

THE QUARRY HILL Quarterly

Many Happy Returns

FROM DEVON GALE SMITH, MARKETING

Birthdays are a big deal at Quarry Hill. We celebrate residents' birthdays with cake and ice cream, and our cabinets are stocked with birthday cards ready to send to Priority List members and other favorite folks. So it will come as no surprise that when Quarry Hill's tenth birthday came around, we decided to stretch the festivities out over not just a day, but a whole year.

Our anniversary theme, "Building Community," would serve both as a testament to one of Quarry Hill's guiding principles and as an anchor for the year's activities. We began in June 2012 with an outdoor barbecue and open house, followed in August by a gala exhibition of residents' artwork and a special anniversary edition of our annual summer Lobster Bake. After that came several public events, including the launch of an ongoing series of educational programs devoted to elder health issues, and an indoor Beach Party that folks here are still raving about.

The year's events gave us ample opportunity to reflect on strengths gained during our first decade as one of Maine's premier senior-living communities. We're financially strong (thanks to good management), highly regarded (owing largely to our exceptional staff), and blessed with amazing friends (people like you, as well as organizational allies that share our commitment to older adults).

The value of these assets becomes clearer by the day as our focus shifts toward a number of challenging developments on the senior-living horizon. Here are just a few of the emerging issues we're pursuing:

MaineCare

Within the coming year, potential cutbacks in MaineCare—the Medicaid program on which a substantial percentage of our assisted living and nursing care residents relies—could limit both eligibility and coverage for people seeking residency. Mindful of our responsibility to advocate for Maine's elders, we're closely monitoring developments in Augusta while using our membership in the Maine Healthcare Association to help influence the shape of things to come.

Residents' Expectations

Retirees have long been drawn to Maine's beautiful midcoast. But today's older adults also want senior-living communities that offer flexibility, modern technologies, convenience, and choice. At Quarry Hill, we're saying yes to changing expectations by adding elegant new touches to our apartments, helping cottage purchasers realize their design dreams, and installing new technologies, like wireless Internet access, throughout the Anderson Inn.

Healthcare Delivery

The recently enacted Affordable Care Act has significant implications for local healthcare providers such as Quarry Hill and its parent organization, Pen Bay Healthcare. Together, we're working to adapt to the changes ahead while continuing to improve quality of care.

We hope you'll stay with us as we navigate these and other twists in the road and join us as we celebrate birthdays to come. Because birthdays aren't just about where you've been. They're about where you're headed—and the friends who help you get there.

inside

Page 2

Turning Points

Page 3

Noteworthy Events

Page 4

*Adventures in Living Well
Welcome New Residents*

Page 5

Of Interest

Page 6

Support Groups



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

Saving Lives in Africa: Quarry Hill Residents Remember

The chickens they found roosting in the living room of the former government official's house they were to occupy were just the beginning of the challenges Dr. Deane and Ginny Hutchins and their four daughters faced when they arrived in Kaduna, Nigeria.

The year was 1966, and the West African nation was reeling. A bloody coup had just toppled the government, and, in pockets throughout the country, tribal violence raged. But the crisis of most immediate interest to Dr. Hutchins, a general practitioner from Maine turned epidemiologist for the Centers for Disease Control (CDC), centered on the health of the Nigerian people.

Smallpox—snuffed out decades previously in the United States and throughout most of the rest of the world—was having a field day in Africa. In Nigeria alone, some 600 new cases of the often-fatal disease were reported each month, and hundreds more likely went unreported. There were vaccines, but they were susceptible to heat and often spoiled in transit as health inspectors carried them, on their heads, under the blistering sun. And doctors? With fewer than 200 for a population of 30 million, the ill were lucky if they could find one.

Enter Dr. Hutchins. Dispatched to West Africa by the CDC/USAID/ World Health Organization's Smallpox Eradication Program, he joined a small army of physicians from the U.S., plus local helpers, tasked with

getting life-saving doses of a more stable, freeze-dried vaccine to the people. Their weapon: a nifty little gadget called the Pedojet.

Loaded with 100 measured doses, each needle-free Pedojet was designed to “blow” vaccine into the skin. At vaccination sites set up by teams like Dr. Hutchins's, young and old queued to get their “shots.” The result? By 1968, the northern Nigeria team had vaccinated a remarkable 14.5 million people against smallpox.

“In 1977, when surveillance reported no more outbreaks, we knew we'd done it. We'd eradicated smallpox in Africa. And that meant smallpox had finally been eliminated worldwide,” recalls the soft-spoken Dr. Hutchins.

The Hutchinses would return to the continent in 1970 to assist in the CDC's fight against cholera. Still, for Deane, those challenging years on the frontlines of the smallpox campaign stand as “the biggest thing I ever did.” But the adventure left indelible impressions on the rest of the family as well.

