

News & Views

from Quarry Hill

Greatest Hits of My First Year

FROM LORIMAN LOOKE, EXECUTIVE DIRECTOR

Like the Tears for Fears songs that play in my head whenever something takes me back to my college days in the '80s, certain "greatest hits" leap to mind as I wrap up my first year as ED here at Quarry Hill. Except these aren't Top 40 rock 'n' roll, of course. They're people-moments, big and small, that happen daily here, and have shown me what a remarkable place this community is.

Some of my fondest memories revolve around residents. The people we serve are remarkable for their accomplishments, to be sure. But the moments I'm thinking of have more to do with the positive vibes they radiate. Residents' warmth comes in the form of handshakes and hugs, flowers left on doorsteps, and little favors and kindnesses quietly performed. And it's manifest everywhere I go.

Other standout moments on my personal hit parade reflect the compassion of our staff. Not to brag, but we do have the smartest, most

caring, most dedicated group of employees anywhere. Consider the nurses and CNAs who go above and beyond for our residents, 24/7; the chefs and servers who, while making Quarry Hill's dining program the envy of the Midcoast, also see to it that Mr. Jones gets those oatmeal cookies he loves and Mrs. Smith from Aroostook an extra helping of spuds like the ones she once helped harvest on her family's farm. Ponder our activities staffers, who pull out of their hats dozens of gatherings and field trips every week of the year (more about that on page 6, by the way). Or contemplate our housekeeping and maintenance crews--the backbone of everything we do--who tackle it all, from repairing leaky faucets to retrieving earrings lost under beds, and never fail to astound.

Given all this, maybe it shouldn't surprise me that the only Tears for Fears tunes on my playlist now is the one about "Sowing the Seeds of Love."

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Pen Bay Medical Center

Masters of Reinvention: Jonathan and Hayden Williamson

If adaptability is the measure of success, then Jonathan and Hayden Williamson are champions indeed. In their long, shared history of chameleonic shape shifting, they've lived on three continents; escaped terrorist gangs; moved more times than you can count; and worn all manner of professional hats, from marine architecture to cattle ranching to counseling.

The two met in Long Island, N.Y. Hayden grew up there, an only child whose best friends were her neighbor's farm animals. Jonathan, son of a military man, landed there in his late teens. He was a student at the Webb Institute, pursuing a degree in naval architecture; she, enrolled at Wheelock College, intending to become a kindergarten teacher. They married during Hayden's junior year and quickly produced a son and two daughters.

And that, says Hayden, is when life started to get interesting. After a short stint with Texaco, Jonathan landed a job in naval design with Standard Oil of

New Jersey (then called Esso, now called Exxon) just as computers entered the design field. Rudimentary as those early machines were by today's standards, it took Jonathan a mere six weeks' training to qualify as an IT expert. Esso shipped the young family to the Hague, Netherlands, where Jonathan was to help expand the company's continental interests—and Hayden was to fall deeply, madly, in love with Holland.

"The house the company arranged for us came with household help, so I was free to explore," she reminisces. "I made a lot of friends within the expat community, and I loved the Dutch. I loved how they always left their front curtains open. When I went for walks at dusk, I could peek in and see the most delightful little lamp-lit scenes of Dutch family life."

But after two years in the Hague and a half-year in Brussels, Esso called the Williamsons back to the States and launched them into their next adventure: a five-year posting in Bogota, Colombia. There they met challenges—a house overrun with Andean fleas, for starters, plus a crime rate that required hiring domestic staff to keep from getting robbed—but they were determined to make the best of it. They took up horseback riding, joined a local equestrian club, and plunged into "paper-chasing," an equestrian form of geocaching. Jonathan even won a few ribbons in jumping.

In fact, it was through horses that Jonathan says he discovered "a secret love of cattle ranching." With two friends from the riding club, he purchased a huge tract of land and 110 head of cattle and hired a manager to oversee it all. The couple laughs now when they recall how, on weekends, city boy Jonathan would turn gaucho, riding the range decked out in chaps and pistols.

It was the 1960s, though, and just over the horizon, clouds were thickening. The guerrilla movement known as FARC was degenerating into a terrorist



Turning Points

group. The Williamsons' cattle were stolen, and their next-door neighbor was murdered for denying a gang member's request for salt. "We got out in the nick of time," recalls Jonathan, and the family resettled on far tamer turf in New Jersey.

Later, Esso would transfer them to Venezuela—until the Venezuelan government took control of its oil reserves and sent Esso packing—but ultimately the Williamsons' cross-border rambles came to an end. The change in lifestyle prompted both husband and wife to reassess themselves and what they wanted to do with their lives.

