

# THE QUARRY HILL Quarterly

SUMMER 2017

# 15

FIFTEENTH

ANNIVERSARY

ISSUE

## Happy 15th, Quarry Hill!

FROM MARY SARGENT, EXECUTIVE DIRECTOR

Back in the 1800s, a number of physicists—evidently waking up on the wrong side of their beds—advanced the gloomy notion of entropy, the principle that all things in the universe move from order to disorder and eventually fall apart. I don't know whether that's true or not. But what I can say with certainty is that over time, plenty of things get bigger. And sometimes, in some ways, they get better.

At least that's what I see happening at Quarry Hill. This year, we celebrate our 15th year, and looking back, I'm struck by the amount of sea change our little ship has weathered. Healthcare, our particular niche in the scheme of things, has been pushed, pulled, reorganized and overhauled so many times, it's head-spinning—and Quarry Hill has been pushed and pulled right along with it. In collaboration with other Midcoast healthcare providers, we worked hard to adapt to the requirements of the Affordable Care Act (and now face having to adapt again to the Act's potential undoing). We embraced paradigm-shifting concepts such as patient-centered and evidence-based care. And as a veritable blizzard of healthcare mergers and alliances swept the nation, we and our partners engaged in some considered merging and alliance-forming of our own, cutting costs and improving efficiency while

carefully preserving each organization's unique culture.

Keeping up with the changes in our local healthcare system—Northeast Health becomes Pen Bay Healthcare! Joins MaineHealth! Merges with Waldo County Healthcare—has been challenging, I admit. But I believe that much of what has happened has improved healthcare for us all. And through it all, Quarry Hill has not merely survived, but thrived.

Since 2000, when the Board of Trustees of what was then Northeast Health approved the creation of an extended-care community devoted exclusively to the well-being of older adults, we have built 45 cottage homes; developed the 144,000-square-foot Anderson Inn comprising more than 100 residential apartments and a state-of-the-art nursing and rehabilitation center; established productive ties with other healthcare providers and nonprofit organizations throughout the Midcoast; and, most importantly, supported our residents in transforming what was once mere bricks and mortar into a community unequalled for warmth, compassion and quality of care.

Call it entropy in reverse. At 15, we're bigger and, yes, better than ever, and the horizon we face is bright with both challenge and opportunity.

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# QUARRY HILL

*Midcoast Maine's Premier Extended  
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# Meet Our New Executive Chef

Just weeks into his new gig as head of Quarry Hill's Dining Services program, Bill Clifford is already making his upbeat personality and five-star work ethic felt.

"What I have to contribute is a solid energy level that will allow our team to do the great work they're already doing, and do it consistently, day after day, meal after meal," says the 48-year-old food-industry pro. And he's got the record to prove it.

Born and raised in Portsmouth, N.H., Clifford started working in restaurants when he was in high school. By graduation day, the ambitious young man had set his sights on a career in the food industry, and in 1991 enrolled in the CIA—the Culinary Institute of America, that is—in Poughkeepsie, N.Y. After that, things happened fast. He took chef jobs at restaurants in Boston and Miami and then moved to Denver to manage a 200-seat sports-themed food hub. Pulled by a longing for home, he eventually moved back to New England, launching a restaurant in Boothbay Harbor, running the food-and-beverage department at an assisted living community in Massachusetts and serving as executive chef for Mercy Hospital Systems in Portland.



At Quarry Hill, Bill says he's impressed with what he sees. "Our chefs and Dining Service team are doing great work," he remarks. "A big part of my job is making it easier for them to do what they do."

## from the Recipe Box

### Tomato, Cucumber and Mint Salad Serves 4

From Executive Chef Bill Clifford

#### Ingredients:

- |                                  |  |
|----------------------------------|--|
| 1/4 cup roasted garlic           | 2 large cucumbers, peeled, seeded and cut into 1/2-inch slices |
| 2 tablespoons lemon juice        | 3 large tomatoes, seeded and chopped                           |
| 1/4 cup pitted Kalamata olives   | 2/3 cup chopped red onion                                      |
| 1 small bottle of capers, washed | 1/2 cup chopped fresh mint                                     |
| 1/3 cup red wine vinegar         | 2 tablespoons olive oil  |
| 1 tablespoon white sugar         | salt and pepper to taste                                       |
| 1 teaspoon salt                  |  |

#### Directions:

1. Mix the first four ingredients in a bowl and set aside.
2. Mix the rest of the ingredients in another bowl and chill.
3. Just before serving, add the olive-and-caper mix to the remaining ingredients and serve.



