

THE QUARRY HILL Quarterly

SPRING\SUMMER 2014

A Fond Farewell

FROM BOB MCKEOWN, EXECUTIVE DIRECTOR EMERITUS

On March 7, 2014, I officially joined the ranks of the retired.

I feel blessed to have led this community of wonderful, caring people since our beginning 12 years ago. As I removed photos and other memorabilia from my office walls, I was reminded of all the happy moments and the great people that I have come to know and cherish.

I had a difficult time saying goodbye. For me as for others, both residents and staff, Quarry Hill is a unique and personal experience. The campus is beautiful, but the real beauty of the place lies in the human interactions that happen here. Simple acts of kindness, sharing, and good will, both between residents and between residents and staff members, are daily occurrences and demonstrate the caring and compassion that set this community apart from others of its kind.

I will not miss the volumes of paper work or the regulations that have become so complicated that we sometimes have to hire consultants to help us understand and work through them. We would much rather hire caregivers than consultants.

Nonetheless, I believe wholeheartedly that Quarry Hill's future is bright.

My faith in our community's leadership

and staff is strong. Demographic trends, especially the aging of the vast Baby Boomer generation, are in our favor. And with plans on the drawing board to expand services and use the latest communications technology to keep residents safer, more secure, and better connected than ever, I'm confident that our best days are yet to come.

In the meantime, please accept my profound thanks—for your interest, your support, and even the constructive criticism you've shared with us over the years. Quarry Hill is what it is today in significant measure because of you. I hope that you'll continue to keep Quarry Hill in your thoughts, and that you'll share your ideas with new executive director Mary Sargent. Quarry Hill will remain, always, in my heart.



Bob McKeown

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Camden voted
Maine's Prettiest Village
by readers of
DownEast Magazine



Midcoast Maine's Premier Extended
Care Community for Adults 55+

30 Community Drive, Camden, ME 04843

(207) 230-6116 • quarryhill.org

qhinfo@penbayhealthcare.org

facebook.com/QuarryHillCamdenMaine

Member of Pen Bay Healthcare

Adventures *in* Living Well

SUMMER
2014

FREE PROGRAMS

*designed to enhance your health
and vitality after age 55*

The History of American Indians in Maine

Wednesday, June 18 • 10:30 am–12 noon

**Presented by John Bear Mitchell, University of Maine
professor and associate director, Wabanaki Center**

Mitchell, a member of the Penobscot Nation, guides an exploration of the history and culture of Maine's native peoples from the perspective of the people themselves.

Magnificent Obsession: The Art of John James Audubon

Wednesday, July 16 • 10:30 am–12 noon

**Presented by Stephen May,
art historian, writer, and lecturer**

May's illustrated lecture celebrates the French émigré whose life-size watercolor portraits of American birds in their native habitats helped shape our national identity.

Bringing Language Learning to Life

Wednesday, August 20 • 10:30 am–12 noon

**Presented by Joan R. LeMole, executive director,
and Margot Stiassni-Sieracki, instructor of French
and teaching methodology, Penobscot School**

Dull vocabulary drills? Just say *non*! Find out how Penobscot School's lively blend of formal instruction, cultural events, and more makes language learning stimulating and fun.

Going Bats!

Wednesday, September 17 • 10:30 am–12 noon

**Presented by Annie Kassler,
Bat Conservation International**

Kassler zaps the "eek!" factor surrounding bats in this myth-busting slide presentation. Home in on the key role the often misunderstood night-fliers play in our planet's ecology and economy—and the mysterious syndrome that threatens their survival.

All programs will take place at the Anderson Inn, Quarry Hill. Registration required.

Call 207-230-6116 or email qhinfo@penbayhealthcare.org.



Supporting independence
through personalized care.

Discover Assisted Living

quarryhill.org/assisted-living/traditional-care

Noteworthy Events

Cottage Open Houses

Saturday, June 21, 1 to 3 pm

Sunday, July 13, 1 to 3 pm

Saturday, August 16, 1 to 3 pm

Saturday, September 13, 1 to 3 pm

Thinking about making the switch to an easier, freer way of life? Then be sure to attend one of Quarry Hill's upcoming Open Houses.

