

THE QUARRY HILL Quarterly

WINTER/SPRING 2009

Finding Your Security Blanket

FROM DEVON GALE SMITH, MARKETING

For a species that arrives in the world so utterly defenseless, it's probably not surprising that we wind up spending much of our time and energy looking for ways to feel secure. First, it's a fuzzy blanket; eventually, perhaps, it's a big house and a healthy 401(k). Somewhere in between, at a point maybe roughly corresponding to your stage of life, the quest for security often leads to thoughts of a retirement community. But will moving to such a place really make you feel more secure?

The answer could be yes—provided you choose a community with the right combination of reputation, tradition, and fiscal responsibility to give your struggling security quotient the oomph it needs. We're happy to report that for many, that community is Quarry Hill.

Comfort can be as simple as knowing that Quarry Hill is part of Pen Bay Healthcare, a locally owned consortium of caring organizations that's dedicated to the well-being of all who live here. It's not run by faceless bureaucrats lodged in offices in New York or L.A.; it's an alliance of real people: men and women you'll almost certainly run into at the gas station or the grocery store. Quarry Hill exists as a direct result of Pen Bay Healthcare's commitment to the people of this particular neck of the woods. And to that mission it remains true.

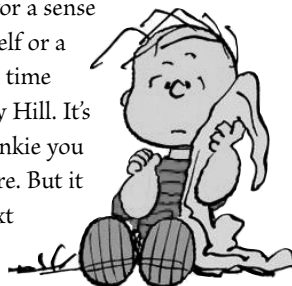
If financial stability is what it takes to give you the warm fuzzies, then again, Quarry Hill may be right up your comfort zone. Indeed, throughout Pen Bay Healthcare, prudent financial stewardship is so highly prized, it's singled out as one of the three "Pillars of Excellence" on which the whole organization rests, and you literally can't walk from one end of Quarry Hill's

Anderson Inn to another without bumping into it (in pictorial form, that is) two or three times at least. (You'll like the two other pillars, too—ask us what they are!)

And while we're on the subject of money, we think you'll appreciate the way Quarry Hill helps you hang onto yours. Note that as a resident of Quarry Hill, you'll enjoy ready access to every kind of care you'll likely ever need—from independent living, to assisted living, to short- and long-term nursing and rehabilitation, to dementia care—but without the whopping (read: \$150,000 or more) entry fees charged by so-called "continuing care" retirement communities. If you're like most folks, priority access to top-quality care no matter what curves life throws you probably does wonders for your comfort level. Forking over a mighty chunk of your hard-earned assets to get it probably doesn't.

But when all is said and done, that happy, secure look you see on people's faces around here boils down to one thing: Quarry Hill's reputation as the best retirement community in Midcoast Maine, hands down. Year after year, newspaper readers name us the "Best of the Best," and when it comes to resident satisfaction, recent independent surveys place us in the topmost tier of participating retirement communities nationwide.

So if you're looking for a sense of security for yourself or a loved one, maybe it's time you explored Quarry Hill. It's not that tattered blankie you once took everywhere. But it just might be the next best thing.



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NOTEWORTHY EVENTS

“A Peaceful Passage”—An Adventures in Living Well Event

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 on **Wednesday, April 22, from 1 to 3 pm** at the Camden Public Library 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. *Free. Registration required.*

Parkinson’s Disease Forum

People with Parkinson’s disease and their caregivers, as well as interested health practitioners, are invited to attend a Parkinson’s Disease Resource and Information forum, to be held on **Tuesday, April 28, from 4 to 5 pm**, at the Anderson Inn at Quarry Hill. Participating specialists will discuss local services available for people with Parkinson’s. In addition, members of Quarry Hill’s monthly Parkinson’s Support Group will answer questions about the group. *Free. Registration required.*

4th Annual Shall We Dance Gala—“That’s Entertainment”

Join Pen Bay Healthcare, Quarry Hill’s parent company, for the 4th Annual Shall We Dance Gala on **Saturday, May 1, from 7 to 11 pm**, at Point Lookout, Route 1, Northport. Enjoy great food and cash bar, while being treated like stars of the silver screen—including a red carpet welcome, music from the Tony Boffa Band, performances by professional dancers Christian and Kathryn Clayton, a prize awarded for the best Hollywood outfit, and much more. Tickets are \$75 each, or \$100 with 5:30 pm exclusive dance lesson.

Pen Bay Healthcare is committed to providing access to high-quality care for every member of our community, regardless of ability to pay; therefore, proceeds from this event will benefit access to care. Call 594-6799 or visit www.penbayhealthcare.org/shallwedance for more information. Sponsored by Pen Bay Healthcare Foundation.

Parkinson’s Disease Support Group to Address Patient Advocacy

On **Tuesday, May 5, from 12 noon to 1:30 pm**, support group attendees will learn how to advocate for themselves or loved ones who have special concerns such as Parkinson’s in emergency rooms and other hospital settings. Support group cofacilitator Amy Jensen, RN, along with nursing managers from Penobscot Bay Medical Center, will review recommendations summarized in “Speak Up,” a pamphlet published by the Joint Commission on Accreditation of Healthcare Organizations. (See page 3 for more information about the support group.) *Free. Registration required.*

“Healthy Plants for Indoor Living”—An Adventures in Living Well Event

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 on **Thursday, May 21, 10:30 am to 12 noon**, at Quarry Hill. *Free. Registration required.*

Now We Are Seven!

