

News & Views

from Quarry Hill

Survey Says: Quarry Hill Checks All the Boxes

FROM LORIMAN LOOKE, EXECUTIVE DIRECTOR

At the start of the year, residents and family members took part in our annual Quarry Hill survey, sharing thoughtful feedback about their experiences here. This yearly check-in is an important way for us to listen, learn, and continue shaping a community where people feel happy, supported, and at home. The insights we gain help guide decisions about programs, services, and everyday life at Quarry Hill.

We're happy to share that the year-over-year results paint a very positive picture. Compared with the previous year, results from the most recent survey show that residents and families reported higher satisfaction, offered stronger recommendations, and shared fewer concerns overall. That trend tells us we're moving in the right direction.

I'm especially proud of how well Quarry Hill continues to shine in areas that matter most—warm and caring staff, consistent service, clear communication, and responsiveness. When those strengths are paired with a safe, clean, well maintained environment and opportunities for meaningful engagement, the result is a community that feels reliable, supportive, and genuinely welcoming.

These results confirm what many of us already know: our greatest assets are our people. The residents who call Quarry Hill home and the staff who care for and support them every day come together to create a vibrant, connected community here in the heart of Camden. You'll meet some of these wonderful individuals in the pages of this newsletter.

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At home in Camden

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A MaineHealth Member

Turning Points

Doug and Dale Bruce Cruising into Retirement

This summer, cottage residents Doug and Dale Bruce will celebrate their 60th wedding anniversary. To say their years together have been “smooth sailing” feels particularly apt for a couple who have spent much of their lives side by side at sea.

Doug and Dale met as teenagers at the American Yacht Club in Rye, New York, where Doug was a summer sailing instructor, and Dale was one of his students. Dale admits Doug caught her eye right away, giving her plenty of motivation to return the following summer. First impressions proved to be lasting. Several years later, they tied the knot at the American Yacht Club and honeymooned aboard Dale’s father’s boat.

The Bruces settled in Doug’s hometown of Greenwich, Connecticut, where they raised three strong, independent daughters. While Dale held down the home front, Doug built an impressive career in advertising, working in account management for several iconic New York City agencies, including a 25-year tenure at Ogilvy & Mather.

By the mid-1990s, with their daughters grown and flown, Doug took early retirement and the couple launched their next chapter: full-time ocean cruising. For five remarkable years, their 55-foot sailboat, *Bluewater*, was home. They explored the East Coast from the Dry Tortugas to the Maine-New Brunswick border, spending winters

island-hopping throughout the Caribbean. “It was a wonderful, freeing time in our lives,” they recall, “traveling wherever the spirit guided us.”

Amidst all that wanderlust, one harbor kept beckoning. In 1999, the Bruces recognized the call as a turning point, and they purchased a house in Camden, Maine. Having first sailed into the picturesque port in the mid-1980s—flooded engine and all—Doug recalls the genuine hospitality they received at Wayfarer Marine. Without a doubt, the feeling of home continues to grow. Fittingly, Doug and Dale served as official Port Officers for Camden through their active membership in the Ocean Cruising Club™.

Their shift to seasonal sailing opened the door to new adventures, particularly



Turning Points CONTINUED

in the Canadian Maritimes. Among many memorable voyages, their 2005 circumnavigation of Newfoundland—an epic 1,600-mile journey—stands as the cruising trip of a lifetime.

With countless miles and memories logged, the Bruces turned their deep knowledge into service, writing and revising cruising guides for the waters they know best – the Canadian Maritimes and Maine. Most recently, they conceived and created the online Cruising Club of America Cruising Guide to Maine, affectionately calling it “our love letter to the Maine coastline.” They have recently been recognized with an award by the Cruising Club of America for their generous, all-volunteer efforts that support and inspire fellow cruising sailors worldwide.

Today, their boat is smaller and powered by a motor, but their sense of adventure remains undiminished. Doug and Dale now explore the wonders of Penobscot Bay with their daughters and spirited grandchildren aboard. It’s a fine example of how to cruise into retirement—content, engaged, and still happily underway.



Bluewater

from the **Recipe Box**



Lemon Chess 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, 10" pie shell (homemade or store-bought)	1/3 C fresh lemon juice
3 C sugar	Grated rind from 3 lemons
6 large eggs (room temperature)	2 T flour
1/3 C melted butter	2T corn meal
1/3 C heavy cream	1/4 tsp. salt

Directions:

1. Pre-heat oven to 350°.
2. Place pie shell on a cookie sheet to prevent spillage.
3. Whisk all ingredients together and immediately pour into pie shell. Do not let the filling sit.
4. Bake for 45 minutes. Check with a toothpick—if it doesn't come out clean, bake for 10 more minutes. Cover the crust with foil if it starts to brown too much.
5. Cool completely on wire rack.

Noteworthy Events

Death with Dignity and The Power of Choice

Thursday, April 9, 11 a.m. – 12:30 p.m.

Presenter: Casimir Bemski, executive director, Maine Death with Dignity



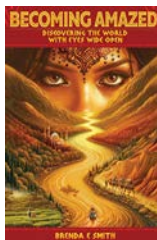
Investigate death with dignity, a practice allowing terminally ill patients to choose their end. Examine ethical questions, autonomy, and moral implications in one of today's most debated end-of-life issues.

The Journey of *Becoming Amazed*

Thursday, April 23, 3 – 4:30 p.m.

