

So Long, Recession

FROM MARY SARGENT, EXECUTIVE DIRECTOR

Normally, we're happy to leave the making of grand proclamations about the economy to the Janet Yellens of this world. We're not economists, after all, and frankly, we can't recall anyone asking for our opinion. But after several years of what was, by anyone's standards, the worst economic meltdown since the Great Depression, the improvement, at least in our small corner of the fiscal landscape, has been so dramatic, the numbers so encouraging, that we just can't help ourselves: we hereby declare the recession over!

We say this because experts define recession as a decline in economic activity, and that's certainly not what's going on around here. Economic activity has, in fact, been robust throughout our cottage and apartment communities. Half of all cottage resales that have happened in Quarry Hill's almost-15-year history have occurred in the past four years, while apartment occupancy has exceeded expectations.

Also on the upswing at Quarry Hill is "consumer confidence," that elusive economic indicator that, on a national level, has spent most of the last few years wallowing in the gutter. We're happy to report that that same beast is now rising like the phoenix, locally speaking. In 2014 and 2015, the number of inquiries received from folks interested in our community spiked to their highest levels since 2010.

And in the past two years, more people joined the Priority List than in any year since 2005. From where we sit, that's a lot of consumers expressing confidence in what we have to offer.

To what do we attribute these positive trends? Improvements in the overall economy have helped. But another key factor is the arrival on our doorstep of the demographic tidal wave known as the Baby Boomers. Individuals in this age group, we're finding, don't believe in "retirement," if by that you mean sitting back and watching the world go by. Active, involved and vigorously pursuing passions back-burnered during their 9-to-5 years, today's new older adults see moving to a community like Quarry Hill not as something they have to do because of advancing frailty, but as something they choose to do in order to have more time for the people and activities they love. For them, ready access to Midcoast Maine's mix of educational programs, cultural events and recreational opportunities, including the many offered right here at Quarry Hill, is just the icing on the cake.

So if you've been waiting for an economist to tell you the recession is over and it's okay to make that move you've been longing for to a more carefree way of life, wait no more! At Quarry Hill, hard times are, for now at least, history. It's time at last to start having the time of your life.

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Quarry Hill Bids Farewell to Chef Roy

In late February, we bid adieu to the man who developed and managed our community's highly regarded dining program.

John Roy served as executive chef at Quarry Hill for more than 13 years before leaving to begin a new position in Portland. Earlier that week, it had been standing room only as residents, employees and others packed a farewell reception held in his honor.

Roy was the first person hired to help shape the resident experience at Quarry Hill. He joined the management team three months before the community's main building, the Anderson Inn, officially opened and began designing the program from the ground up, from outfitting the kitchen to hiring staff and crafting menus. In 2011, his management role was expanded to include dining services at the Knox Center in Rockland, another Pen Bay Healthcare (now Coastal Healthcare Alliance) member.



Among those singing John's praises during the reception were former Pen Bay Healthcare CEO Roy Hitchings and current Quarry Hill executive director Mary Sargent. Sargent gave the chef a Quarry Hill fleece jacket and umbrella, and Leigh Smith of the residents' advisory Food Committee presented him with a New York Times cookbook signed by committee members.

from the Recipe Box

Crispy Oven-Roasted Kale

Serves 6 to 8

From "Virgin Territory: Exploring the World of Olive Oil," by Nancy Harmon Jenkins, Houghton Mifflin Harcourt, Boston, 2015. Used by permission of author.

Ingredients:

1 bunch green kale (about 1 lb), rinsed, thoroughly dried; ¼ C olive oil; sea salt

Directions:

1. Preheat the oven to 350 degrees. While the oven is heating, strip the kale leaves from the central ribs and discard the ribs. Stack the leaves and slice them about ¼-inch thick, then add the sliced kale to a bowl. Toss with the oil until the leaves are thoroughly coated.
2. Spread the oil-coated leaves on a baking sheet, making a fairly even layer. Transfer to the oven and bake for about 10 minutes, removing the sheet and tossing the kale a couple of times. The kale should be crispy but not burned—watch it carefully and remove from the oven as soon as it reaches that stage. Sprinkle with sea salt and serve immediately.



