

News & Views

from Quarry Hill

Tried and True, and Something New

FROM LORIMAN LOOKE, EXECUTIVE DIRECTOR

This time of year my mind tends to think of the future and all the possibilities.

I love to garden. Not that I'm very good at it, but it's great to plant some tried-and-true vegetables and flowers, along with new options that become available each year. I keep expanding my gardens, partly so I can reduce the amount of mowing required to keep things looking good.

At Quarry Hill we maintain focus on our tried-and-true services, while also looking for new ways to engage and support our residents, friends and the wider community. Earlier this year we were fortunate to bring Judy Landry on board as program and marketing coordinator, a position that had been vacant since the beginning of the COVID-19 pandemic. Judy has quickly expanded our cultural offerings and developed a slate of exciting and

educational programs for our residents and the general public to enjoy. You will find more details about these offerings inside this newsletter. We hope you'll join us at Quarry Hill for some of these wonderful events!

Another new development that has blossomed at Quarry Hill this past year is the addition of onsite outpatient therapy services, a proposition made possible by the transition of our nursing care center last August. Through a relationship with Preferred Therapy Solutions, residents benefit from access to onsite physical, occupational and speech services—within the comfort of their own homes.

Meanwhile, in the common areas of the Terraces, Quarry Hill's assisted living neighborhood, we've rolled out new carpeting and replaced tired furnishings with ones that are both functional and comfortable.

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Support Groups



At home in Camden

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

30 Community Drive, Camden, ME 04843

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qhinfo@mainehealth.org

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A MaineHealth Member

COVER STORY CONTINUED

These spaces are warm and welcoming and furnished in traditional coastal New England style, which make for pleasant settings to gather with friends and family.

Not to be overlooked was the spring cleaning that was in full bloom in May with the triumphant return of Quarry Hill's Yard Sale after a five-year hiatus. This shoppers' bonanza provides an opportunity for residents to rid themselves of the unwanted (and unneeded) things they've been stowing away. Shoppers turned out in droves to scoop up treasures of all kinds, and for this we thank you as proceeds from the sale support our Resident Activities and Library funds.

And now that summer is here, Priority List members can look forward to Quarry Hill's Lobster Bake on August 15. It will be good to welcome future residents back to this tried-and-true Maine coast summer feast.

In between, may you enjoy all that the growing season has to offer. We hope to see you soon in Camden, at Quarry Hill.



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LIFESTYLE, COASTAL LIVING,
ACCESS TO ALL OUR LEVELS.
YOUR BEST MOVE!

QUARRY HILL
At home in Camden

CAMDEN, MAINE | FOR ADULTS 55+



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Blair Clement
Susan Crane
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Ann Donaldson
Dorothy Elwin
Bob Goggin
Joel & Rebecca Hokkanen
Bill Jarrell
Bill & Judith Jones
Juanita Mahon
Dot Mathews
Jim McDonald
John & Wende McIlwain
Marcia Nowell
Carl Pfeiffer
Jonathan Rigg
Jean Titus
Peter Van Alstine
Kathy Van Dusen
Ward & Tracy Wickwire
Bob & Suzanne Williams
Carlton Willers

Since we last published in 2021.

Made in the Shade

Sun Safety for Older Adults

As we get on in years, we might think—with a twinge—that it’s too late for us to realize our youthful dreams of scaling Mount Everest or circumnavigating the globe or performing center stage at the New York Metropolitan Opera. We might also think it’s too late for us to do anything to avoid skin cancer. So why bother trying to protect ourselves from the sun, right?

Wrong. According to the CDC, most cases of skin cancer appear in people over age 65. Cases of melanoma, the most serious type of skin cancer, rise steadily across the life span, peaking amongst 80-to-84-year-olds and declining only slightly thereafter.

Why is skin cancer so prevalent in later life? For one thing, we’re living longer. Today, people who reach the age of 65 can expect to live, on average, two more decades, which gives the damage caused by sunburns in our younger years time to “mature” and surface as skin cancer. Skin gets thinner as we age, allowing ultraviolet rays (UV) to penetrate more deeply. And finally, many seniors take medications—everything from common antibiotics and NSAID pain relievers to antidepressants, diuretics, and blood-pressure and cholesterol meds—that elevate sun sensitivity.

