

# THE QUARRY HILL Quarterly

## Connecting the Dots

FROM DEVON GALE SMITH, MARKETING

Remember those connect-the-dots puzzles you used to do when you were a kid? You drew lines from one numbered dot to the next, and by the time you got to the last dot, you had a complete picture of something—a snowman, perhaps, or a house, or a cat.

Healthcare has become a bit like that. Once upon a time, the only healthcare provider most folks ever saw was the good old family doctor, the Marcus Wellby type who treated all ills and “specialized” in all ages. But nowadays, what with exponential advances in medical science and technology, few of us can rely exclusively on one healthcare provider. We consult not only a primary physician but also, over the course of our lives, any number of specialists, from pediatricians to podiatrists, from oncologists to ophthalmologists. Today’s healthcare puzzle has many “dots”—and connecting one dot to the next is how you create the picture of a healthy life.

That’s why all of us at Quarry Hill are so excited about the latest development affecting our parent organization, Pen Bay Healthcare. On January 1, 2011, Pen Bay officially achieved full membership in the MaineHealth system, a not-for-profit family of many of the state’s best healthcare organizations. Ranked among the nation’s top 100 integrated delivery networks, MaineHealth includes Lincoln County Healthcare (Miles Memorial Hospital and St. Andrews Hospital and Healthcare Center), Maine Medical Center, Southern Maine Medical Center, Waldo County Healthcare (Waldo County General Hospital), Western Maine Health (Stephens Memorial Hospital), other health-related organizations, and now Pen Bay Healthcare, including Quarry Hill.

What does this mean for you, our valued residents, prospective residents, and others? In short, it means that local healthcare providers can now take even better care of you, by drawing on the resources and expertise of the entire MaineHealth family.

Already, as a result of our membership...

- real-time videoconferencing is making it easy for area practitioners, including Quarry Hill’s own Dr. Richard Kahn, to share information and ideas with colleagues in Portland and elsewhere;

- health information systems are being standardized, so patients transferring from one physician to another can get care faster; and

- advanced data-sharing technologies—like the new “electronic ICU”—are helping to ensure that our most critically ill patients benefit from the collective brainpower of the entire MaineHealth network.

And that’s just the beginning. In the weeks and months ahead, watch for groundbreaking new initiatives aimed at making local healthcare more cost-efficient, expanding professional development opportunities for healthcare providers, and helping Pen Bay members tackle the challenges imposed by healthcare reform.

Rest assured: Quarry Hill itself won’t change. We’ll continue to offer, as always, the best in independent living, assisted living, and nursing care for adults age 55-plus. But now, as a member of the MaineHealth family, we’re doing more. We’re connecting the dots to a healthier future for people like you.

[www.mainehealth.org](http://www.mainehealth.org)

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QUARRY  
HILL

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Member of Pen Bay Healthcare

# NOTEWORTHY EVENTS

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## ***Ready to Sell Your Home?: What You Need to Know About the Real Estate Market***

*Presented by Nicole Bland, ABR®, SRES®, Associate Broker, Jaret & Cohn Real Estate, Rockland*

*Come to one or both. Free, but registration is required. Call 230-6114.*

### **1. Thursday, March 24, 4 to 5 pm. “Getting Ready to Sell”**

This program will guide you in what you should do in advance of placing your home for sale, including who to consult, what legal and tax resources are available, how to select a real estate broker, how to prepare your home for showing, and more.

### **2. Thursday, April 21, 4 to 5 pm. “Selling in Today’s Market”**

Learn about the benefits of hiring a professional to assist with the sale. Plus: how to price your home, resources available to sellers, what to expect from a listing agreement, and more.

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

On Friday, April 8, from 8:00 am to 12:30 pm, instructor Don Lunt will teach this one-day refresher course, designed for drivers age 50 and better. The course includes lecture, video, workbook, and other materials (but no actual driving) for a cost of \$14, or \$12 if you’re an AARP member, payable at the door. AARP membership is not a prerequisite, but *registration is required. Call 230-6114.*

## ***Parkinson’s Disease Resource & Information Forum***

People with Parkinson’s disease and their caregivers, as well as interested health practitioners, are invited to attend the forum, to be held on Tuesday, April 19, 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.*

## ***Your Life, Your Choices: Practical Guidance for End-of-Life Planning***

Do you, like most people, feel overwhelmed and unprepared regarding issues such as will preparation, advance directives, funeral arrangements, etc? If so, plan to take part in this highly anticipated program on Friday, April 29, from 9:30 am to 1:30 pm, at the Salvation Army, Route 1, Rockland. Get answers to commonly asked questions, learn what resources are available to you, receive key forms and documents, and get assistance from experts with completing an advance directive and POLST form at the conclusion of the program. *Light breakfast and buffet lunch included, catered by Midcoast School of Technology. Free, but registration is required. Call 596-0339.*

