

News & Views

from Quarry Hill

Springtime Awakenings

FROM LORIMAN LOOKE, EXECUTIVE DIRECTOR

This spring marked the five-year anniversary of the start to the COVID-19 pandemic. I am glad that it seems a somewhat distant memory, that day in mid-March 2020 when the world became more insular in a matter of hours.

In contrast, on March 15, 2025, Quarry Hill welcomed hundreds of visitors to the Anderson Inn to sample our signature Chocolate Fudge Pie, one of the dozens of confections offered up by local businesses and organizations in support of Pies on Parade, a much-loved fundraising tradition in the Camden-Rockland area that supports the good work of Area Interfaith Outreach. Earlier in the winter, residents and care team members had the opportunity to vote for the pie that would become our signature

offering. That pie recipe can be found inside this newsletter.

The grounds of Quarry Hill are waking from winter slumber, and residents are steadily resuming daily strolls on the walking paths around the pond and looking forward to the return of our fountain and the beloved families of ducks. Recently we announced the prize-winning resident who guessed the correct day and time of the official “ice out” from Bryant Park Pond. Good fun!

There is perhaps no better way to get to know your neighbors than through a shared meal, and this spring we hearken back to nightly dinner and Sunday brunch service in the independent dining room. Our staff is eager to welcome residents and guests back to

Continued, page 8

inside

Page 2

Turning Points

Page 3

Turning Points, continued
Recipe

Page 4

Noteworthy Events

Page 5

Support Groups
Welcome, New Residents

Pages 6-7

Of Interest

Page 8

Cover Story, continued



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

A MaineHealth Member

Turning Points

Jim and Jean Matlack: For the Love of a Better World

Jim and Jean Matlack have been a couple for more than 70 years. Their lives intersected while juniors in high school at Westtown Quaker school in Pennsylvania, the oldest continuously operating co-educational boarding school in the country. They are celebrating 65 years of marriage in June 2025, having tied the knot just weeks after graduating college.

The years in between have been an eye-opening, bountiful journey. As with all enduring unions, there has been plenty of give-and-take along the way.

Jim was on track to be a college professor, having followed a scholarly path from Princeton to Oxford, and Yale (PhD in American Literature). In 1964 the young couple landed at Cornell for Jim's first teaching assignment, followed by nine years at UMass Amherst. A true advocate for his students, Jim fell victim to the "publish or perish" mentality of institutions where he sought tenure, all during our country's most turbulent times to be on college campuses.

An activist during the civil rights and Vietnam era, Jim was a conscientious objector who turned in his draft card and served two different, 10-day stints in prison. In 1983, a career pivot called Jim to our nation's capital, where he became Director of the Washington, D.C. Office of the American Friends Service Committee. He held this role for 20 years, traveling frequently to Latin America, the Middle East, and Southeast Asia on service

missions.

Jim went to Mississippi for two weeks in the fall of 1963 to assist in the early stages of voter registration efforts among black citizens. When the overall Freedom Summer project was organized, it was clear that Jim wanted to take part and Jean was clear that she would not be left behind with a young child and pregnant. Together they traveled to Rust College in Holly Springs, MS, where Jim taught a course and worked on the registration drive through a perilous summer as they both experienced being white strangers welcomed into a black community and at risk from hostile attitudes among the white society.

As the Matlack family continued to grow (sons William and Thomas, followed by daughter Laura), Jim settled into teaching at Amherst. Jean followed her own career longings, earning a doctorate of education from UMass



Turning Points CONTINUED

in 1977. She would spend the next 23 years as a practicing psychotherapist. A seeker of the natural and spiritual worlds, Jean is a Kripalu-trained yogi, has practiced extensive mediation, and was an avid runner and cyclist for many years.

So what brought this power couple to Maine? Jim's family cottage on Alden Island, where he learned to swim in Megunticook Lake as a child. It was here that the couple spent their honeymoon, and as a family they continued to vacation in Camden for two magical weeks every summer. Jean says, "In my upbringing I had never 'vacationed' anywhere before coming to Camden in 1955."