We asked Michele Gagnon, FNP, CWS, nurse practitioner of Quarry Hill’s inhouse primary care practice what she recommends as a sensible sun safety strategy for her patients. Consider these pointers if the skin you’re in is 65-plus:

1. Make sunscreen a daily habit, like brushing your teeth. Remember that UV rays can damage skin in as little as 15 minutes. So even if you are only running outside to water plants or walking from your car into the grocery

store, you need protection. Rays can penetrate both clouds and glass, so don’t assume that you can “go bare” because it’s cloudy or because you’ll be inside a car or even in if you’ll be sitting by a sunny window.

2. Choose a sunscreen that’s SPF 30 or more. A sunscreen’s SPF (sun protection factor) indicates how well it absorbs and reflects the sun’s rays. SPF 30 means the product absorbs 97% of burning rays.
3. Go “broad-spectrum.” Sunscreens labeled as such help shield you from both UVA and UVB rays. UVA rays penetrate the skin’s lower levels and account for 95% of all rays. UVB rays, the underdogs percentage-wise, nonetheless cause more sunburns and sun damage.
4. Play by the clock. Stay indoors or in the shade between 10 am and 4 pm, when UV rays are at their strongest.
5. Use sunscreen correctly. Apply it at least 20 minutes before you head outdoors and reapply at least every two hours. And use plenty—most people underestimate how much they need.
6. Wear protective clothing. Wide-brimmed hats, long-sleeved shirts, long pants, and UV-filtering sun glasses are de rigueur when you’re going to be in the sun for extended periods. You might also want to purchase some of the new hats, shirts and pants designed to filter UV rays.

So while it may be time to say sayonara to buying a Harley or joining the circus, you’re in the prime of life for exercising sun safety. This summer, go forth (liberally suncreened) and have fun.

Embracing Life's Golden Opportunities

When Jean Titus was first approached to be profiled for this publication, she humbly suggested that there was “nothing shiny” about her life. However, when asked to consider the theme of “turning points,” she accepted the challenge and reflected on several golden opportunities that continue to bring luster to her life.

Happily married to Rufus Titus for 68 years, Jean and Rufus were both born and brought up in Marblehead, Massachusetts. Genuine ‘Headers, they raised three children there in an idyllic neighborhood where everyone was family and kids could run free for as far as the dinner bell could be heard. Together they made an indelible mark on the community through volunteerism, business ventures and being good neighbors.

In listening to Jean recount the couple’s relationship, it doesn’t take long to realize that theirs was cast as a dynamic duo—Rufus often playing the idea man to Jean’s practical, tactical achiever. At the core of their long partnership was a “see a need, fill a need” philosophy that reaped positive results on many fronts. One such example arose when the couple took ownership of a long-time, old-fashioned neighborhood grocery store in Marblehead, which they aptly named The Little Store. Here the community gathered on weekend mornings to grab a fresh donut and the Sunday paper. Rufus was the early-to-open, last-to-close partner, while Jean focused on the day-to-day operations of this busy shop. Jean recalls that selling 110 dozen donuts on any given Sunday morning was commonplace.

Years later, and approaching retirement,

Rufus envisioned turning his parents’ home into a bed & breakfast establishment. Soon after, The Golden Cod came to be. For 30 years the Tituses welcomed lodgers into their home while introducing them to the charms of Marblehead. The fact that many of their guests returned year after year, often becoming fast friends, is a testament to Rufus and Jean’s trademark hospitality.

Their welcoming ways may have sprung naturally from the many travel adventures they embarked on over the years. Early on, they would hit the road each July with kids and camper in tow, exploring the Northeast from Pennsylvania to Prince Edward Island. Once the couple were empty nesters, Jean jumped at a job opportunity with Eastern Airlines in Boston. The work came with travel perks, and together Rufus and Jean visited many corners of the world by plane, cruise ship and even pack mule. The travel bug still has its hold on Jean, and these days she’s exploring east coast waterways via cruise ship.



