

THE QUARRY HILL Quarterly

Doctor in the House

FROM DEVON GALE SMITH, MARKETING

Only a year ago, it all felt so novel. Quarry Hill had just become the first community of its kind in Maine to offer residents the services of an inhouse physician, and the mere sight of the snowy-bearded Richard Kahn, MD, striding the halls in his lab coat and stethoscope, had us all doing doubletakes. “Richie” Kahn is now an established member of our team. But has the Senior Services Physician Specialist (SSPS) model—an innovation that sets Quarry Hill apart in its field—lived up to its original promise? That it has—and then some.

The numbers alone speak volumes. Dr. Kahn’s practice has grown to include roughly 66 percent of individuals residing in the Gardens, Quarry Hill’s short- and long-term nursing center, 79 percent of residents of the Terraces, our traditional assisted living program; and 62 percent of those in the memory-impairment community known as the Courtyard. And from what we hear, the vast majority of these folks love the special care they’re receiving from an inhouse doc.

“When I moved to Quarry Hill, I found I liked the convenience of having my own doctor, right here in the building,” comments Terraces resident Emily Mundo. “Dr. Kahn really listens to what I have to say. And because he specializes in the needs of older patients, I feel confident in his care.”

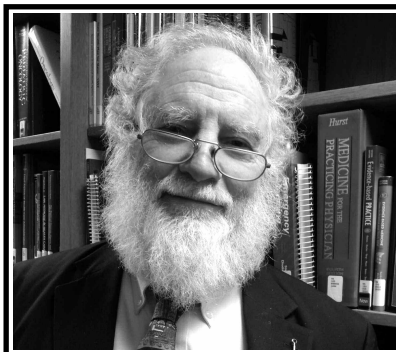
Similarly smitten is Camden resident Ann Montgomery, whose husband resides in the Gardens: “Now that Quarry Hill has a doctor on site, I can’t imagine being without him. Knowing that he’s there and able to take care of any problems that arise is a tremendous comfort to me.”

But those on the receiving end of the SSPS model aren’t the only ones singing its praises. Director of Nursing Nancy Marcille, RNC, BSHA, speaks from a clinical perspective when she raves about the program and the changes it has brought.

“In terms of both timeliness and continuity of care,” she says, “there’s simply nothing like having a physician on site. With Dr. Kahn, we’re addressing medical issues before they become crises. We’re avoiding unnecessary hospitalizations, and we’re catching problems we might otherwise have missed that do warrant a hospital stay.”

Gardens Unit Manager Carmen Edwards, RN, chimes in: “Before, on a typical day, we used to work with as many as ten different doctors. We had to track them down and then wait for orders and instructions. Now, patient care is much more efficient. Even when Dr. Kahn isn’t here, we can always reach him on his cell phone.”

So what once felt like a bold plunge into uncharted territory is clearly paying off. With SSPS, “we’re providing better, safer, more consistent care for all our residents,” summarizes Carmen. “And that’s what Quarry Hill is all about.”



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Member of Pen Bay Healthcare

NOTEWORTHY EVENTS

Mentors & Friends: The Haitian Earthquake—A Physician’s Perspective

In early 2010, following the devastating earthquake in Haiti, orthopedic surgeon Kevin Olehnik, M.D, and other members of Pen Bay Healthcare’s medical staff traveled to the island nation to provide humanitarian aid. On **Wednesday, September 8, from 9:30 to 11:00 am**, Quarry Hill Priority List members and residents are invited to join us as Dr. Olehnik shares his perspective on the Haitian experience and the challenges of caring for victims of the disaster. Free, but *registration is required*. Call 594-6799.

National Assisted Living Week, September 12-18: Join the Celebration!

More than one million residents of assisted living communities are “living life”—the theme of this year’s National Assisted Living Week. On **Monday, September 13, from 3:00 to 5:00 pm**, gather the family and join us as gifted expressive arts practitioner and educator Laura Jacquays leads an intergenerational art workshop designed to inspire and celebrate the artist in each of us. This is your opportunity to get a first-hand look at how the men and women of Quarry Hill’s assisted living community live active, productive, and happy lives and to learn more about the benefits of assisted living for yourself or a loved one. Guided tours will be offered.



