

Dirigo Pines Inn Resident Hal Borns Honored

One of Dirigo Pines' own was honored on April 15 for his active retirement lifestyle. With Dirigo staff and residents looking on, Dr. Harold Borns, Jr. received a Certificate of Lifetime Achievement during a ceremony in the Hall of Flags at the State House in Augusta.

Given by the Maine Health Care Association, the certificate recognizes a retired individual who illustrates the organization's criteria for a successful, retired long term care resident.

A University of Maine professor emeritus of Glacial and Ice Age Geology, Hal was born in Norway and emigrated with his parents at a young age. Raised in Medford and Quincy, MA, he graduated from Tufts University and earned a master's degree at Boston University and a doctorate in Ice Age Geology from Yale University.

After decades of teaching and research, including nearly 30 expeditions in Antarctica, Hal continues to be active in research that takes him to Ireland, Denmark, Greenland, and around Maine. He also continues to lecture on Ice Age topics.

As a resident at Dirigo Pines, Hal works to keep his friends and neighbors engaged in the local community.

Have You Saved Enough for Retirement?

Many people nearing retirement age are hit with the reality that they have not saved enough to retire. Sadly, there are reports that show that one in four Baby Boomers have saved next to nothing for retirement. This has been described as an "ostrich mentality" where people are sticking their heads in the sand hoping that someone, or the government, will step in to help them out. These people are in for a hard awakening.

So, what is the right amount of retirement savings? The experts say that it depends on your life expectancy, your lifestyle, your health, and your investment portfolio. The Social Security Administration (SSA) recommends that you have 75% to 85% of your pre-retirement income in order to maintain your lifestyle. AARP and SSA websites offer easy to use retirement calculators with variables that fit the individual user. Hopefully you have planned well ahead for your retirement years, have little or no debt, and are healthy.

Another helpful tool is the Home Comparison Sheet. It provides you with a comparison of costs for staying in your current living situation or moving to another location. People are often surprised with the results because there are many inherent expenses that homeowners do not fully account for such as lawn and garden, general home repair and upkeep, and snow and ice removal. The Home Comparison Sheet is available in the Dirigo Pines Information Packet or on the website at www.dirigopines.com.

Contacts and information

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

(207) 866-3400

1-866-344-3400

www.dirigopines.com

"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.

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



Dirigo Pines News

June Antique Appraisal Show

Pull out your grandmother's lamp or that Civil War medal and bring it to the 2nd Annual Dirigo Pines Antique Appraisal Show on Saturday, June 18th from 10 am to 2 pm at the Dirigo Pines Inn. Once again, our appraiser Bruce Buxton will educate and inform you of the value of your antiques; all appraisal proceeds will go to supporting Lifeline Emergency Response for seniors and the disabled as provided by Rosscare. "We had such a great time last year with Bruce and it was heartwarming to see that we raised enough money to help more seniors who depend on Lifeline for living in their own home," said Cindy Smith, Lifeline Program Manager.



June Fishing Derby & Sailing Regatta

Come on over to Dirigo Pines Dearborn Pond on Friday, June 10 from 8 am to noon to try your hand at catching the big one, or to just watch while enjoying a hamburger or hotdog. Last year, Marketing Director Steve Bowler spent the morning putting on worms and taking off fish



for residents and their family members. But when many people had given up fishing to have a hamburger, Steve gave a flick of the rod out to a deep spot and it wasn't long after that you could hear him hooping and hollering with excitement. With a crowd cheering him on, Steve pulled in a 14.5" brook trout which he held up for all to see before quickly releasing it.

On Friday, June 23 at 3 pm, stop by Dirigo Pines Steller Pond for the first of our monthly sailing regattas. Residents have constructed eight 30" Soling model sailboats which use remote controls to handle the sails and rudders. Miniature lobster buoys mark the course and although there may be a couple serious skippers, most people enjoy sailing around the pond simply trying to avoid hitting the other boats.

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Message from

the Director



Happy spring! The daffodils are in bloom and the “peepers” are peeping throughout our community! What a wonderful sound after this long winter.

Each day is like a spring day at Dirigo Pines. Today is different than the day before with new challenges and new stories; some are funny, some are sad, but one thing is for certain: tomorrow will bring something new!

If you are considering a move to a retirement community, there are a few important pieces of information that will be helpful to you. A major part of the process is gathering the right information to help you make the best decision. Knowing who the key people are in the organization is a key element. When touring the community ask who these people are and what their positions are within the organization. A few of those key positions are Executive Director, Marketing Director, Director of Nursing, Activities Director, Executive Chef, etc. These are the people that you will communicate with day in and day out for a long time. Ask to meet with them and begin the process today!

Take the time today to pick up the phone, visit our website at www.dirigopines.com or drop by to see us. We will answer ALL of your questions and many more!

