

# THE QUARRY HILL Quarterly

## Embracing Change

FROM DEVON GALE SMITH, MARKETING

Spring came soft as a kitten's paw to Maine last year. Outdoors, as the snow receded and the crocuses pushed up, you could almost hear the earth open its pores and draw its first, tentative breaths. But indoors, at Quarry Hill, a different kind of renewal was underway. And it was a good deal noisier.

In April of last year, in the first significant renovation of the Anderson Inn since its construction in 2002, a small army of carpenters, painters, carpet layers, and paper hangers descended on our main building and began carrying out a plan to refresh and re-engineer the independent-living lobby, Marketing Office, and two largest community rooms.

Today, we're savoring the rewards of the Great Upheaval. Our now-carpeted entryway is quieter, softer, and more gracious. The mail center is more attractive, more functional, and better lit. And in the Marketing Office, Denise and Devon have a quieter, more private place in which to conduct business.

But for residents, perhaps the biggest improvements are in the two ground-floor common rooms known as the Living Room and Media Room. Folding French doors now allow the two rooms, once separated by a solid wall, to function either separately or as one combined space, suitable for large gatherings. A state-of-the-art audiovisual system provides an optimal experience for audiences attending our twice-weekly movie nights and frequent educational and entertainment programs. A repositioned fireplace and stunning, granite-topped serving center add coziness, convenience, and a touch of

elegance to all sorts of get-togethers, from the popular morning coffee-and-tea confab to the bit-swankier wine-and-cheese and birthday socials that each month bring together residents of our cottage and apartment communities.

Makeovers like this rivet our collective attention on the future: What will things look like? How will the changes affect our lives? When, dear God, will that last square of tile we ordered finally arrive?? Yet our longing for change, and how we feel about it when it happens, seem as much about the past as about the future. We delight in spring precisely because it's preceded by winter. And at Quarry Hill, the "aaaahhhh!" we feel in our redesigned surroundings reminds us of how far we've come in seven-plus years—and how much we needed the place where we live, work, and play to catch up.

Perhaps you've arrived at such a moment in your life. Maybe new needs and desires are urging you (or a loved one) to begin thinking about, and planning for, the next chapter. Now through March 31 is an especially good time to step up to carefree living at Quarry Hill, thanks to our new Make My Move offers (see page 5). But do call, even if you'd just like to know more about how moving to an older-adult community can help you achieve the life you want. Because if there's one thing we've learned in recent months, it's how to make the most of change.



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Member of Pen Bay Healthcare

# NOTEWORTHY EVENTS

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## ***Dancing with Parkinson's***

Classes tailored to those with Parkinson's disease (but open to everyone) combine rhythmic, fluid movements with music chosen to excite and inspire. Accessible and fun for all; no experience necessary; canes, walkers, and wheelchairs welcome. \$5/class, sliding scale available. Drop-ins welcome. **Seven Thursdays, February 11 through March 25 from 2:30 to 3:45 pm** at the Anderson Inn at Quarry Hill. For more information, please call instructor Katie Tranzillo, 203-915-9371, or Quarry Hill Health Services Coordinator Suzanne Miller, 207-230-6224.

## ***AARP Driver Safety Course***

On **Friday, April 9, from 8:00 am to 12:30 pm**, instructor Don Lunt will teach this one-day refresher course, designed for drivers age 50 plus. The course includes lecture, video, workbook, and other materials (but no actual driving) for a cost of \$10, payable at the door. AARP membership is not a prerequisite, but *registration is required*.

## ***Senior Living Options in Knox County***

Are you or a loved one confused about local senior housing services and options? Considering retrofitting your home to meet your changing needs, or maybe selling your home and moving to a senior community? Take part on **Friday, April 23, from 9 am to 2 pm**, at the Penobscot Bay YMCA on Union Street in Rockport as experts representing several Knox County organizations come together to untangle the web of options, services, and programs available to help you safely stay in your home, prepare your home for sale in today's market, take advantage of legal and financial services (including reverse mortgages) of special interest to older adults, assess your current situation and needs, and much more. *Free. Light breakfast and buffet lunch included. Registration is required.*

## ***Parkinson's Disease Forum***

People with Parkinson's disease and their caregivers, as well as health practitioners, are invited to attend a Parkinson's Disease Resource and Information Forum, to be held on **Tuesday, April 27, from 4 to 5 pm**, at the Anderson Inn at Quarry Hill. Participating specialists will discuss local services available for people with Parkinson's. *Free.*

## ***5th Annual Shall We Dance Gala—"Gala on the Green"***

Join Pen Bay Healthcare, Quarry Hill's parent company, for the 5th Annual Shall We Dance Gala on **Saturday, May 8, from 7 to 11 pm** (cocktail party for ticket holders from 6 to 7 pm), at Samoset Resort, Rockport. Enjoy a dinner and dessert buffet, cash bar, music from the Tony Boffa Band, silent auction, and much more. Tickets are \$100 each. Tickets sold by April 1 will be entered into our "One Romantic Evening" drawing. Proceeds will benefit PBH's "going green" initiative.

