

THE QUARRY HILL Quarterly

Redefining Retirement

FROM DEVON GALE SMITH, MARKETING

You say you want a revolution? Well, don't look now, but you may be standing smack in the middle of one of the largest and most significant paradigm shifts in American history.

The change is in how Americans think about, plan for, and transition into what we once (quaintly) referred to as "the retirement years." In fact, experts say, the word *retirement* itself could be on its way to the verbal junkyard, as the nation's oldest Baby Boomers, now 60-some-things, roar into "old age" in a way that is anything but retiring.

Dr. Lenard Kaye, director of the University of Maine Center on Aging, says these up-and-coming seniors view retirement as "the youth of their old age, not the old age of their youth." Casting into a future beyond their present workaday lives, they see themselves leaping not into a rocking chair, but a fresh new phase—one that's more about what "I want" and less about what "I have to."

And what do they want? Far more, it turns out, than their parents dared dream of. Dr. Kaye says Boomers demand,

among other things, access to classes and other learning opportunities, outlets for their hobbies and interests, homes that are comfortable and convenient, and outstanding healthcare. They want emotional and spiritual well-being. They want to stay active. They want a continued presence, and a respected voice, in the communities they call home.

Indeed, research suggests, 80 percent of those now 44 to 62 years old say they won't retire at all but intend to keep working, at least part time. Thirty percent plan to start a business. Many look forward to launching a second or third career.

How about you? Are you part of the Unretirement Revolution? If so, we think you'll take to Quarry Hill, and Midcoast Maine in general, like a windjammer to water. See page 5 for more on how *not* to retire. Then come visit, and begin planning the next big adventure of your life.



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Resident Profile



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NOTEWORTHY EVENTS

Trash or Treasure

Bring us your teaspoons, your toy trains, your dusty old (?) tools—or anything you think may have value (limiting yourself to what you can carry). On **Saturday, July 26, from 12 noon to 3 pm**, professional appraiser Bruce Gamage will tell what they could be worth in Quarry Hill's homegrown version of the PBS hit series *Antiques Roadshow*. Are you sitting on a goldmine? What fun you'll have finding out!

Annual Lobster Bake

Quarry Hill is pleased to invite Priority Waiting List members to its sixth annual Lobster Bake, to be held on **Friday, August 22, from 4:30 to 6:30 pm**. This is a wonderful opportunity to become acquainted with future neighbors and enjoy great food and entertainment.

Waiting List members, watch your mailbox for further details.

Parkinson's Disease Support Group 4th Anniversary

Quarry Hill's Parkinson's Disease Support Group will celebrate its fourth anniversary at its **Tuesday, September 2, meeting from 12 noon to 1:30 pm**. Guest speaker Lillian Scenna, LSW, program manager for the APDA Maine Parkinson's Information and Referral Center, will share ways to access information and review resources available in Maine to those affected by Parkinson's. Lillian will also offer words of encouragement and inspiration, based on her experience with coordinating and supporting Parkinson's groups throughout the state. There will be plenty of cake, ice cream, and drinks, but attendees should bring a bag lunch. For details, please call Suzanne Miller, RN, BSN, CCM, at 230-6224.

Exploring Complementary Healthcare for Seniors: Reiki

Join us for an introduction to Reiki on **Thursday, September 25, from 10 am to 12 noon**, at the Anderson Inn at Quarry Hill. The program will include a presentation as well as an experiential component with opportunities to experience free Reiki mini-treatments from local certified practitioners. Reiki, a non-invasive Japanese technique administered by "laying on hands," has been found effective for stress reduction, relaxation, and promoting healing and balancing of mind, body, and spirit. Registration is required; please call 230-6114.

All events listed above are free of charge.

AVAILABILITY AT QUARRY HILL

Assisted Living

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

We currently have efficiency apartments available on the Terraces, our traditional assisted living residence. Each apartment features wall-to-wall carpeting, private bathrooms, 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



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

Adventures in Living Well

FALL
2008

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



Dotting Your I's: Exploring the Art and Science of Handwriting Analysis

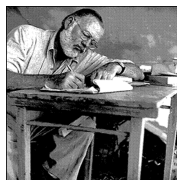
Thursday, September 18 • 10:30 AM–12:00 PM
Quarry Hill Independent Dining Room

Presented by Henrietta Pearl, *Master Handwriting Analyst*

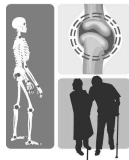
Join Certified Master Handwriting Analyst Henrietta Pearl for a fascinating introduction to the little-understood field of handwriting analysis—and a revealing look at what your own writing might say about you. *Light refreshments will be served.*

Ernest Hemingway Alive!