Come one, come all to a Big Band Bash in celebration of Quarry Hill’s seventh birthday, **Saturday, June 13, from 2 to 4 pm**, at the Anderson Inn. Tap your feet to some of the swinging-est tunes in the history of sound, performed live, under the big tent, by local musicians. Relive the glory days of Benny Goodman, Tommy Dorsey, and Glenn Miller. And while you’re at it, enjoy all the lip-smacking, summertime food you can eat. Mark your calendar now—this one’s not to be missed!

5th Annual Quarry Hill Yard Sale

Our annual Yard Sale will take place on **Saturday, July 18, from 8 am to noon** at the Anderson Inn at Quarry Hill. Don’t miss this year’s huge event! Donate items for sale, or rent a table for \$10 and sell your belongings yourself (you must be present to tend your table; two may share a table). Call 230-6250 for details; tables must be reserved by **Wednesday, July 15**.

For events where registration is required, please call 230-6114.

Adventures in Living Well

Summer
2009

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

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



Wednesday, June 17 • 10:30 AM–12 noon
Quarry Hill Independent Dining Room

Presented by Henrietta Pearl, *Handwriting Analyst*

Join Certified Master Handwriting Analyst Henrietta Pearl for an intriguing 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.*

Vietnam in a New Light: Exploring Vietnamese Culture and Cooking

Wednesday, July 15 • 2:00–3:30 PM
Quarry Hill Independent Dining Room

Presented by Peter Gelman, *Executive Chef, Cappy's Restaurant, Camden*



What little most Americans know about Vietnam begins and ends with the Vietnam War. Now, Chef Peter Gelman takes you back in time to understand the development of Vietnamese culture over centuries of wars and occupations. Spicing his presentation with fascinating trivia concerning the evolution of Vietnamese food and cooking, Chef Gelman shows how the country's complex history and culinary traditions have influenced one another, creating a culture of remarkable richness and beauty. Also included: tastings of authentic Vietnamese dishes, provided and prepared by Cappy's Restaurant, Chef Gelman, and Quarry Hill Executive Chef John Roy.



Edna St. Vincent Millay: Her Life & Times in Camden

Wednesday, August 19 • 1:00–2:30 PM
Camden Public Library, Jean Picker Room
Cosponsored by the Camden Public Library

Presented by Barbara Dyer, *historian*,
and Marie Merrifield, *actress*

What better way to enjoy a summer afternoon than to celebrate Camden's beloved poet, Edna St. Vincent Millay! Come enjoy ice cream and lemonade while local historian Barbara Dyer talks about Millay's life in Camden and the area's influence on her writing. As an added treat, actress Marie Merrifield will read some of Millay's most famous works.

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 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...



↖ October 2008. Residents enthusiastically ate, drank, and made merry during Harvest on the Hill, an annual celebration of Maine's bounty.



↓ March 2009. Resident leprechaun Rita Souther got her green on for a St. Patrick's Day party complete with Irish coffee, Irish soda bread, Irish cookies, the works.



Meet Chef

Patrick Cazemajou

If you happen to pass by the kitchen at Quarry Hill and notice a certain continental aroma in the air, by all means follow your nose inside to Chef Patrick Cazemajou.

The newest addition to Quarry Hill's team of professional chefs, Patrick brings impressive credentials to the challenge of preparing satisfying meals for residents of our traditional assisted living, memory loss, and short- and long-term nursing care communities. He attended cooking school in his native Grenoble, France, and later moved stateside, working as a waiter, grill cook, and sous-chef in restaurants in Connecticut and on Martha's Vineyard. Returning to Europe, he and American wife Heidi launched Le Galeta (The Attic) in Evian les Bains, France, then came back across the pond to open the popular bistro Ephemere on Bayview Street in Camden.

But for all his training and experience, Patrick says he's no Iron Chef. He insists he's just "an honest cook"—one who gets up each day determined to bring his best effort to the table.

A recipe for success? Residents say the proof is on their plates.



Riddle

How many

ears did

Davy Crockett

have?

Answer on page 6.

from the Recipe Box



Chocolate Crinkles

Submitted by Resident H. Louise Hughes

Ingredients:

4 squares unsweetened baking chocolate

½ C butter

2 C granulated sugar

3 eggs

2 tsp. vanilla extract

2 C all-purpose flour

2 tsp. baking powder

½ tsp. salt

About 1 C confectioner's sugar

Directions:

Melt chocolate in microwave or double boiler; let cool. In separate bowl, cream butter, then mix in chocolate and granulated sugar. Beat in eggs, one at a time. Add vanilla. Stir in dry ingredients. Chill dough for 2 to 3 hours. Use a teaspoon to drop into confectioner's sugar; shape into balls; roll to coat well. Place 2 inches apart on ungreased cookie sheet and bake at 350 degrees for 10 to 12 minutes. Do not overbake. The cookies will be soft and chewy when cool. Makes 60.