Admits Ginny, who, once she'd banished the chickens from the house, concentrated on raising the girls and working as a nurse at the American consulate: “I'd get frustrated at times over household matters, like getting deliveries of things we needed. But

the pluses outweighed the

minuses. We learned that people everywhere are the same. We all just want a good life, for ourselves and our families.”



Residents
Ginny & Deane
Hutchins



NOTEWORTHY EVENTS

Lobster Bake *(by invitation)*

Friday, August 16, 4:30 to 6:30 pm

Quarry Hill is pleased to invite Priority List members to its 11th 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 8 – 14

National Assisted Living Week 2013 will focus on "Homemade Happiness," emphasizing the connections that develop between staff, residents, and families as they build warm, welcoming, and vibrant homes. We invite you and your family to join us on **Wednesday, September 11, from 5 to 7 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 from 5 to 6 pm, followed by entertainment by the Belfast Bay Fiddlers from 6 to 7 pm.



Going Strong Series

As we age, many of us face new health and life challenges. Accurate, easy-to-understand information, targeted to our needs, is the key to overall well-being and continuing to enjoy later life.

Common Drug Interactions

Monday, September 9, 10:30 am to 12 noon

Presented by Sandra Cadwell, ANP, BC, Quarry Hill Senior Services Nurse Practitioner

Learn about the potential drug interactions involving some of the most commonly prescribed pharmaceuticals and get tips to help you discuss your concerns with physicians.

Insomnia and Sleep Disorders

Monday, November 4, 10:30 am to 12 noon

Presented by Cindy Roth, RPSGT, RT, lead sleep technician, Center for Sleep Medicine, Pen Bay Healthcare

For many in today's world, consistent, restorative sleep—so crucial to health—has become an elusive dream. Join us as Cindy discusses proven "sleep hygiene" habits that can help you prepare yourself and your surroundings for optimal rest.

AARP Driver Safety Course

Monday, October 7, 8:00 am to 12:30 pm

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 \$14, or \$12 if you're an AARP member, payable at the door. AARP membership is not a prerequisite, but registration is required.

Events and classes at the Anderson Inn, Quarry Hill.
Free, unless otherwise noted.
Registration required for events only.
Call 207-230-6114 or email qhinfo@penbayhealthcare.org.

HEALTHY LIVING festival
SATURDAY · SEP. 14 · 10 A.M. - 2 P.M.
· Pen Bay Medical Center Campus ·

FMI: Join 'Friends of Pen Bay Healthcare' on facebook • www.facebook.com/penbayhealth • 207-594-6705

Free family fun!

Visit us under the tent for:

- Free screenings
- Healthy snacks
- DJ with Dance and Zumba demos (*join in!*)
- Bounce house and balloon guy for the kids
- Swing dance contest with prizes
- Roundtable discussions with local health experts
- *And a silent auction not to be missed!*

COURIER PUBLICATIONS **Maine Community HEALTH OPTIONS** **FMC** **LIFELIGHT OF MAINE**

We are Better Together. Pen Bay Healthcare
MaineHealth

Adventures in Living Well

SUMMER/
FALL
2013

FREE PROGRAMS
designed to enhance your health
and vitality after age 55

National Treasures: White House Decorative Arts

Wednesday, July 17

10:30 AM–12:00 noon • Quarry Hill

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

May's illustrated talk offers a close-up look at White House furniture, textiles, china, crystal, and artwork reflecting the nation's changing styles and fashions and the interests of various First Families. Also: how 200 years of renovations have shaped the Chief Executive's residence and offices.

Liquid Gold: Exploring Artisan Olive Oils & Vinegars

Wednesday, August 21

12 noon – 2:00 PM • Quarry Hill

Presented by Pat O'Brien, *marketing, FIORE Artisan Olive Oils & Vinegars*

Bask in the aroma, flavor, and health benefits of fresh extra virgin olive oils in this deliciously educational event. Emphasizing oils from this year's Southern Hemisphere harvest, the program will also include a sampling of aged balsamic vinegars from Modena, Italy. A complimentary lunch, showcasing FIORE oils and vinegars, will be served.

The History of American Indians in Maine

Wednesday, September 18

10:30 AM–12 noon • Quarry Hill

Presented by John Bear Mitchell, *associate director of the University of Maine Wabanaki Center & UM Professor*

Mitchell, a member of the Penobscot Nation, is our guide as we explore the history and culture of Maine's native peoples from the perspective of the people themselves.

An Herbal Revolution

Wednesday, October 16

10:30 AM–12:00 noon • Quarry Hill

Presented by Kathryn Langelier, *herbalist and owner, Herbal Revolution*

The Lincolnville herbalist brings her gentle "Revolution" to Quarry Hill. Discover how traditional herbs can help you stay healthy through the colder months ahead. Sample Kathi's own delicious herbal tea. And bring your holiday gift list: a variety of Herbal Revolution products will be available for purchase.