Presenter: Brenda Smith, author

Through tales of travel, reflection, and transformation from her adventure memoir *Becoming Amazed*, Brenda illuminates how embracing wonder can reshape life. *Books will be available for purchase and signing.*



Maine to Memorials: A Mission of Honor

Wednesday, May 6, 1 – 2:30 p.m.

Presenter: Matthew Mank, chairman, board of directors, Honor Flight Maine



Get an inside look at the mission behind Honor Flight Maine, part of a national network dedicated

to honoring veterans by providing a free, unforgettable trip to Washington, D.C., to visit memorials built in their honor—a powerful tribute to their service and sacrifice.

The Monarch's Wings of Wonder

Tuesday, May 19, 3 – 4:30 p.m.

Presenter: Cyrene Slegona, MS Ed., executive committee member, Maine Entomological Society



Explore the incredible journey of Monarch butterflies and their current status in North America. Gain insights on migration, research, and restoration efforts by Canada, Mexico, and the United States, along with ways to help protect this iconic species.

Voyage Through Camden History

Tuesday, June 9, 3 – 4:30 p.m.

Presenter: Alison McKellar, board member, Camden-Rockport Historical Society

Take a captivating look at Camden's lesser-known history—from eerie legends echoing through old buildings to the catastrophic fire that transformed the town. This talk reveals the mystery, resilience, and creativity that shaped Camden's past and continue to inspire its present.



What Makes Art, ART?

Thursday, June 25, 3 – 4:30 p.m.

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



This thought-provoking talk examines the nature of art, its role in society, and the fine line between authentic expression and sensationalism. Through vivid examples, the speakers challenge conventional views and inspire fresh perspectives on what makes art truly meaningful.

Noteworthy Events CONTINUED

SAVE THE DATE

Annual Lobster Bake (by invitation)

Thursday, August 13, 4:30 to 6:30 p.m.
(*inclement weather date: 8/14*)

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 invitation to come.*

Assisted Living Open House

Thursday, September 10, 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.**

Please call facilitators **Kim Danforth, LMSW-cc** at **207-301-3095** or **Catherine Athay, LCSW** at **207-301-8977** 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. 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.

Of Interest

Care Team Members Honored with Awards

Joy Balagot & Theresa Benner Shine Bright



The Sunshine Award honors nursing support

staff who exemplify compassionate care, teamwork, and resident advocacy. Quarry Hill's most recent honorees are Joy Balagot, CNA/CRMA, and Theresa Benner, CNA. Director of Residential Care Ellen Wood shared that Joy consistently demonstrates a strong commitment to excellent care and is always willing to pick up extra shifts to support her colleagues. Theresa's nominator praised her

"unwavering reliability and heart," calling her "a sunshine within our walls every single day.

Other recent Quarry Hill nominees were Cynquany Berthram, CNA/CRMA; Genny Flanders, CNA; Samantha Grover, CNA, and Marta Van Abel, Environmental Services.



Pictured left to right: Kristin Cyr, RN, MSN, chief nursing officer, Pen Bay and Waldo Hospital; Joy Balagot, CNA/CRMA, Quarry Hill, Denise Needham, president, Pen Bay and Waldo Hospitals, and Theresa Benner, CNA, Quarry Hill

Kara LeGage & Greg Garland are GEMS



Kara LeGage and Greg Garland—valued members of Quarry Hill's dining services team—were recently honored with Unidine's Great Employees Making Magic (GEM) Awards for their dedication and teamwork. Unidine is Quarry Hill's dining services partner, supporting daily meal service and hospitality.

Kara, front-of-the-house supervisor, was recognized for stepping up during a challenging staffing period, frequently taking on extra shifts and supporting her team with positivity and flexibility.



Greg, a longtime team member, was honored for his reliability in covering open shifts and his exceptional attention to detail in keeping storage and cooler areas organized.

Their recognition reflects the commitment and teamwork they bring to Quarry Hill every day.

Confidence in Every Step

Why Balance Matters

Staying active and confident in your physical abilities is an important part of enjoying everyday life—and maintaining good balance plays a key role. When balance is strong, it's easier to remain mobile, continue doing the activities you love, and move through each day with greater conviction and independence.

Many factors can affect balance over time, including medications, vision changes, inner ear concerns, or chronic health conditions. Fortunately, support is available. Talking with your healthcare provider can help identify what may be affecting your balance and guide you toward simple, effective solutions.

Regular movement is one of the best ways to support stability and overall well-being. Activities that focus on strength, flexibility, and coordination can make a meaningful difference. Even gentle exercises can help build confidence, improve posture, and support safer movement.

Physical therapy is another valuable resource, offering personalized guidance to help improve balance and strength at your



own pace. Whether you're new to exercise or looking to refresh your routine, a tailored plan can help you feel more secure and energized.

The encouraging news is that it's never too late to build strength, improve balance, and invest in your health. Small steps today can lead to greater confidence, independence, and enjoyment tomorrow.

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

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WELCOME QUARRY HILL'S NEWEST RESIDENTS

Judith Bing & Brooke Harrington
Bob & Jan Spencer
Jory Squibb
Marty Thibodeau



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COVER STORY CONTINUED

As spring begins to bring new life to our beautiful campus, we invite you to stop by—whether it’s for a refresher tour, a walk on the trails, or to attend one of our many enrichment programs. And before long, we’ll be setting the tables with checkered cloths for our annual lobster bake. Dates and details are found inside, and we hope Priority Members will be here to enjoy the fun and great company.

We know there are many choices in retirement living. Whether you’re already on our waiting list or still exploring options for yourself or for someone you love, we hope Quarry Hill feels like a welcoming place—one where care, community, and a true sense of home come together.

