

10

TENTH

ANNIVERSARY

ISSUE

THE QUARRY HILL Quarterly

Building Community: PROUD HISTORY, PROMISING FUTURE

BY ROBERT MCKEOWN, EXECUTIVE DIRECTOR

About 12 years ago, the Board of Trustees of Northeast Health (now called Pen Bay Healthcare) gave the green light to a rather ambitious project: the creation of an extended-care community devoted exclusively to the well-being of older adults. Today, as Quarry Hill embarks on a year-long celebration of its tenth anniversary, one has to admire the Board's courage, vision, and commitment.

But of course, it takes more than a single decision to build a great community. For us, it's a continuous, ever-expanding process that depends not only on fostering connections between those who live and work here, but also deliberately forging ties between our organization and others, both locally and beyond.

Over the years, we've turned what was once mere "bricks and mortar" into a thriving community. We've updated our buildings to make residents' lives safer, more comfortable, and more uplifting. We've launched dozens of activities and traditions that give Quarry Hill a warmth and flavor all its own. We've even enlarged our definition of community, by collaborating with other caring organizations on programs designed to enhance the lives of mature adults throughout Midcoast Maine.

Today's opportunities include planning for the arrival of the Baby Boomers.

As compared to the generation before them, these emerging seniors tend to value choice and flexibility; so we're exploring ways to expand our dining program and offer a greater variety of à-la-carte services such as personal care and companionship.

We continue to improve the physical plant—not merely to maintain appearances but to adjust to evolving expectations.

Work is underway to insulate and replace windows in apartment sunrooms so

The future presents opportunities to make life even more rewarding for the people we serve.

these beautiful spaces can be comfortably used nearly year-round. Apartment kitchens are becoming more attractive and functional. And on the nursing-care side of the Inn, we're installing ceiling lifts to ensure safe patient transfer and adding industry-leading electronics in support of recordkeeping, medication management, and other functions.

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

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Member of Pen Bay Healthcare



Building Community

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The future presents additional challenges as well as unprecedented opportunities to make life even more rewarding for the people we serve. We remain committed to offering a full continuum of residential and care options, even as some other communities restrict or limit theirs. Round-the-clock nursing and maintenance support—critical to seniors' safety and security—will continue to underpin our program. And in the face of reduced Medicare, and flat Medicaid, funding, we will stay focused on energy conservation, supply management, and other efficiencies to maintain superior programming and remain price-competitive.

Successful organizations know better than to rest on their laurels. So in this anniversary year, while allowing ourselves to reflect, briefly, on Quarry Hill's proud history, we'll continue to press forward, dedicated as ever to building community.



(example property)

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Adventures in Living Well

SUMMER/
FALL
2012

FREE PROGRAMS
designed to enhance your health
and vitality after age 55

Art on the Sunny Side: Frank W. Benson in Maine and Elsewhere

Wednesday, July 18

10:30 AM–12:00 noon • Quarry Hill

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

Paralleling a Benson exhibition on view this summer at the Farnsworth Art Museum, May reviews the impressionist's distinguished career, with special attention to paintings inspired by Maine's North Haven Island.

The Story of the Rockland Harbor Lighthouses

Wednesday, August 15

10:30 AM–12 noon • Quarry Hill

Presented by Phelps Bristol, *volunteer and board member,
Friends of Rockland Harbor Lights*

Bristol reveals the history behind Rockland's Breakwater Lighthouse and Owls Head Lighthouse, including a 50-minute documentary rich in historical photos.

New Perspectives on Age-related Hearing Loss

Wednesday, September 19

10:30 AM–12 noon • Quarry Hill

Presented by Gary Friedman, MS, CCC-A, F-AAA, *certified clinical audiologist, Pen Bay Speech & Hearing*

Audiologist Friedman delivers an earful, explaining normal age-related hearing changes, hearing disorders, advances in amplification technology, and more.

Poetic Adventures of Heart and Soul

Wednesday, October 17

10:30 AM–12:00 noon • Quarry Hill

Presented by Diane Schetky, *author and retired psychiatrist*

Inspired by her travels to the Arctic, Schetky's latest work offers stimulating exposure to the frozen reaches of the earth—and human soul. Copies of the poet's *Dancing Bear and Other New Poems* will be available for purchasing and signing.



The Changing Tides of Healthcare

Wednesday, November 14

1:00–2:30 PM • Camden Public Library
Cosponsored by Camden Public Library

Presented by Wade Johnson, FACHE, *president and CEO, Pen Bay Healthcare*

What will national healthcare reform mean to the people of Midcoast Maine? Meet Pen Bay Healthcare's new leader—and get an insider's look at the brave new world of caring.

Dreaming in Chocolate

Wednesday, December 12

10:30 AM–12 noon • Quarry Hill
Presented by Kate Shaffer, *award-winning chocolatier, author and owner of Black Dinah Chocolatiers*

Don't miss this swoon-worthy talk-and-taste starring Isle au Haut's Shaffer, named one of the ten best chocolatiers in North America by *Dessert Professional* magazine. Bring your holiday gift list! To-die-for sweets, plus signed copies of Shaffer's *Desserted: Recipes and Tales from an Island Chocolatier* will be available for purchase.