“Isabel’s Garden,” a trans-healing work painted by Laura Jacquays



Law Education Series

Presented by Peter Warren, Esq., and Pamela Terry, Esq., of McKittrick & Warren, P.A.

Come to one or all. Free, but registration is required. Call 230-6114.

1. Wednesday, September 22. “Am I Prepared?: Health Care Directives and Powers of Attorney”

Learn why you need these documents and how to arrange for them. Plus, get answers to frequently asked questions, including an explanation of the recently enacted law affecting new and existing documents.

2. Thursday, October 21. “Ten Steps to Ease the Way for Those Left Behind”

Get a list of practical things you should do to make life easier for those who survive you, including documenting accounts and assets, listing key legal and financial contacts and advisors, and more.

3. Tuesday, November 16. “Wills and Trusts: Why Do I Need Them?”

Discover why these documents are so sensible and essential for all, not just the “wealthy.” Attendees will also gain an understanding of the many things that can be accomplished through these documents.

AARP Driver Safety Course

On **Friday, October 29, 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.

Greens Sale

The Quarry Hill Ladies Auxiliary will host its annual Greens Sale on **Saturday, November 27, 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.

Adventures in Living Well

FALL
2010

FREE PROGRAMS

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

Diabetes

How to Manage It, How to Avoid It

Wednesday, October 20

1:00–2:30 PM • Camden Public Library
Presented by Eileen Molloy, MS, RD, CDE,

*Diabetes & Nutrition Care Center,
Pen Bay Healthcare*

Cosponsored by Camden Public Library



With one in four Americans at risk for developing diabetes, you don't have to have the condition to be concerned about it. Eileen's presentation will focus on lowering your risk of diabetes, recognizing and treating low blood sugar, and preventing high blood sugar—information as important to those whose lives are touched by diabetes as to those hoping to avoid it.

The Art and Science of Sleep

Wednesday, November 17

10:30 AM–12:00 noon • Quarry Hill

Presented by Cindy Roth, RPSGT, RT,
*lead sleep technician, Center for
Sleep Medicine, Pen Bay Healthcare*



For many in today's world, consistent, restorative sleep—so crucial to health—has become an elusive dream. The solution? Proven "sleep hygiene" habits that help you prepare yourself and your surroundings for optimal rest. Join us for a presentation that's guaranteed not to keep you up at night.

The Gift of You

Discovering Your Legacy

Friday, December 10

(snow date: Wednesday, December 15)
10:30 AM–12 noon • Quarry Hill

Presented by Lee Ann Szelog, *award-winning
author, motivational speaker, and trainer*



Over the years, legacies have become associated with money or power, but in this inspiring presentation, Lee Ann Szelog will invite us to discover the intangible and more enduring and valuable legacies that we carry within us. In this season of giving, learn how to recognize and pass on your own unique legacy.

SEATING IS LIMITED.

RESERVATIONS ARE NECESSARY.

Call Quarry Hill today at 230-6114!

QUARRY
HILL

Sponsored by Quarry Hill Retirement Community, a member of Pen Bay Healthcare.

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. Meets **Thursdays** from **8:00 to 8:30 am** at the Anderson Inn, Quarry Hill. Free and open to anyone age 50 plus. For more information, please call **230-6114**.

Matter of Balance (4-week session)

Designed to reduce fear of falling and improve activity levels, this series will help you view falls and fear of falling as controllable, set realistic goals for increasing activity, modify your environment to reduce your risk of falling, and exercise to increase strength and balance. Meets **Tuesdays and Thursdays, September 14 through October 7**, from **2:30 to 4:30 pm** at the Anderson Inn, Quarry Hill. Free. To register, call **230-6114**. Offered in collaboration with Spectrum Generations, spectrumgenerations.org.

Living Well for Better Health (6-week session)

Created for individuals living with chronic health conditions, this program addresses techniques to deal with problems such as frustration, fatigue, pain, and isolation; appropriate use of medications; nutrition; and how to evaluate new treatments. Meets **Thursdays, October 14 through November 18**, from **9:30 am to 12 noon** at the Anderson Inn, Quarry Hill. Free. To register, call **230-6114**. Offered in collaboration with Spectrum Generations, spectrumgenerations.org.