## ***Anniversary Celebration and Open House***

Help us celebrate Quarry Hill’s ninth birthday, Saturday, June 11, from 2 to 4 pm, at the Anderson Inn. Enjoy entertainment and refreshments, plus get a closer look at our community. *Mark your calendar now. Free.*

## ***A Midsummer Masquerade: Dinner, Dancing, and Disguise***

Please join us on Saturday, July 23, from 6:00 to 10:30 pm, at the Samoset Resort, Rockport, for Pen Bay Healthcare Foundation’s sixth annual gala, “A Midsummer Masquerade: Dinner, Dancing, and Disguise.” Enjoy an evening of fabulous food, great friends, and lively entertainment with the Tony Boffa Band. This year’s gala will support Partnership Care, a collaborative model that supports patients and families as they take a more active role in their health and healthcare. Call 594-6799 for more information, including how to purchase tickets.

# SUPPORT GROUPS

## Parkinson's Disease

For people with Parkinson's disease, their families, friends, and caregivers. The **first Tuesday** of each month from **12 noon to 1:45 pm** at the Anderson Inn, Quarry Hill. Attendees should bring a bag lunch; drinks and desserts provided. For details, call **Suzanne Miller**, RN, BSN, CCM, at **230-6224**.

## Alzheimer's Disease

Provides information and support to area residents who have loved ones coping with Alzheimer's disease or related dementias. Meets twice monthly:

- The **first Tuesday** of each month from **6 to 7 pm** at the Anderson Inn, Quarry Hill
- The **third Tuesday** of each month from **3 to 4 pm** at Knox Center for Long Term Care, Rockland.

Call **Cheri Alexander**, LSW, at **230-6237** for more information.



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in Camden

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# CLASSES

## Dancing Chi Qong

A series of 12 gentle, easy-to-learn 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. **Thursdays, 8:00 to 8:30 am** at Quarry Hill. *Free.*

## Matter of Balance

Learn to view falls and fear of falling as controllable, set realistic goals for increasing activity, modify your environment to reduce your risk of falling, and exercise to increase strength and balance. **Dates to be determined.** Call Quarry Hill at 230-6114 to have your name placed on the notification list. Offered in collaboration with Spectrum Generations, spectrumgenerations.org

## Living Well for Better Health

For individuals living with chronic health conditions, this program teaches techniques to deal with problems such as frustration, fatigue, pain, and isolation; appropriate use of medications; nutrition; and how to evaluate new treatments. **Thursdays, March 17 through April 21, 12:30 to 3:00 pm** at Quarry Hill. *Free, but registration is required.* Call 230-6114. Offered in collaboration with Spectrum Generations, spectrumgenerations.org.

## Tai Chi for Seniors

Connecting the mind and body, this ancient Chinese discipline is a graceful form of exercise used to reduce stress and provide relief from other health conditions. Instructor Carol Woodbury Witham, a local clinical exercise specialist, leads this class on **Wednesdays, 10 to 11 am** at Quarry Hill. Cost is \$5 per class, payable at the door.

## New Pathways for Parkinson's

This holistic fitness program is designed specifically for persons with Parkinson's and their caregivers. Instructor Carol Woodbury Witham, a local clinical exercise specialist, leads the class on **Fridays, 10 to 11 am** at Quarry Hill. Cost is \$5 per class, payable at the door.

## SAVE THE DATE

### Your Life, Your Choices: Practical Guidance for End-of-Life Planning

Friday, April 29 • 9:30 am to 1:30 pm • Salvation Army, Route 1, Rockland • Free.

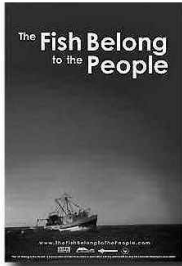
To register, call Spectrum Generations at 596-0339.

# Adventures in Living Well

WINTER/  
SPRING  
2011

## FREE PROGRAMS

designed to enhance your health  
and vitality after age 55



## The Fish Belong to the People

Wednesday, February 9  
(snow date: Wednesday, February 16)  
11:00 AM–1:30 PM • Quarry Hill

Presented by Midcoast Fishermen's Association

Fishermen in Port Clyde, Maine, aren't waiting for modern fish harvesting practices to destroy the resource on which their way of life depends. Using a thought-provoking documentary film as their starting point, the group tells of bold steps to save area fishing grounds. Refreshment ingredients from Port Clyde Fresh Catch.

## Recipe for Well-Being Everyday Creativity

Wednesday, March 23  
1:00–2:30 PM • Camden Public Library  
Presented by Laura Jaquays, *artist, educator,  
and expressive arts practitioner*  
Cosponsored by Camden Public Library



Think you don't have a creative bone in your body? Laura Jaquays says you do, and she's committed to helping you find and use it. Simply infusing a little creativity into your day-to-day activities, she's found, works wonders for body, mind, and spirit. Her lighthearted "recipe" shows us how.