Open House events are a golden opportunity to view a variety of maintenance-free cottage homes that are available for purchase; learn about carefree living at the Midcoast's premier community for adults age 55-plus; and meet residents and staff. Enter a raffle for a chance to win one of several summertime items. And if you see a cottage you love and sign a purchase agreement, we'll even 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 Quarry Hill at 230-6116 or send us an email: qhinfo@penbayhealthcare.org.

10th Annual Yard Sale

Saturday, July 19, 8 am to 12 noon

Don't miss Quarry Hill's annual bargain-hunting extravaganza! Shop, donate items for sale, or rent a table for \$10 and sell your belongings yourself (you must be present to tend your table; two may share a table). Call 230-6250 for details; tables must be reserved by Wednesday, July 16.

Lobster Bake *(by invitation)*

Friday, August 22, 4:30 to 6:30 pm

Quarry Hill is pleased to invite Priority List members to its 12th annual Lobster Bake, to be held at the Anderson Inn at Quarry Hill. This is a wonderful opportunity to become acquainted with future neighbors and enjoy great food and entertainment. Free, by invitation, with cash bar.

National Assisted Living Week • September 7 – 13

National Assisted Living Week 2014 will focus on "The Magic of Music," celebrating the joyous, even transformational role that music plays in the lives of our assisted-living residents. We invite you and your family to join us on **Wednesday, September 10, from 5 to 6:30 pm** 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.



(example property)

Discover the good life
in Camden

**COTTAGE HOMES
NOW AVAILABLE**

- two bedrooms, one-and-a-half or two baths
- fully applianced kitchens
- attached garages
- custom features, such as fireplaces and built-ins
- radiant floor heating
- enclosed porches

QUARRY HILL
FOR ADULTS 55+

Priority access to health services
Home ownership without the chores

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230-6116 • quarryhill.org/cottage-for-sale
MEMBER OF THE PEN BAY HEALTHCARE FAMILY

Welcome, Mary!

Mary Sargent of Lincolnville has been named executive director of Quarry Hill. She succeeds Bob McKeown, who retired earlier this year.

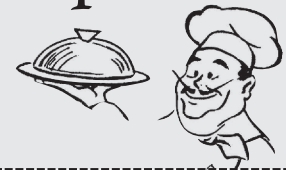
A lifelong resident of Midcoast Maine, Mary is well-known and loved at Quarry Hill, where she has served as administrator since April 2010. As executive director, she holds overarching responsibility for policy and operations at Quarry Hill while ensuring that the community meets state and federal standards for healthcare and other services.

Before joining Quarry Hill, Mary accumulated more than two decades of leadership experience in the field of healthcare. For 11 years, she served first as recruitment specialist and then as director of employee relations and recruitment in the Human Resources Department at Pen Bay Healthcare.

"All my adult life, I've looked for ways to use my abilities to further the work of people-centered organizations," says the Belfast native and one-time high school teacher. "Quarry Hill is the finest community of its kind that I've ever seen. I feel extraordinarily privileged to be here."



from the Recipe Box



Easy Pita Pockets for Two

Submitted by Resident Barbara Wolter

Ingredients:

1 8-inch pita bread, halved to create two semicircles*
2-3 T mayonnaise
4 slices cheese (any kind)

6 thin slices cucumber
6 thin slices onion, separated into rings
6 slices kielbasa or other smoky sausage, bologna, or salami
Salt and pepper, to taste

Directions:

Preheat oven to 350 degrees. Carefully open both pita halves to form two pockets. Spread insides with mayonnaise. Fill each pocket with half of each of the remaining ingredients. Season with salt and pepper as desired. Place filled pockets on a cookie sheet and bake for 10 minutes until bread turns golden and cheese melts. Serve hot.

