

THE QUARRY HILL Quarterly

A Doctor in the House:

Bold initiative promises major benefits for residents

FROM DEVON GALE SMITH, MARKETING

This fall, Quarry Hill will make headlines by becoming the first retirement community of its kind in Maine to have a facility-based physician dedicated to caring for its residents. It's a bold step that places us in the vanguard of senior communities nationwide. More importantly, it guarantees dramatic benefits for all who call Quarry Hill home.

Beginning in October, respected internist Dr. Richard Kahn will be our new Senior Services Physician Specialist (SSPS), exclusively serving residents at Pen Bay Healthcare member organizations Quarry Hill and the Knox Center for Long Term Care. At Quarry Hill, Dr. Kahn will focus initially on providing primary care for skilled nursing and assisted living residents; in time, his role is expected to expand to include residents of our independent-living apartments and cottages.

Pen Bay Healthcare senior services director Bob McKeown says the innovative new model arose as a way to resolve key issues constraining the delivery of superior nursing care. Economic and other pressures are making it increasingly difficult for physicians to leave their offices in order to visit patients in nursing facilities, even as the average patient's medical needs have become more complex. Having an inhouse physician bypasses these obstacles, affording patients more frequent visits with the doctor, ensuring swifter response to emergent

medical concerns, and reducing the need to send people to the hospital to get the attention they need. Not insignificantly, it also gives nurses more time to do what they do best: caring for patients, and providing the nursing perspective that's critical to sound medical decisions.

Controlling healthcare costs benefits everyone, and McKeown says savings — in the form of improved efficiency, fewer avoidable hospitalizations, and reduced transportation costs — are the icing on the SSPS cake. At Quarry Hill alone, more than 20 percent of van transports involve taking residents to see off-site physicians; ambulance trips, to the hospital or to the emergency room, take an additional bite out of the budget.

All in all, Dr. Kahn's arrival creates a win-win situation that benefits residents, nurses, and the community as a whole.

"It speaks to the commitment of Quarry Hill and the entire Pen Bay Healthcare system to provide quality care across its service continuum," commented McKeown. From administrators to nursing staff to Dr. Kahn himself, "we're all working together to make this a success."

To learn more about Quarry Hill's new facility-based physician and how his arrival will benefit residents, please visit www.quarryhill.org/our-doctor, or call (207) 230-6116.

inside

Page 2

Noteworthy Events

Page 3

Mind Bender

From the Recipe Box

Support Groups & Classes

Page 4

What's Been Going On

Page 5

Tips & Tricks

Page 6

Resident Profile

Page 7

Adventures in Living Well Series

Quarry Hill Goes Green

Page 8

Welcome New Residents

Meet Our Physical Plant Director



30 Community Drive

Camden, ME 04843

(207) 230-6116

qhinfo@penbayhealthcare.org

www.quarryhill.org

Member of Pen Bay Healthcare

NOTEWORTHY EVENTS

National Assisted Living Week— September 13-19

On Monday, September 14, from 1:30 to 3:00 pm, please join us for horse-drawn carriage rides and an ice cream social. This will be a great opportunity to learn more about the benefits of assisted living at Quarry Hill. In addition to the planned festivities, guests will be offered guided tours of the community's assisted living apartments while getting a first-hand glimpse of available services.

Parkinson's Support Group— Programs of Interest

On October 6, Rockport elder-law attorney David Glasser and a medical social worker from Penobscot Bay Medical Center will explain the often-confusing maze of legal options and documents available for communicating one's wishes concerning health care should one become physically or mentally incapacitated.

The group's November 3 gathering will feature a talk on "Sleep Disturbances in Parkinson's Disease," presented by neurologist Dr. Judd Jensen, MD.

On December 1, Mary Beth Hill, LSW, a medical social worker at Penobscot Bay Medical Center, will offer ideas for coping with the depression, anxiety, and stress commonly associated with living with a chronic disease such as Parkinson's.