## Jamaica Culture and Cuisine

Wednesday, April 20  
11:30 AM–1:00 PM • Quarry Hill  
Presented by Chef Peter Gelman

In Jamaica, centuries of clashing peoples and warring cultures have created a unique heritage and a spectacular cuisine. Join us as we explore the lively lore and big flavors of one small nation embraced by the sea. Authentic dishes provided and prepared by Chef Gelman and Quarry Hill Executive Chef John Roy.

QUARRY  
HILL

## Love the Skin You're In

Wednesday, May 18  
10:30 AM–12:00 noon • Quarry Hill  
Presented by Jennifer Ross-Boshes,  
*master esthetician and owner,  
Beauty Mark Spa*



You'll be glad you let Jennifer under your skin, with a presentation as vitally informative for men as it is for women. What's going on with *your* body's largest organ? Find out, and get the facts you need to keep your skin healthy for life.

## The Lunatic, the Lover, and the Poet

### Shakespeare's Greatest Hits

Tuesday, June 7  
2:00–3:30 PM • Camden Public Library  
Presented by Richard Clark, *professional actor*  
Cosponsored by Camden Public Library



Twelve characters, 25 monologues. It adds up to a rollicking celebration of the world's greatest wordsmith when renowned solo thespian Richard Clark returns to the Camden stage.

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.

Get an update on  
current living  
opportunities at  
[quarryhill.org](http://quarryhill.org)  
or call 230-6116.

**WELCOME**  
**QUARRY HILL'S**  
**NEWEST**  
**RESIDENTS**

Nancy Akers  
 Wes Dow  
 Alice Lamberty  
 John & Janet Lloyd  
 Betty Smith  
 Lila Vultee

## from the Recipe Box



### Beef Burgundy

By Quarry Hill Dining Services, from The Taste of Home Cookbook, 2008

#### Ingredients:

- |   |   |
|---|---|
| 3/4 pound boneless chuck roast, cut into 1" cubes | 1 1/4 C chicken broth                   |
| 2 T olive oil, divided                            | 1/4 C Burgundy wine or additional broth |
| 1 T butter  | 2 bacon strips, cooked and crumbled     |
| 4 tsp all-purpose flour                           | 1 1/2 C sliced fresh mushrooms          |
| 1 tsp red currant jelly or seedless raspberry jam | 1 C pearl onions, peeled                |
| 1 tsp tomato paste                                | 1 C baby carrots                        |
|   | Dash pepper                             |

#### Directions:

1. In saucepan, brown beef on all sides in 1 T oil. Remove and set aside. In same saucepan, melt butter. Stir in flour, jelly, and tomato paste; gradually add broth and wine or additional broth. Bring to a boil; cook and stir for 1 min. or until thickened.
2. Add beef and bacon. Return to a boil. Reduce heat; cover and simmer for 45-50 mins. or until meat is tender.
3. In small skillet, sauté mushrooms in remaining oil until tender. Add mushrooms, plus onions, carrots, and pepper, to beef mixture. Cover and cook 20-25 mins. or until vegetables are tender. Serve over cooked egg noodles, if desired.

## TIPS & TRICKS

for Happy & Healthy Living

## Seize Your Zzzzzzzs!

BY DEVON GALE SMITH, MARKETING

**Y**ou know that out-of-sorts way you feel when you haven't gotten enough shut-eye? Experts say that's just the beginning of the trouble that can happen when people don't get the restorative rest they need.

Consider the following eye-openers: The National Highway Traffic Safety Administration estimates that driving while drowsy—a sign of sleep deprivation—causes 1,500 fatalities every year. The Exxon Valdez oil spill, Challenger space shuttle disaster, and Chernobyl nuclear accident have all been attributed to human errors in which poor sleep played a role. And on a personal level, the risk of numerous health issues, from heart disease to obesity, increases in those who snooze less than the recommended seven hours per night.

But there's no need to lie awake worrying about sleep loss. Cindy Roth, RPSGT, CRT, lead sleep tech-

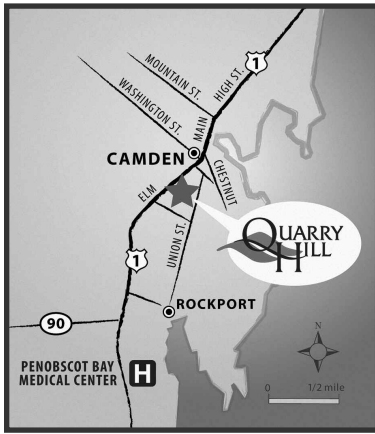
nologist at the Center for Sleep Medicine (a department of Pen Bay Medical Center), offers the following do-it-yourself Rx for healthier nights:

- Develop rituals that help you relax before bed. Meditate, perhaps, or settle into a favorite chair and read.
- Get up at the same time each morning, and work toward a consistent bedtime as well (but don't go to bed before you're sleepy).
- If you don't nod off within 20 minutes of hitting the hay, get out of bed and find something to do until you feel drowsy again.
- Avoid caffeine from early afternoon on. Ditto for alcohol: acting as both a stimulant and a depressant, it disrupts sleep as well as awareness.
- Exercise daily, but limit your most strenuous workouts to the morning hours.
- Remember Charlotte Brontë's, "A ruffled mind makes a restless pillow." Do your best to resolve

"unfinished business" before you go to bed.

For stubborn insomnia, Roth says, there's always professional help, like that available in midcoast Maine at the Center for Sleep Medicine. Or, you can rely on the simplest solution of all: Monday morning.

**mind bender** When I point up it's bright, but when I point down it's dark. What am I?  
 Answer on page 6.



**Retirement Community**  
 30 Community Drive  
 Camden, Maine 04843  
 CHANGE SERVICE REQUESTED



[quarryhill.org/cottage-for-sale](http://quarryhill.org/cottage-for-sale)

## Meet Cottage Residents

# Dick and Lee Morehouse

To most of us, “love” means loving a person—a spouse, a child, or a friend. But what happens when you fall head over heels, not with a person, but with a place? No one knows more about that than cottage residents Dick and Lee Morehouse.

Dick and Lee met as students at Middlebury College. A B-24 bomber pilot during World War II, he eventually became an architect; she, an x-ray technician and teacher. For many years, they lived, worked, and raised a brood of three in Lexington, Mass. Now, they divide their time between Quarry Hill (where they spend the colder months of the year) and the true love of their lives: Vinalhaven Island, some 12 miles off the coast of Maine. We asked the Morehouses to tell us a bit about the place, and about themselves.

Q: Besides family and friends, what’s most precious to you?

Lee: That’s easy—Vinalhaven. We stumbled on it back in the ‘50s, and it was love at first sight.

Dick: We just knew we had to have a home there. Eventually, we found a rambling, long-vacant shipbuilder’s house, circa 1850. When we bought it, it had 128

broken window panes—and that was just the beginning! We spent two years rehabbing the place. Our kids grew up working on it.

Q: What do you like best about island life?

Dick: I love playing farmer. I spend hours in our two gardens—we eat our own vegetables all summer—and I like mowing. And of course the mud fights we and the kids have in the pond each summer. We’ve got every one of them on videotape.

Lee: I sing in a church choir. I volunteer in the Secondhand Prose book store. And as part of my ongoing work with the Vinalhaven Land Trust, I help monitor the Trust’s properties. In between I get lost in quilting projects. I piece them with fabrics I find at the island swap shop. A group of us makes a quilt each year and auctions it to benefit the library.

Q: What has inspired you over the years?

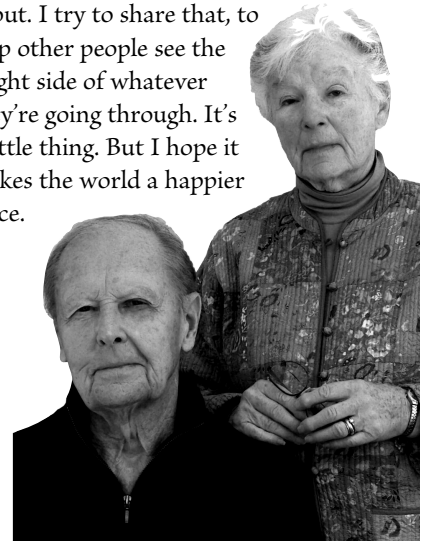
Lee: For me, there’s something almost miraculous about a close-knit community. On Vinalhaven, and here at Quarry Hill, too, people have a wonderful way of looking out for each other without being snoopy. It’s knowing when someone needs food or a shoulder to cry on and just quietly stepping in to fill that need.

Dick: I’m thinking of the times I’ve served as a teacher on Outward Bound courses for inner-city kids. Often, before leaving, I’d read about the trouble these kids had gotten into and think *man, this is going to be tough!* But time and again, the experience of Outward Bound worked wonders. It wasn’t unusual to see better than half of the students in a course use what they’d learned to turn their lives around.

Q: What makes you laugh?

Dick: Victor Borge. His piano shticks are just hilarious.

Lee: Everyday life gives me lots to smile about. I try to share that, to help other people see the bright side of whatever they’re going through. It’s a little thing. But I hope it makes the world a happier place.



**mind bender** Answer: a light switch.

Source: *Riddle #45*. <[www.riddles.com](http://www.riddles.com)>.