

News & Views

from Quarry Hill

Looking Ahead Together

FROM LORIMAN LOOKE, EXECUTIVE DIRECTOR

As the seasons change and we look ahead to new opportunities, I am reminded that a thriving community is built through thoughtful choices made day after day. At Quarry Hill, we are fortunate to be surrounded by people who care deeply about one another, remain engaged with the world around them, and seek ways to make a positive difference. Those shared values shape not only our experience today but also the legacy we create together.

One of the qualities I admire most about our residents and team members is their openness to new ideas while staying true to what matters most. Whether adopting practices that benefit others, finding innovative ways to enhance daily life, or supporting one another through life's transitions, there is a collective spirit of purpose felt throughout campus.

Our commitment to creating an exceptional living experience extends beyond any one program, initiative, or service. It is reflected in the many ways we support personal well-being, encourage meaningful connections, and foster an environment where individuals can continue to learn, grow, and pursue the activities that bring them joy. We believe that living well is about more than maintaining independence. It is about having the opportunity to flourish.

At the same time, we recognize the importance of being good stewards of the resources entrusted to us. Responsible decision-making and a long-term perspective help ensure that Quarry Hill remains a vibrant place for years to come. The strongest communities balance caring for people today with

Continued, page 2

inside

Page 2

Cover Story, continued
Recipe

Page 3

Turning Points

Page 4

Noteworthy Events

Page 5

Notworthy Events, cont.
Of Interest

Page 6

Of Interest

Page 7

Tips & Tricks
Welcome, New Residents

Page 8

Support Groups



At home in Camden

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

30 Community Drive, Camden, ME 04843

207-301-6116 • quarryhill.org

qhinfo@mainehealth.org

facebook.com/QuarryHillCamdenMaine

Cover Story CONTINUED

preparing thoughtfully for tomorrow.

What makes this possible is the remarkable partnership among residents, families, volunteers, and team members. Together, we foster a culture defined by engagement, compassion, and a shared commitment to continuous improvement. It is this spirit of collaboration that enables Quarry Hill to evolve while remaining a place where people feel supported, connected, and at home.

As we look to the future, we remain committed to building on the strong foundation that has made Quarry Hill such a special place. Together, we will continue creating a community that embraces opportunity, supports well-being, and enriches the lives of all who live here.



from the **Recipe Box**

The Best Chicken Soup You'll Ever Eat

From resident Marcia Nowell via ambitiouskitchen.com



Ingredients:

- | | | |
|----------------------------------|---|--|
| 1 T avocado oil or olive oil | 1 T fresh ginger, grated | 1 tsp. fresh thyme, chopped with stems removed |
| 6 cloves garlic, minced | 1 T fresh tumeric, grated | ½ tsp. salt |
| 1 yellow onion, diced | 6 C low sodium chicken broth | Freshly ground black pepper |
| 2 large carrots, thinly sliced | 1 lb boneless skinless chicken breast or thighs | 1 C pearl couscous |
| 2 celery stalks, roughly chopped | 1 tsp. fresh rosemary, chopped | ⅔ C frozen peas |

Directions:

1. Place a large dutch oven or pot over medium heat and add oil. Once oil is hot, add garlic, onion, carrots, and celery; cook for a few minutes until onion becomes translucent.
2. Next add grated ginger and grated tumeric. Sauté for 30 seconds to let the spices cook a bit, then add chicken broth, chicken, rosemary, thyme, salt, and pepper.
3. Bring soup to a boil, then stir in couscous. You'll want the chicken to be covered by the broth so make sure you stir them down to the bottom of the pot.
4. Reduce heat to medium low and simmer uncovered for 20 to 25 minutes or until chicken is fully cooked.
5. Once chicken is cooked, remove with a slotted spoon and transfer to a cutting board to shred with two forks. Add chicken back to pot, then stir in frozen peas. Add more broth if needed. Season to taste.

Turning Points

Bill and Judith Jones | Rooted in Place

Some of life's most important turning points are obvious in the moment. Others reveal their significance only years later. For Quarry Hill residents Bill and Judith Jones, one such moment came when they decided to put down permanent roots in Hope, Maine.

Although both were born in the Philadelphia area, their paths took them far beyond the Northeast. Bill was valedictorian of his high school class and later earned advanced degrees that led to a career in international development. Judith pursued graduate studies in international relations and sociology and built a career focused on education policy and educational opportunity. Their shared interests brought them together at the University of Geneva, where they first met as young scholars exploring the wider world. They married in 1973 and went on to raise two daughters while pursuing careers that spanned continents.

For Bill, a key influence dated back even earlier. Summers spent at his family's camp on Hobbs Pond in Hope sparked a lifelong interest in agriculture. That interest ultimately shaped his work with the World Bank, where he focused on agricultural development and researched the impact of the Green Revolution around the world.

