

News & Views

from Quarry Hill

Breezing into Spring

FROM MARY SARGENT, EXECUTIVE DIRECTOR

At last, it's spring. The sun shines longer each day, the snow melts, seeds push up through the thawing earth, and the season's first wildflowers make their shy entrance. I love each of Maine's four seasons, but there's something about spring that makes me want to dig my hands into the dirt and wiggle my fingers in the promise of new life.

This year, a similar sense of renewal is palpable within Quarry Hill's management and healthcare teams. Longtime Anderson Inn cook Scot Pierce is bringing fresh energy and insights to Dining Services as our newly appointed executive chef (see page 3); and geriatrician Dr. Maureen Sauvage, DO, recently appointed supervising physician of our inhouse primary care practice, is keeping what has become a cornerstone of the care we provide for our residents going, and growing, strong (see page 2).

But today I want to share with you some additional leadership changes you'll be hearing more about later this spring. On April 28, Nancy Marcille, RN, a former director

of nursing who rose to become administrator, will leave us to begin new adventures. During Nancy's nine years at Quarry Hill, the healthcare side of our community—comprising the Gardens, Terraces, and Courtyard—has benefited inestimably from her strong and steady leadership. Indeed, the first time she uttered the word *retirement*, dismay spread through the ranks. But we know Nancy won't retire for long. A nurse to the core, she lives to give, and I know she'll be a frequent visitor, spreading joy and keeping a watchful eye over "her" residents.

And we have someone amazing in mind to take Nancy's place, namely Loriman Looke, currently administrator/executive director of St. Andrews Village in Boothbay. Having previously led Parker Ridge in Blue Hill, Loriman, who lives in Camden, is beyond qualified, and he tells us he can't wait to devote his energies to the benefit of older adults in his own community. His first day at Quarry Hill will be April 23.

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Spring, cont. from cover

Which brings me to my third announcement. In early June, Loriman will take over my position as executive director of Quarry Hill, while I devote myself exclusively to Penobscot Shores in Belfast, Quarry Hill's sister senior-living community. Once again, Quarry Hill will have what it had in the days of founding director Bob McKeown and so richly deserves: a single, extraordinary leader, committed full time to ensuring its prosperous future.

For me, overseeing both Quarry Hill and Penobscot Shores since December 2014 has been an absolute honor. I leave our little ship of state in great hands.....but not quite yet. Before I go, I'll be busy heading up efforts to refresh our interior décor, relieve the perennial headache of parking at the Anderson Inn (stay tuned!), and secure a plan to expand and improve cable and Internet services campus-wide.

It's spring indeed at Quarry Hill. Let's dig in!

The (New) Doctor Is In!

Quarry Hill's newly appointed senior services physician is already winning rave reviews.

Board-certified geriatrician Dr. Maureen Sauvage, DO, joined the community's inhouse primary care practice as supervising physician in November, thereby filling the hole left when the service's founding physician, Dr. Richard Kahn, MD, retired. In her new position, she works in tandem with nurse practitioner Denise Tailby, NP, covering the primary care needs of the residents of both Quarry Hill and its sister senior-living community, the Knox Center in Rockland.

Dr. Sauvage is no stranger to Maine. While she came to Quarry Hill from a position at MorseLife Health System/PACE in West Palm Beach, Fla., she had previously practiced at St. Joseph's Hospital in Bangor and at Maine Medical Partners Geriatrics at Maine Medical Center in Portland. She is Maine-educated as well, having earned her doctor of osteopathy at the University of New England College of Osteopathic Medicine in 2009 and completed a fellowship in geriatrics at Maine Medical Center in 2013.

"With Dr. Sauvage in place, our primary care practice—the first of its kind in Maine at its inception in 2009 and to this day an invaluable service to our residents—will continue to grow," commented executive director Mary Sargent. She noted "enhanced quality of care, swifter response to emergent medical concerns, fewer hospitalizations, and reduced healthcare costs" as benefits of the service.



New Executive Chef Has Recipe for Success

When Quarry Hill chef Scot Pierce told management he felt ready to serve as the community's executive chef, he may have committed the understatement of the year.

Because even though he's new to the leadership position, Scot's involvement in helping Midcoast seniors get their three squares a day goes back to 1994. Fresh out of high school, the Connecticut-born, Camden-raised teen found work as a tray aide at Camden Health Care Center, the hospital/nursing home that was razed in 2002 to make way for Quarry Hill. Then-executive chef John Roy hired Scot to work under him and gradually promoted him to lead daytime cook for assisted living and nursing care. In time, Scot's focus shifted to the independent living side of the house, where he quickly gained a reputation for creative, globe-spanning fare.

With all that under his chef's toque, Scot was the logical choice to step in as interim kitchen manager when Roy moved to southern Maine, and then as interim EC after John's replacement resigned.