Turning Points CONTINUED

Of the many "go with your gut" decisions the Tituses made together, the move to Quarry Hill was perhaps their biggest leap of faith. Leaving their beloved Marblehead, they ventured to Camden to be close to their children, John and Lindsey, both of whom had moved to the area years prior.

Their timing proved fortuitous, with Rufus passing just 18 months later. Jean was thankful to be able to settle in to her new surroundings with loved ones nearby.

True to form, Jean has jumped into life at Quarry Hill with both feet. Having spent a lifetime of giving back and serving her community—from being a scout leader to leading expansion plans for the Marblehead



Council on Aging—Jean gladly gives her time to organizations that help improve and enrich people's lives. So it's only fitting that not long after moving to Quarry Hill, Jean was elected as the first president of the newly formed Apartment Residents' Council.

During her watch, the Council ushered in new AV equipment and an upgraded piano for the Media Room.

Quarry Hill, it turns out, is the right place to spend her golden years. Much like the close-knit Marblehead neighborhood where Rufus and Jean raised their family, Jean considers the residents of the Anderson Inn to be her extended family. "This is where I belong." We couldn't agree more.

from the Recipe Box

Salmon Poached in Court Bouillon

From resident Ann Donaldson

4 salmon fillets skinned and rubbed generously with fresh cut lemons.

Court Bouillon

2 to 3 quarts of water

1 tsp. salt

½ to ¾ C apple cider vinegar

3 peeled chopped carrots

4 celery stalks sliced

1 yellow onion, peeled and stuck with 4 cloves

2 bay leaves

12 black peppercorns

Directions:

1. Place ingredients for Court Bouillon in a large sauce pan or skillet. Bring to boil, reduce heat and simmer for 5 minutes.
2. Add salmon fillets. Simmer gently for 20 minutes. Drain and refrigerate.
3. Dress a platter with mini greens. Place fish on greens and sprinkle fish with freshly ground black pepper.
4. Serve with a sauce composed of equal parts mayonnaise and sour cream, with lemon juice, fresh cut chives and chopped cucumbers added to taste.
5. Chilled peas and little potatoes pair well with the salmon and the sauce.



Noteworthy Events

So You Think You Know Maine?

Thursday, August 8, 1:30 – 3:00 p.m.

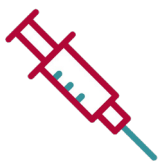
Presenter: Tim Caverly, retired Maine park ranger, author

From a lifetime of living in the four corners of Maine, Tim shares first-hand experiences with us, including discovering the birthplace of Disney's Bambi, northern forest ice caves, an abandoned railroad and oceanic whirlpools.

The Importance of Immunization

Tuesday, August 13, 11:00 a.m. – 12:30 p.m.

Presenter: Samuel Benham, H(ASCP), infection preventionist, MaineHealth



Over the course of history, immunization has been effective in helping to keep millions protected against some of the most devastating and deadly diseases. In the recent past, however, many unheard-of diseases have emerged, making immunization even more crucial.

Making Midcoast Maine the Next Blue Zone®

Tuesday, September 10, 11:00 a.m. – 12:30 p.m.

Presenters: Jamie Overlock, PT; Grace Bingham Ott, LCSW; Mackenzie Wing, RD, LD; and Kevan Fortier, chaplain, Pen Bay Medical Center

A panel of experts highlight the 9 basic tenets of “blue zones” — 5 specific regions in the world where people live longer than average and have lower rates of chronic disease. Discover the lifestyle indicators these places have in common and gain insight into practices that may enable us to live longer, healthier lives.

National Assisted Living Week

Sunday, September 8 – Saturday, September 14

National Assisted Living Week 2024 will focus on “Inspiring Generations,” offering the opportunity to look at how assisted living has evolved and



GENERATIONS

grown, inspired by the residents and those who care for them. We invite you and your family to join us on Wednesday, September 11, from 4:00 to 5:30 p.m. at the Anderson Inn at Quarry Hill for a first-hand look at how the men and women of our assisted living community live active, productive, happy lives. Plus: learn more about the benefits of assisted living for yourself or a loved one. Guided tours and refreshments will be offered.