# Living the Creative Life: Veronica Abbott-Wheat

The living room of Veronica Abbott-Wheat's Quarry Hill apartment isn't so much a living room as it is an incubator of the creative spirit. Taking up much of the available real estate is a giant work table, illuminated by high-intensity lamps and covered with riotous rolls of fabric and paper; boxes overflowing with buttons and baubles; and collages and assemblages in all stages of creation. A folding screen sets off a substation equipped with two professional-grade sewing machines and a table she designed to store swatches of fabric—further grist for the creative mill.

For Veronica, a professional artist and teacher of national renown, art is no mere hobby, but life itself. Her works are included in collections such as the Heckscher Museum in Huntington, N.Y., the Cooper-Hewitt Museum in Cooperstown, N.Y. and United Artists Television in New York City, and she is frequently invited to participate in the nation's most prestigious juried exhibitions.

"When I wake up each day, I say 'thank you' for the gift of another day, then immediately think of whatever project I'm working on," she says.

Immersed in the visual arts since the late 1950s, Veronica sees herself as an adventurer. "What excites me," she says, "is working. Often, when I begin, I don't know where I'll wind up. I start with something that interests me—maybe an old photo or a rolled-up bit of paper. Then I turn it over. I turn it upside down. I see what it suggests."

Over the years, that open, intuitive approach has led Veronica to explore all sorts of media, from watercolor and pen-and-ink, to fabric, paper and three-dimensional collage. A trunk full of antique buttons, bequeathed to her by a friend, inspired Ecologia©, a line of opulent, one-of-a-kind pins, hair ornaments and earrings that were snapped up by tony boutiques up and down the East Coast. And today? "I'm experimenting with contemporary paper dolls. I base them on characters from books or TV and make clothes for them that seem to suit who they are or what they do."

Veronica's creative ferment began decades ago, when,

growing up in New York, she couldn't keep her hands out of paper, paints and glue. She went on to study at the famed Pratt Institute and Art Students League and launched her own studio/gallery, gaining a national reputation for displays fashioned for big-name department stores like Lord & Taylor, Bergdorf Goodman and Bamberger's. She freelanced as a colorist for commercial installations and trade-show exhibits and even designed needlework kits for *Better Homes and Gardens*, *McCall's* and *Woman's Day* magazines and the Bucilla Company.

Nowadays, though technically "retired," Veronica is actually anything but. In addition to the aforementioned paper dolls, she's creating arresting "raised" art using textured and painted fabrics, trapunto, traditional Asian batik, embroidery and surface stitching, as well as shadow boxes that combine vintage photographs with bits of fabric, lace, sea shells, glitter, pages from musical scores, you name it.

Quarry Hill, she says, makes it doable. "My apartment gives me the privacy I need to focus on my art. Everything—from the design of the kitchen and bath to the support of the staff—makes it easy for me to live independently, even though I don't move as easily as I used to." And some of the time she once had to spend on household maintenance she can now devote to looking back on a creative life well-spent.

"When I die, I won't just go poof and disappear," she philosophizes. "My legacy will be all these things that I've made."





# Knitters Knit One, Purrr-l Two for Shelter Cats

Members of Quarry Hill's Knitting and Handcrafts Group recently produced their 400th cat mat for donation to P.A.W.S. Animal Adoption Center in Camden and other shelters in Maine and beyond.

Shelters use the soft, knitted mats as bedding for cats and kittens in their care and often send the reassuring "softies" home with kitties when they're adopted.

Group members—among them residents Priscilla Wood, Mabel Palermo, Hannah Williamson and Ginny Hutchins, pictured here, from left—swap stories while crafting sweaters, scarves and mittens for loved ones as well as cat mats and other items for donation to good causes. Fran Sims, a nurse who takes a break from her job with Camden District Nursing to participate, said that at least 75 of the mats made over the past two years have gone to P.A.W.S., with the remainder going to shelters elsewhere in Maine, New Hampshire, Vermont and Arizona.

P.A.W.S. executive director Shelly Butler said, "We can tell our cats love the mats from the residents at Quarry Hill. They snuggle up in them right away. They're just that extra bit of love our cats need."



## SUMMER SOIRÉE WESTERN BBQ

Join the Pen Bay Waldo Healthcare Foundation at Point Lookout Resort in Northport on Saturday, August 19 for the second annual Summer Soirée fundraiser to support capital improvements at Pen Bay Medical Center and Waldo County General Hospital.