Moving with Music (5-week session)

Featured in a PBS documentary on Parkinson's Disease, June 2010
Instructor Katie Tranzillo combines rhythmic, fluid movements with music specially chosen to excite and inspire. Anyone can do it, no experience necessary, canes and walkers welcome. Meets **Thursdays, October 21 through November 18**, from **2:30 to 3:45 pm** at the Anderson Inn, Quarry Hill. Cost is \$5 per class, payable at the door (sliding scale available). Registration required; call **230-6114**.

SUPPORT GROUPS

Parkinson's disease

For people with Parkinson's disease, their families, friends, and caregivers. Meets 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 **6:00 to 7:00 pm** at the Anderson Inn, Quarry Hill
- The **third Tuesday** of each month from **3:00 to 4:00 pm** at Knox Center for Long Term Care, Rockland.

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

Meet Apartment Resident

Ginny Cuthbertson

In 1951, Eleanor Virginia Loos was just 29 and a fledgling teacher when one of the students in her Norwood, Ohio, classroom wrote to the producers of the *Quiz Kids* television show, nominating her for the program's "Best Teacher" contest. "I am only in the second grade," wrote little Linda, "but I know I can always say 'Miss Loos is the teacher who helped me most!'"

The youngster knew talent when she saw it. At a time when classrooms came in two shades—beige and beige—and pupils' desks were bolted in rigid rows, Miss Loos broke the mold. Her room had guinea pigs and hamsters, orange crates as bookcases, and cheerful curtains at the windows. She was one of the first in her district to teach an "integrated curriculum" that emphasized the links between subject areas. And she had the audacious notion that school should be "relevant," often encouraging kids to share whatever was on their minds.

To be sure, the people from *Quiz Kids* liked what they saw. Many interviews later, they selected the utterly astonished Miss Loos from some 33,000 entries from across the country and offered her the then-astronomical sum of \$2,000 to be used for graduate study. The recognition forever changed the young teacher's life.

Now comfortably ensconced in an apart-

ment at Quarry Hill, Miss Loos, now Eleanor Virginia Cuthbertson and called Ginny, recounts the personal and professional blossoming that ensued. She left her native Ohio, earned a master's degree in literacy development at New York's Columbia University, and landed a teaching job on Long Island. The community teemed with young, unmarried teachers, and Ginny—as lively and vivacious then as she is now—proved no slouch in the social networking department.

Amidst all the mixing—"It was one party after another," she recalls—she met her first husband, Walter Oakman. Sadly, 13 years, two children, and a move back to Ohio later, Walter died of kidney disease.

But for Ginny, eternal widowhood was not in the cards. Some years after Walter's demise, at an impromptu gathering at her home in Dayton, she met Bill Cuthbertson, an up-and-comer at NCR, the office-machines company with headquarters in the city. "A friend told Bill all sorts of glowing things about me," remembers Ginny, laughing. "He knew most of it wasn't true. But he married me anyway."

From then until Bill retired in 1989 as NCR's VP for quality assurance, Ginny focused on raising the couple's blended brood: Ginny's two, plus Bill's three from an earlier marriage. Once Bill retired, they



entertained (her husband "learned to love it," says Ginny) and spent a lot of time visiting the kids, who by then had started lives of their own yet always seemed to need a hand with one thing or another.

After heart trouble during a trip to Maine landed Bill in short-term nursing care at Quarry Hill, Ginny began looking for a new home within an extended-care community. A spacious apartment at Quarry Hill seemed just the thing.

And now? Ohio's "Best Teacher" knows for sure she's found her own best place. Her beloved Bill having died last spring, she finds herself alone, but never lonely.

"When people here ask how you're doing," Ginny says, "they mean it."

paper bender mind

Once in a
minute

What is once in a
minute, twice in
a moment, and
never in a thou-
sand years?

