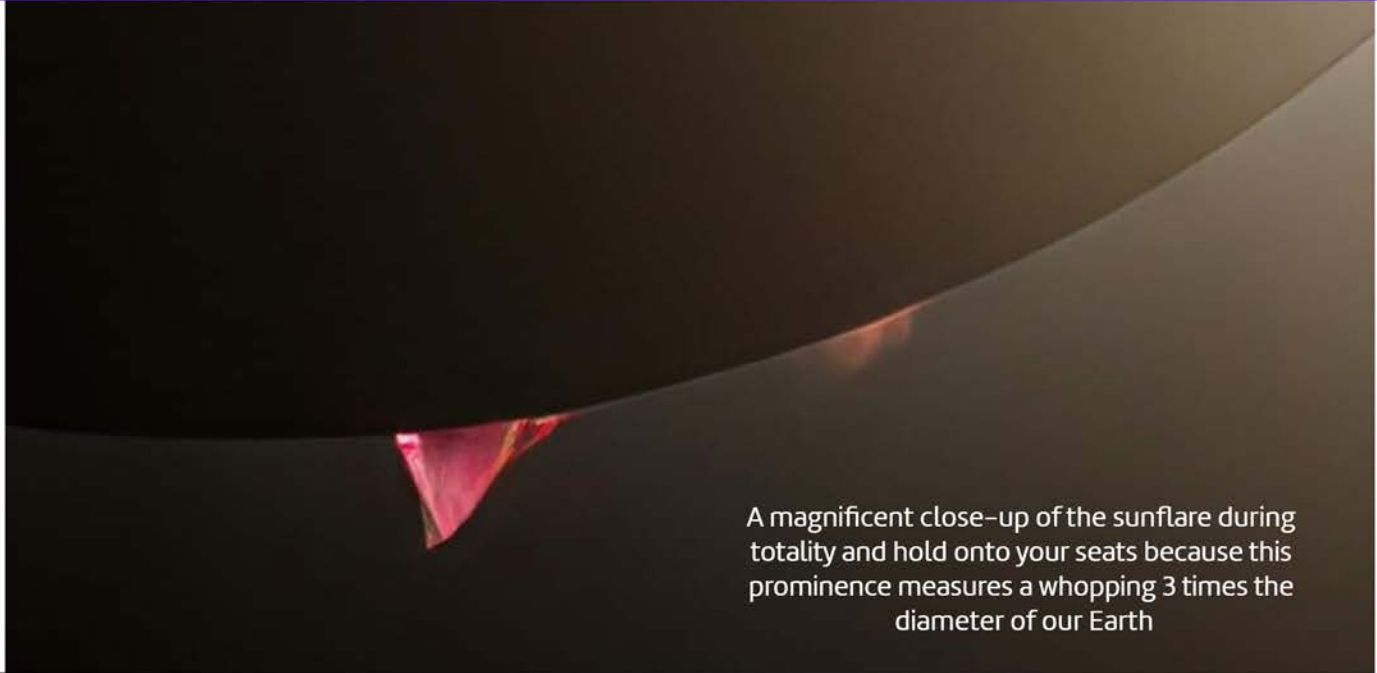




# The Inn & Out

May 2024



A magnificent close-up of the sunflare during totality and hold onto your seats because this prominence measures a whopping 3 times the diameter of our Earth

## *It's the Little Things*

Our lives are crazy busy, as an associate, my work life is scheduled to the hour and many times, I'm trying to do two or three things at once. I'm currently typing, writing this article while I need to calm my brain of "Oh - don't forget to do things and things."

As I was walking down the hall on Sunday, April 14th, I looked up to see a vase of two irises. They almost blended in with the large picture of flowers behind them but it was enough to make me stop. I smiled. Who put those flowers there? Why would someone put them there? I found out the answers later in the day, but taking a minute to actually see the beauty of them and the beauty of knowing someone wants to share with all the residents and associates.  
Thank you to that wonderful person.