Guinea Pig Meat and Yak Butter Tea: Resident Reflects on a Life of Travel

When young Lila Hazelton met Howard Vultee on a blind date, her first question was not the typical “Where did you grow up?” or “What do you do for a living?” It was, “Do you like to travel?”

No homebody would do for the young woman who, by her early 20s, had already seen more of the world than most people see in a lifetime. Her grandmother had instilled an interest in travel when the child was only 8, carting her off to slide shows of foreign lands. And frequent moves—her father made his living in the Navy and then in sales—sealed the deal. “I always liked moving,” she said. “I figured if I wasn’t the most popular kid wherever we happened to be, it didn’t matter. I wouldn’t be there long.”

Ultimately, though, rapacious curiosity, not social acceptance, became the driver behind Lila’s wanderlust. Her first overseas junket was a two-and-a-half-month grand tour of Europe—again, courtesy of Grandma.

“From the fjords of Norway to the boot of Italy, we saw everything except Spain and Greece. It was 1960, and East Berlin was in rubble from the war. But West Berlin was a swingin’ place,” she recalls.

The trip was all it took to light Lila’s fuse. Returning from Europe, she traded Hazelton for Vultee (Howard having passed the travel-question test), and the young lovebirds began their lives together, traveling every chance they got. Pre-kids, they focused on Austria, Switzerland, the Netherlands and Scandinavia, where they went “crazy for the fjords.” Later, with little Forrest and Erik in tow, they’d simply toss shorts and swimsuits in a bag, turn the lock on their California home, and take off for Hawaii.

Later, with friends, Lila explored South America, and finally the part of the world that would excite her sensibilities as no other had: the Orient. India became her “favorite place in the world.”

“I loved the dichotomies in India—the wealth and the poverty, the noise and the quiet, the ultimate highs and lows of everything,” she observed.

And it was in India, with its teeming byways and chaotic markets and riotous colors and everything from art to elephants turning up where you’d least expect them, that Lila learned a whole new way to travel: off the tour bus and straight into the day-to-day life of the people, all five senses wide open.

Touring with Camden resident and veteran Orient explorer Stephen Huyler, she found herself breaking bread with Indians of all stripes, from artists and entrepreneurs to Dalits, or “untouchables,” discovering a grace that transcended class lines.

“Indians believe everyone has his or her place,” she reflected. “Because they trust in reincarnation, they believe their present circumstances are temporary. I met families living in homes the size of my dining room. Yet they were grateful for what they had.”

Lila’s advice for would-be travelers? Break out of your comfort zone. Eat guinea pig in South America. Sip yak butter tea in the wilds of China.

Go off the beaten path, she urges. But above all, go.



Nurse Practitioner Ensures a Healthy Future for Onsite Primary Care

In late 2015, Quarry Hill had good news to report concerning the onsite Senior Services Physician Practice of Dr. Richard Kahn, MD, with offices at the Anderson Inn and at the Knox Center in Rockland. Denise Tailby, ANP, had been named to fill the position of nurse practitioner, thus preserving access to onsite primary care for residents of both centers following the departure of nurse practitioner Sandra Cadwell, who had decided to take a position closer to her home.

Tailby brings years of experience in caring for older adults to her new role. Most recently an independent clinician focused primarily on patients in subacute and long-term care, she formerly served older adults at JML Care Center in Falmouth, Mass., and at nursing homes in Falmouth, Bourne and Wareham, Mass. She received her MSN from the University of Massachusetts, Dartmouth, in 2001 and a post-master's nurse practitioner certificate from the same institution in 2003. She is board-certified by the American Nurses Credentialing Center.

The Senior Services practice—the first of its kind in Maine at its founding in 2009—is dedicated to serving the primary-care needs

of nursing-care residents at both Quarry Hill and the Knox Center. Over the years, many of Quarry Hill's assisted living and independent living residents have chosen to become patients of the practice as well.