See page 3 for meeting times and location.

Alzheimer's Education Series

In advance of National Alzheimer's Awareness month (November), Quarry Hill invites the public to participate in our Alzheimer's Education Series. All programs are free and held at the Anderson Inn at Quarry Hill. Come to one, or all. Reservations required—230-6114 or qhinfo@penbayhealthcare.org.

Clarifying Diagnosis, Treatments, Medications & Behaviors

Wednesday, October 7 • 4:00 to 6:00 pm
Dr. Judd Jensen, *Pen Bay Neurology*, and Joy Heptner, DM, MBA, *Executive Director, Alzheimer's Association, Maine Chapter*

When Home Is No Longer an Option

Wednesday, October 14 • 4:00 to 6:00 pm
Cheri Alexander, LSW, Nina Cunningham, RN & Suzanne Miller, RN, BSN, CCM, all of *Quarry Hill*

Financial and Legal Planning

Tuesday, October 21 • 4:00 to 6:00 pm
David Glasser, *Elder-Law Attorney*, and Gloria Rhode, *Consumer Information Specialist, Spectrum Generations*

A Holistic Approach to Alzheimer's for Caregivers

Wednesday, October 28 • 4:00 to 6:00 pm
Liz Weaver, MS, LSW, *Alzheimer's...Day by Day*, and Leslie Bray, RN, LSW, *VP Community Services, Spectrum Generations*

AARP Driver Safety Course

Instructor Don Lunt will return to Quarry Hill on Friday, November 6 to repeat AARP's Driver Safety Course. The newly condensed one-day refresher course, designed for drivers age 50 plus, runs from 8:00 am to 12:30 pm. The course includes lecture, video, workbook, and other materials (but no actual driving) for a cost of \$10, payable at the door. The class size is limited, and an AARP membership is not a prerequisite for participation. Registration is required; please call 230-6114.

Pen Bay Healthcare Health & Safety Fair

Held on Saturday, November 7, from 9:00 am to 1:00 pm at Rockland District High School, the fair is free and open to the public. Medical personnel from across the Pen Bay Healthcare family (Quarry Hill, Penobscot Bay Medical Center, Knox Center for Long Term Care, Kno-Wal-Lin

Homecare & Hospice, and Mid-Coast Mental Health Center), along with representatives of community groups and organizations, will provide a wide variety of medical, nutritional, and lifestyle information.

For details, call Maggi Blue, PBH community relations specialist, at 594-6702.

Greens Sale

The Quarry Hill Ladies Auxiliary will host its annual Greens Sale on Saturday, November 28, 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.

See us at
*Spectrum Generations
Art of Aging
Lifestyle Conference*
•
Saturday, October 24
Point Lookout Resort
Northport, Maine

What is the origin of the phrase, "shake a leg"?

Answer on page 5.

from the Recipe Box



Chilled Avocado Soup

Submitted by Quarry Hill Dining Services Staff

Serves 4 as a first course

Ingredients:

- | | |
|---|--|
| 1 ripe Haas avocado
(blackish, pebble-skinned variety) | 1/2 tsp. salt |
| 2 C buttermilk | Few dashes cayenne pepper |
| 2 Tbsp. lemon juice | 1 medium tomato, seeded and finely diced |
| | 1 small scallion, very thinly sliced |

Directions:

1. Cut avocado in half lengthwise and discard pit. Use a spoon to remove flesh from skin.
2. Combine avocado flesh, buttermilk, lemon juice, salt, and cayenne in a blender or food processor; purée until smooth. Pour into a medium bowl.
3. Set aside about a tablespoon each of the tomato and scallion. Stir remaining tomato and scallion into soup. Cover bowl and chill at least 1 hour before serving.
4. Garnish each serving with reserved tomato and scallion.

From: *Quick Vegetarian Pleasures*, by Jeanne Lemlin. Harper Perennial, 1992.