SEATING IS LIMITED.

RESERVATIONS ARE NECESSARY.

Call Quarry Hill today at 230-6114!



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

8th Annual Yard Sale

Our annual Yard Sale will take place on **Saturday, July 21, 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 18.

Art Exhibit

Back by popular demand is Quarry Hill's Summer Art Exhibit, to be held on **Friday, August 10, from 2 to 4 pm** at the Anderson Inn at Quarry Hill. Admission is free. As in years past, the exhibit will feature works in numerous media by Quarry Hill residents and staff.

Lobster Bake

Quarry Hill is pleased to invite Priority List members to its tenth annual Lobster Bake, to be held on **Friday, August 24, from 4 to 6 pm** at the Anderson Inn at Quarry Hill. This is a wonderful opportunity to become acquainted with future neighbors and enjoy great food and entertainment. Free, with cash bar.

from the Recipe Box

Mixed Green Salad with Grilled Vegetables

Ingredients:

Local spring mix greens or any fresh lettuces
Asparagus
Portabella mushrooms
Summer squash

Zucchini
Red onion
Italian vinaigrette
(a store-purchased salad dressing will work well)

Directions:

Blanch the asparagus in boiling salted water for 2 minutes; cool quickly. Remove mushroom stems and veils. Remove ends of squash and zucchini and slice lengthwise, about ½-inch thick. Peel onion and slice into half-rings.

Preheat grill for 10 minutes. Apply a coat of non-stick pan spray to grill. Pour vinaigrette into a large mixing bowl and place vegetables in separately, stirring so each item is coated well. Place vegetables on grill and let sit until they begin to char. Turn and grill other side of vegetables.

Wash spring or salad mix and dry well. Place on large platter and arrange vegetables on top in an attractive display. Serve with dressing of choice.



WELCOME QUARRY HILL'S NEWEST RESIDENTS

Rita Elliott

Dr. Deane & Ginny Hutchins

Marjorie Tenety

Hannah Williamson

Barbara Wolter

Our Journey to



Spring 2001: An enthusiastic group representing management, employees, and future residents breaks ground for Midcoast Maine's first extended-care community for older adults. Quarry Hill's predecessor, the Camden Health Care Center—a true community hospital opened debt-free in 1960 thanks to donations by local citizens—was leveled to make way for 45 cottages and the Anderson Inn.

Photo: Carol Miller Photography



The Independent Living Wing of the Anderson Inn wore nothing but white sheathing and an American flag in fall 2001. Assisted living, nursing care, and dementia-care sections of the building were completed first, to accommodate residents of the Camden Health Care Center. On move-in day, staff members, family members, and volunteers became "moving buddies," with each person assigned one or two residents to accompany to the new building and help with settling in. Mapping out the logistics of the move, organizers thought of everything...except toilet paper. For a few hours, residents had to make do without that bathroom necessity.



"H" cottages take shape as phase one of cottage construction proceeds. First built were model homes, on Quarry Hill Road near Union Street, for prospective residents to tour. Earlier, in fall 2000, Quarry Hill offered horse-drawn wagon rides around the 26-acre site, with stakes marking the future locations of the first 29 cottages.



o Community: Quarry Hill's First 10 Years



Bob Nault (left), a future resident, and Bob McKeown appear ready to join excavators in the construction zone. Quarry Hill's first physical plant director, Nault stepped out of retirement to oversee development of the \$30 million project.



In spring 2001, Northeast Health (now Pen Bay Healthcare) announced that Quarry Hill's main building would be named the Anderson Inn, in honor of Camden resident George Harding Anderson (center). Active in community affairs since coming to Camden in 1990, Anderson played a central role in raising funds for construction of the inn, of which he eventually himself became a resident. Flanking Anderson: Executive Director Bob McKeown, left, and Northeast Health CEO Roy Hitchings.

Christopher and Josephine Tosswill were number one with us, becoming the first members of the Priority List on September 23, 1999. Owners of Maine Stone & Landscape in Rockport, the British couple were among Quarry Hill's most ardent supporters.

Photo: Carol Miller Photography



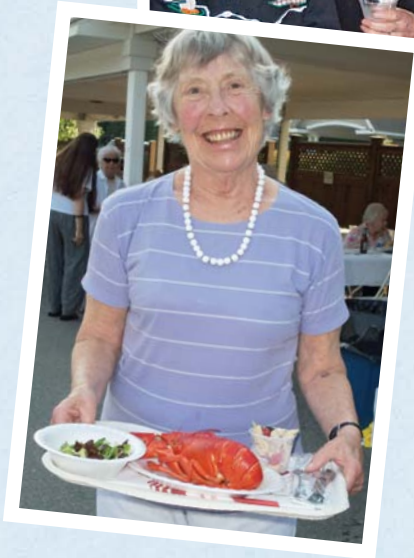
On Opening Day, May 30, 2002, the Anderson Inn stood as testament to the steadfast commitment and hard work of hundreds of community supporters and more than 300 builders, finishers, managers, contractors, and architects. The finished inn contained enough paint for 140 average houses, enough roofing to cover 3.5 acres, and enough floor covering to surface nearly five football fields. Today, it houses independent and assisted living apartments, a memory loss community, and a top-rated center for short- and long-term nursing care and rehabilitation and is home to some 200 older adults representing all walks of life.



