

THE QUARRY HILL Quarterly

The Wow Factor

FROM DEVON GALE SMITH, MARKETING

If local TV listings are any gauge, America has a terminal case of makeover madness. Shows like *What Not to Wear* and *Extreme Makeover: Home Edition* feed what appears to be a national obsession with before and afters.

Have we, as some have suggested, become nothing more than a nation fixated on superficiality and appearance? Well, maybe. But then again, perhaps the trend reflects something enduring, not to say vaguely endearing, about the American psyche: the belief that whoever we are, whatever we've accomplished, we can always get better, and accomplish more.

At least it seems that's what's happening at Quarry Hill. In the eight years since our founding, hundreds have honored us by choosing Quarry Hill as their home. But we can't afford to rest on our laurels. We have to improve. We have to continue to appeal, both to those we serve now and those we hope to serve in the future.

How? By staging a makeover of our own. The wave of change that began a year ago on the first floor of the Anderson Inn is now rolling through apartments on all three floors. And in the process, Quarry Hill is taking independent living to new heights of elegance, comfort, and convenience.

Guided by a team of experts ranging from interior designers to occupational therapists to residents themselves, we've concentrated much of our efforts on the heart of the

home: the kitchen. Beginning with currently unoccupied apartments and continuing as residences change hands, we're installing under-cabinet lighting; upgrading countertops; swapping out sinks, faucets, and cabinet hardware in favor of fresh, new designs; and even solving the age-old Dilemma of the Corner Cabinet by adding lazy susans. (So now, you'll not only have a home for the Worcestershire sauce, you'll actually be able to find it when you need it.)

Living rooms are taking on a heightened air of graciousness with the addition of crown moulding—one of those subtle “little things,” like the new door hardware and beefed-up closet shelving you'll note in the hallways, bedrooms, and baths—that, we think you'll agree, send the revamped apartments' wow quotient through the proverbial ceiling. (The only dramatic, floor plan-altering change you'll find is in one of our second-largest apartments, and it's a column in itself! Call us, or better yet visit, and see for yourself.)

In fact, all things considered, there's never been a better time to start the freer, easier life you've been dreaming of at Quarry Hill. Our apartments are even more flat-out gorgeous than ever. And if you act soon, our Make My Move program promises one month's free rent plus \$1,500 reimbursement of moving expenses (see www.quarryhill.org/make-my-move).

So don't be shy. Come see what a great thing even a not-so-extreme makeover can be.



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Resident Profile



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Member of Pen Bay Healthcare

NOTEWORTHY EVENTS

6th Annual Quarry Hill Yard Sale

Our annual Yard Sale will take place on **Saturday, July 17, 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 14.

Save the Dates!

Mark your calendar now for the following upcoming events, open only to Quarry Hill residents and Priority List members (watch your mailbox for formal invitations):

- **Meet-and-Greet with Down East Books Author Nancy Griffin, Wednesday, June 23, from 1:30 to 3:00 pm**

Learn all there is to know about Maine's signature confection, the whoopie pie, from the author of *Making Whoopies: The Official Whoopie Pie Book*.

- **Lobster Bake, Friday, August 27, from 4:30 to 6:30 pm**

Our annual crustacean celebration has become Midcoast Maine's favorite way to mark summer's end.

Parkinson's Disease Support Group: Programs of Interest

- **Tuesday, July 6: Indoor Picnic**

In lieu of its usual meeting format, the group will hold its sixth annual indoor barbecue (\$3/person, payable at the door). Traditional barbecue fare will be provided; members will bring side dishes, desserts, and beverages. Signup required; call Suzanne Miller at 230-6224 by Friday, July 2.

- **Tuesday, August 3: Driving**

Occupational therapist Susie Kelley, OTR/L, of New England Rehabilitation Hospital of Portland will discuss driving evaluations, resources for improving driving skills, the role of healthcare providers in deciding when to stop driving, and more.

- **Tuesday, September 7: Sixth Anniversary Celebration**

Enjoy a special showing of *Easing the Burden*, a recent MPBN documentary on resources for people with Parkinson's disease. Support group members participated in the making of the documentary.

See page 5 for more information about the support group.

Now Available

Parkinson's Resource Library

Those living with Parkinson's disease, as well as family members, friends, and professionals caring for people with Parkinson's, are welcome to browse, borrow, and pick up free take-home literature from the new Parkinson's Resource Library on the third floor of the Anderson Inn at Quarry Hill. The collection includes booklets; books; CDs, DVDs, and videocassettes containing basic information about Parkinson's disease; exercise and nutrition; speech, physical, and occupational therapies; resources for caregivers; advocacy; and other topics. Also featured are American Parkinson's Disease Association supplements providing in-depth coverage of topics such as fatigue, recreation, handling hospitalization, and more. For further information, contact Suzanne Miller at 207-230-6224.