Tuesday, October 14 • 2:00–3:30 PM
Camden Public Library, Jean Picker Room
Cosponsored by the Camden Public Library
Presented by Richard Clark, *Professional Actor*



The genius of Ernest Hemingway comes alive in this one-man show starring renowned thespian Richard Clark. Known for his re-creations of historical figures ranging from William Shakespeare to John Barrymore, Clark, as Hemingway, mesmerizes as he reflects on the tumultuous middle years of the 20th century. *Light refreshments will be served.*



Outsmarting Arthritis

Wednesday, November 19 • 9:30 AM–1:30 PM
Penobscot Bay YMCA, Community Room
Cosponsored by the Penobscot Bay YMCA

When it comes to living with arthritis, knowledge is power. So don't miss this one-stop opportunity to absorb everything you need to know about arthritis. Included: an introduction to Keep Moving, a unique new program, offered at the YMCA, aimed at minimizing the effects of arthritis through a combination of diet, exercise, and safer pain relief. *Complimentary lunch will be served.*

Mandala

Friday, December 12 • 1:00–2:30 PM
Camden Public Library, Jean Picker Room
Presented by Clarity, the Artist/Writer Team of
Su.Sane and Robert Hake



Springing from their experiences with the Tibetan monks who created sacred Mandalas during visits to Camden, Clarity presents "Mandala," a multimedia show about love, community, healing, the sacred, and a people on top of the world who shared their patterns of deep illumination with our community in a very personal way. *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...



← April 29. Diana Rigg (left) and Marty Martens were among numerous residents honored at the annual Volunteer Recognition Brunch.

↓ Spring 2008. Quarry Hill comes up roses—and lettuce, and radishes, and more—with the opening of communal gardens near the Laite House.



← Spring 2008. Sallie Leighton (left), Jean Silva, and others welcomed yoga classes, led by certified instructor Brita Light, RN, with open arms.

→ June 7. Residents and guests enjoyed rides in antique cars as part of Quarry Hill's Fabulous Fifties sixth-anniversary bash.



What am I?

Remove the outside, cook the inside, eat the outside, throw away the inside.

Answer on page 6.

from the Recipe Box



Tomato Pasta Salad

Submitted by Resident Kathy Migliorato

Ingredients:

- ½ lb. pasta (your choice)
- 2 C chopped fresh tomatoes (good, local ones)
- ½ C chopped red onion
- Handful chopped fresh basil
- ¼ C olive oil
- 2 T red wine vinegar or balsamic vinegar
- ¼ tsp. ground black pepper, or to taste
- ½ C grated Parmesan or Romano cheese
- Salt, to taste (optional)
- 2 T capers (optional)
- ½ C whole pitted Calamata olives (optional)

Directions:

Cook pasta according to package directions; drain well. Meanwhile, in a large bowl, combine chopped tomatoes, red onion, basil, olive oil, vinegar, and black pepper. Add pasta (still hot), grated cheese, and optional salt, capers, and olives; toss well. Serve immediately. Serves 2–4 as a main dish.

TIPS & TRICKS for Happy Healthy Living

It's among life's cruel ironies: You arrive at a certain age and finally there's time to pursue the hobbies and activities you love. But the old body isn't what it used to be. Can you stay mentally and physically active—and not wind up in traction?

Absolutely, according to Quarry Hill health services coordinator Suzanne Miller, RN, BSN, CCM, and activities specialist Judy Cucinotta. They say a little ingenuity may be all you need to stay in the game.

• Get a handle on it

Beyond support bars, hearing aides, and other familiar adaptive equipment lies a vast array of lesser-known gadgetry—from long-handled grabbers to large-print knobs for kitchen appliances—designed to help you overcome almost any physical limitation. To learn what's out there, talk to your physician or call your state agency for the vision, hearing, or mobility impaired.