Answer on page 6.

from the Recipe Box



Summer Squash & Zucchini Casserole

Submitted by resident Roberta Axelson

Ingredients:

- 2 cloves of sliced and chopped garlic
- 4 T olive or canola oil, divided
- 1 sliced summer squash
- 1 tsp salt and ground pepper, divided
- 1 sliced zucchini squash
- 1 C sliced and chopped shiitake mushroom

- 1 medium chopped onion,
1 leek, or 2 shallots
- 2 large tomatoes
- 1 14.5-oz. can diced tomatoes with herbs or
hot pepper flakes
- 1/2 C crumbled feta or grated Parmesan cheese

Directions:

1. Sauté garlic in 2 T oil for 2-3 mins. in large skillet. Add summer squash and sauté for 5-7 mins. Add 1/2 tsp. salt and pepper, followed by zucchini. Sauté 5-10 mins., until squash is tender.
2. Add remaining 2 T oil and mushrooms, followed by onion, leek, or shallot. Cook 10-20 mins. Add fresh tomatoes, and when they have broken down, add can of diced tomatoes. Cook 30 mins.
3. Pour mixture into casserole and sprinkle with crumbled feta or grated Parmesan cheese. Bake at 350 degrees for 30 mins. Serve over rice, mixed grains, or polenta.

alzheimer's association

memory walk '10

Saturday, September 25

Knox Center for Long Term Care, Rockland

Registration: 9:00 am Start: 10:00 am; length is 4 miles

To register, visit alz.org/memorywalk or call 772-0115.

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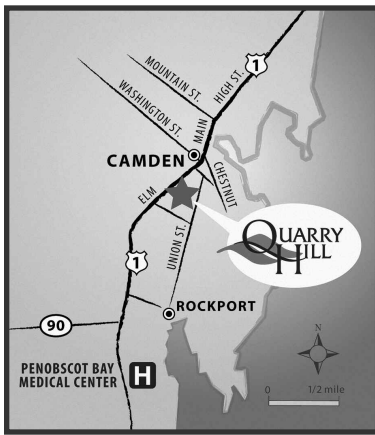
Cunningham Named to Key Nursing Post

Quarry Hill is pleased to announce the promotion of Nina Cunningham, RN, to the newly created position of Assisted Living Manager. Nina had been head of the community's 24-bed memory-impairment assisted living program since its inception in 2002; now she oversees both traditional and memory-impairment assisted living, supervising quality of care for approximately 84 residents.

"I'm impressed with the quality of our nurses and nursing assistants and am excited about supporting them in their commitment to patient- and family-centered care," Nina said.

Quarry Hill Director of Nursing Nancy Marcille, RNC, BSHA, commented: "Nina has been pivotal in maintaining excellence in residential dementia care, team building, and supporting families. Her years of experience and genuine love of residents will bring continuity, quality standards, and professional guidance to both arms of our assisted living program."





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or call 230-6116.

Read all about it

Technology Abounds in the Gardens

Technologies recently introduced at the Gardens, Quarry Hill's 39-bed short- and long-term nursing care center, are making patients' and residents' day-to-day lives more comfortable, streamlining care, and improving outcomes. The range of enhancements includes:

- **Patient Lifts**

A new system of portable motors and ceiling tracks helps individuals with mobility challenges get out of bed and navigate hallways more safely and independently. Part of the Safe Patient- and Family-Centered Care initiative underway throughout Quarry Hill's parent organization Pen Bay Healthcare, the system promotes dignity, speeds recovery, and

reduces the risk of injury for patients, residents, and staff.

- **On-site diagnostics**

Diagnostic equipment newly installed at Quarry Hill has meant fewer unnecessary trips to the hospital. EKGs, which measure electrical impulses in the heart, can now be performed at the Gardens under a physician's orders, thus eliminating a hospital visit. What's more, the results often allow doctors to rule out conditions that would require a lengthier inpatient stay.

Another new tool, the ultrasound bladder scanner, allows specially trained nurses to measure the amount of urine in a person's bladder and, if necessary, take steps to relieve retention, which, if left untreated, can

lead to urinary tract infections. Catheterization, previously used to prevent retention, is uncomfortable and can itself lead to infection.

- **Wireless access**

Wireless web access, available throughout the Gardens, enhances patients' and residents' day-to-day lives, and has surprising therapeutic benefits as well, by providing people with another way to stay connected to friends, family, and the larger world.

The Gardens provides 24-hour licensed nursing care in a home-like setting. Last fall, it became the only center of its kind in Maine to offer the services of an on-site senior services physician. Learn more about the Gardens at quarryhill.org.

mind bender Answer: the letter M

Source: *Riddle #206*. <www.riddles.com>.