Ever modest, Scot says his professional goal is simply to "keep folks happy." But executive director Mary Sargent is more effusive in her assessment of his gifts. "From organizing his team to winning the praise of the people of the people we serve," she recently wrote, "Scot has proven he's ready to take the lead."



from the Recipe Box

Raisin Cookies

From resident Sylvia Martin

Ingredients:

2 C raisins	1 tsp rum extract
1½ C sugar, divided	1 tsp vanilla extract
1 T cinnamon	3 C all-purpose flour, sifted
1 C butter	¼ tsp salt
3 eggs	1 tsp baking soda
	1 C chopped nuts

Directions:

1. Simmer raisins in one cup of water in small saucepan until most of the water cooks away. Set aside to cool.
2. Meanwhile, combine ½ cup sugar with cinnamon in small bowl.
3. In large mixing bowl, cream butter and remaining sugar. Add eggs and beat well. Add rum and vanilla extracts. Gradually add flour, salt, and baking soda.
4. Stir in cooked raisins and nuts to form a soft dough.
5. Roll small spoonfuls of dough between palms to make balls; roll balls in sugar/cinnamon mixture and place about two inches apart on a cookie sheet sprayed with cooking spray. Bake 10-12 minutes. Cool on rack.



Cottage Resident Bill Oberholtzer's Roots Run Deep

As surely as petunia seeds turn into petunias, some children seem to come into the world with their interests, their aptitudes, even their future career paths preordained.

Or so it must have seemed to John and Eveleen Oberholtzer of Norristown, Pa., in the case of their son, Billy. Quiet and reserved from the start, the youngster wanted nothing more than to muck about in the nearby fields and forests. He collected butterflies. He pored over bugs and bits of moss. And when his mother tried to domesticate him with piano lessons, he refused to practice, preferring the call of the wild to all other forms of music.

Blossoming into his 20s, Bill surprised no one by choosing a career in horticulture. He served in the Coast Guard, went to Rutgers on the G.I. Bill, and majored in plant science. He became assistant superintendent of parks and shade trees for the town of Maplewood, N.J., then used what he learned there to land the challenging job of landscaping consultant for Levittown, Pa., one of the planned communities that sprang up in the Northeast in the post-war years and gave rise to the modern American suburb.

By 1957, Bill's personal foliage had been singed by the strains of the job, and he decided to take a new position with Cooperative Extension back at his alma mater, Rutgers. It was

there that Bill hit his professional stride.

Appointed Extension professor for Bergen County, N.J., he was charged with everything from developing horticulture-education programs to balancing the books and keeping the supply closet full. He had a large population to serve and no computers, no Excel, no Facebook to help. So he wrote a newspaper column, developed information sheets to answer frequently asked questions, and designed a phone-answering system that offered one-minute tutorials on topics such as lawn care and vegetable gardening. After 22 years there, he'd gained the clout to write his own ticket and created for himself the position of Extension specialist in arboriculture at Rutgers College of Agriculture and Environmental Science, a position he held until retirement in 1987.

But like many people with an overriding passion that dictates their careers, there's more to Bill than his résumé reveals. Over the years, he's endured the loss of two sons, a wife, and a beloved late-life companion, Marie. Grief has given him rare depth and compassion—as well as, at one point, a surprising side gig.

In the early 2000s, in the grim months following his wife's passing,

Bill saw an ad for a Camden "clown alley," a group of people interested in performing as amateur clowns. "Clowns had always fascinated me," he says, "so I decided to go."

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Clowning became his therapy. He practiced skits and tricks; honed a stage persona; assembled a costume out of thrift-shop finds (a shirt with huge red flowers, sneakers he painted different colors); and performed in parades and other events. "When I clowned," he says, "my worries disappeared."

Bill admits that he sometimes feels "lonely with a capital L," now that Marie, too, is gone. He's grateful for the friends he's made at Quarry Hill; for his comfy cottage; and for the ease of walking over to the Anderson Inn for fitness classes, evening piano concerts, and other events.

But perhaps best of all, just outside his patio door, in dappled sun cast by woodland, he has a garden, where old friends Impatiens and Astilbe, Gazania and Coreopsis, await his loving care.

NOTEWORTHY EVENTS

Adventures in Living Well

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

Maine's Red Paint People and Their Natural World

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

Presented by Kerry Hardy, naturalist, historian and writer

Hardy's illustrated talk digs back 5,000 years into the culture of some of coastal Maine's earliest inhabitants and the plants and animals on which they relied.

Island Life in Maine

Wednesday, June 20, 1:00 to 2:30 p.m.,
Camden Public Library (cosponsor)

Presented by Karen Burns, chief talent officer, Island Institute

What's it like to live on an island? Burns—herself a Vinalhaven resident—offers a virtual tour of the 15 Maine islands with year-round populations.

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

Registration required.

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

Going Strong

A new educational series devoted to topics in senior health

Dental Health for Older Adults

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

Presented by Enrico P. Ross, DMD, Waldo County Dental Care

Guard your pearly whites—and your overall health—with professional tips on preventing and treating dental problems common in older adults, dealing with dentures and more.

WELCOME QUARRY HILL'S NEWEST RESIDENTS

Tom Fear & Anne Harmon-Fear

Roberta Frye

Jim & Cathy Pierce

Bobby & Diane Purkey

Flora Shorey

Ann Sziklas



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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**.