Each spring, from the Bryant Park gazebo, residents and visitors watch Mr. and Mrs. Mallard teach their ducklings to swim on the sparkling waters of the Duck Pond. Established to take the place of an earlier park supplanted by construction of the inn and cottages, Bryant Park was rededicated in October 2004 in memory of former Camden assistant fire chief Peter Bryant.



Traditions bring out the community spirit in everyone. At a recent winter-holidays celebration, residents Jean Silva, Betsy Harder, Marty Martens, and Janet "Bird" Burns celebrated the joys of togetherness. When summer comes, Quarry Hill's famous annual Lobster Bake draws seafood lovers by the hundreds, including, in 2011, Priority List member and Camden resident Audrey Post.



Communities are made of bricks, mortar, and liberal helpings of unbelievably delicious food. Key to Quarry Hill's success since its inception, Executive Chef John Roy and staff deliver fine food and gracious service 365 days a year.

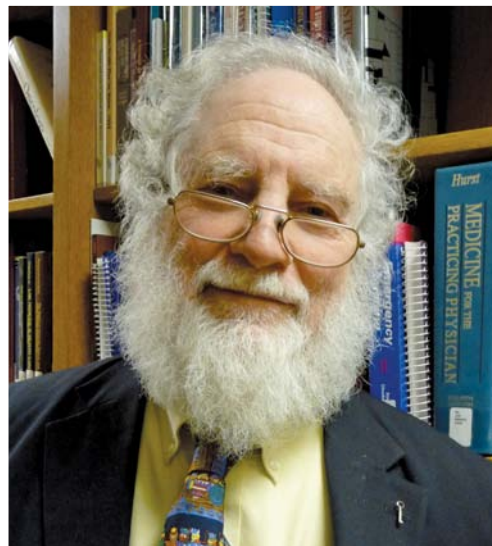


Catching its collective breath before the onslaught of the bargain hunters, the 2011 Summer Yard Sale Committee included (from left) volunteer Phil Cucinotta; staff members Denise Pease, Judy Cucinotta, and Devon Smith; and residents Mary Lou Eugley, Flo Wurzburg, and Kathy Migliorato. Proceeds from the annual event benefit the Resident Activities Fund.



Quarry Hill works closely with numerous community organizations to produce free educational programs of vital interest to older adults from all over the Midcoast. Case in point: "Keeping Your Mind Active and Agile," a half-day learning bonanza, cosponsored in 2007 by the Pen Bay YMCA and the Knox County Community Health Coalition as part of Quarry Hill's ongoing—and wildly popular—Adventures in Living Well series.

In 2009, Quarry Hill became the first community of its kind in Maine to offer residents the services of an inhouse physician. Within a year, Dr. Richard Kahn had expanded his practice to include roughly two-thirds of Quarry's Hill's nursing-care residents, 79 percent of its traditional assisted living residents, and 62 percent of those in the memory loss community known as the Courtyard. Now, more and more independent living residents are also discovering the warmth, skill, and supreme convenience of his care.





quarryhill.org/cottage-for-sale



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Message from Marketing

Isn't it funny how often "problems" turn into opportunities?

In 2011, after almost 10 years of favorable demographics, prudent management, a robust Priority List, and a (relatively) healthy economy, Quarry Hill finally began to feel what many communities like it were already bemoaning: the sting of the Great Recession.

The pain came in the form of vacant cottages—more than we're used to—and more difficulty filling them. Cottage availability grew as some of our first residents moved to assisted living and other levels of care, and as fewer folks who might otherwise have purchased homes here seemed confident that they had the resources to do so. Some said the souring economy had taken a bite out of their investments. Others feared they

wouldn't be able to sell their existing homes in order to buy the cottages of their choice.

Our solution to the problems at hand? Turn the bad news about the economy into good news for prospective residents. We rolled up our shirtsleeves and created a tempting mix of price adjustments and purchase incentives designed to make it easier for even the most recession-stressed to discover for themselves the good life à la Quarry Hill.

- First, we reassessed all currently available cottages and established pricing in accordance with today's market.
- Second, we introduced conventional rental and rent-to-own options that may make it easier to move to Quarry Hill—even if you still own your current home or the assets that you'd rely upon to purchase

a cottage are not immediately available.

- Third, we launched cottage ownership with "A Cherry on Top," two options designed to ease the cost of moving to a new home. Here's how it works: Sign a purchase agreement for the cottage you want by December 31, 2012; then choose your reward—an allowance of up to \$5,000 to customize your new home, or reimbursement of up to \$5,000 for documented moving expenses.

How about you? Had enough economic gloom-and-doom? Then come to Quarry Hill. Call, drop by, or visit quarryhill.org for more information about our new incentives and rental options. Check out the updated pricing for our available cottage homes. Then see if you don't agree: even the darkest recession can have a silver lining.