Please visit [www.penbaywaldofoundation.org](http://www.penbaywaldofoundation.org) for more event details or contact the Pen Bay Waldo Healthcare Foundation at 207-921-6705 to purchase tickets.

## WELCOME QUARRY HILL'S NEWEST RESIDENTS

Grizel Barreto  
John & Carol Burnham  
Ed & Susan Hilpert  
Bill & Mary Murphy  
Ruth Thomas

# 25

Number of current residents who qualify as Quarry Hill "pioneers," having moved in when we opened our doors, 15 years ago.

*Happy 15th anniversary, Quarry Hill!*



**Y**ou know that bag full of green slime you found in your refrigerator this morning? There's a message in that mess. Once again, you've bought more food than you could eat, and the result is money (not to mention a lot of once-appetizing spinach) down the drain.

It's an all-too-common scenario—particularly for the 26 percent of Americans over age 65 who live alone (Pew Research Center, 2014). With only themselves to feed, many older adults see little point in cooking. And those who try often grow discouraged, because key ingredients like fruits and veggies, proteins and dairy products typically come packaged in quantities too large for one person to consume before the foods perish.



Before you hang up your apron and pour yourself a bowl of corn flakes for dinner, consider these tips from Quarry Hill registered dietician Ann Parent and other nutrition pros:

## When Shopping...

- Save money by buying nonperishables in bulk. But don't buy more than you can eat in a year. And remember that nuts, dried fruits and some grains don't keep forever. For long-term storage, pop 'em in the fridge.
- Shop at farmers' markets. It's the freshest food you'll find, and you can buy just the amounts you need.

- Consider individually packaged items, like string cheese; applesauce and single-serve containers of tuna, fruit and soup.
- Ask the butcher to cut meat and fish into third- or half-pound portions. At home, wrap and freeze what you can't eat now to eat within two or three months.
- Buy fruit at varying stages of ripeness. As individual items ripen, refrigerate.
- Make friends with bagged, frozen veggies. They're just as nutritious—in some cases more so—than stuff that's been in transit or sitting on produce shelves for days, and you can use just what you need and throw the rest back in the freezer.

## In the Kitchen...

Once a week, prepare a soup, casserole or other dish using a recipe designed to serve four. Divide the mixture into four servings, eat one, and refrigerate or freeze the rest in single-serve glass freezer containers.

Eat your most perishable produce (leafy spinach, soft-skinned berries) early in the week; tougher stuff, like cabbage, carrots and potatoes, can wait.

Got an oversized recipe for a dish you love? Try reducing it by half—or even more. Use your noodle (you remember fractions, right?), or go online for conversion tables that do the math for you.

## And remember...

Living alone doesn't mean you always have to eat alone. Go to church suppers. Invite friends over. Or, says Parent, go for the ultimate solution. Move to an older-adult community like Quarry Hill, where residents enjoy satisfying, restaurant-style meals every day, in the company of friends and neighbors.

# NOTEWORTHY EVENTS

## Adventures in Living Well

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

### Out from Under the Tuscan Sun: My Life in Tuscany

**Wednesday, August 16, 10:30 a.m. to 12 noon**

Presented by Nancy Harmon Jenkins, Mediterranean cuisine author, speaker, and radio and television commentator

Who hasn't dreamed of a life in Tuscany? The culinary force-of-nature behind some of Quarry Hill's most popular tasting events puts down her spatula to tell us what it's really like to live, work and yes, eat, in the bucolic paradise that's on almost everyone's travel list.

### The Art of Nonviolent Communication

**Wednesday, September 20, 10:30 a.m. to 12 noon**

Presented by Peggy Smith, certified Nonviolent Communication educator

Back by popular demand, Peggy facilitates a continued exploration of ways to connect authentically and compassionately with ourselves and others, even in the presence of conflict.

### Protecting Seniors from Exploitation

**Wednesday, October 18, 10:30 a.m. to 12 noon**

Presented by Meegan Burbank, Esq., attorney, Legal Services for the Elderly; and David Leach, MPA, principal consumer credit examiner, Maine Bureau of Consumer Credit Protection

Fraudsters and scam artists often prey on older adults. Fight back by learning to recognize the telltale signs of a scam, avoid identity theft, and protect your credit. And find out what steps to take if you do get caught in a fraudster's web.

### A Good Man with a Dog: A Retired Game Warden's 25 Years in the Maine Woods

**Wednesday, November 15, 10:30 a.m. to 12 noon**

Presented by Roger Guay, author and retired Maine game warden

Lost in the woods? Guay's your man. He's an expert on the warden service and in the life-and-death matter of finding missing persons. But to hear him tell it, he owes it all to his dog.