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 1:45 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**.

See page 2 for further information.

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 **6:00 to 7:00 pm** in the Media Room, Anderson Inn, Quarry Hill
- The **third Tuesday** of each month from **3:00 to 4:00 pm** at The Knox Center for Long Term Care, Rockland.

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

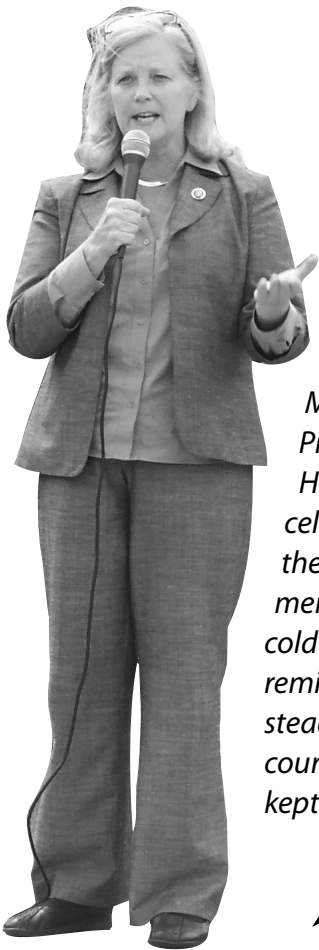
CLASSES

Dancing Chi Qong Class

A series of 12 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



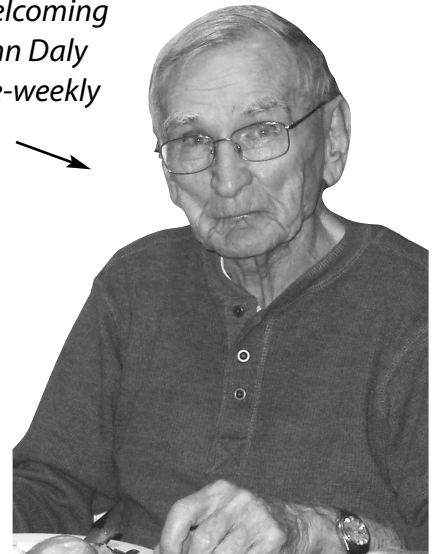
← June 13. A visit by Maine congresswoman Chellie Pingree gave VIP flair to Quarry Hill's seventh anniversary celebration. In keeping with the event's 1940s theme, staff members served Coca Cola, cold cuts, and other refreshments reminiscent of the war years. A steady stream of big-band tunes, courtesy of the Lincolnville Band, kept toes tapping.



← July 4. A sun-topped float, carrying nursing care and assisted living residents from Quarry Hill, brightened Camden's Independence Day parade.



→ April 21, 24. Quarry Hill feted more than 75 area citizens, including dozens of its own residents, at volunteer-recognition brunches. Residents Ron and Leigh Smith care for flowers at the Anderson Inn and serve on the Welcoming Committee; John Daly organizes twice-weekly movie nights.



You're Retired! Now What?

BY DEVON GALE SMITH, MARKETING

Retirement conjures up images of fun, freedom, family, and friends. It can also raise specters of boredom, loss, and isolation. In her job as women and family health coordinator for Quarry Hill's parent organization Pen Bay Healthcare, Wendelanne Augunas, LCPC, specializes in counseling new parents. But she says the formula she's found to help twenty- and thirty-somethings navigate sea change in their lives proves just as helpful decades down the road, when adults accustomed to the structure of the workaday world confront the exhilarating—and often unsettling—prospect of retirement. Here are her thoughts:

Breathe!

Taking time each day to sit comfortably, close your eyes, and breathe puts the brakes on racing thoughts and feelings, allowing you to respond rather than react to the changes in your life. Breathe deeply, not just through your nose but into your lungs and ribcage, and think about “breathing forward into the change.” Augunas says this simple, daily practice can help you “step into change with hope” that the strength, creativity, and opportunities you need to move joyfully into life's next chapter will be there when you need them.