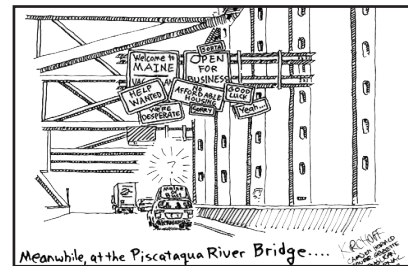
Political Cartoons and Beyond: Telling Stories with Images

Tuesday, September 17, 11:00 a.m. – 12:30 p.m.

Presenter: Dan Kirchoff, artist/political cartoonist, *Camden Herald*, *Courier Gazette*, and *Republican Journal*

One never makes friends drawing political cartoons for newspapers, unless you are Dan Kirchoff, that is! Dan will

discuss his career as a successful (and befriended!) political cartoonist for local newspapers and share his quest to tell stories through images and to enhance stories through illustrations.



Understanding Palliative Care

Thursday, October 10, 11:00 a.m. – 12:30 p.m.

Presenter: Karin McDonald, nurse practitioner, MaineHealth

Palliative care is specialized medical care that manages the various side effects of living with a serious illness — including physical, emotional and financial. It is an important part of a person's overall care, aiming to improve quality of life and enhance the well-being of patients and their families.

Noteworthy Events CONTINUED

Terra Incognita

Thursday, October 17, 4:00 – 5:30 p.m.

Presenter: Brenda E. Smith, author

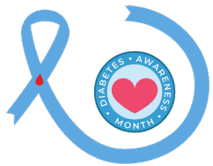
After decades of living a safe and predictable life, Brenda ventured into the wild. Coerced to embark on a rafting trip through a vast Tanzanian game reserve, she confronted angry wildlife while gaining personal strength through a profound inner journey of transformation. Find out what is possible when you step out of your comfort zone into the wild. *Smith's book, Becoming Fearless: Finding Courage in the African Wilderness, will be available for purchase and signing.*

The Dilemma of Diabetes

Wednesday, November 6, 11:00 a.m. – 12:30 p.m.

Presenter: Katy Hiza MA, RDN, LD, registered dietician, MaineHealth

Join us during National Diabetes Month for a brief look at this chronic condition through the lens of etiology, signs, symptoms and diagnosis. And gain an understanding of the significant role that nutrition plays in preventing diabetes.



The Margareta Affair of Machias: First Naval Battle of the American Revolution

Monday, November 11, 10:00 – 11:30 a.m.

Presenter: Court Dwyer, historian, Sons of the American Revolution

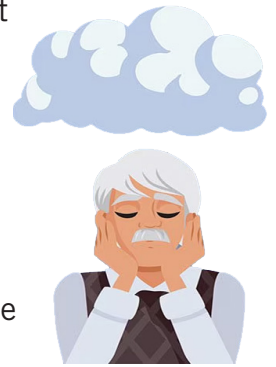
On the eve of the 250th anniversary of The Battle of Margareta, this Veteran's Day presentation recaps this significant naval battle in which the Patriots demonstrated their resourcefulness and determination in their fight for independence from the British.

Seasonal Affective Disorder... It's a Real Thing

Thursday, December 5, 11:00 a.m. – 12:30 p.m.

Presenter: Christian MacFee, PMHNP-BC, psychiatric mental health nurse practitioner, Maine Behavioral Healthcare

MacFee leads a discussion that not only raises awareness of the reality of this disorder by describing the symptoms and diagnosis, but also outlines that the predictable, repetitive nature of the syndrome makes it possible to discuss preventive treatment options.



“Even I Could Do That!”: Understanding Modern Art Concepts & Studio Workshop

Monday, December 16, 3:00 – 4:30 p.m.