With their careers winding down, the couple felt Maine's gravitational pull on their hearts,

finally making the move to the Camden-Rockport area in 2005. Over the past twenty years, the Matlacks have invested time and talent in local organizations that keep their passions kindled. For Jim, the Camden Conference and Mid-Coast Forum on Foreign Policy have been a calling. He also helps lead a state-wide network of Quaker activists working on tribal/state issues and Wabanaki concerns. Jean is a member of Quarry Hill's Sustainability Committee and serves in a leadership role for Midcoast Maine Green Burial, a beautiful way to end one's life that is truly kind to the earth.

Together they continue to envision and work for a safer, greener, more just society and a more peaceful world to leave for their grandchildren.

from the Recipe Box



Chocolate Fudge Pie

From Director of Dining Services, Patty Thornton

Featured as Quarry Hill's signature pie at this year's local Pies on Parade fundraiser.

Ingredients:

- | | |
|--|--------------------------------|
| 1, 9" pie shell (homemade or store-bought) | 1½ C sugar |
| 1 stick salted butter | ¼ C corn syrup (light or dark) |
| 3 oz. bittersweet baking chocolate | ¼ C heavy cream |
| 4 eggs (room temperature) | 1 tsp. vanilla |

Directions:

1. Pre-heat oven to 350°.
2. Melt butter and chocolate together and cool for 20 minutes.
3. Mix eggs, sugar, corn syrup, cream, and vanilla together for one minute.
4. Gently stir in chocolate butter mixture.
5. Place pie shell on a baking sheet.
6. Pour filling in.
7. Bake for 45 minutes.

Noteworthy Events

Hitting the Sweet Spot: A Cider Tasting and Pairing

Thursday, May 22, 4 – 5:30 p.m.

Presenter: Ryan Watts, owner/founder,
Sea Hag Cider Co.



Small craft cideries have made a solid name for themselves among beer and wine drinkers, locavore enthusiasts, and the gluten-

free crowd. In Rockport, Sea Hag Cider Co. handcrafts ciders using locally sourced apples. Owner Ryan Watts will present us with a tasting experience paired with bites from Quarry Hill's chefs.

"A Table for One, Please."

Tuesday, June 10, 4 – 5:30 p.m.

Presenter: Day Arnold, BSND, certified nutrition educator, Maine Snap-Ed

Do you struggle with meal planning? Even if you're a party of one, you will gain inspiration and tools to help you prepare easy, nutritious meals. Attend this fun cooking demonstration to learn how to make balanced eating easy and accessible without compromising quality or taste, regardless of budget. *Attendees will receive a free cookbook of practical recipes and a sampling of some of the recipes created by Quarry Hill's chefs.*



Knox Clinic: A Little-Known Gem!

Thursday, June 26, 11 a.m. – 12:30 p.m.

Presenter: Meredith Batley, executive director,
Knox Clinic

Get the inside scoop on the creation of a new Community Health Center in downtown Rockland. This exciting initiative offers integrated family medical care, dental care, counseling, connection to local resources and more—with a goal of serving all. When everyone has the support and care they need to thrive, our whole community is stronger and healthier.



Annual Lobster Bake (by invitation)

Thursday, August 14, 4:30 to 6:30 p.m.
(inclement weather date: 8/15)

Quarry Hill is pleased to invite Priority List members to its annual Lobster Bake. This is a wonderful opportunity to become acquainted with future neighbors and enjoy great food and entertainment. Free to invited guests, with cash bar. *Formal invitaiton to come.*

Assisted Living Open House

Thursday, September 11, 4 to 5:30 p.m.

During National Assisted Living Week, we invite you and your family to join us 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.

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:

- **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? Please 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 at 3:30 p.m.**

Considering joining the group for the first time? Please call facilitator **Kim Danforth, LMSW-cc** at **207-301-3095** or **Catherine Athay, LCSW** at **207-301-8977** to let them know you'll be attending.

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. at Quarry Hill**. Attendees should bring a bag lunch; drinks and desserts provided.

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

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



Bob & Barbara Briggs
Ruth Ellison
Nancy Ford
Charlie Graham & Dorothea Guthrie
Hank & Kathy Laidlaw
Roger & Audrey Moody
Kim Williams

Care Team Members Honored with Awards

Daisy and Sunshine Award Recipients

Quarry Hill care team members were honored with employee awards during a ceremony held at the Anderson Inn.

Margie Placides, RN, won the DAISY Award, a program that celebrates and recognizes nurses by collecting nominations from residents, families, and co-workers. This international award honors and thanks nurses for the care and kindness they provide.

