

News & Views

from Quarry Hill

Finding Beauty in Every Season

FROM LORIMAN LOOKE, EXECUTIVE DIRECTOR

As the blaze of colorful leaves drifts gently to the ground and frosty fields greet early risers, I'm reminded that every season carries its own kind of glory.

At Quarry Hill, Mother Nature gets a helping hand from our talented grounds crew, our resident-led Grounds Committee, and one especially dedicated resident who has lovingly taken on the care of one of our walking gardens. You can read more about this inspiring individual on page four of this newsletter. Our heartfelt thanks go out to all who work so diligently to create and maintain the beautiful landscapes we enjoy year-round.

Autumn also ushers in the joy of the holidays—beginning with a lively Halloween costume parade featuring residents, our young preschool neighbors, and care team members haunting the halls of the Anderson Inn. Soon after, the star atop Mt. Battie makes its annual appearance, casting a warm glow over Camden each evening from

Thanksgiving through New Year's Eve. This luminous beacon reminds us to pause for reflection, express gratitude, and cherish time with loved ones.

This season, we have much to celebrate at Quarry Hill. One of our exceptional care team members was recently honored with a DAISY Award for extraordinary nursing care—an accolade made even more meaningful by the fact that the nomination came from a Quarry Hill resident. Learn more on page two.

Adding to our pride, Quarry Hill successfully completed its latest surveys conducted by the state's Department of Health & Human Services and the fire marshal this fall. This achievement reaffirms our unwavering commitment to excellence, safety, and the highest standards of care.

Wishing you moments to enjoy cherished holiday traditions and the warmth of loved ones. Stay well this winter—we look forward to seeing you soon.

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At home in Camden

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

30 Community Drive, Camden, ME 04843

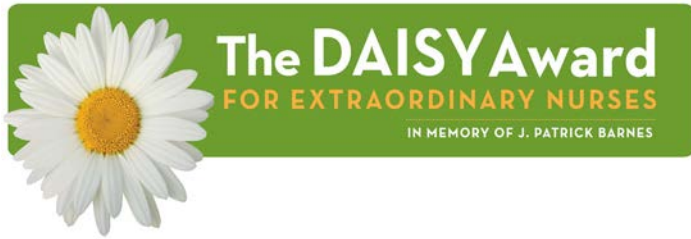
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A MaineHealth Member

Quarry Hill Nurse Receives Prestigious Award



Care team members gathered at the Anderson Inn to recognize Elizabeth “Liz” Hendrick, RN, with the DAISY Award on Thursday, October 2.

The DAISY Award is an internationally-recognized and widely respected program that celebrates and recognizes nurses for the care and kindness they provide. Nominations can be made by residents, families, and co-workers.

Liz was nominated by resident Don Johnson (seated in the photo), who said in the nomination: “Nurse Liz is a ‘Center of Excellence’ all by herself. I was a manager and I’ve noticed how often Liz’s colleagues seek her out for advice and direct assistance. She is an excellent nurse clinician—attentive, communicative and compassionate, all while remaining professional. Whenever residents or staff nurses mention Liz’s name, out comes a smile and then a compliment. She is simply the best.”

"Quarry Hill is fortunate to have wonderful care team members, with Liz providing a great example with the compassionate and professional care she provides to residents," said Loriman Looke, Executive Director and Administrator. Ellen Wood, Director of Nursing, echoed those sentiments, saying, "Liz is an amazing advocate for the residents of Quarry Hill, and she works diligently to ensure they receive the highest quality care."



Pictured, front: Quarry Hill resident, Don Johnson. Back, left to right: Denise Needham, president of Pen Bay and Waldo Hospitals; Liz Hendrick, RN, Quarry Hill; and Kristin Cyr, RN, MSN, chief nursing officer at Pen Bay and Waldo.



Ward Off the Winter Blues

If you experience the blues when the days get shorter and the temperatures drop, you might have Seasonal Affective Disorder (SAD). A form of depression triggered by daylight and weather changes, SAD typically begins and ends at about the same time each year, starting in the fall and continuing through the winter months.