Presenters: Judy Landry, program coordinator, Quarry Hill and Tara Morin, program director, CMCA

A two-part program beginning with a presentation on deciphering select modern art pieces that may seem simplistic at first glance but are actually highly illustrative or meaningful — however abstracted or conceptual they may be. Followed by an open-ended art exploration of fun drawing and painting exercises aimed at providing a place to begin creating.

Events and classes free and at Quarry Hill unless otherwise noted.

**Registration required.
Call 207-301-6116 or email
qhinfo@mainehealth.org.**

International RN Program Success at Quarry Hill

April 7, 2024 was a memorable date in the nursing career of Margie Placides. On this day she officially became a MaineHealth employee at Quarry Hill, upon completing a 3-year assignment in Health Carousel's PassportUSA program, which brought her from her home in Catanduenes, Philippines to Camden, Maine in April 2021. Margie is the first RN in this international program to join MaineHealth full-time.

MaineHealth has been seeking to attract nurses internationally to address staffing shortages across all platforms within the system since 2019. MaineHealth currently has 24 RNs on assignment with another 45 candidates (45 RNs and 2 Med Techs) set to arrive in the next 12-18 months.

"Margie is a tremendous credit to our profession and an inspirational member of the Quarry Hill care team," said her team leader, Ellen Wood, director of residential care at Quarry Hill, Midcoast Maine's premier extended-care community for older-adults.

Quarry Hill
Executive
Director/
Administrator,

Loriman Looke added, "When Margie joined us three years ago, she quickly became an integral member of the Quarry Hill team. We are thrilled and fortunate that she elected to remain with Quarry Hill after the completion of her assignment with PassportUSA."

Margie enthused, "I appreciate the incredible camaraderie amongst my colleagues who make each day enjoyable. They don't just see me as a colleague; they treat me like family. Our teamwork is impeccable, and we all share a common goal: providing top-notch care to our residents. When my family came to join me, I felt that I was truly achieving my American Dream."

Wood has already applied for a second

international RN candidate. "From my experience, this program is a win-win solution. Not only does it provide nurses worldwide the opportunity to achieve their American dreams, but it allows residents of communities like Quarry Hill to expand their horizons through these daily cultural encounters. Margie is beloved here, and we're so pleased she has chosen to stay."



Join the Waiting List Early

Suppose you're 60-something, brimming with good health, and you tell friends you've put yourself on the waiting list for an apartment at Quarry Hill. What sort of reaction do you think you'll get? Concern? Incredulity? Outright laughter?

Whatever the response, rest assured that jumping on the waiting list now—perhaps 5 or 10 years before you think you might want or need the services of an older-adult community—could turn out to be one of the smartest moves you've ever made. To understand why, you need to know how our waiting lists work.

Whenever there's a cottage, apartment, or room available at Quarry Hill, we look first to our residents. If none of them wants the opening, we offer it to the people on the waiting list, which results in a list of interested takers. We proceed to the next step in the admissions process with whomever has

been on the waiting list the longest.

For example: In independent living, where the waiting list is called the Priority List, applicants are assigned numbers, in ascending chronological order, as they join. The longer you've been on the list, the lower your number—and the likelier it will be for you to come out on top of other interested parties when it's time for you to make your move.

Quarry Hill maintains separate waiting lists for independent living and assisted living (including dementia care). New people join these lists all the time. Within 5 or 10 years, people who join today will have hard-to-beat numbers—and will likely be thanking their younger selves for having the foresight to join the waiting list when they did.

For more information, or for a waiting list application, please call the Marketing Office at 207-301-6116.





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Support Groups

Alzheimer's Disease

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

Meets twice monthly:

- The **first Tuesday** of each month from **6:00 to 7:00 p.m.**, via Zoom
- The **third Tuesday** of each month from **3:00 to 4:00 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 4:00 to 5:00 p.m.** at Quarry Hill. This is an opportunity to express feelings in a safe and confidential setting.

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

Parkinson's Disease

For people with Parkinson's disease, their families, friends and caregivers. Meets the **first Tuesday of each month from 12 noon to 2:00 p.m.** at Quarry Hill. Attendees should bring a bag lunch; drinks and desserts provided.

For details, call Cassie Walters at **207-596-3978**.