They did what ever-inquisitive types like themselves often do: they went back to school. Hayden completed a master's degree in social work; Jonathan took early retirement from Esso and earned a Ph.D in psychology. "After 30 years in IT, I wanted to know why systems fail," he says. "It wasn't tech. It was people. And anyway, tech was getting kinda boring."

Having moved to Boulder, Colo., Hayden took up a career as a social worker, counseling pregnant teens, while Jonathan set himself up in private practice, specializing in addictions and trauma. They loved their work. But then Jonathan was diagnosed with Parkinson's, and they figured they'd better trade their multilevel home for easier surroundings, closer to family. Daughter Resa, in Rockport, suggested Quarry Hill.

It's been a good fit. Jonathan's role as facilitator of the Men's Group has given him a doable way to pursue his passion for helping others. Hayden, whose days now revolve around caring for Jonathan, finds inspiration in getting to know her neighbors in the Anderson Inn. "Talking with people in the halls or over dinner in the Dining Room is a high point," she says.

"In hindsight," jokes Hayden, "our story could be titled 'By the Skin of Our Teeth.' But all in all, it's turned out well."

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WELCOME QUARRY HILL'S NEWEST RESIDENTS

Jean Boobar
Jean Crawford
Eileen Del Monte
Jack & Alice Rogers
Henry Stone & Sue Allum

NOTEWORTHY EVENTS

Adventures in Living Well

Programs designed to
enhance your health and
vitality after age 55.

Maine Alpaca Experience

Wednesday, November 20, 10:30 a.m. to noon

Presented by Corry Pratt, owner, Northern Solstice Alpaca Farm and Maine Alpaca Experience

A farm in tiny Unity, Maine, grows some of the finest alpaca fiber in the nation. Corry discusses her passion for the doe-eyed alpaca and offers for purchase a selection of products made from her animals' shaggy coats.

Pen Bay Singers Holiday Concert

Wednesday, December 18, 10:30 a.m. to noon

Presented by Pen Bay Singers

Blending narrative and song, members of Pen Bay Singers perform Charles Dickens' heartwarming "A Christmas Carol".

Going Strong

A new educational series devoted to topics in senior health

Straight Talk About Surrogate Decision Making

Thursday, November 7, 10:30 a.m. to noon

Presented by Denis Culley, senior staff attorney, Legal Services for the Elderly

Attorney Culley provides guidance through the process of establishing assignees to make medical decisions on your behalf and clarifies which forms you need.

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 2:00 p.m.** at the Anderson Inn, Quarry Hill. Attendees should bring a bag lunch; drinks and desserts provided.

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

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 **6:00 to 7:00 p.m.** at Anderson Inn, Quarry Hill, Camden;
- The **third Tuesday** of each month from **3:00 to 4:00 p.m.** at Knox Center, Rockland.

For details, call **Cheri Blouin, LSW**, at **207-301-6237**.

Visit us online at
quarryhill.org/news-and-events
for a complete events listing.

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

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

Join the Waiting List Early

BY DEVON GALE SMITH, MARKETING

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, assisted living (including dementia care), and long-term nursing care. New people join these lists all the time. Within five 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.

from the Recipe Box

Hot Clam Spread

From resident Patricia Hopkins

Ingredients:

2 7-½ oz. cans minced clams
1 tsp. lemon juice
½ C Italian seasoned bread crumbs
1 stick butter
1 medium onion, chopped

1 T green pepper, chopped
1 clove garlic, minced
1 tsp. fresh parsley, chopped, plus a bit more for garnish
1 tsp. dried oregano
Dash of Tabasco sauce
Dash of white pepper

Directions:

1. Preheat oven to 400 degrees.
2. Simmer clams (undrained) in saucepan for 10 minutes. Stir in seasoned bread crumbs and set aside.
3. In skillet, melt butter. Add onion, green pepper, garlic, 1 tsp. parsley, and oregano and sauté until veggies are tender, about 5 minutes. Stir in Tabasco and white pepper.
4. Add clam mixture to skillet, then pour into an oven-proof dish and bake for 15-20 minutes.
5. Garnish with parsley.
6. Serve with crackers or use as a filling for stuffed mushrooms.



Activities: Serious Benefits Beneath the Fun

On any given day, Quarry Hill's Activities Office hums with creative energy: Residents and staff members taping together toilet-paper rolls to make props for a play. Brainstorming ways to turn decommissioned tables into staging for a band. Shuttling in and out with ingredients for the baking group that's filling the floor with mouthwatering aromas. Most people think of Activities as the Department of Fun. But beneath the laughter and camaraderie, says Activities director Noreen Clark, there's serious work getting done.