The turning point came when the couple began purchasing farmland in Hope, first the Taylor Place and later the Payson Farm

and Orchard.

For 30 years they grew and sold Christmas trees, along with blueberries and apple cider. By 1998, they moved to Maine full-time, embracing what Bill jokingly called "retirement," though neither of them slowed down.

That decision transformed not only their lives but also the community around them. Bill became deeply involved in local government, historical preservation, and community events such as the Hobbs Pond Swim, a 35-year tradition. Judith dedicated herself to strengthening the library and advancing educational opportunities, including her long-standing advocacy for public charter schools. Together, they helped preserve farmland, support local institutions, and enrich civic life in Hope.

Bill and Judith made the decision to move to Quarry Hill after the pandemic, while also maintaining their farmstead in Hope. They have acclimated swimmingly into the Quarry Hill community, each finding valuable ways to contribute to resident life over the past three and a half years.



Both published authors, Bill and Judith continue to co-write a combined life story that spans more than fifty years. Their manuscript is a reminder that a meaningful life is often built by connecting personal passions with service to others.

Noteworthy Events

Savor the Season: Tomato Tasting & Pairing

Wednesday, September 23, 1 – 2:30 p.m.

Presenter: John Fromer, Merryspring Nature Center



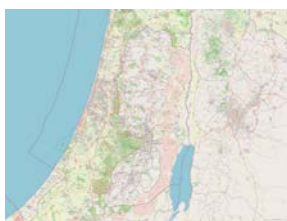
Delight in a lively, sensory-rich tomato tasting led by master gardener John Fromer, showcasing vibrant, flavor-packed varieties, each paired with complementary bites. Discover the diversity of locally grown tomatoes and savor the colors, textures, and tastes of summer.

A Report From the West Bank

Tuesday, October 6, 3 – 4:30 p.m.

Presenters: Beth Whitman & Ethan Hughes, travelers

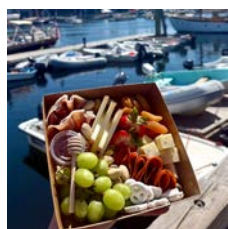
Beth and Ethan offer an engaging talk sharing first-hand perspectives on the Holy Land, exploring daily life and the role of faith-based witness delegations through stories, reflections, and opportunities for thoughtful discussion.



Bored of Your Board?

Wednesday, October 28, 1 – 2:30 p.m.

Presenter: Allison Warren, owner, Camden Charcuterie



Embrace this hands-on, interactive class teaching how to craft beautiful, delicious charcuterie boards. Explore flavor pairings, textures, and presentation while creating a board perfect for entertaining and sharing.

Peace Ridge Sanctuary

Tuesday, November 10, 3 – 4:30 p.m.

Presenter: Melissa Andrews, director humane education & outreach, Peace Ridge Sanctuary



Lean into an inspiring talk on a sanctuary's mission to care for rescued farm animals, sharing stories while exploring links between compassion, sustainability, social justice, and everyday choices that support a more peaceful world.

Tech, Talk, Thrive: Helping Seniors Stay Connected

Tuesday, November 24, 1 – 2:30 p.m.

Presenter: Jennifer Jain, senior companion program director, UMaine Center on Aging

Don't miss this informative overview of UMaine's Senior Companion Program and technologies available for aging in place, highlighting support for independent living, the benefits of smart tools, and strategies for safety, privacy, and connection.



Miniatures Talk & Ornament Workshop

Wednesday, December 9, 1 – 2:30 p.m.

Presenter: Tara Morin, program director, CMCA



Tara offers a whimsical talk on miniature art, where tiny worlds spark big imagination. Discover creative processes, materials, and inspiration, then explore storytelling at small scale—followed by a delightful hands-on workshop.

Noteworthy Events CONTINUED

Rethinking Food Insecurity

Tuesday, December 22, 1 – 2:30 p.m.

Presenter: Alan Kearn, executive director, AIO Food Market



Explore how scarcity mindsets shape food insecurity, inviting the community to rethink limits and consider what's possible when working together to create equitable, abundant access for all.

Programs free and at Quarry Hill unless otherwise noted.



Of Interest

Care Team Members Honored for Service

2026 Nursing Excellence Award Nominee

Congratulations to Sheila Glaude, LPN, recently nominated for a 2026 Nursing Excellence Award. Nominees and winners were acknowledged by MaineHealth leadership during National Nurses Week, May 6–12.

Ellen Wood, Quarry Hill Residential Care Manager, says, “Sheila works five nights a week, overnight, providing the highest-quality care to our residents. She is efficient, professional, and kind, but more than that, Sheila genuinely cares about the residents of Quarry Hill and does everything humanly possible to not only meet but exceed their wants and needs.”