• Ask the Experts

One of the little-known wonders of the

Staying in the Game

DEVON GALE SMITH, MARKETING

modern world is the nationwide network of Area Agencies on Aging. Each office serves as a clearinghouse, connecting older adults with the resources they need to stay active and engaged. Give your Area Agency a call. Tell a staffer what you need (a ride to the the Y? a companion for chess?), and he or she will help you find it. Area Agencies on Aging also offer a wide array of educational programs; while you're on the phone, ask for a listing.

• Do things differently

Can't do things the way you once did? Find new ways! If your old aerobics class now leaves your joints screaming for mercy, ask a personal trainer or your local YMCA to recommend a fitness routine or class that's tailored to your needs. If you want to go shopping but worry about getting into and around the mall in one piece, call ahead and ask about accessibility, sitting areas, and the like.

• Rest your body, not your brain

From time to time, every body needs a timeout. So rev up your brain instead.

Enroll in a class at a nearby university. Surf the web. Or spend an afternoon at your public library—when it comes to keeping your mind active and agile, it's a veritable fountain of youth.

• Volunteer

Check with adult ed programs, service organizations, and volunteer clearinghouses (in Maine, try www.VolunteerMaine.org) for opportunities to teach what you know and love. Or just keep an eye out for someone or something in your community that could benefit from your expertise. So what if you can no longer hike the Appalachian Trail or explore the ruins of ancient Greece? You can still keep a hand in—and contribute to the greater good—by sharing the knowledge you've gained with others.

Miller and Cucinotta put it in a nutshell: Maybe you can't move like the gymnast or dancer you might once have been. But as long as you can *think* flexibly, you'll never lack creative new ways to follow your bliss.

CHANGE SERVICE REQUESTED

Meet Apartment Resident John Daly

He's survived colon cancer, diabetes, asbestosis, and open-heart surgery. As an infantryman during World War II, he had malaria five times, often with no way to cool the fever but to pull up the moss by his head and suck out its moisture. Yet John Daly knows something that has eluded many a more fortunate soul: how to suck the happiness out of life.

John was born, the fourth of eight little Dalys, in an Irish-German neighborhood in Manhattan's East Side. His dad was a bus driver, then a taxi operator, then a house painter. "We never knew we were poor," says John. "The roof of our apartment building was our playground. We'd tie pillows to the clotheslines and use them as punching bags." And there was grander mischief to be had—like climbing onto rooftops to sneak onto the elevated trains. John became a "wild teenager" who hated school. A year short of a high school diploma, he dropped out.

In June 1942, the Army found him working as a parcel handler at Penn Station. A mere three months of training, and he was on a fast boat to Africa and the horrors of war.

Youngster that he was, John took it as a lark. "I felt like I was on a Hudson River dayliner," he recalls. The thrill soon wore off. But the soldier's sense of humor never failed him. Once, in Sicily, amid a hail of mortar, a comrade chided him: "Damn it, Daly, get serious!"

"What," John replied, "you call this serious?"

Maybe it was Cupid's doing. Just before shipping overseas, John had met Ann Micklar at a parish dance. "It was love at first sight—for me, at least," he remembers. And though they corresponded only occasionally during the war, the two married upon his return and eventually settled in New York.

Meanwhile, John managed to get a foot in the door at ConEdison. He kept his eyes and ears open, learned everything he could, and in time rose to foreman. In 1963, he became foreman, and later shift supervisor, at the Indian Point nuclear power plant in Peekskill. Though he missed the old gang at ConEd, and loathed having to "get tough with" some of those he supervised, he remained at Indian Point until his retirement in 1984.



After one of the Daly's three children married a Mainer and moved to Camden, Ann decided she wanted to live there, too. John hedged, opting to spend part of every year in Arizona. Then, daughter Peggy recommended Quarry Hill.

It proved a good move. Residents fell instantly for the twinkle-eyed newcomer who performs Irish jigs in the lobby, sings "Sweet Molly Malone" on the elevator, and escorts ladies to and from the Anderson Inn beauty salon. Patriots fans even turned a blind eye to the New York Giants tee shirts he proudly wears.

Waxing philosophical, John explains: "I figure our job is to love others as God loves us. It's a happy way of living."