Feelings of sadness, low energy / fatigue, difficulty concentrating, and changes in weight and sleeping patterns are common symptoms of SAD. Fortunately, there are effective ways to manage these symptoms and support your well-being.

- **Stay Active.** Regular exercise boosts mood by releasing endorphins. Outdoor activity is ideal, but if weather doesn't permit, try indoor workouts near a window to maximize light exposure.
- **Eat Well.** A balanced diet is especially important in winter. Focus on foods rich in vitamin D—like salmon mackerel, egg yolks, and fortified products such as milk and cereals. Limit intake of alcohol, refined carbs, and sugars, which can worsen depressive symptoms.
- **Get Sunlight.** Natural light helps regulate mood and vitamin D levels. Sit near sunny windows or take short walks outside when possible.

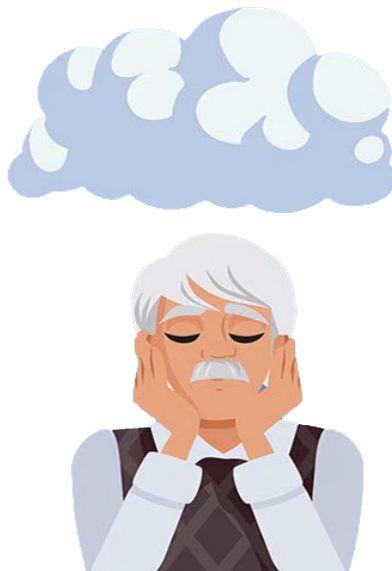
- **Try Light Therapy.** Light boxes that mimic natural sunlight can help reset your circadian rhythm. Use one for 20–30 minutes each morning to reduce symptoms.
- **Engage in Uplifting Activities.** Build a routine of mood-enhancing habits—connect with friends, explore hobbies, volunteer, or join a club. Starting these before winter sets in can help prevent the onset of SAD. Living with seasonal affective disorder isn't easy, but incorporating self-care strategies into your daily routine can help ease symptoms, boost energy, and improve mood.

Keep in mind that these strategies aren't to be used instead of treatments.

While these strategies can be helpful, they're not a substitute for professional care. If you notice recurring seasonal depression or have been diagnosed with SAD, consult a mental health provider. They can tailor a treatment plan that may include therapy, medication, or lifestyle adjustments.

Understanding SAD and taking proactive steps can make a meaningful difference in how you feel throughout the darker, colder months.

Christine Waldron, RN, BSN, Quarry Hill health services coordinator



Turning Points

Ann Donaldson: Cultivating Community

On any given day during the growing season, Quarry Hill resident Ann Donaldson can usually be found tending the walking garden on the grounds of the Anderson Inn. This garden, one of her happy places, is more than a collection of blooms—it's a sanctuary. A meandering paved path winds through thoughtfully planted beds and leads to a peaceful patio, inviting all who enter to pause and connect with nature and one another.

Like many of the shared spaces at Quarry Hill, the walking garden was designed to feel like an extension of home. Through her care and dedication, Ann has deepened that vision, transforming it into a living symbol of community and belonging.

Ann's strong sense of place was rooted early in life. She grew up in the Donaldson family farmhouse in Lincoln, Massachusetts, surrounded by her parents, Astrid and Don; her brothers, Dan and Dave; and her Swedish aunts, Maria and Ada. Their home, nestled between two historic churches and bordered by dairy farms, orchards, and hayfields, was part of a close-knit, open-hearted community. That spirit of connection has stayed with her ever since.

Her academic path led her to study biology and chemistry—disciplines that nurtured her love for hands-on learning. She later shared that passion as a high school science teacher

in Massachusetts, New York, and California. But Ann's journey didn't stop there. She went on to become a successful businesswoman, owning an airport and aviation business in Vermont, a dental product import business in Boston and Maine, and managing the finances of a dental laboratory and dental practice alongside her late husband, Lloyd Miller, a well-regarded dentist who hailed from Maine.