### Four Centuries of Christmas in New England

**Wednesday, December 13 (snow date: 12/20), 1:00 to 2:30 p.m., Camden Public Library (cosponsor)**

Presented by Kenneth C. Turino, manager of community engagement and exhibitions, Historic New England

It all began upon a midnight clear. But since the 1600s, the celebration of Christmas in New England has undergone many transformations. In the heart of the season, join us for this illustrated look at yuletides past.

### AARP Driver Safety Course

**Friday, October 13, 10:00 a.m. to 3:00 p.m.**

Presented by Paul Sheridan

This one-day refresher course is designed for drivers age 50 and better. The course includes lecture, video, workbook, and other materials (but no actual driving) for a cost of \$20, or \$15 if you're an AARP member, payable at the door. AARP membership is not a prerequisite, but registration is required.

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

**Registration required.  
Call 207-921-6116 or email  
qhinfo@pbmc.org.**

# NOTEWORTHY EVENTS CONTINUED

## Going Strong

A new educational series devoted to topics in senior health

### Exploring Joint Issues: Shoulders

**Monday, September 25, 3:00 to 4:00 p.m.**

Presented by Jeff Rasmussen, MD, Pen Bay Orthopaedics

One of Maine's most respected orthopaedic surgeons explains how to maintain the health of your shoulders—as well as options for treatment if you're among the millions of older adults coping with shoulder pain and/or limited range of motion.

### Osteoporosis: Fact and Fiction

**Monday, November 6, 3:00 to 4:00 p.m.**

Presented by Deirdre Gramas, MD, Pen Bay Rheumatology

Information abounds about the “brittle-bone disease” that afflicts half of American women over age 50. But not all of what's passed off as fact passes the reliability test. Bone up on what's real and what isn't in this no-nonsense presentation by one of Maine's leading osteoporosis specialists.



### Finding Your Balance

**Wednesday, October 25, 9:00 a.m. to 12 noon (includes continental breakfast)**

Presented by Katy Morrison, ND, L.Ac, naturopathic doctor and acupuncturist, Camden Whole

Health; and Brenda Hamilton, LCSW, consultant in healthy aging and geriatrics

Life's a balancing act—especially for women after 50. Soak up a naturopath's wisdom on maintaining balance through the physical changes of the mature years, plus a specialist's tips on moving through emotional/spiritual issues that often surface during these watershed years.

### Lobster Bake (by invitation)

**Friday, August 18, 4:30 to 6:30 p.m.**

Quarry Hill is pleased to invite Priority List members to its 15th annual Lobster Bake. This is a wonderful opportunity to become acquainted with future neighbors and enjoy great food and entertainment. Free, with cash bar.

### Cottage Open Houses (subject to availability)

**Saturday, August 26, 1:00 to 3:00 p.m.**

**Saturday, September 16, 1:00 to 3:00 p.m.**

**Saturday, October 28, 1:00 to 3:00 p.m.**

Thinking about making the switch to an easier, freer way of life? Then be sure to attend one of Quarry Hill's upcoming Cottage Open Houses. These events are a golden opportunity to view maintenance-free homes available for purchase, learn about carefree living, and meet residents and staff. See a cottage you love? Sign a purchase agreement, and we'll give you \$5,000 to put toward customizing your new home!

Bring your family, bring your friends—and get a view of your future from the Hill. For more information or to arrange another time to visit, call 207-921-6116 or email: [qhinfo@pbmc.org](mailto:qhinfo@pbmc.org).

### National Assisted Living Week

**September 10-16, 2017**

This year's theme, “Family Is Forever,” celebrates the close bonds between residents and caregivers and the important roles they play in each other's lives. We invite you and your family to join us on **Wednesday, September 13, from 5:00 to 6:00 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.







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[quarryhill.org/cottage-for-sale](http://quarryhill.org/cottage-for-sale)



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

For details, call **Cheri Alexander, LSW**, at 207-921-6237.

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**QUARRY HILL**  
At home in Camden

**\$253,000**

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YEAR BUILT: 2002 | COTTAGE STYLE: F | SQUARE FOOTAGE: 1,100

This quaint cottage offers a maple kitchen, 4-season sun porch and fireplace. Hardwood floors and moldings add to its charm.

Contact Denise Pease • 207-921-6115 • [qhinfo@penbayhealthcare.org](mailto:qhinfo@penbayhealthcare.org)