TIPS & TRICKS for Happy & Healthy Living

You can hardly open a magazine these days without reading about someone whose life and/or sanity have been saved through stress management. But what if you don't know your mantra from your chakra? Relax: three simple steps—techniques you can do here, now, and in English—may be all you need to realize the healthy benefits of relaxation.

• Be still

The key to stress management, according to Quarry Hill holistic health nurse and Reiki master Pauline Wilder, RN, MSN, AHN-BC, is taking time each day to simply *be*. Rather than jumping out of bed in the morning, give yourself five to 20 minutes of “quiet time.” Lie awake, or sit on the edge of your bed, feet on the floor, hands in your lap. Breathe slowly and deeply. When thoughts arise, accept them, and observe how they make you feel. Repeat daily, without fail. In time, a calmer, healthier, more serene you will emerge.

Chill Out! 3 Easy Ways to Zap Stress

BY DEVON GALE SMITH, MARKETING

• Name your pain

When stress escalates, most of us shift into denial. But suppressing our anxieties only leads to more trouble—what Wilder calls the “snowballing physical effects” of muscle tension, increased heart rate, diminished immune-system functioning, and more. Instead, she says, it's far better to face your fears. List concrete steps you can take to deal with the problem. Ask yourself whose help you might enlist.

• Choose peace

Conflicts with others—the rude cab driver, the surly teenager, that blankety-blank store clerk—can put you over the recommended daily allowance for irritation. But while your instinct might be to fight back, Wilder suggests taking the opposite track. Begin each day with a proactive “forgiveness meditation”: wish peace first to yourself, then to your family, then to everyone on your street, town, nation, world. Later, should conflicts arise, ask yourself: “Would I rather be right? Or would I rather be at peace?”

With tools like these in your pocket, Wilder says, there's no need to stress over stress management. The keys to a healthier life are in your hands.

WELCOME
QUARRY HILL'S
NEWEST
RESIDENTS

Paul & Marcia Bradley
Carleton Bryant
Shirley Fay
Helen Markwith
Ruby Tom

CHANGE SERVICE REQUESTED

Meet Apartment Resident Gilbert Hall

Gil Hall has the contented air of one who knew from an early age what he wanted to do—and has been lucky enough, and plucky enough, to get to do it.

Raised in midcoast Maine, Gil first went to sea with his stepfather, a Camden lobsterman. Prone to seasickness, the boy nonetheless fell for the ocean and for every tug, barge, and Navy ship he found floating on it.

The passion never wavered. Some years later, the family dentist, seeing young Gil's promise, offered to put him through dental school. Gil turned him down. "I just couldn't see myself with my hands in people's mouths," he recalls. He knew his was a grip fit for only one thing: the smooth, polished curve of a ship's wheel.

Of course, by then, Gil had two loves. Following the call of the sea, he completed a degree in nautical science at Maine Maritime Academy. But he also put in long hours behind the wheel of a 1939 Pontiac, shuttling to and from Waterville to see his high school sweetheart, the "always smiling" Shirley. The romance flourished, even as Gil's

developing career kept him away at sea for months at a time. Eleven days after the couple's Camden wedding, a shipping company offered him the position of third mate on a vessel bound for Australia. Later, he worked aboard cargo ships, ferrying coal and iron ore between Baltimore, Norway, Venezuela, and Italy. Conjugal visits were occasional, and achingly brief.

Home life became "more normal," Gil says, in 1955, when he joined the Navy. He was stationed in Italy, and there Shirley joined him. The two toured the Mediterranean, adopting Michael, the first of their three children, from an orphanage in Austria. Returning to the U.S., Gil took a desk job with American Export Lines, outside of Philadelphia. But eventually, Gil felt he became "just a number"—employee #3420, to be precise—so, in 1966, when Camden-based Penobscot Bay and River Pilots offered an opportunity to serve as apprentice to one of its senior pilots, he "hesitated about 10 seconds and said yes."

Thus began Gil's 30 most rewarding years on the water. Quickly becoming a full-fledged ship's pilot, he would motor out



to meet foreign and American ships bound for Maine harbors, take the "conn," and guide them into port. It wasn't easy—in dense fog, and without modern GPS technology, he sometimes had only his memory to rely on—but he loved the challenge. Over the years he piloted ships from 42 nationalities. Often, he'd hand captains a copy of the local newspaper to keep them busy while he steered. "They couldn't read English," he says, "but they loved looking at the ads."

Now, Gil has found his own safe harbor in Quarry Hill. Since Shirley's passing in 2007, he has stayed busy reading, playing bridge, and writing his memoirs. He remains active with the local Lions Club. And he enjoys the neighbors, the "super food," and the peace of mind that come with his Quarry Hill address.

"When I asked people where I should move, everyone said Quarry Hill," he reflects. "They were right."

mind bender Answer: Three: his left ear, his right ear, and his wild frontier.

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