Understanding Palliative Medicine

Wednesday, November 20

1:00–2:30 PM • Camden Public Library

Cosponsored by Camden Public Library

Presented by Ira Mandel, MD, MPH, *medical director, Pen Bay Healthcare Hospice and Palliative Care Program*

Palliative medicine, the medical component of palliative care, focuses on improving quality of life for those with life-limiting conditions, and is designed to work in tandem with a patient's treatment plan. Learn more about this relative newcomer to the healthcare landscape—and how it may benefit someone you love.

Celebrating Solstice Through Story and Song

Wednesday, December 18 (snow date: Thursday, December 19)

10:30 AM–12 noon • Quarry Hill

Presented by Jennifer Armstrong, *musical storyteller*

People everywhere have long marked the Winter Solstice with rituals designed to bring light to the darkest season of the year. Join us as Armstrong, through story and song, illuminates some of the world's Solstice traditions and helps us create a sustaining wintertime magic all our own.

SEATING IS LIMITED.

RESERVATIONS ARE NECESSARY.

Call Quarry Hill today at 230-6114!



WELCOME
QUARRY HILL'S
NEWEST
RESIDENTS

Shirley Achterhof

Marie Price

Chase & Nan Lasbury

Grace Ryder

Nancy Matthews

Milton & Ditte Slade

Bill Oberholtzer

Art & Hilje Zur Muhlen

Farm-to-Table Pact Nourishes Two Generations

Residents at Quarry Hill and a group of local teenagers have a good thing growing this summer.

Under a new agreement between Quarry Hill and Maine Coast Heritage Trust's Erickson Fields Preserve in Rockport, a crew of six high school students is raising a variety of vegetables for delivery to the senior living community's dining program. The just-picked produce shows up on residents' plates as salads or is showcased in colorful soups and sides.

Heather Halsey, community program manager at the trust and leader of the organization's Teen Agricultural Crew, and Quarry Hill executive chef John Roy, say the partnership is a win-win proposition for everyone involved.

"The kids learn the whole range of skills involved in running a successful farm—everything from crop planning, to planting seeds, to pricing and packaging produce," said Halsey. Teens who grow healthful veggies are more likely to eat them. And knowing that the foods they've raised will nourish others in their community is like the butter sauce on broccoli.

Meanwhile, folks at Quarry Hill are literally eating up the joys and health benefits of locally, sustainably grown produce.

"The baby beet greens are so green and delicious, I can't help picking them out and eating them first," commented resident Hannah Williamson.

"We know what we're eating isn't processed and has been sustainably raised," added Eleanor Gambell. "It makes us feel good that it's helping the kids, too."

Over the course of the summer, boxloads of fresh lettuce, Swiss chard, kale, summer squash, beets and beet greens, cucumbers, scallions, cherry tomatoes, and basil are expected to make the trip from farm to fork under the Quarry Hill-Erickson contract. Flowers, used in the fields to attract beneficial bugs and discourage pests, will also be delivered to Quarry Hill to serve as dining-room centerpieces.

Halsey said she's especially pleased to have found a way to connect her young farmers with older adults.

"The Teen Ag program has been even more successful than I could have imagined," she reflected. "Last year, the kids raised more than 14,000 pounds of vegetables for local schools and food pantries while gaining farming, work, community engagement, and leadership skills. But as we moved into our fourth year, I began searching for a way to use what we were doing to create a link between generations."

Halsey's seed of an idea found fertile ground at Quarry Hill. Familiar with the recent introduction of locally grown produce at Pen Bay Medical Center and a state initiative aimed at linking schools, hospitals, and other organizations with Maine growers, executive chef Roy said he leapt at the opportunity his friend presented. He's never looked back.

"The vegetables coming from Erickson are so fresh and colorful, they practically jump off the plate," commented Roy. He said the flow of tantalizing ingredients inspires Quarry Hill's team of professional chefs, who now look forward to building each day's menus around whatever rolls in from the farm.

Even the price is right, he said, with the cost of the Erickson veggies set low enough to be "roughly comparable" to what Quarry Hill pays larger distributors but high enough not to undercut other small, local growers.

Halsey said the goal of the nonprofit Erickson preserve is to "increase interest in locally, sustainably grown food" and thus generate fresh opportunities for all Midcoast producers.





facebook.com/quarryhillcamdenmaine



30 Community Drive
Camden, Maine 04843
CHANGE SERVICE REQUESTED



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 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**.



Your mom may not be a dignitary. But to you, she's one of the world's most important people. You want the best for her. So when it's time for Assisted Living, consider Quarry Hill.

- a stimulating, varied program designed to celebrate each person's interest and abilities
- three levels of care tailored to individual needs
- round-the-clock support, including three meals daily, help with medications, emergency response, and personal care

V.I.P.

Call today to learn more.
230-6116



quarryhill.org

We accept MaineCare and long-term care insurance, as well as private payment.



30 Community Drive, Camden
Member of the Pen Bay Healthcare Family