Sincerely,

Maggie Michaud, R.N.
Executive Director

Dirigo Hiking Club

Around the end of last year, residents formed the Dirigo Pines Hiking Club which opened up unexplored areas to many residents. The March hike was to the University Forest in Old Town to visit the Sugar Shack. After a hike on one of the many trails and a brown-bag lunch in the forestry garage, the group enjoyed maple syrup on ice cream. The club then proceeded to the nearby Sugar Shack to watch how maple syrup is made by boiling down 40 gallons of sap to make one gallon of syrup. It was a sweet trip.



How Do You Choose a Retirement Community?

The first step in developing your preferred list of retirement communities is to identify your personal criteria, and then weight them by importance. Here are some factors you might consider:

- **Proximity to family.** Let's say that Hawaii is one of your top states because of weather and the other criteria on your list. But if your family lives in Maine and being near them is your most important consideration, forget about

those alohas. Hawaii will be a nice place to visit, but not to live.

- **Cost of housing and cost of living.** If this factor is super-important to you, don't even think about living in the beautiful state of Connecticut, where the average home and the cost of living is high. Although many parts of Florida have a low cost of living, insurance rates can be very high.

- **Taxes.** We think too many retirees over-weight this factor. But, if saving on taxes is very important to you (if, for example, you have a substantial government pension or large social security income), you'll need to look more closely at states that tax these items.

- **Climate.** Everyone has a climate preference, but if sunning yourself on the beach year-round is your desire, then Maine is out of the picture. But if you live for the four seasons, temperate summers, snow and skiing, your best and worst states will look different.

- **Financial health of the state.** In a most recent list of worst states, Illinois came out at the bottom (#1) because of its precarious finances. If you are concerned about receiving services like an organ transplant, libraries, or public transportation, steer clear of the many states like California whose borrowing might be curtailed and forced to raise taxes and cut services.

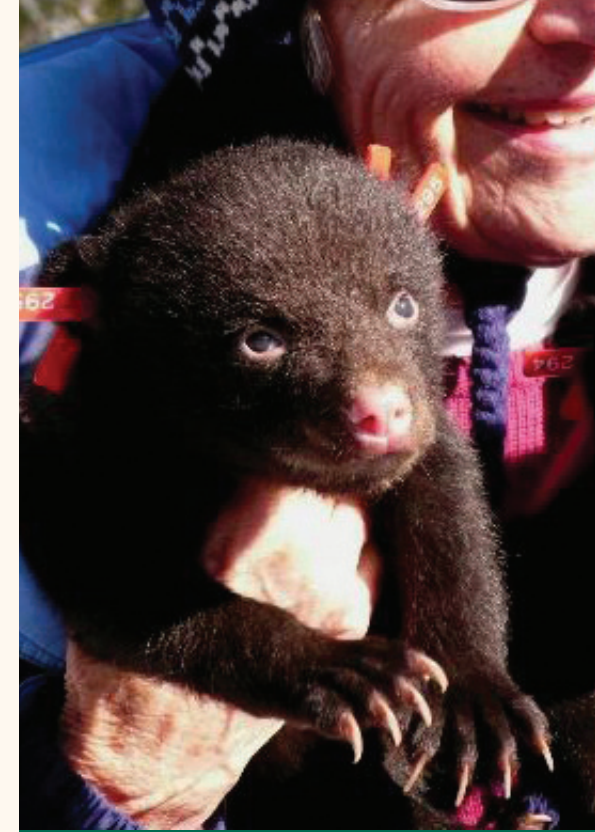
- **Lifestyle.** Every community has different amenities, cultural influences, and various access points to shopping, airports, theatre, concerts, healthcare, college community, or the great outdoors. Make a list of those important amenities and see how many match the communities you are considering.

Once you have your list, visit those communities that best meet your criteria. Besides the sales tour, go find a bench outside or ask to be left in their library or other common area for 20 minutes by yourself to visualize yourself living in the community. If you like it, put yourself on the waiting list and discuss your experience with your family.

Spring Marketing Activity

Spring has sprung. Construction is underway on Chestnut Court! Builder Steve Crotty and his crew were busy in April building two “I” cottages. Deposits have been taken for another cottage across the street and talk of building are well underway with two other parties. Other cottage activity includes one resale cottage in March, and another is under contract for a June closing.

The Dirigo Pines Inn had four April move-ins and others are expected in the coming months. We have a waiting list for small apartments, but we do have a couple “C” size apartments currently available. Contact Dirigo Pines Marketing Director Steve Bowler for details on cottage or inn living.



Lions and tigers and bears, oh my!

Cottage resident Eileen Troth had a wonderful opportunity to tag along with Maine Inland & Fisheries Wildlife biologists in March while they were surveying bear dens to see how the mother and cubs fared through the winter. Above, Eileen holds a bear cub while biologists weigh and measure its mother.



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