Since Tailby's arrival, executive director Mary Sargent says the service has continued to build on its strengths. "Being able to receive primary care onsite is obviously a convenience for our residents," commented Sargent. "But we've seen other benefits as well, including enhanced quality of care, swifter response to emergent medical concerns, fewer hospitalizations and reduced healthcare costs."



Laurie Adams
Ruth Allen
Elaine Bandstra

Gertrude Canfield
Stuart Carroll
Jeff & Deb Dodge
Irene Eaton
Anne Edmonds
Caroline Higgins
Gilbert Marriner
Sylvia Martin
Paul & Elaine O'Brien
Alan & Marnie Pease
Patricia Rowan
Bob & Nancy Trone

Music & Memory

Imagine living in a darkened room with no windows and no doors. That's how some have described the day-to-day existence of the 5 million Americans—some 37,000 in Maine alone—who are coping with Alzheimer's and other forms of dementia. But caregivers at the Courtyard, Quarry Hill's dementia-care center in Camden, are now offering those in their care a way out of the darkness and a chance to reconnect with their memories, their loved ones and themselves.

It's all part of Music & Memory (M&M), a nationwide nonprofit organization that trains elder-care professionals to use music to help those with dementia. Caregivers learn to set up personalized playlists, load the music onto iPods or CDs, and then help recipients and their families use and enjoy the equipment.

According to the organization's website, listening to music they've loved over the years "brings residents and clients back to life, enabling them to feel like themselves again, to converse, socialize and stay present." Astoundingly, say practitioners, music often succeeds where dementia medications fall short.

Quarry Hill Executive

Director Mary Sargent began thinking about how Music & Memory might help residents of the Courtyard, and at the Knox Center for Long Term Care in Rockland, both members of Coastal Healthcare Alliance, in December 2014. She'd just had a talk with Kristine Lerner, then human resources director at the Pen Bay YMCA.

Lerner's passion for the initiative is personal. In 2015, having heard about its successes, she decided to try it with her dad, an Alzheimer's patient who lives with his wife in an assisted living community in upstate New York. She loaded an iPod shuffle with some 120 tunes from the 1920s through the 1950s and presented it to her dad with a pair of headphones. The results were dramatic.

"The first song was Frank Sinatra's 'I Did It My Way,'" she recalled. While listening to the music,

he started talking about things he'd never spoken of to his daughter, reminiscing about relationships he'd enjoyed decades ago with business clients.

"He got choked up," said Lerner. "The music clearly had a powerful influence on him." Now, he spends time every day listening to the Shuffle, and it's reanimated him in surprising ways.

Kristine smiled. "He can't wait to attend the dances they hold at the community he lives in, because he's hoping they'll play 'his music.'"

Mary Sargent said she was so impressed by the film and by her conversation with Lerner that she decided to pursue M&M certification for dementia caregivers at Quarry Hill. The initiative makes Quarry Hill

one of only two older-adult communities in Maine certified to offer Music & Memory.

"When I heard about the joy so many loved ones with memory loss experienced as a result of bringing music, personalized to their likes, back into their lives, I knew it was my duty to bring that to our residents at Quarry Hill," she commented.

Courtyard staff members completed a webinar to learn

how to implement the program, and a computer dedicated to downloading music selected for each participating resident was installed on site. Lerner herself has become a frequent visitor, helping to develop playlists and assisting residents and families in using the equipment.

"I know what music means to my life and members of my family," Sargent remarked. "I know how it reaches and touches our souls. And for people experiencing memory loss, it makes complete sense that it helps them feel happier, more peaceful and more alive."

Music & Memory depends on donations of Shuffles, iTunes gift cards and CDs of popular music from the '30s, '40s and '50s, as well as cash gifts. If you'd like to help support the program at Quarry Hill, please contact Executive Director Mary Sargent, 207-921-6209.