Adventures in Living Well

SUMMER/
FALL
2010

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



A Good Yarn Yak Hair Helps Tibetans Rebuild

Wednesday, July 7
10:30 AM–12:00 noon • Quarry Hill
Presented by Linda Cortright,
editor, Wild Fibers Magazine

Tibetans shattered by the recent earthquake are spinning a brighter future, crafting yarn for knitters from the hair of yaks. An expert on the natural-fibers community and its relationship to indigenous cultures and sustainable practices, Linda shares the story of her 2010 trip to Tibet.

And Now...Mark Twain

Thursday, August 12
2:00–3:30 PM • Camden Public Library
Presented by Richard Clark, *professional actor*
Cosponsored by Camden Public Library



In yet another of his famous one-man shows, Richard Clark portrays one of America's best-loved writers and humorists. His performance is full of the wit, wisdom, and special brand of storytelling that made Mark Twain a legend in his time.



The Art of Maine

Wednesday, September 1
10:30 AM–12 noon • Quarry Hill
Presented by Stephen May,
art historian, writer, and lecturer

For more than two centuries, Maine's bold landscape and intriguing characters have attracted a "Who's Who" of American artists, including John James Audubon, Winslow Homer, Edward Hopper, and many more. This illustrated lecture will examine these and other artists and the places—many of them here in Midcoast Maine—that inspired them.

Diabetes

How to Manage It, How to Avoid It

Wednesday, October 20
1:00–2:30 PM • Camden Public Library
Presented by Eileen Molloy, MS, RD, CDE,
Diabetes & Nutrition Care Center,
Pen Bay Healthcare
Cosponsored by Camden Public Library



With one in four Americans at risk for developing diabetes, you don't have to have the condition to be concerned about it. Eileen's presentation will focus on lowering your risk of diabetes, recognizing and treating low blood sugar, and preventing high blood sugar—information as important to those whose lives are touched by diabetes as to those hoping to avoid it.

Adventures continued...

The Art and Science of Sleep

Wednesday, November 17
10:30 AM–12:00 noon • Quarry Hill

Presented by Cindy Roth, RPSGT, RT,
lead sleep technician, Center for
Sleep Medicine, Pen Bay Healthcare



For many in today's world, consistent, restorative sleep—so crucial to health—has become an elusive dream. The solution? Proven "sleep hygiene" habits that help you prepare yourself and your surroundings for optimal rest. Join us for a presentation that's guaranteed not to keep you up at night.

The Gift of You Discovering Your Legacy

Friday, December 10
(snow date: Wednesday, December 15)
10:30 AM–12 noon • Quarry Hill

Presented by Lee Ann Szelog, *award-winning*
author, motivational speaker, and trainer



Over the years, legacies have become associated with money or power, but in this inspiring presentation, Lee Ann Szelog will invite us to discover the intangible and more enduring and valuable legacies that we carry within us. In this season of giving, learn how to recognize and pass on your own unique legacy.

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.

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 tai 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 **207-230-6114**.

What's Been Going On...

↙ *March 2010. Sailors and foodies alike turned out for "At Sea Around the Table," featuring professional chef, cookbook author, and windjammer co-owner Anne Mahle. On the afternoon's menu: tantalizing desserts and other dishes from Mahle's galley aboard the J. & E. Riggin.*



↓ *April 2010. Among more than 116 area citizens and Quarry Hill residents honored at volunteer-recognition events were (from left) Nina Woolston, resident Marty Martens, and Robin Guist. All three women, accompanied by their dogs, visit regularly at the Anderson Inn, brightening the lives of assisted living and nursing-care residents.*



Meet Our AIT

Mary Sargent

Quarry Hill is pleased to introduce former Pen Bay Healthcare human resources director Mary Sargent of Lincolnville as its new administrator-in-training (AIT).

Sargent brings a wealth of leadership experience to the post, including 11 years as recruitment specialist and director of employee relations and recruitment for PBH's Human Resources Department.

As administrator, Sargent will be responsible for ensuring that Quarry Hill meets state and federal standards for nursing care, rehabilitation, and other services. During her first year on the job, she will work under the preceptorship of executive director Robert McKeown, while completing a 1,040-hour training program certified by the Maine Nursing Home Administrators Licensing Board.

"Quarry Hill has some of the most highly skilled, caring healthcare providers I've seen," Sargent said. "It's a privilege to support their work."



Who said this?

“If we don’t change, we don’t grow. If we don’t grow, we aren’t really living.”

Answer on page 6.

from the Recipe Box



Glazed Salmon with Watermelon Salsa

Submitted by Quarry Hill Executive Chef John Roy
From: Grill It! Hearst Books: New York, 2005

Ingredients:

- | | |
|---|---|
| 1 lime | 1 small jalapeño chile,
seeded and chopped |
| 4 C (½" cubes) seedless watermelon | ¼ C hoisin sauce |
| ¼ C loosely packed mint leaves, chopped | ½ t Chinese five-spice powder |
| 2 T green onions, chopped | 4 salmon steaks, 1" thick |

Directions:

1. Prepare outdoor grill for covered direct grilling over medium heat.
2. From lime, grate 1 T peel and squeeze 1T juice. In serving bowl, toss peel and juice with watermelon, mint, green onions, and jalapeño.
3. In cup, stir hoisin sauce and five-spice powder.
4. Place salmon on hot grill rack over medium heat. Brush with half of hoisin mixture. Cover grill and cook 3 minutes. Turn salmon and brush with remaining hoisin mixture. Cover and cook 3 minutes. Turn again and cook until just opaque throughout, about 3 more minutes. Serve salmon with salsa. Serves 4.

