

News & Views

from Quarry Hill

Our Greatest Challenge

FROM LORIMAN LOOKE, EXECUTIVE DIRECTOR

As I write, in mid-July, the world awrithes in the clutches of the coronavirus, a microscopic bundle of nucleic acids, lipids and carbohydrates so primitive in its structure that scientists say it doesn't even qualify as a living thing. Measuring a mere 0.125 microns across, it exists solely to attach itself to a host cell, without which it cannot survive for any significant length of time. Yet, in recent months, this miniscule menace has threatened to bring humanity to its knees.

Without question, the coronavirus pandemic is the greatest challenge Quarry Hill has ever faced. Given older adults' particular vulnerability to the scourge, we have had to upend the way we go about practically everything, from meal service to mail delivery to simply getting together and having fun. We have had to ask our residents to make numerous sacrifices and adjustments for the good of our community. But all agree that the inconveniences and restrictions imposed pale in comparison with the importance of saving lives.

What, exactly, has Quarry Hill done to keep the coronavirus at bay? Here are just a few of the measures currently in effect throughout our main building, the Anderson Inn:

- The Inn is closed to all but residents of the building, care team members, select vendors and a few "essential" outside caregivers.
- Care team members undergo screening each day as they arrive for work and are required to wear masks; ditto for residents who leave the building for walks and other outings.
- Our scheduled events and activities have been suspended.
- Residents receive meals in their apartments so as to avoid communal meals in the Inn's various dining rooms.
- Dramatically increased sanitation and disinfection efforts are the new normal.
- Signage and hand-sanitizer dispensers throughout the

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Of Interest

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Pen Bay Medical Center

COVER STORY CONTINUED

building remind care team members and residents to practice effective hand hygiene and maintain a distance of at least six feet from each other (except when care team members must provide hands-on care).

In addition, we've set up a dedicated, 24/7 phone line specially designed to help people like you—residents, relatives of residents, waiting-list folks and other members of our extended family—stay on top of pandemic-related developments at Quarry Hill. The number is 207-301-6300. I hope you'll call whenever you like, or contact me directly at 207-301-6275 or llooke@pbmc.org if you have a specific question or concern.

While we've been challenged and will continue to be challenged by this virus, I feel good about where Quarry Hill is today and, as I look to the future, optimistic about our readiness for whatever the virus throws our way. I'm grateful for the expert guidance we've received from the U.S. Centers

for Disease Control (CDC), the Maine CDC, the Centers for Medicare and Medicaid Services (CMS) and our parent organization, MaineHealth. And I am profoundly proud of Quarry Hill's care team members, every one of whom has risen to the challenges we face with diligence, creativity, professionalism and sheer willingness to roll up their sleeves and "do the work."

So we carry on, keeping up our guard and continuing the strange, oxymoronic rituals involved in sticking together by staying apart. We cannot predict when this siege may end, nor when some of the restrictions imposed by CMS and the CDC may lessen. However, we resolve to carry always within ourselves the lesson I hope the virus has taught us: to take time each day to cherish the smell of a rose, the warmth of a loved one's touch, the melodious trill of a bird's song in the stillness of a warm, summer day.

May you and your loved ones be well.

from the **Recipe Box**



Orange Salmon with Spinach

Recipe submitted by our Dining Services team. Adapted from Better Homes & Gardens, bhg.com/recipes

| | |
|---|-----------------------------------|
| Ingredients: | ¼ tsp. crushed red pepper |
| 4 4-oz fresh or frozen skinless salmon filets | 2.5-oz package fresh baby spinach |
| 4 small oranges, as needed for ½ C juice | ⅛ tsp. salt |
| 2 tsp. sugar | ⅛ tsp. black pepper |
| ¼ C butter | |

Directions:

1. Thaw fish, if frozen. Rinse fish, pat dry. Halve two oranges; set aside. Remove 1 T zest and squeeze juice (½ C) from remaining oranges. In small bowl, combine juice, zest and sugar.
2. In large skillet, melt butter over medium heat. Add fish; cook, covered, 7-9 mins. or until fish flakes easily, turning fish once while cooking and adding orange halves, cut sides down, during last 3 mins. Remove fish and oranges from skillet; keep warm. Add juice mixture and crushed red pepper to skillet; cook 2 mins. or until slightly thickened. Reduce heat to low.
3. Add spinach to skillet, tossing just until spinach begins to wilt. Remove from heat. Season with salt and black pepper. Serve salmon over spinach. Spoon any juices from skillet over fish and spinach. Serve with orange halves.

