

Try a Winter Stay

Winter will soon be upon us and there's one great way to spend it - and that's at Dirigo Pines Retirement Community in Orono with our "Winter Stay" special from November through March. Enjoy a safe environment at a facility that is full of activities and services that make you feel right at home. Our chef prepares meals that compete with the finest restaurants.



At Dirigo Pines you can live life to its fullest even in the winter. All residents enjoy educational programs, scheduled transportation, maintenance free living, and access to many common living areas.

Call Dirigo Pines today at 207-866-3400 and ask about our "Winter Stay" special from October through April; ask for Steve.

Upcoming Activities

- November 9: The Salt Coast Sages – poets from Downeast Maine. Reading from their book: "A Rump-Sprung Chair and a One-Eyed Cat"
- November 11: Dave Demers – Ballroom piano (he plays regularly at the Mount Washington Hotel in New Hampshire)
- November 18: VELMA Band! A local band that plays blues, bluegrass with an acoustic vibe
- November 23: Six Basin Street Band – an all woman Dixie Land Band – fun and lively music!
- November 30: Dawn DeBois – Facebook, Twitter? What's it all about?
- December 9: North Country Strings – from classical to contemporary these musicians do it all!
- December 14: Joe Weisheit – piano with style! Join Joe for a holiday program.
- December 16: Dave Fisher – Country, blues and more. Join Dave for his own holiday music program.

Contacts and information

"I wish I had moved to Dirigo Pines two years ago." This is a common phrase we hear from residents soon after they move into Dirigo Pines. Dirigo Pines can improve your quality of life by providing maintenance free living, gourmet dining, and access to a wide variety of activities. Whether you live in a cottage or The Inn, residents have ample opportunities to be involved in the community by attending workshops, seminars, and socials. Our executive chef Lewis Stubbs takes great pride in the menus and services. Don't wait too long! Call us today for a tour to discuss your future in our wonderful community.

**Call Steve Bowler
for more information or to
arrange a private tour.**

(207) 866-3400

1-866-344-3400

www.dirigopines.com

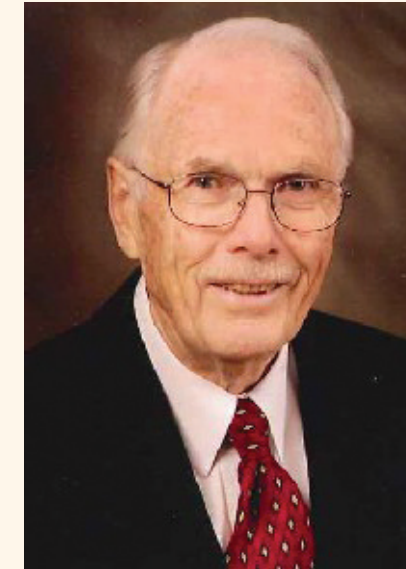
Dirigo Pines is a member of the Eastern Maine Healthcare Systems.



Dirigo Pines News

Wellness Begins at Home

By Cottage Resident Stan Freeman



Last year the nation engaged in a lengthy "debate" (battle) over "healthcare". Although a law was produced, the battle continues with threats to repeal. Throughout this controversy we heard the voices of medical professionals, insurers, business spokespersons, politicians, and pollsters, all fine-tuned and amplified in several different directions by the media. Occasionally, the word "wellness" appeared, but much more often "cost" was shouted.

Reflecting on the ebb and flow of the recent debate, it occurred to me that "wellness" deserved more attention as arguably the most direct route to lowering the cost of healthcare. I decided to seek the wisdom of some people with the longest involvement with a search for wellness and low cost healthcare, the residents of a retirement community.

Dirigo Pines respondents shared with me their thoughts based on the realities of their lives, ranging from 62 to 94

years, and still going strong!

"Wellness" is not something to be purchased. Rather, it is earned through a life-time of choice-making beyond the launching pad of genetics and habits provided by your parents during your childhood. From the 'teens onward through a lifetime, the lifestyle paths you choose can either sustain, or dissipate, the wellness that was your birthright.

Wellness does not mean perfect health. Rather, my respondents define it as a state of mind, a product of coping successfully with problems which arise and thus contentment with oneself at each stage of life. Asked "when did you begin to lose wellness?" responses ranged through the years from the 40s to 93. Four older respondents replied "not yet"! Two reported birth injuries on their launching pad.

Asked to recall what they had done to maintain the wellness initiated by parents, they reported being deliberately physically active, understanding and consuming nutritious foods, building social and intellectual companionships, avoiding drugs and smoking, and regular checkups with doctors and dentists. When asked what they might have done differently, they suggested even more physical activity, controlling weight, and reducing stress.

The price tag for these choices and behaviors was minimal. In sharp contrast is the price tag for "healthcare" which is defined by the respondents as treatments by medical professionals and institutions. For some, the term meant "insurance", a famous cost center.

When a time comes that we need the sophisticated services of the healthcare industry, we will undoubtedly utilize them. But to misuse, or over-use, these resources creates a financial

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Message from the Director



Fall is my favorite time of year! We are fortunate to live in an area where we can experience the beautiful colorful changes each season brings us. The mums are in full bloom and the leaves on the trees sparkle during days of sunshine.