*Alternatively, use two tortillas instead of pita bread. Fold edges under to seal in filling. Bake as for pita pockets.

Active Resident Lends Muscle to Y Campaign

Quarry Hill resident Eva Smith never set out to be a “poster child” for active senior living. But when Pen Bay YMCA in Rockport went looking for the perfect spokesperson for its annual fundraising campaign, Eva was the obvious choice.

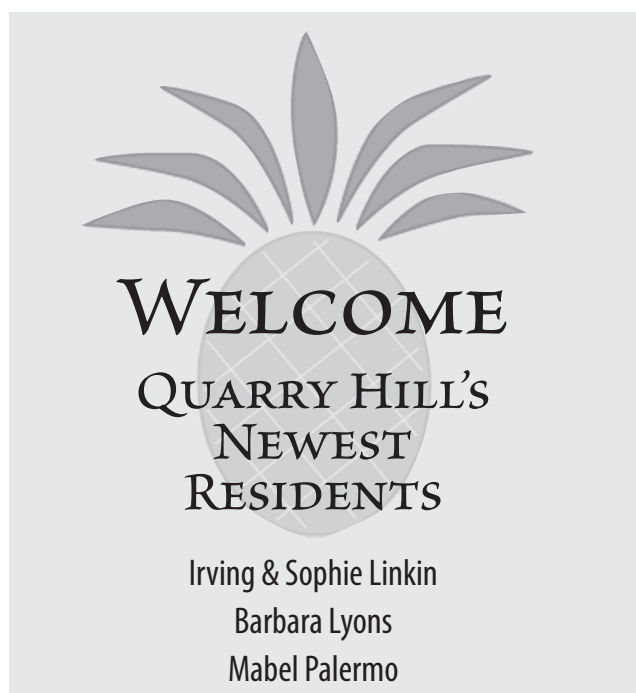
Shown in colorful campaign posters preparing to lift weights in the Y’s fitness center, Eva certainly puts her Y membership to good use, taking part in thrice-weekly fitness classes at the state-of-the-art facility just around the corner from Quarry Hill. She started with the Y’s Silver Sneakers programs for older adults but soon switched to more challenging classes designed for adults of all ages. She’s often the oldest exerciser in the group but says she likes working out with younger people, because “they make me work harder!”

Of course, the Y is just part of the healthy, active lifestyle that Eva—and so many like-minded folks in her age group—have found in Midcoast Maine. From the ocean to the lakes to the surrounding mountains, Camden’s famously stunning natural setting has seniors here sailing, swimming, biking, hiking, and power-walking their way to fitness—and loving every minute. The Mid-Coast Recreation Center adds

skating and tennis to the area’s mix of indoor options, while outdoor recreation areas (two golf courses, Camden Hills State Park, and a downhill and cross-country ski center to name but a few) inspire four-season forays into the rugged beauty and fresh salt air for which the coast of Maine is renowned.

For Quarry Hill residents, there’s even more to keep folks moving. Our 26-acre campus, laced with paved walking paths, are a walker’s paradise. Our Fitness Room offers unlimited use of a treadmill, rowing machine, and stationary bikes; and free onsite fitness classes, led by YMCA instructors, promote strength, flexibility, and healthy camaraderie. In a pinch (or the occasional snowstorm), a person can get a pretty good workout, just walking the halls of the Anderson Inn!

For more information about health and wellness programs at Quarry Hill, visit our home page and click on “Lifestyle,” then “Health and Wellness.” Or, pick up the phone (flex those biceps!) and dial 207-230-6116. We love to talk fitness!





quarryhill.org/cottage-for-sale



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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 1:45 pm** at the Anderson Inn, Quarry Hill. Attendees should bring a bag lunch; drinks and desserts provided.

For details, call Carol Witham at **594-1637**.

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 to 7 pm** at the Anderson Inn, Quarry Hill
- The **third Tuesday** of each month from **3 to 4 pm** at Knox Center for Long Term Care, Rockland.

For details, call **Cheri Alexander, LSW**, at **230-6237**.



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