Call 207-594-6799 or visit [www.penbayhealthcare.org/shallwedance](http://www.penbayhealthcare.org/shallwedance) for more information.

## ***Parkinson's Disease Support Group—Winter/Spring Programs***

- **March 2: "Speech and Swallowing Problems in Parkinson's"**

Participants will learn about strategies for the prevention and treatment of speech and swallowing issues associated with Parkinson's.

- **April 6: "The Poetry of Ken Nye"**

In honor of Parkinson's Awareness Month, poet and former university professor Ken Nye will read from his collection of writings. Nye has Parkinson's himself and lost his mother to Alzheimer's disease. He will also be the guest speaker at the Alzheimer's Support Group at 6 pm this day.

- **May 4: "Centering Fitness for Parkinson's"**

Learn about the New Pathways for Parkinson's Fitness Program, which incorporates tai chi and chi qong as well as breathing, stretching, strengthening, and flexibility exercises.

See page 3 for more information about the support group.

# Adventures in Living Well

WINTER/  
SPRING  
2010

## FREE PROGRAMS

designed to enhance your health  
and vitality after age 55.

### Poems on Loss, Hope, and Healing

Wed., Feb. 10 (snow date: Wed., Feb. 24)

1:30–3:00 PM • Quarry Hill

Presented by Diane H. Schetky,

retired forensic psychiatrist and author



"Nature repeatedly demonstrates that life can trump adversity," writes Diane Schetky in the introduction to her *Poems on Loss, Hope and Healing*. Listen as Schetky shares, through poetry and anecdote, how life's "harsh winds" can help us all learn to soar. Copies of Diane's book available for purchase and signing.

### At Sea Around the Table

Wed., March 24 (snow date: Tues., March 30)

12 noon–2:00 PM • Quarry Hill

Presented by Anne Mahle, co-captain and owner of the schooner J. & E. Riggins; professional chef and author



For Anne Mahle, simple food, prepared with passion, interweaves the lives of passengers and crew as they sail aboard the J. & E. Riggins. Enjoy a special luncheon featuring signature Riggins dishes as Anne describes her family's stewardship of this majestic Maine windjammer. Copies of Anne's book, *At Home, At Sea*, available for purchase and signing.

### Living in Community/ Working in Collaboration



Wed., April 21 • 10:30 AM–12 noon

Quarry Hill

Presented by Clarity, the artist/writer  
team of Su.Sane and Robert Hake

More than 20 years ago, Su.Sane and Robert Hake committed themselves to living and working collaboratively. In this narrated photographic presentation, they offer an inspirational look at the world that their commitment has created and the gifts that come from living in community.

### Paradise in a Pot: Container Gardens Anyone Can Grow

Wed., May 19 • 1:00–2:30 PM

Camden Public Library

Presented by Liz Stanley, horticulture program  
coordinator, University of Maine Cooperative Extension

Cosponsored by Camden Public Library



No longer have the energy—or the muscle—for a big garden? Container gardening can keep your love of growing going on a smaller, but no less satisfying, scale. Expert Liz Stanley has the tips to get you started.

**SEATING IS LIMITED.  
RESERVATIONS ARE NECESSARY.**

**Call Quarry Hill today at 230-6114!**

QUARRY  
HILL

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

## 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.

## 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.

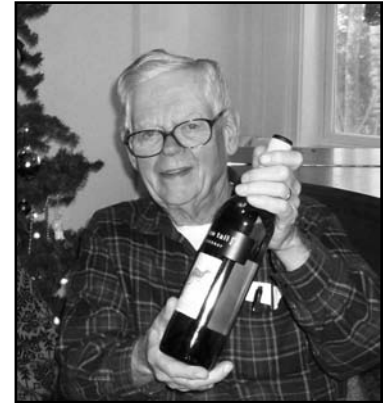
The class meets on **Thursdays** from **8:00 to 8:30 am**, in the Media Room of the Anderson Inn, Quarry Hill. It's free and open to anyone age 50 and older. For more information, please call **207-230-6114**.

# What's Been Going On...

↙ August 2009. Residents, staff, and Priority List members got cracking at the annual Lobster Bake. At right: Mary Jane Whitaker (seated) and Marjorie Kelley. Below, Betty Seal, Diana Rigg, and Lydia Lyman pose with Dining Services staffers Maddie Buckley and Diana Phillips.



↘ December 2009. At the Holiday Party, spectacular treats prepared by Quarry Hill's professional chefs fueled a riotous "Wright Family" gift exchange. Steve Smith (right) promised to put his gift to good use.



## Meet Our New Nurse-Leaders

### Nancy Marcille and Vicki Harriman

Quarry Hill proudly introduces Nancy Marcille, RN, BSHA, of Damariscotta as our new director of nursing and Vicki Harriman, RNC, MSN, of Union as manager of our traditional assisted living community.

Most recently interim director of nursing and manager of the long-term care center Cove's Edge in Damariscotta, Marcille was twice awarded Miles Health Care's President's Award for innovations aimed at improving the physical environment for long-term care residents and encouraging nurses to enter the long-term care profession. Previously, she helped open and for 12 years served as director of the long-term care community at St. Andrew's Village in Boothbay Harbor.