Unidine GEMS

Three members of the Unidine dining services team were recently recognized. In Years of Service catch-up honors, Cynthia Creamer, Terraces server, was applauded for 44 years, while Melissa Corey, assisted living dinner cook, was recognized for eight years of service.

Jonah Hagget, independent living chef, has received the GEM Award for his exemplary service and contribution to the team.

All smiles, L to R: Melissa, Jonah, and Cynthia.

GEM 



Small Changes, Big Impact

Quarry Hill's Commitment to Sustainability

At Quarry Hill, sustainability is more than a goal—it's a community-wide effort to reduce waste, conserve resources, and make environmentally responsible choices every day.



One of the most significant changes came in spring 2025, when Quarry Hill transitioned away from providing bottled water and encouraged residents and care team members to use reusable bottles filled at water bubblers throughout the Inn. **This simple change eliminates the purchase of approximately 28,080 plastic water bottles each year—more than 540 bottles every week.** By reducing reliance on single-use plastics, Quarry Hill is helping decrease landfill waste, fossil fuel consumption, greenhouse gas emissions, and the enormous amount of water required to manufacture bottled water.

Our Dining Services team has also made impressive strides. Since partnering with ScrapDogs Community Composting in February, staff have been collecting food waste for weekly composting pickup. **As of this writing,**



2.7 tons of compostable food waste have been diverted from landfills—

enough material to fill 257 five-gallon buckets. This effort has helped prevent an estimated 13.8 tons of carbon emissions, comparable to removing three passenger vehicles from the road for a year.

Additional sustainability initiatives can be found throughout the Anderson Inn. Beverage stations offer reusable and biodegradable cups, biodegradable to-go containers are used during meal service, and last two annual Lobster Bakes featured 100% biodegradable place settings made from paper and corn-based products rather than single-use plastics.

Quarry Hill's commitment to sustainability also extends to the cottage association through the Quarry Hill Association Sustainability Committee, formed in early 2024. The committee focuses on researching and evaluating sustainability-related matters for the association and presenting recommendations to the QHA Board of Directors. Its work has already helped inform an e-bike policy and guidelines for sustainable options, including heat pumps and alternative power sources.

Sustainability is one of the many ways Quarry Hill strives to be a thoughtful and responsible community. Through practical changes and long-term planning, we continue to seek opportunities to reduce our environmental impact while enhancing the quality of life for residents and future generations.



Quarry Hill

More Than a Place to Live

For many years, senior living was often viewed as a solution people considered only after experiencing a health challenge. Today, that perspective is changing. Increasingly, communities like Quarry Hill are helping older adults take a more proactive approach to health, wellness, and independence.

What does that look like in practice?

■ A focus on healthy aging.

Today's older adults are not only thinking about living longer—they want to live well. Communities are increasingly emphasizing:

- Wellness and preventive health
- Physical activity and mobility
- Nutrition
- Social engagement
- Lifelong learning opportunities

■ Earlier awareness and intervention.

Regular interaction with residents can help identify changes in health or well-being sooner, often preventing minor concerns from becoming more serious issues.

■ Better coordination of care.

As healthcare becomes more complex, having professionals, caregivers, and family members working together helps create a more seamless experience and supports better communication.

■ Convenient access to services.

Wellness resources, rehabilitation

services, and healthcare partnerships can make it easier for residents to access support when needed, with less disruption to daily life.

■ Peace of mind.

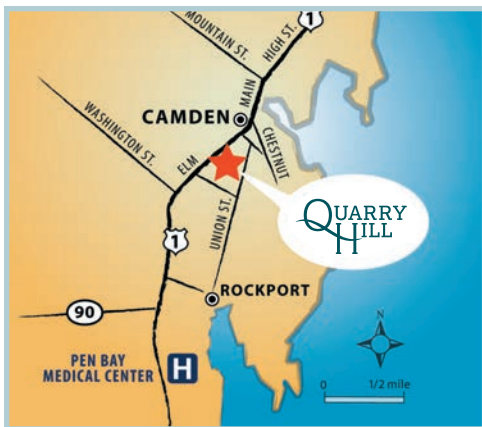
Residents enjoy the freedom and independence they value while knowing support is available if and when it is needed.

At Quarry Hill, we believe successful aging is about more than housing or healthcare alone. It's about creating an environment where people can remain active, connected, and confident while enjoying all that the next chapter of life has to offer.

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



Arthur Adelberg & Linda Crawford
Diana Smith
Bill & Kathy Spinks
Judy Stein
David & Rosie Trentham



30 Community Drive
Camden, Maine 04843
CHANGE SERVICE REQUESTED



Find us on Facebook

facebook.com/QuarryHillCamdenMaine

NONPROFIT ORG
U.S. POSTAGE PAID
CAMDEN, ME
PERMIT #1

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**.