# Upcoming Events

- 1: 11am- Presentation on "Hearing Loss & Better Communication"
- 1: 4pm Happy Hour - Cinco de Mayo theme with "Same Reel People"
- 1: 6:30pm - Music with Silver Duo
- 3: 2pm - Kentucky Derby Party
- 5: 2pm - Music with Deb's Little Big Band
- 6: 3pm - Presentation about "Clara Barton"
- 7: 2pm Classic Piano with Masonabu
- 8: 4pm Happy Hour with Sales
- 9: 11 Lunch trip to Kobe
- 9: 2pm Meet author Bob Spender
- 13: 10am Ladies Tea
- 13: 11am Ladies Fashion Show
- 13: 3pm Script Reading
- 14: 1pm Karaoke with Zeny
- 15: 4pm Happy Hour with Duane
- 16: 10am Trip to Healthy Expo
- 16: 2:30pm Pines Men's Group
- 16: 4:30pm Alzheimer's Support Grp
- 17: 12:30 Come try chocolate chip dips/crackers to Celebrate Chocolate Chip Day
- 21: 2:30pm Music by Josiah Dyer
- 22: 3pm - Happy Hour - Wine Tasting
- 23: 11am - Lunch Trip to Seasons
- 23: 4pm - Piano Music with Elliot
- 24: 1:30pm Trip to Reny's
- 25: 10-2pm RACE CAR DAY
- 28: 11am - Presentation by Stephanie Oiler
- 29: 4pm Happy Hour
- 31: 2pm Memorial Celebration

# Photos



L to R:  
Bocce, Paul &  
Mariah, Bob K., Bev  
B & Roosevelt



# BIRTHDAYS

Hella D. - 4th  
Robert "Bob" J. - 7th  
Beverly T. - 8th

David B. - 8th  
Margaret "Margaret" M. - 8th  
Donna W. - 14th  
Paula M. - 16th

Wilma T. - 16th  
Robert G. - 20th  
Sue K. - 21st  
Pat C. - 27th





OF THE MONTH

**Nancy Lyford**

Congratulations to Nancy, our Transportation Specialist/ Life Enrichment Assistant.

Nancy has been a part of the Dirigo family for 2 1/2 years. She started as a full time driver and as many of you know, she is now 2 days a week, helping with Life Enrichment concentrating on the Assisted Living neighborhoods. She is definitely helping us meet a need!

Nancy grew up in Macwahoc, Maine. She is blessed with three sons and four grandbabies. She loves to spend time with them - going to ballgames, school functions and family gatherings.

Nancy enjoys the great outdoors, walking, and exploring the state of Maine. Indoors you will find her watching movies and cleaning her house.

Nancy enjoys working at Dirigo as she loves the people and has felt welcome since day one. One thing you may not know about Nancy is that she loves a good pedicure.

Welcome to the month of May! We are celebrating Older Americans Month! This was established in 1963 by President Kennedy and the National Council of Senior Citizens, back when there were 17 million Americans over the age of 65. Today, there are 62 million Americans over age 65 - how incredible! Older American's Month has long been a time to celebrate and acknowledge the contributions of past and current older persons to their communities and to society. This is also a great time to remember that age is a state of mind, and today's elders are not shrinking violets, but vibrant, interesting, and fun people to celebrate! There is even a new movement called, Old People are Cool, which continues to celebrate older adults during Older Americans Month and all year long. Check in with your Life Enrichment team to see how we are celebrating Older Americans this month and stay cool!

from Ashlea Smalley,  
National Director for Life Enrichment & Memory Care

Flower  
Sweet Pea & Daisy



Birthstone



Zodiac Signs  
Aries & Taurus



May  
information

## Art News

The current displays are receiving so many compliments! Thank you and your families for sharing such amazing talent. We are currently seeking ideas for the next display which is planned for June 1st. Give your ideas to Life Enrichment.