Federal regulations require that older-adult residential communities like Quarry Hill provide "activities that promote self-esteem, pleasure, comfort, success and independence." A good program must include activities designed to address physical, cognitive, social and spiritual needs and must succeed on both macro (the community as a whole) and micro (the individual resident) levels. That's a tall order, especially in a setting where interests and ability levels are all over the map.

Noreen says the challenge for her six-member staff boils down to "identifying residents' interests, then figuring out how we're going to get there" within the confines of available resources and participants'

physical and cognitive abilities.

Some types of activities seem to work for everyone, from independent living to nursing care. "Visiting musicians and game-playing activities are always popular," says Noreen. But tailoring the offerings to the population in question demands creativity. In nursing care, for example, the best way to offer music might be to meet with residents individually and play recordings of their favorite tunes. In the Courtyard, a dementia care community, game-playing can be used to stimulate cognitive functioning (think games like Hangman that ask players to fill in missing words or phrases), while in independent and assisted living, board games and Beano serve mainly social purposes.

Over the years, Quarry Hill has developed its own activities traditions—special events that everyone looks forward to. These range from big dos, like the summer Lobster Bake and public Yard Sale, to smaller-scale undertakings like boat trips and the annual Classic Car Rally, to

gatherings like Piano with Mary that emerge organically, from a resident or staff person's talent or passion. Noreen points with particular pride to the (almost) annual snow-mobiling trip, the brainchild



Of Interest

of Maintenance staffer Doug Gilson, who asked his snowmobile club to supply machines and equipment so residents could get out and enjoy the winter woods. The resulting offering was such a success, it won a 2015 Maine Healthcare Association award for excellence.

Still, some of the best activities are probably those that no one outside Quarry Hill ever notices. They're the quiet little extras that Activities staffers and volunteers do every day, simply because they care: like a staff member taking a nursing care resident to his grandson's hockey games, or a nurse's aide sewing buttons on a resident's favorite sweater.

If you ask us, that's really what it's all about.

Quarry Hill Wins "Heart-Friendly" Designation

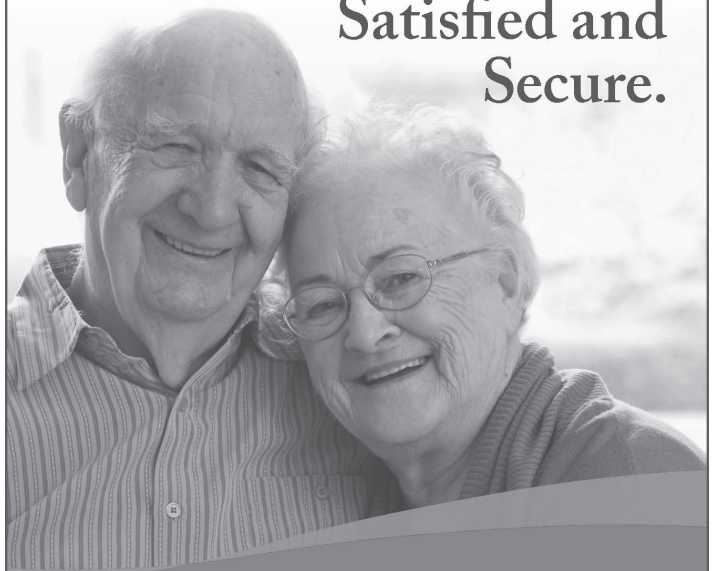
Quarry Hill's nursing-care center has met the rigorous criteria set by MaineHealth for listing as a "Heart-Friendly Facility."

Director of nursing Heather Quesnel, MS, RN, NEA-BC, said the listing certifies that Quarry Hill follows the widely accepted "best practices" protocol for caring for patients with congestive heart failure. In addition, for hospital discharge planners, it flags Quarry Hill as a preferred setting for congestive heart failure patients requiring a period of skilled nursing and rehabilitation.

Quarry Hill is among several area organizations that enjoy membership in MaineHealth, a state-wide network of hospitals and other healthcare providers. Within a range of residential options for older adults, the community includes a 39-bed center that provides short-term nursing care and rehabilitation as well as long-term nursing care.

For more information about nursing care at Quarry Hill, please call 207-301-6116.

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As part of a regionwide plan aimed at improving phone service at Quarry Hill, Pen Bay Medical Center, Pen Bay Physicians & Associates and the Knox Center, and laying the groundwork for future changes in telecommunications technology, these organizations now use the three-digit exchange "301."

Please note that only the exchange portion of our phone numbers has changed. The last four digits remain the same.