

THE QUARRY HILL Quarterly

FALL 2012

Building Community, Act 2

FROM ROBERT MCKEOWN, EXECUTIVE DIRECTOR

When we began considering possible themes for the celebration of Quarry Hill's tenth anniversary, "Building Community" seemed the natural choice. Quarry Hill has always been about fostering community—among our residents and staff as well as with other organizations that share our commitment to older adults. Both kinds of community building will always be at the heart of what we do. But ten years in, with our own little microcosm going strong, we're now putting extra energy into strengthening our ties with the larger world.

The following pages hint at the shape of things to come. In the months ahead, Quarry Hill will host a number of events and informative programs (mostly free, a few at nominal cost) that we think will speak not only to our residents but to just about anyone old enough to remember JFK or *Leave It to Beaver*. Some, like The Savvy Caregiver™ series, for folks caring for loved ones with dementia, and The Beat Goes On, for those with chronic heart disease, represent partnerships between Quarry Hill and other local organizations. Others, like the eagerly anticipated Going Strong series, are pure Quarry Hill, reflecting the strength of our reputation within the larger

healthcare community and our increasing ability to attract top speakers from the Midcoast and beyond.

What's behind this expanding frame of reference? In part, it's simply the right thing to do. After all, the more people, organizations, and perspectives we can involve in designing our programs, the richer and more helpful those programs will be.

But our increasing emphasis on outreach reveals something even more fundamental: a key shift in the nature of older adults. Once upon a time, "retirees" sought protective environments, insulated from their surroundings. That's changing. Today, these folks are active, "plugged in," and energetically involved in the life of their cities and towns—and they're determined to spend the best years of their lives connected to the general ebb and flow.

If you happen to count yourself among the connected—and we bet you do—then please, read on, see what tickles your fancy, and mark your calendar now for as many of our upcoming events and programs as you're able to attend. At ten years young, we've got a terrific little community here at Quarry Hill. And we can't wait to share the fruits of our efforts with you.

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BUILDING COMMUNITY

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

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Member of Pen Bay Healthcare

NOTEWORTHY EVENTS

1 **National Assisted Living Week • September 9 – 15**

Open House and Refreshments | Monday, September 10, 3:00 to 5:00 pm

Gather the family and join us for a first-hand look at how the men and women of Quarry Hill's assisted living community live active, productive, and happy lives. Plus: learn more about the benefits of assisted living for yourself or a loved one. Guided tours will be offered. *Free.*

2 **Spectrum Generations and Quarry Hill present The Savvy Caregiver™**

Mondays: September 10, 17, 24, and October 1, 15, 22, 1:00 to 3:00 pm, Quarry Hill

Are you caring for a family member with dementia? If so, please consider participating in *The Savvy Caregiver™*, a free program designed to help family members of those with memory loss or dementia gain the knowledge, skills, and perspective essential for successful caregiving. Seating is limited, and registration is required. Call Elizabeth Crawford at 1-800-282-0764, ext. 139.

Please note: Participation in all six classes is essential. This training is a research study, and caregivers are required to complete surveys before and after the training to evaluate the effectiveness of the program.

Sponsored by : Office of Elder Services, Department of Health and Human Services, and funded by the U.S. Administration on Aging, Alzheimer's Disease Supportive Services Program (ADSSP) grant.

3 **Pen Bay Medical Center and Quarry Hill present The Beat Goes On**

*Thursdays: September 27 through October 25,
1:30 to 3:00 pm, Quarry Hill*

Do you, or does someone close to you, live with chronic heart disease? Do you want to stay out of the hospital and improve the quality of your life? Are you unsure about what to eat, what your medications are for, or how to increase your activity? If so, the *The Beat Goes On* is for you. Staff of Cardiac Rehab at Pen Bay Medical Center will present skills for living well, managing stress, understanding cardiac medications, eating well, the role of sodium, and staying active while living with heart disease.

Participants may bring a family member or friend. Course fee is \$5 for the entire series (scholarships are available), payable at the first session. Seating is limited, and registration is required. Call 230-6114. For more information, call Cardiac Rehab at 596-8989.



GOING STRONG

As we age, many of us face new health and life challenges. Accurate, easy-to-understand information, targeted to our needs, is the key to overall well-being and continuing to enjoy later life.

Strategies for Coping Successfully with a Chronic Condition

Monday, September 24, 10:30 am to 12 noon

By Linda Zeigler, RN, and Wendelanne Augunas, LCPC, codirectors, Pen Bay Healthcare's Picker Family Resource Center

Get an overview of how to live well with a chronic condition, including dealing with pain and fatigue, maintaining good nutrition, managing medications, communicating with doctors, and more.

Diabetes

Monday, October 29, 10:30 am to 12 noon

By Eileen Molloy, MS, RD/LD, CDE, Diabetes and Nutrition Care Center, Pen Bay Medical Center

Learn how to cope with the day-to-day challenges and complications of a diabetes diagnosis.

Chronic Heart Disease

Monday, November 19, 10:30 am to 12 noon

By Dr. Ralph Hamill, Maine Cardiology Associates, and Sheila Curry, RN, manager, Pen Bay Cardiac Rehab

Gain an understanding of risk factors, treatments and preventative measures for common forms of heart disease, including CHF, atrial fibrillation, angina, and more, and learn how to live a full life post-diagnosis.

Balance and Falls

Monday, December 17, 10:30 am to 12 noon

By Pen Bay Healthcare Rehabilitation Services

According to the Centers for Disease Control, falls are the leading cause of injury and death among the elderly. Learn what you can do to improve your balance and avoid injurious falls.

All events at Quarry Hill. Free. Registration required. Call 230-6114 or email qhinfo@penbayhealthcare.org.

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 **Carol Woodbury Witham** at **236-0844**.

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, Rockland.

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

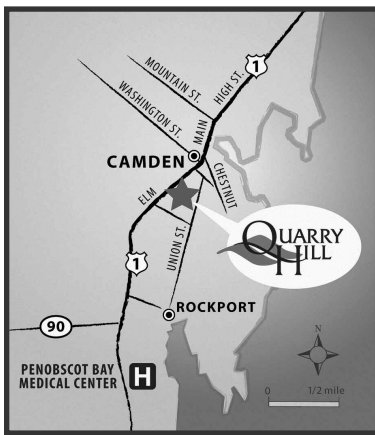
CLASSES

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.



30 Community Drive
Camden, Maine 04843
CHANGE SERVICE REQUESTED



quarryhill.org/cottage-for-sale



Parkinson's Disease Support Group: Programs of Interest

- **October 2: Yoga and Parkinson's Disease**

Patti Kristiansen, COTA/L, RYT, owner of Thomaston Yoga Studio, will discuss and demonstrate the benefits and possibilities of yoga practice for everyone, including those with physical challenges.

- **November 6: Medications and Parkinson's Disease**

Vicki Wellner, RPh, of Pen Bay Medical Center Pharmacy will return to discuss more medication-related issues of concern to those with Parkinson's disease.

- **December 4: Holiday Celebration**

The group will spend the first half of this meeting celebrating the upcoming holiday season (feel free to bring your favorite holiday treat to share!) and then break into separate discussion groups.

Please see page 3 for more information about the support group.