NOTEWORTHY EVENTS

Adventures in Living Well

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

The Maine Home Front in World War I

Wednesday, April 19, 10:30 a.m. to 12 noon

Presented by Earle Shettleworth, Maine State Historian

While more than 32,000 Mainers fought in “the war to end all wars,” civilians from Kittery to Fort Kent supported them by buying bonds, knitting socks and more. Join us for a look at the home front’s contributions to the war effort.

Rockland’s Maritime Heritage

Wednesday, May 17, 10:30 a.m. to 12 noon

Presented by Captain Jim Sharp, sailor, author, and museum manager, Sail, Power and Steam Museum

No fish stories here, as Rockland’s own Cap’n Jim unfurls the salty history of sailing vessels and schooners in Rockland Harbor. Dive into the big role this small city has played in U.S. maritime history and learn how Rockland’s Sail, Power and Steam Museum is celebrating and preserving our generations’old ties to the sea.

Summer Wildflowers in Maine

**Wednesday, June 21, 1:00 to 2:30 p.m.,
Camden Public Library**

Presented by Wanda Garland, local botanist

Embrace summer in all its natural glory! Immerse yourself in Garland’s dazzling slides—and explore the many surprising ways Maine’s wild blooms have been used for food, medicine and fiber.

AARP Driver Safety Course

Friday, April 28, 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.

Going Strong

A new educational series devoted to topics in senior health

Behind the Numbers: What You Need to Know About Hypertension

Monday, May 8, 3:00 to 4:00 p.m.

Presented by Colin McCabe, MSN, FNP-BC, Maine Medical Partners, MaineHealth Cardiology, Rockport

You’ve heard about hypertension. But do you know how to prevent it, how to control it and why it’s so important that you do? By the end of this fact-packed, myth-busting hour, you’ll know everything that’s critical to know now about preventing and treating this common condition.



Spring-ing Forward!

Thursday, April 27, 9:00 a.m. to 12 noon (includes continental breakfast)

Presented by Jillian Kelsey-Rose, clinical herbalist, Ursa Herbal; and Nancy Lubin, CPCC, CA, certified life coach, Intentional Essentials

In this spring edition of Quarry Hill’s Women After 50 series, we explore ways to refresh and reimagine our lives: from harnessing the restorative power of plants, to “spring cleaning” our minds and spirits to live with renewed creativity and purpose.

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

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

If you've ever tried to persuade someone to move out of a home they've lived in, perhaps for eons, and into an assisted living or other senior care setting, then you know that the most terrifying word in the English language isn't death or taxes; it's downsizing.

The trouble with downsizing, experts say, is that people tend to leap headfirst into the physical aspects of the task—sorting, discarding, arranging—before addressing how it feels to part with things they've clung to for decades. In fact, for adults age 60-plus, only divorce and the death of a spouse rank as more stressful than moving into an assisted living or nursing care center. The mere thought can bring on anger, sadness, anxiety or all three.

So just how do you downsize the downsizing monster and maybe even enjoy the move to a safer or more appropriate home? Relocation managers who specialize in working with older adults offer the following tips:

- Begin the conversation early, before the need to move becomes urgent. Bring extended family, friends, anyone who might be affected by the move into the loop. Give everyone time to let the idea sink in.
- Consider who might want what. You'd be surprised how much easier it is for people to part with things they love when they know they'll be given to people they love.
- Remember: possessions represent memories. Before you start selling or giving things away, let your parents (or whoever is moving) tell the stories their belongings evoke. Photographing the objects may help keep the memories fresh.
- Let the space you're moving to guide you as you decide what to pack and what to sell/donate/discard. Measure rooms, closets, cabinets, so you know how much to bring. And if your move is to an assisted living or other senior community, remember that the services they provide—meals and housekeeping, for example—may eliminate the need for pots and pans, stacks of dishes, cleaning equipment, etc.
- Above all, go slow. Focus on one room at a time, rather than trying to tackle the whole house in one go. Give yourself months, or even years, to get the job done.

For more, visit websites such as eldercarealliance.org or caring.com, or go to aarp.org and search “downsizing.” Still overwhelmed? Call in the professionals. The National Association of Professional Move Managers has more than 600 members and can help you find one near you.





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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 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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