Honor Thy Feelings

“I shouldn't feel this way!” It's a common refrain. But Augunas says it only makes adjustment more difficult. Instead, she recommends, give yourself time to honor the sadness and anxiety that go with any major change. Consider ways to take the best parts of your old life with you into retirement. Missing the satisfactions of running a business? Here's your chance to share what you've learned by mentoring young entrepreneurs. Mourning the loss of your old neighborhood? Perhaps you could invite your new, retirement community neighbors to start a coffee group.

Watch Your Language

Augunas says it's important to acknowledge and respect your feelings. Recognize that the words you use to describe how you feel affect how well you acclimate to change. For example, if you tell yourself every day that “I'm furious I can't afford that retirement villa I'd dreamed of!” you'll likely fixate on the fury and miss the opportunities it obscures. Instead, try “This is a tough challenge. What are my options?” The translation acknowledges the difficulty you're up against but also helps shift the focus to the possibility of solutions and support.

Similar strategies can benefit younger adults as they help aging

parents make the transition from independent to assisted living, says Augunas. “This is a big step for everyone, and patience with yourself and your parents is key.” Remind yourself and your parent that you're both doing the best you can in a challenging situation. Take time to honor that—and to breathe. Seek help from family, friends, and retirement community professionals. You can even find useful information and support on the Internet.

From any vantage point, Augunas concedes, the fruits that fall from retirement's tree are a blend of the bitter and the sweet. Grant yourself—and your family—time to savor each one slowly and mindfully. Then relax. You're doing your best to ensure a satisfying harvest.

mind bender

Answer:

The phrase “*shake a leg*” originated in Portsmouth, where women would come aboard naval vessels to aid ship morale. Each morning the petty officer would shout for the occupants of hammocks to shake a leg. If the leg was smooth and shapely, the occupant was allowed to sleep in; if the leg was hairy, the officer turned out the hammock for the sailor to swab the deck.

Source: <http://www.sailingscuttlebutt.com/news/trivia/>

Meet Cottage Residents

Kenneth & Roberta Axelson

When Roberta Bearhope met Kenneth Axelson, it was a match made in academia.

A student at the University of Chicago where his father was a trustee, Ken had a well-nourished intellectual streak. He'd attended UC lab schools from kindergarten up, and at 13 had spent a year dissecting an 18th-century genealogy of his mother's family.

Roberta, too, had grown up in a bookish home. Her mother, who died when Roberta was five, recited poetry from her sickbed. But the Bearhopes didn't think girls needed college, and after high school in Indianapolis, Roberta had to fight to enroll at Butler University.

"I had all these questions bubbling around inside me," she remembers. "and then I met this guy from the University of Chicago. We talked and talked." After a long-distance courtship, Roberta signed up for secretarial school in Chicago to be closer to Ken. But it was only after they married, in 1943, that the couple began to appreciate how far sheer intelligence could take them.

Their first stroke of good fortune came on the eve of Ken's departure for Europe with the infantry. Officers, noticing his abilities, plucked him from the ranks and dispatched him to Chicago to work on Army contracts instead. Postwar, he joined Arthur Andersen as an accountant and moved to Seattle with his bride.

Columbia Lumber Company of Alaska snapped Ken up as its controller and sent him to Juneau for two years. Then it was back to Chicago in time for Ken's next big break: a chance to spend three months in Europe investigating procedures used to grant Marshall Plan aid to the Continent's war-ravaged nations.

Returning to Chicago, Ken was tapped to head the consulting arm of the accounting firm Peat Marwick Mitchell in New York. Along went the whole family, which by then included four rambunctious sons. While Ken worked—he eventually became chief financial officer for JC Penney—Roberta honchoed the boys, indulged her inner academic by taking classes at Columbia University, and served as president of a neighborhood center on Manhattan's West Side.