Help for Family Caregivers: It's Out There!

BY DEVON GALE SMITH, MARKETING

This morning, in a household near you, a woman woke with a headache and a to-do list a mile long. First thing, she had to hurry across town to the home of her elderly mom, see to it that she was okay, drop off a new prescription and make sure yesterday's meds had been taken. That left her exactly one-half hour to race back home, take a shower and dash to work, inhaling coffee and a donut on the way.

Sound familiar? Across Maine alone, some 180,000 family caregivers are struggling to care for aging parents and grandparents while keeping up with their own and their children's needs—and getting massively stressed out in the process. As reported in the November 2019 edition of *AARP Bulletin*, a recent Maine survey found that 65 percent of family caregivers experienced moderate to high stress from caregiving. Yet the state ranks lower than most in support for these critically important helpers.

Help is available, though, if you know where to look, according to Quarry Hill social services director Cheri Blouin, LSW.

“Step one is to figure out what kind of help you need,” says Cheri. “Caregiving comes in all shapes and forms—from ridding out a loved one's house in preparation for a move to providing round-the-clock, hands-on care in your own home—and the type of support you need depends in large measure on where you fall on that continuum.”

For help getting started, Cheri recommends contacting your loved one's nearest Agency on Aging. Maine has several, serving specific counties or regions. In southern Maine, for example, it's the Southern Maine Agency on Aging. In Androscoggin, Franklin or Oxford counties, it's SeniorsPlus; and in the Midcoast, defined as Brunswick to Belfast, it's Spectrum Generations, 1-800-639-1553. Alternatively, you could give the 24/7 hotline 211 Maine a jingle by dialing 2-1-1 or 1-866-811-5695.

Once you know what you need, the next step is to track down the organizations that can make it happen. Here are just a few of the many national, state and community-based resources, broken down by need, that may prove useful:

- **To locate a healthcare provider:** Get Better Maine, 207-844-8106.
- **To find and compare nursing homes:** "Nursing Home Compare," at www.medicare.gov, or the Long-Term Care Finder at www.maine.gov.
- **To help an elder get to doctor's appointments, activities, etc.:** Rides in Sight, 1-855-60-RIDES.
- **For legal services:** Legal Services for the Elderly, 207-621-0087.
- **For assistance with meals:** Maine Hunger Initiative, 207-775-0026; Meals on Wheels, www.mealsonwheelsamerica.org; or your senior's area Agency on Aging (see column 1).
- **For those caring for military veterans:** Veterans Caregiver Support, 1-855-260-3274.
- **For help in coping with the stresses of caregiving:** Caregiver Action Network, 202-454-3970 or www.caregiveraction.org; or AARP Caregiving Resource Center, 1-877-333-5885 or www.aarp.org/caregiving.

And speaking of AARP, Cheri recommends contacting the association's Maine chapter, 1-866-554-5380 or www.aarp.org/me, and asking for a copy of its recently updated *Maine Family Caregiver Resource Guide*. There you'll find listings for all of the above, plus many more helpful hotlines and clearinghouses than can be listed here.

The key, says Cheri, is simply to “pick up the phone and make that first call.” You'll be amazed at where it can lead.

For Lise Dalton, Home Is Where the Art Is

Born in Nazi-occupied Denmark during World War II, Lise Dalton remembers blackout curtains, the struggle to find coal for the furnace and an aunt and uncle who joined the Resistance. In spite of the grim goings-on, Lise's mother took her to art galleries and walked her down neighborhood streets where up-and-coming Danish architects were building not just structures but entire houses, complete with sofas, tables and bedding. The little girl's head filled with colors and curlicues, angles and textures—the limitless possibilities of design.