### Penobscot Valley Senior College

Keep in mind that Dirigo Pines' Life Enrichment has 10 memberships to PVSC. If you want to register for a class, please contact Anne for the information.

### Eyes Open

Life Enrichment is constantly getting opportunities after the monthly calendar is completed, so please, keep your eyes open for more fun!

### \*\* CONGRATULATIONS \*\*

Our own Rosemary Buetens has been selected to display her art internationally at two different art galleries!

May 13th will be the Ladies Tea to celebrate all our Mothers, Aunts, Cousins, Friends who have influenced us women. Please sign up at the front desk. All ladies are welcome!

Right after the Tea - Life Enrichment is looking for lady volunteers to model for a Fashion Show. Anne has secured MANY dresses sizes 4-26. If interested, also sign up at the front desk. This is open to our residents/cottagers/associates/families.

SO MUCH FUN!!

"It's your outlook on life that counts. If you take yourself lightly and don't take yourself too seriously, pretty soon you can find the humor in our everyday lives. And sometimes it can be a lifesaver."

— Betty White

## Book Review

Almost, Maine: A Novel  
by John Cariani

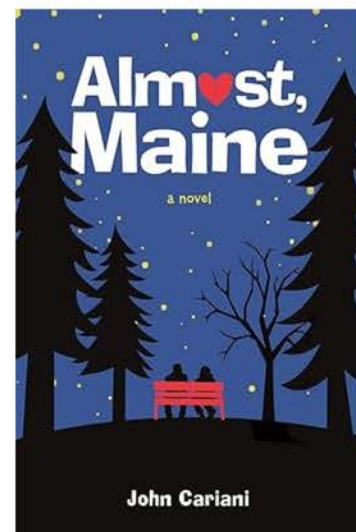
Based on one of the most popular plays of the last decade, John Cariani's *Almost, Maine* is a heartwarming and heartbreaking story that will have you thinking about love in an entirely new way.

Welcome to *Almost, Maine*, a town that's so far north, it's almost not in the United States—it's almost in Canada. And it almost doesn't exist, because its residents never got around to getting organized. So it's just . . . *Almost*.

One cold, clear Friday night in the middle of winter, while the northern lights hover in the sky above, *Almost's* residents find themselves falling in and out of love in the strangest ways. Knees are bruised. Hearts are broken. Love is lost and found. And life for the people of *Almost, Maine* will never be the same.

With characters you'll adore in a setting you'll never forget, *Almost, Maine* is a love story like no other, for fans of "Dear Evan Hansen."

Review by amazon.com





## MARK YOUR CALENDARS – SATURDAY, MAY 25TH

Dirigo Pines will be holding a Race Car Day from 10am–2pm. We are very fortunate to have the race car community bringing in 5–6 stock cars for everyone to look at and meet the persons driving them.

We will have games, a food truck, and many photo opportunities! The plans continue to develop so more to come.

Don't miss this once in a lifetime opportunity!

### One Day University

- 7: Jackie Kennedy: Her Life, Image, & Legacy  
by Barbara Perry – University of Virginia
- 14: In Our Prime – How Older Americans are Reinventing the Road Ahead  
by Susan J. Douglas – University of Michigan
- 21: The Fabulous 50s or Were They?  
by Leonard Steinhorn – American University
- 28: Legacy Planning – Even if you think you have it figured out  
by Stephanie Oiler

## Question

The seasons are changing. Would you like to see different with the Life Enrichment programming? Please write down your ideas return to Life Enrichment.



### Memorial Celebration

Dirigo will celebrate the lives of individuals that we have been blessed to know as part of our family. Since this is the first time since COVID-19, we will remember those in the past two years.

The goal is to celebrate on the Main Dining Room patio on May 31, at 2pm. If you have any special words/photos that you wish to contribute, please see Life Enrichment.  
Thank you.



# Centennials

Did you know that Dirigo Pines Inn is blessed to have seven residents that reached the 100 years young and some a few years more?



Pat C



Frances H



Dorothy



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Bob  
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June