The couple bought a sailboat and on summer weekends would port-hop up the coast from New York to Maine. They fell for an old salt-water farm in Waldoboro—the house was "nothing distinguished," but, heck, it was on the water—and it became tradition for the family to gather there each year for Thanksgiving and Christmas.

Little did either Axelson suspect the career twist that was coming Ken's way. Still on Penney's Board of Directors, he'd just arrived at the company's New York offices one day when a secretary told him that Mayor Abraham Beame had the police out looking for him. In 1975,



New York was facing bankruptcy, and Beame had been told that if anyone could pull the city back from the brink, it was Ken. He wanted the man found and brought to him immediately, so he could offer him the job.

Thus began the most exciting year Ken never asked for. He went to work, cherry-picking the city's top guns to serve on his team. They worked from dawn into the night, crafting a first-rate financial reporting system, and with it, convinced Congress to lend the city money to meet bond issues that were coming due. New York was saved.

In 1982, when Ken retired, the couple moved to Waldoboro year-round; eventually, they bought a home in Rockland. They donated their talents to the local Farnsworth Museum and public library. And they traveled, devouring the cultures of India, Egypt, Italy, Vietnam, and more. Ultimately, though, an extended care community seemed a smart move, and today the two find simple pleasures—and fodder for their intellects—within the security of a Quarry Hill home. They're writing their memoirs. And each morning, Ken reads Shakespeare aloud to Roberta. That, she says, is "precious."

Adventures in Living Well

FALL
2009

FREE PROGRAMS

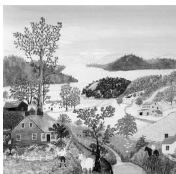
designed to enhance your health
and vitality after age 55.

Grandma Moses: Everybody's Favorite Self-Taught Artist

Wednesday, September 9 • 10:30 AM–12 noon
Quarry Hill

Presented by Stephen May, *art historian, writer, and lecturer*

Anna Mary Robertson Moses, a.k.a. "Grandma Moses," became a national icon in her 70s, when she began painting scenes from her life as a farmer's wife. Come along, as art historian Stephen May reveals the whimsy and the wisdom of an American treasure.



Safe and Healthy at Home

Wednesday, October 7 • 9:00 AM–1:30 PM
Quarry Hill

Presented by Quarry Hill and Kno-Wal-Lin
Home Care and Hospice

Cosponsored by Kennebec Pharmacy
and Home Care



Keep your home a safe haven. In this half-day program, learn from local health and safety specialists how to access what's available and new in home health services, prevent falls, handle medications, eat well, and much more. *Free buffet lunch included.*

Barrymore!

Tuesday, November 3 • 2:00–3:30 PM
Camden Public Library

Presented by Richard Clark, *professional actor*
Cosponsored by Camden Public Library

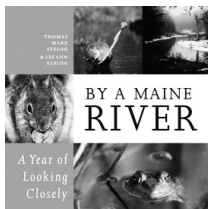
In this one-man show, Richard Clark portrays stage-great John Barrymore, creating an unforgettable portrait of a genius who lost his way.



By a Maine River: A Year of Looking Closely

Wednesday, December 2 • 10:30 AM–12 noon
Quarry Hill

Presented by Tom and Lee Ann Szelog,
Maine authors



Celebrate the beauty of Maine with a narrated photography presentation chronicling a year's worth of nature images, snapped on the 70 acres surrounding the Szelogs' home.

**SEATING IS LIMITED.
RESERVATIONS ARE NECESSARY.**

Call Quarry Hill today at 230-6114!

Quarry Hill Goes Green

BY DEVON GALE SMITH, MARKETING

Midcoast Maine's premier older-adult community is turning green from the outside in.

A more environmentally friendly approach to caring for Quarry Hill's 26-acre lawnscape began this spring. Groundskeepers skipped the pre-emergent weed control formerly applied early in the growing season. Then, as summer progressed, they spot-treated weeds, rather than blanketing lawns with chemicals, and relied on organic fertilizer to keep things green and growing.