SUPPORT GROUPS

Parkinson’s disease

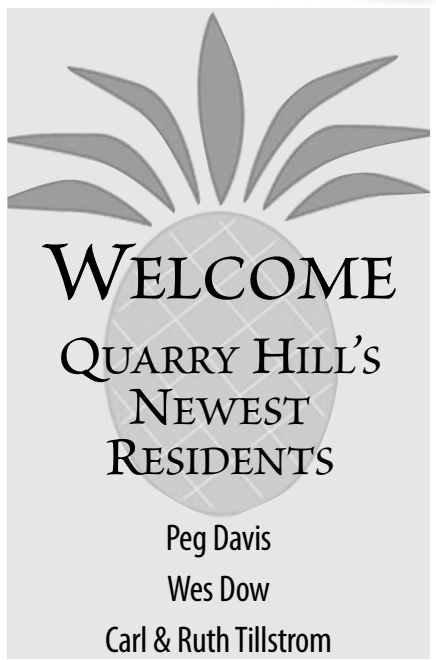
The Parkinson’s Support Group is for people with Parkinson’s disease, their families, friends, and caregivers. The group meets the **first Tuesday** of each month from **12 noon to 1:45 pm** in the Media Room of the Anderson Inn, Quarry Hill. Attendees should bring a bag lunch. Drinks and desserts are provided. For details, please call **Suzanne Miller, RN, BSN, CCM, at 207-230-6224.**

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 207-230-6237** for more information.





Retirement Community
30 Community Drive
Camden, Maine 04843

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CHANGE SERVICE REQUESTED

Meet Cottage Resident Betsy Henry

Visit Betsy Henry in her Quarry Hill cottage, and you can't help noticing the handsome, if a bit vacant-looking, gentleman relaxing in a rocking chair in the sunroom. No, Patrick Henry isn't Betsy's husband—he's a dummy she acquired decades ago to sit in the passenger seat of her car and ward off carjackers on her many trips around the country. But he's also a symbol of the resourcefulness—the imaginative approach to problem solving—that's central to Betsy's independent life.

Born in Buffalo and raised in Elmira, N.Y., and Louisiana, Betsy started doing things her way at an early age. She adored language and forced her busy mother to teach her to read by following her around with a book, spelling out the words to her, and asking to know what they were. After high school, she chose Wells College in Aurora, N.Y., pursued a degree in sociology, and graduated, she says, without a marketable skill to her name.

The solution? Become a teacher. Betsy completed a master's degree in education at Columbia University's Teachers College, then found a job teaching second grade at Newington (Conn.) Hospital for Crippled Children (now Connecticut Children's Medical Center). Her charges rolled into class in beds and wheelchairs, and their

matter-of-fact acceptance of their physical challenges stole the young teacher's heart. One student, she recalls, asked a new kid in class, "Are you a polio?" "No," came the reply, "I'm a Catholic."

Eventually, having discovered a passion for downhill skiing, Betsy packed up and moved to Colorado. There she stayed for the next 35 years, 25 of which she devoted to teaching grades 2 through 4 in the Cherry Creek schools, just outside Denver. She met her husband, Tom on a day hike with the Colorado Mountain Club; he died in 1975.

By 1992, Betsy was ready to retire. But that didn't mean slowing down. She took over her mother's job as genealogy compiler for the family association and got involved in volunteer work, reading to people with low vision and doing computer work for nonprofits. In 1995, when the new Denver International Airport opened 26 miles outside the city, she created a part-time job for herself, driving her friends (and *their* friends) to and from the facility. She also began proofreading for a court reporter, work that she continues to this day with the help of the Internet.

"Now, when I want to find the correct spelling of an unfamiliar term, I just google it," she says.



But even with all her irons in the fire, Betsy found she was happiest when vacationing on the coast of Maine. Finally, in 2009, she purchased a cottage at Quarry Hill, where, she says, "every day is a perfect day," filled with water exercise at the nearby YMCA, volunteering at the animal shelter, and tutoring adult students preparing for General Education Development (GED) exams.

Betsy loves life in Midcoast Maine—"the beauty, the friendly, unpretentious people"—and it's even better now that her sister, Peg Davis, has realized her dream of moving to Quarry Hill, too.

"When I told people I was moving to Maine, they asked me if I had family here," Betsy says. "Now I can say I do!"

mind bender Answer: Gail Sheehy

Source: www.brainyquote.com.