Ann describes her three marriages with characteristic candor: "The first was a mistake, the second an adventure, and the third a true partnership lasting 20 years." Now the last surviving member of the Donaldson family and without children of her own, she finds



Turning Points CONTINUED

deep fulfillment in the community she's built at Quarry Hill. "Quarry Hill and Camden fill the void for me," she says. "I am happy to be here to add my voice and energy to this diverse community."

Music has long been a thread in Ann's life. From early piano and violin lessons to singing in church choirs and choral groups across the country, music has always connected her to others. Today, she studies voice at Bay Chamber Music School and sings with the Midcoast Community Chorus, continuing to share her joy through song.

Before moving to Quarry Hill nearly three years ago, Ann lived in Union for three decades. As a widow, she thoughtfully

considered how to shape the final chapter of her life. When the right apartment became available, the timing felt spot on. Now, she treasures her proximity to Camden and Rockport, her church, Bay Chamber, and the vibrant Midcoast arts scene.

Ann's days are filled with purpose. She hikes with the Penobscot Bay YMCA's club, participates in strength training, and still mows a small paddock of grass in the walking garden with a push mower. The rhythmic whir of the blades reminds her that another growing season is always on the horizon—an echo of her enduring hope and her commitment to cultivating beauty, connection, and community wherever she goes.

from the Recipe Box

Pumpkin Brandy Mousse (serves 8)

From resident Pat Hopkins

Ingredients:

1 envelope unflavored gelatin
¼ C brandy
4 eggs
⅔ C sugar
1 C canned pumpkin

¼ tsp. ginger
¼ tsp. cloves
½ tsp. cinnamon
¼ tsp. nutmeg
1 C heavy cream

Directions:

1. Sprinkle gelatin over brandy in small bowl; set bowl in pan of hot water. Simmer to dissolve gelatin. Remove from heat and cool slightly.
2. In a large bowl beat eggs until thick and light. Gradually beat in sugar. Continue beating until thick and light, about five minutes.
3. In a small bowl, combine pumpkin and spices. Stir into egg mixture along with gelatin mixture until well combined.
4. With rubber scraper, gently fold one cup heavy cream, whipped, into pumpkin mixture, blending well.
5. Spoon into individual molds or fancy cups and chill thoroughly (about four hours).
6. Garnish with whipped cream if desired.



PTS: Personalized Wellness, Right at Home

Preferred Therapy Solutions (PTS), a New England-based outpatient and wellness provider, offers a full-service office, clinic, and gym conveniently located within the Anderson Inn at Quarry Hill. This onsite presence means residents have easy access to expert care without ever leaving campus.

Staffed by a highly experienced team of therapists across multiple disciplines, the practice is committed to delivering personalized programs tailored exclusively for Quarry Hill residents.

“In an extended care community like Quarry Hill, we work with individuals across a wide spectrum of needs,” says Clinic Director Mark Pollock. “Understanding each client’s goals, diagnoses, and therapy requirements is essential to creating a customized plan that meets them where they are.”

While Preferred Therapy operates several locations throughout Maine and New England, the Quarry Hill clinic stands out for its dedicated gym space. “Having this equipment onsite gives residents another convenient fitness outlet,” Pollock explains. “It’s a valuable resource for helping them maintain their independence.”

Quarry Hill resident

Lainie Zimmerman began working with Mark after being referred by her primary care physician. Her goal was to increase physical activity and improve balance and mobility as her vision declined. She credits Mark’s steady and supportive guidance for her progress. “This therapy is helping me live my best independent life,” she says. “And having access to it right here at home is truly invaluable.”

The practice currently includes two full-time physical therapists, two part-time occupational therapists, and one part-time speech therapist. Together, they offer a continuum of care designed to support and often enhance residents’ overall wellbeing—no need for travel across town or beyond.

Most insurance plans, including Medicare, are accepted, and many clients find the pricing to be affordable, often with no co-pay required.

In addition to one-on-one therapy, the team also provides educational presentations on

topics such as healthy living at home, managing back pain, preparing for and recovering from knee surgery, and the benefits of speech therapy.

To learn more, visit preftherapy.com.