"Fewer chemical applications means cleaner groundwater and reduced exposure for people, pets, and wildlife," commented executive director Bob McKeown.

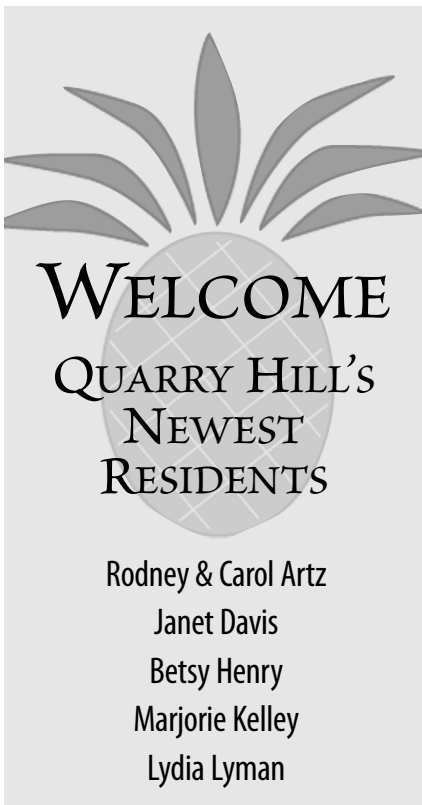
Equally exciting, in McKeown's view, is Quarry Hill's new underground lawn-irrigation system, completed in 2008. The campus-wide system, launched this summer, draws on recycled storm water as opposed to municipal supplies. That saves both money and water.

Green thinking is revolutionizing the way Quarry Hill cares for its indoor environment as well.

Housekeeping director Judith Harrington said recycling has become standard procedure. Employees here have been recycling paper, cans, plastics, cardboard boxing, batteries, returnable bottles, and more for years—and encouraging residents to do the same. But now, environmental concerns drive everyday cleaning choices, too, as housekeepers switch to earth-friendly agents for everything from surface cleaning to odor elimination.

Harrington said Quarry Hill is transitioning from incandescent to energy-scrimping compact-fluorescent lighting in the hallways, lobbies, and common rooms of its main building, the Anderson Inn. In addition, she said, decisions about furniture—like four recently purchased patio benches made of recycled milk jugs—often take environmental principles into account.

Executive director McKeown said he hopes Quarry Hill will grow greener still in the months and years ahead. Next on the agenda is an energy audit, focusing on ways to make the community's electrical, heating, cooling, and ventilation systems run more cleanly and efficiently.



Retirement Community
30 Community Drive
Camden, Maine 04843

CHANGE SERVICE REQUESTED

NONPROFIT ORG
U.S. POSTAGE
PAID
CAMDEN, ME
PERMIT #1

Meet Rick Mitchell

New Head of Maintenance Loves Making People Happy

An honest accounting of the responsibilities and details that make up Rick Mitchell's job description could easily run ten or twelve pages. But the recently appointed physical plant director says it all boils down to one thing: keeping Quarry Hill's residents safe and happy.

Hired last winter to round out the maintenance staff, Rick brought a toolbox that was full to bursting. He'd served as warehouse manager for F. W. Webb in Rockland. Before that, as maintenance supervisor for Great Eastern Mussel Farm in Tenants Harbor, he'd juggled building maintenance and new construction, contract negotiations, groundskeeping, equipment purchasing and upkeep, project coordination, and more, and supervised a staff of seven to boot. Clearly, here was someone who knew "what's behind the wallpaper" and how to keep it running smoothly. And, as was clear from day one, he also had a natural gift—shared by all eight members of the maintenance staff—for connecting warmly and personally with each and every Quarry Hill resident.

With his promotion to physical plant director, Rick has taken on a big job. But a firmly centered, residents-first philosophy, coupled with a sense of humor and a love of people, are already setting him up for success.