But then, in her late teens, with adulthood looming, Lise thought that she'd enjoy taking care of people and set her sights on becoming a nurse. She left school at 18, moved to England and took a job as an au pair—considered a prerequisite, in those days, to nursing school. After training, she

worked for six months in a hospital operating room before jumping the pond to join her parents (who had emigrated to Washington, DC) and starting over as a nurse at Georgetown University Hospital.

That's when everything began to change. Cupid struck, in the form of handsome Georgetown anesthesiologist Brian Dalton (it didn't hurt that he'd outfitted his apartment with Danish-modern furniture), and in 1965, he and Lise married and moved to Boston. Lise's desire for children, coupled with those long-buried childhood memories of interiors filled with art and cutting-edge design, rose to the fore. The arrivals of babies Kirsten in '66 and Tara in '70, sealed the deal: She resolved to quit nursing for good.

The decision freed Lise's inner artist/designer. In Boston, she reveled in transforming a little icehouse that she and Brian rented into a warm and colorful home. Their tastes leaning toward modernism, the couple bought a big, contemporary-style home—a rare find in those days—and Lise began studying art history at the Museum of Fine Arts in Boston, the Fog Museum in Cambridge and the deCordova Sculpture Park and Museum in Lincoln, Mass.

A move to Detroit for Brian's career gave Lise a chance to plunge even more deeply into her studies. Enrolling at Wayne State University, she developed a particular interest in Impressionism, and especially German Expressionism, a creative movement that arose before the First World War and peaked in Berlin in the 1920s.

Ultimately, though, Brian's work in Michigan ended, and he was offered a position at Boston's prestigious Lahey Clinic. So back east they went. They bought a modern "Deck House" in Concord with 12 acres and a pond, and Lise returned to




Turning Points

her beloved deCordova to work as a docent and receptionist. Weekends, they cruised the Maine coast in their 36-foot yacht; and when the skies over Concord began to roar with air traffic, the crisp air and pristine beauty of Maine—reminiscent of the Scandinavia of Lise’s youth—became irresistible. Brian retired, and the couple moved to a waterfront home in Rockport that they had designed and built themselves.

After Brian’s death, Lise figured she had one more house project in her. Visiting friends at Quarry Hill and seeing how they’d tailored a cottage to their tastes got her thinking. She chose an H-style home, oriented to receive the golden, late-afternoon sun, and went to work, collaborating with Quarry Hill’s physical plant director to replace carpeted floors with hardwood, revamp the kitchen and baths, add a minimalist-style gas fireplace and even install new door pulls and window shades house-wide. Today, Danish-modern furnishings create a sleek yet playful vibe. Carefully chosen colors (a teal accent wall in the master bedroom, a scarlet vanity in the guest bath) arrest the eye, and everywhere, treasured mementoes and photos of beloved daughters and grandchildren bear witness to what Lise calls “a fortunate life.”

Indeed, Lise has come a long way from the hospital corridors where she once thought she’d spend her days. She’s been a docent at Rockland’s famous Farnsworth Art Museum for 22 years and now helps train other docents. She travels a lot—a total of seven round trips in 2019 to visit family in Los Angeles and Denmark and see polar bears in Norway—and enjoys frequent long walks and lunch dates with friends.

Yet, says Lise with a smile, when the journey ends or the sun sets on another busy day, one of her greatest pleasures awaits. It’s the simple joy of coming home.




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QUARRY HILL'S NEWEST RESIDENTS

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Rebecca Collison
Ken & Sandy Johnson
Steve Melchiskey
Jerry Roshto
Bob & Barbara Souther
Elaine Zimmerman

Quarry Hill Wins High Marks from Medicare, State

In recent months, Quarry Hill's 39-bed short and long-term nursing care center, known as the Gardens, has received major pats on the back from key state and federal authorities.