Placides came to Quarry Hill through Health Carousel's PassportUSA program, which brought her from her home in Catanduenes, Philippines to Camden, Maine in April 2021. After completing her three-year assignment, Placides became the first nurse in this international program to join MaineHealth full-time.

Brenda Flanders, CNA/CRMA, and Alicia Hallowell, CNA/CRMA, were honored with Sunshine Awards, which are given to clinical team members who support resident care, for the extraordinary contributions they make every day in the lives of residents and families.

Also recognized at the ceremony were Sunshine Award nominees Theresa Benner, CNA; Melissa Compton, CNA/CRMA; Karen Godfrey, CNA/CRMA; Katlyn Grubbs, CNA/CRMA; and Charlene Brown, CNA.

Youth Client of the Year Award Recipient

Victoria Winslow, a Certified Nursing Assistant (CNA) who divides her time between Quarry Hill and Waldo County General Hospital, was recently recognized as Youth Client of the Year by Coastal Communities Workforce, Inc., at a ceremony held in Brunswick last fall.

Victoria was nominated for the award by her Goodwill Northern New England Workforce Solutions career advisor Derek Kennedy, who was very impressed with her determination and achievement in becoming a CNA earlier this year. "Victoria not only got her certification, but she now has employment as a CNA. She's doing what she set out to do."



Of Interest CONTINUED

Victoria was looking for a new place to work when she discovered a dining assistant position at Quarry Hill. A few months into Victoria's employment, a nurse at Quarry Hill suggested Victoria become a CNA — a higher-paying position to suit her caring disposition that would be more impactful than her current role.

Victoria has high praise for her support team at Goodwill Northern New England Workforce Solutions, from whom she received emotional and financial support that was critical to her success in completing the CNA program. "I found a career that I enjoy and gained some great support from everyone who helped set me on this path."

Ellen Wood, director of residential care at Quarry Hill, was extremely pleased to hire Victoria as a CNA. "Victoria works very hard to be a good team player," Wood said. "She shares her personality with residents, which they love. Quarry Hill is lucky to have Victoria," she added.

Meet Dining Services Director Patty Thornton

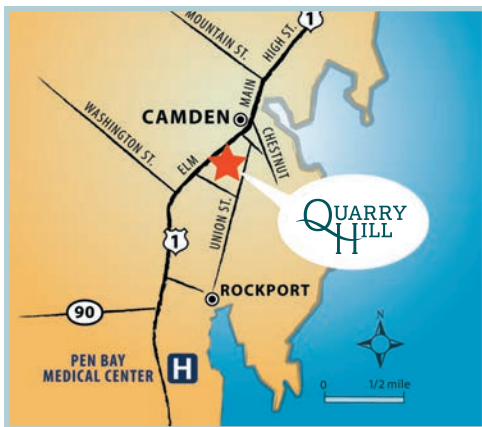
Quarry Hill welcomed Patty Thornton as Dining Services Director on October 9, 2024.

A graduate of the Culinary Institute of America, Patty has built much of her dining services career within a residential community setting for older adults in the hamlet of Latham, New York. Originally, her work was focused on baking, that is until a supervisor recognized her people skills. Patty rose to the occasion, and has continued to gain extensive experience, education, and accolades along her dining services leadership path.

Moving to midcoast Maine last fall, Patty is looking forward to experiencing her first Maine summer. She enjoys discovering new walking trails with her Maltese pal Savana, and knows that the warmer weather will bring more opportunities for them to explore our coastline.

When asked to share the most rewarding aspects of her work, Patty is quick to talk about the complete dining experience. "Everybody wants to eat good food and to savor the time spent at the dining table. I aim to instill a sense of pride in every step that leads to that experience, from preparation and plating to service and delivery. I lead by example and have found great satisfaction in sharing this methodology with my dining colleagues."





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

COVER STORY CONTINUED

the fine dining experience that was a Quarry Hill hallmark pre-pandemic.

A robust schedule of lively enrichment programs, offered to all residents and open to the public, continue to keep the community engaged in body, mind, and spirit. Read more about these offerings in the pages of this newsletter, and we hope that you'll join us sometime this year.

And before we know it, summer will be here, a prime time to visit the Camden area and Quarry Hill. Priority List members, be sure to circle your calendar for our annual Lobster Bake, slated for August 14. We'll save a place at the table for you!