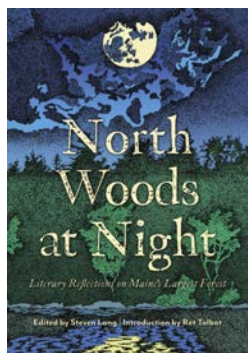


Noteworthy Events

Live Author Event: *Rivers of Ink and North Woods at Night*

Tuesday, November 18, 4 – 5:30 p.m.

Presenters: Steven Long, editor, and various authors



Pull up a chair and lean in as authors read from their contributions to these anthologies that explore the beauty and mystery of Maine's Penobscot River and its vast forests after dark.

Join in the discussion about nature, resilience, and human connection to the environment.

Books available for purchase and signing.

Alternative Medicine: An Overview

Tuesday, November 25, 3 – 4:30 p.m.

Presenters: Deb Moskowitz, ND, owner, Camden Whole Health and team of whole body practitioners



Delve into an enlightened discussion on integrative wellness featuring practitioners of naturopathic medicine, acupuncture, massage

therapy, and more. Gain insights into achieving optimal health and well-being through a comprehensive, team-based approach.

The Tastes of a Maine Christmas

Tuesday, December 9, 1 – 2:30 p.m.

Presenters: Albatross Restaurant Bakery, Bixby Chocolates, Cellardoor Winery, and The Place Bakery

Indulge in exquisite chocolates, savor exceptional wines, enjoy gourmet dishes,



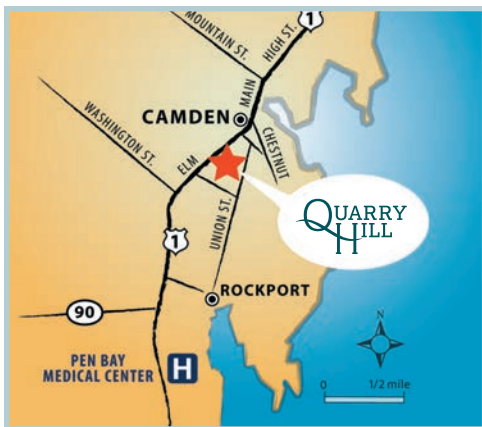
and treat yourself to delectable goods. This tasting event promises to be a memorable culinary experience, showcasing the best of local flavors and artisanal craftsmanship.

Products available for purchase.

WELCOME QUARRY HILL'S NEWEST RESIDENTS

Charlton & Noni Ames
Roger Burke
Marty Farlow
Nancy Goggin
Marlene Kehler

**Classes, events, and groups free and at Quarry Hill unless otherwise noted.
Registration required. Call 207-301-6116 or email qhinfo@mainehealth.org.**



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Support Groups

Groups free and at Quarry Hill unless otherwise noted.

Alzheimer's Disease

Offers information and support to those with loved ones coping with Alzheimer's disease or related dementias.

Meets twice monthly:

- First Tuesday, 6 to 7 p.m., via Zoom
- Third Tuesday, 3 to 4 p.m., Quarry Hill

For more information and Zoom details, contact **Cheri R. Blouin, LSW**, at 207-301-6237 or at Cheri.Blouin@mainehealth.org.

Bereavement

The Coastal Family Hospice Volunteers' Bereavement Support Group meets the **first Monday of each month from 4 to 5 p.m.** This is an opportunity to express feelings in a safe and confidential setting.

Questions? Contact Coastal Family Hospice Volunteers at 207-466-9444 or coastalfamilyhospicevolunteers@gmail.com.

Caregiver

For caregivers interested in sharing, learning, and supporting each other in a confidential and friendly environment. Meets the **third Thursday of each month from 3:30 to 4:30 p.m.**

Call facilitators **Kim Danforth, LMSW-cc** at 301-3095 or **Catherine Athay, LCSW** at 301-8977 with questions.

Parkinson's Disease

For people with Parkinson's disease, their families, friends and caregivers. Meets the **second Monday of each month from 12 noon to 2 p.m.** Attendees should bring a bag lunch; drinks and desserts provided.

For details, call Spectrum Generations at 800-639-1553.