It began last winter when word arrived that Medicare.gov, the official U.S. government site for Medicare, had awarded the Gardens its top, five-star rating.

The government called the Gardens "much above average" overall, based on health-inspection results, staffing and other "quality measures."

Medicare.gov described the quality of resident care at the Gardens as above average. It noted the center's strong performance on 28 measures such as the percentage of residents who experience a fall and those who receive flu vaccinations.

The nationwide review also gave Quarry Hill its highest scores for fire safety and for maintaining optimal staff-to-patient ratios.

Said Quarry Hill Executive Director Loriman Looke, "The ratings are a testament not only to our nursing team, but to our dietary, housekeeping, maintenance and activities care team members as well. Their unwavering commitment to providing the best care possible is truly impressive," he remarked, adding that Quarry Hill now has the only five-star-rated

nursing care community in Knox County.

Medicare.gov's latest findings are published in "Nursing Home Compare," an online tool that lets users compare nursing centers in all 50 states.

Following on the heels of that success, Maine's Department of Health and Human Services (DHHS) and the federal Center for Medicare and Medicaid Services (CMS) honored the Gardens with praise of a different, but equally powerful sort.

Last spring, CMS and DHHS responded to the COVID-19 pandemic by undertaking new, unannounced inspections of nursing care communities throughout Maine with a focus on infectious disease control and

prevention. The gardens passed the inspection in June without a single deficiency cited.

Specific areas covered by the inspection were: policies and procedures related to infection prevention, availability and use of personal protective equipment (PPE), staffing levels and emergency staffing strategies, and communications with residents and their families on issues surrounding COVID-19.

For more information about nursing care at Quarry Hill, please contact the Marketing Office at 207-301-6116.



Plans for Area Nursing Care Center Take Shape

Before having to turn their attention to COVID-19, leaders from Quarry Hill, the Knox Center and Coastal Healthcare Alliance (CHA) were contemplating another pressing question: ensuring that high quality, efficient and sustainable nursing care services will be available to Knox County residents for many years to come.

Why this focus? Quite simply, because the status quo—providing short-term skilled rehabilitation/therapy services (SNF) and long-term nursing home care (NF) at both Quarry Hill in Camden and our sister provider the Knox Center in Rockland—is unsustainable. The small size of Quarry Hill’s Gardens nursing care center, combined with the age and inefficient layout of the Knox Center, create financial challenges in delivering these services.

Seeking a solution to this conundrum, we are working with Sandy River, a highly respected and long-established developer of senior care communities throughout Maine, to propose a new state-of-the-art center capable of delivering, for many years to come, the kind of care we all want for ourselves and our loved ones. The new building, as proposed, will be located in Rockland, just a short distance from Pen Bay Medical Center.

“I believe the best answer is to move forward with plans for the new center,” said Quarry Hill executive director Loriman Looke. “And I’m

excited about the advantages and opportunities that a brand-new building will create.”

Noting that our nursing team’s exceptional performance was key to the recent accolades that the Gardens has received (see story, page 6), Looke predicted that the new center, designed for efficiency, will let outstanding care team members at Quarry Hill and the Knox Center (who will be offered positions at the new location or within our system) rise to even higher standards of care. Moreover, it’s estimated the new building’s amenities will boost efforts to recruit additional top-flight healthcare providers as needed.

Initial plans for the center call for approximately 90 to 110 beds. Most of these beds will occupy private rooms; the few semiprivate rooms will be arranged to maximize individuals’ privacy.

Looke emphasized that Quarry Hill residents will continue to benefit from priority access to short- and long-term nursing care as they always have, noting that the care will be provided at a location other than Quarry Hill. He envisions providing transportation for residents who have friends or loved ones recovering or residing at the new site.

Pen Bay Medical Center, MaineHealth and North Country Associates, a respected operator of senior-care communities throughout Maine, are working with Sandy River to develop plans for the Rockland center. It is expected to open in 2022 at the earliest.






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More Time for Good Times

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