A favorite activity in the fall is exercising out-of-doors. Recently, I participated in the 2010 Memory Walk along with others from Dirigo Pines. It was wonderful to be part of an event to raise awareness and funds for Alzheimer's care, support, and research. Year-round, Dirigo Pines participates in the effort to assist those fighting this devastating disease. Dirigo Pines has experienced staff to care for memory loss residents. Our Medical Director, one of a very few licensed geriatricians in Maine, helps guide our staff to give exemplary resident care to those with memory impairment.

At Dirigo Pines, our goal is to live well at any age. Living well is walking our trails, breathing in fresh air, and stopping to take a rest out by the ponds. And, then, of course, returning to the Inn for a hot cup of tea!

Take the time today to pick up the phone, take a virtual tour on our website, or simply drop by to see us. We love to have company!

Maggie Michaud, RN

Executive Director



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(continued from front) burden that individuals and society cannot long endure.

What "wellness" choices and behaviors are available as we look back through 80 some years? Addressing the younger generations behind us, our respondents suggest choosing a "sensible life style". What would that include?

First is fitness – both physical and mental. Choose to be active, especially outdoors. Choose to encounter nature, walk instead of ride, go to a gym to supplement, not replace, your daily active routines. Choose to participate in workplace wellness programs. And exercise your brain through life-long learning tasks, varying daily routines so you problem solve instead of running on auto-pilot. Play brain games instead of computer games.

Second is nutrition. Choose "real foods", not manufactured foods. Forego crash diets, and eat not too much of anything. (A recent BDN editorial commended prescriptions for fresh fruits and vegetables.)

Third, take sensible precautions to avoid germs and injuries. Choose protective gear. Look before you leap!

Fourth, limit stress; do not strive to attain some ideal of perfection. Choose moderation as the pace of life.

Fifth, choose not to use drugs and tobacco. Use alcohol in moderation. Choose not to "ask your doctor" if every medication pushed on TV is right for you. Wait until the doctor informs you that you have a problem that requires treatment.

Sixth, choose to have a continuing relationship with a primary care provider (physician or nurse) who can serve as your wellness coach.

Seventh, be social, seek and enjoy friends who both support you and challenge you. Choose those who think it is cool to be well!

It is all about your choices. Wellness is up to you.

Is Dementia Evitable?

We were very fortunate to have Dr. Clifford Singer and Dr. Penny Lamhut recently do a presentation for us at Dirigo Pines entitled "Is Dementia Evitable?". Dr. Singer is a geriatrician and psychiatrist with Acadia Hospital in Bangor. He has been included in "The Best Doctors in America" since 2003 and has made national television and radio appearances speaking out on topics related to aging. Dr. Lamhut is a Board Certified Geriatrician and Medical Director for the Dirigo Pines Inn.



Have you ever experienced one of those discomfoting "senior moments"?

- You pick up the phone to call a friend you've known for years – and for the life of you, you can't recall the phone number.
- You call people by the wrong name – or you forget their name altogether.
- When you're talking, you can't think of the word you want to use – even if it's a familiar, everyday object.

When we reach our 40s and beyond, our memory, mental acuity, and cognitive powers may gradually diminish, to the point where it affects our work, our relationships, and even our safety and health.

For each passing decade – into our 50s, 60s, and 70s – our ability to recall dates, names, facts, and figures fades - slowly at first, then perhaps more rapidly.

And that's assuming we're lucky enough to be in good health.

If we are one of the 5.3 million Americans who has Alzheimer's, our loss of memory and mental function can grow much more serious rendering us incapable of caring for ourselves. Not a pleasant picture. But there's hope regarding memory and aging; there are things you can do to slow the progression of dementia.

Drs. Singer and Lamhut recommend having regular checkups, talking with your physician about noticeable changes in your health and memory, staying busy, challenging yourself to do new things, even simple tasks like dealing cards with your less dominate hand, exercising regularly, and eating well. The earlier we take care of ourselves, the better chance we have to keep dementia at bay.

What's Available at Dirigo Pines?

For great values, check out these resale cottages:

6 Hawthorn Court – "H" style cottage with 4-season porch for \$245,000.

12 Longwood Court – "G" style cottage with fireplace, loft, and 4-season porch for \$249,000.

114 Dirigo Drive – "I" style cottage with open living area, fireplace, den, 4-season porch, and loft. The cottage is being appraised for pricing; call 866-3400.

New cottages now available include:

10 Poplar Drive – "G" style cottage partially complete with a generous allowance for you to pick the flooring, appliances, and cabinets. This is a great location on the hill for \$235,000.

We have a great cottage rental opportunity with an "I" cottage located on the upper pond for \$2,000/month plus utilities. The home has hardwood floors, fireplace, den, and porch that faces the pond.

Specific information on these cottages can be found on our website www.dirigopines.com or by calling Steve at 207-866-3400.



Dirigo Pines Introduces New Programs

We have new options available for folks not quite ready or willing to go to an assisted living apartment. Caring Assistance is a new service option available to independent residents of the Dirigo Pines Inn. It includes medication delivery (up to 8 medications – two visits per day), assistance with medical appointments and transportation, labs drawn in your apartment, collaboration with your Primary Care Provider (PCP), vital signs in your apartment once a week, and Case Management.

In addition to breakfast and dinner which is already included in your monthly rent, Menu Advantage allows independent residents the option of having lunch every day.

Caring Advantage is a combination of Caring Assistance and Menu Advantage. If you have an interest in these programs, stop by or call Marcia or Steve for how this new program can meet your personal needs.