 am**, in the Media Room of the Anderson Inn, Quarry Hill. It’s free and open to anyone age 50 and older. For more information, please call **230-6114**.

What's Been Going On



← July 26. *Trash or Treasure? Antiques* estate auctioneer Bruce E. Gamage, Jr., gauged the market value of everything from silver to scrapbooks during Quarry Hill's homegrown version of "Antiques Roadshow."

↓ Resident Anna Tiedeman shows her "treasure": an antique German-made doll in original dress, worth (Gamage opined) an estimated \$500.



← July 16. "The Maine Table: How to Buy, Prepare, and Thrive on Maine-Grown Foods," an *Adventures in Living Well* program featuring cookbook author Nancy Harmon Jenkins, celebrated the joys—and health benefits—of "eating local."

→ July 19. The 2008 Yard Sale team (including, from left, Phil Cucinotta, marketing director Denise Pease, activities staff member Judy Cucinotta, marketing assistant Devon Gale Smith, and resident volunteers Mary Lou Eugley, Flo Wurzburg, and Kathy Migliorato) raised several hundred dollars in support of the Resident Activities Fund.



mind bender What starts with 'T', ends with 'T', and is full of 'T'?

Answer on page 6.



To discuss living at Quarry Hill or to arrange a tour, please contact the marketing team at 230-6116 or at qhinfo@penbayhealthcare.org.

TIPS & TRICKS
for Happy & Healthy Living

Eat Your Age: Feeding Yourself at 50 and Beyond

DEVON GALE SMITH, MARKETING

You know you have to eat right. But here's a shocker: if you're over 50, all the broccoli, pomegranate juice, and wild-caught salmon in the world may not be enough to ensure a healthful diet.

Ann Parent, RDL, a dietician who works closely with Quarry Hill's Dining Services staff, explains why: "Scientists looking into the nutritional needs of older adults have tended to focus on the needs of men and women in their 50s. But what's best for older folks may be quite different."

For example, as we age, we need fewer calories due to changes in body composition and declining physical activity. On the other hand, we may need more of certain nutrients because our systems no longer absorb those nutrients as efficiently; because of conditions like heart disease, diabetes, or chronic diarrhea; or simply because we're older. And all of this happens just as declining senses of taste and smell and other changes associated with aging begin to

make cooking and eating seem downright onerous.

What to do? Parent offers these tips:

- **Build a pyramid**

Remember the "food pyramid" our kids grew up with? Now there's an even better pyramid. It's interactive, allowing you to customize recommendations to your height, weight, age, and activity level. Go to www.mypyramid.gov and click on "My Pyramid Plan." Answer the questions, select a goal (to maintain or to lose weight), and voilà—an eating plan that's perfect for you.

- **See a therapist**

A *medical nutrition* therapist, that is. "Medical nutrition therapy" refers to counseling provided by a registered nutritionist or dietician. It's reliable, it's personalized, and guess what? With a physician's referral, it's often covered by insurance.

- **Color is cool**

...and spice is nice. Both can go a long way toward compensating for dimin-

ished sensitivity to tastes and smells. To make meals more appealing, select colorful ingredients, like bright red peppers and deep orange squash. Or try tossing in double measures of your favorite herbs and spices.

- **Think big**

Consider preparing one big, nutritious dish on Saturday or Sunday and enjoy healthful leftovers all week. Soups, stews, and casseroles typically keep well. They're a snap to reheat. And they're versatile: you could pair a thick soup with bread one night, then use it another night as a topping for pasta.

- **Use the buddy system**

Eating together often results in healthier meals. If you find yourself dining solo night after night, try inviting a friend over for dinner. Attend a public supper. Or see if you can find or start a dining club, in which friends meet to cook and share meals.

In short, Parent says, all you need to keep eating well is one simple recipe: information, plus a dash of imagination.

CHANGE SERVICE REQUESTED

Meet Cottage Residents

Frank & Rosemary Beane

Grabbing the last table aboard the overnight ferry from Esbjerg, Denmark, to Harwich, England, young American Frank Beane settles in for the passage, burying himself in a book. He barely notices when two women with English accents join him at the table—until one, a bright-eyed secretary-turned-governess named Rosemary Baker, catches his eye. He is as reserved and introspective as she is outgoing and adventurous. Nonetheless, by the time the boat finds its mooring, Rosemary has invited Frank to meet her family in England.

Growing up, both had known hardship as well as privilege. As a youngster, during the London “blitz,” Rosemary hid from Nazi bombs in a neighbor’s air-raid shelter. Enrolled at a boarding school in the Cotswolds at age 9, she quickly built a reputation as a mischief-maker. “Every night, the headmistress would shake hands with each of us and look us in the eye,” Rosemary recalls. “She could always tell if you’d been bad.”

Meanwhile, across the pond, Frank stuck to the straight and narrow. Born in Greenwich, Conn., at age 2 he moved to North Carolina with his mother after she and his father

divorced. He became a strong student and, in time, a standout athlete as well.

Frank went to Yale, completed an internship on Wall Street, and enrolled in Naval Officer Candidate School. He and Rosemary kept up a correspondence, and eventually, she immigrated to the U.S. At last, one sultry night at an officers’ club in Charleston, S.C., with Rosemary swatting mosquitoes and praying he’d hurry up and “get it over with,” Frank popped the question. They married in December 1961.

Frank loved the Navy. For two years he served as engineering officer aboard a minesweeper and later on the Atlantic Mine Forces staff. But a desire to stay closer to home—and to the three little Beanes he and Rosemary produced—led to positions in banking and business. In 1980 he started New England Business Advisers and spent 20 years appraising and selling small companies. Rosemary became his office manager.

But in the late 1990s, business gradually gave way to community interests. Transplanted to Rockport, Maine, Rosemary dug into church and club activities. Frank immersed himself in planning and fundraising for the new



Penobscot Bay YMCA as president of the Y’s board. The work involved in maintaining the couple’s 1856 home lost its appeal, and a cottage at Quarry Hill seemed a logical next step.

“We were surprised by how spacious the cottages are,” comments Rosemary. “We don’t have to do any of the yard work. Plus, in the winter, when we go to South Carolina, we just go—no worries.”

Frank, who recently completed five years as a member of the Quarry Hill Association Board, agrees. Quarry Hill, he says, has turned out to be “a darn good investment.”