Vicki Harriman is a respected presence on the front lines of patient care. In addition to serving as a nursing educator, she has been a staff nurse at Kno-Wal-Lin Home Care and Hospice and Maine General Medical Center in Augusta; most recently, she worked as a staff and charge nurse in the medical/surgical and pediatric units at Pen Bay Medical Center.

Welcome to these outstanding additions to our nursing staff!



Nancy Marcille



Vicki Harriman

Who said this?

"A classic is something that everybody wants to have read but nobody wants to read."

Answer on page 6.

from the Recipe Box



Fish Chowder

Submitted by Resident Eleanor Gambell

Ingredients:

- 1 yellow onion, diced
- 2 T butter or margarine
- 2 to 4 potatoes, peeled and cubed

- 1 lb. haddock fillet, cut into bite-sized pieces
- 1 can evaporated milk
- Salt, pepper, and dried dill weed, to taste

Directions:

1. In a soup pot, sauté onion in butter until tender, about 3 minutes.
2. Add cubed potatoes to pot.
3. Add one cup of water to pot, bring to a boil, then reduce heat and simmer until potatoes are tender. When almost done, lay haddock pieces on top of potatoes and onion.
4. Cook gently until fish becomes opaque.
5. Add evaporated milk.
6. Add seasonings to taste.

Note: When doubling recipe, use one can evaporated milk plus one cup half-and-half.

Make My Move



Step 1

Choose the apartment or cottage that's right for you and make it yours by March 31, 2010.



Step 2

Put your wallet away and enjoy one of these unprecedented offers:

- If you've selected an apartment, we'll waive the first month's rent.
- If you've chosen a cottage, we'll give you a \$2,500 allowance to customize the home to your liking.



Step 3

After you've settled in, bring us a receipt for your moving expenses and...

- we'll reimburse up to \$1,500 if you've rented an apartment, OR
- we'll reimburse up to \$2,500 if you've purchased a cottage.

Learn more at quarryhill.org/make-my-move or call 207-230-6116.



Limited to new residents. Applicable to any cottage purchase-and-sale agreement or apartment lease signed by 3/31/10.

Get an update on current living opportunities at quarryhill.org or call 230-6116.

WELCOME  
QUARRY HILL'S  
NEWEST  
RESIDENTS

Joy Campbell  
Eleanor Gambell

CHANGE SERVICE REQUESTED

## Meet Apartment Resident Lydia Lyman

**B**eginning with sliding down the banister of her family’s Boston-area home at an incorrigible 5 years of age, Quarry Hill resident Lydia Lyman has made a career out of doing things she wasn’t supposed to do.

In the course of a cloistered childhood, the daughter of a well-off cotton manufacturer formed ambitions both athletic and artistic. A music teacher visited the house with metronomic regularity, but it was the “music and beauty” of figure skating that captured young Lydia’s heart. She remembers the day champion skater Marilyn Vincent tapped her for a role in an ice show as one of the happiest of her young life.

Eventually enrolling at Bryn Mawr College, Lydia spent two-and-a-half years bouncing from major to major. Ultimately opting to forgo a degree altogether, she took a job as an assistant in the Physical Education Department and began teaching dance and body mechanics. In 1941 she cofounded the Berkshire School of Dancing in Lenox, Mass., and later taught in New York City.

But like her idol, Isadora Duncan, Lydia proved a compulsive improviser. After

World War II, she moved to Springfield, Mass., and shelved dance in favor of church work. She developed her skills as an organizer and motivator. And in 1949, she and a friend wrote the local service for the Council of Churches World Day of Prayer—the first such service to embrace both Protestant and Jewish faiths.

One thing led to another (as has tended to happen in Lydia’s freeform existence), and she became field director for the Massachusetts Protestant Guild for the Blind. There were challenges—like the time she had to lead a group of blind men into a public men’s room—but she prevailed. “You just have to understand what other people need and want,” she asserts. “Then it’s easy.”

But if anyone thought Lydia would rest on her laurels, they didn’t know Lydia. An opportunity arose to take possession of the huge, 10-bedroom Lyman summer home on Mount Desert Island, off the coast of Maine. In 1964, cashing in most of her inheritance, Lydia winterized the “cottage” and moved in.

She rattled around in the old manse for several months. But then a friend’s son



began filling the spare rooms with his college chums and assorted relatives. At times, the house held as many as 22 people. Chaotic? “Lord love seven ducks, yes!” admits Lydia. “But it was fun.”

Over the years, Lydia delighted some and irked others by refusing to kow-tow to the island’s from-away aristocracy. At 63, she opened the Pine Tree Market, working elbow-to-elbow with her employees. She built four rental properties, but eventually, after struggling with unsavory tenants, carpenter ants, and a series of joint replacements, she moved to a retirement community in Bar Harbor and ultimately to Quarry Hill.

At last, she says, she’s found a home that’s “small enough to be friendly.” But perhaps more importantly, it’s also big enough to give an independent spirit like Lydia’s room to thrive.