



# The Inn & Out

December 2023



Photo credit to  
Paul Cyr. Taken Nov. 5th  
in Aroostook County

## Latest News from the Dirigo Pines Newsletter

2023 is fading with the longer darkness. I hope that with many world and state tragedies, your world has light. December is a time to celebrate our religion, plan for the new year, and reflect. This year has brought me happiness by working with such great people and learning so many stories from everyone. It is truly amazing the small interconnections with individuals you never met before. I am truly thankful for each and every one of you as you challenge yet make my job easier with your laughter and continued encouragement. And for that, I thank you all.

I wish us all a Happy Holiday Season (all religions) and a safe New Year.

– Anne Porter

"It looked like the world was coated in a cobbler crust of brown sugar and cinnamon."

– Sarah Addison Allen, First Frost

# Upcoming Events

- 1: Shopping at Kohl's Plaza
- 1: New Renaissance Singers at the Inn
- 2: Trip to Bangor Band "Sounds of the Season"
- 4: Puppies are visiting
- 6: The Smith Family plays Christmas
- 7: Hanukkah begins & presentation
- 8: Trip to Penobscot Valley CC for lunch
- 9: Come pat Baby Goats
- 12: Hanukkah dinner
- 13: Music by Brain McClellan
- 13: Girl Scout Caroling at the Inn
- 14: Holiday Cookie Bake Off
- 15: Music by Old Town HS Jazz Band
- 15: Lunch trip to Longhorn
- 18: Music by Leonard Middle School
- 18: Penobscot Holiday Party
- 19: Deb's Little Big Band
- 19: Penobscot Holiday Meal
- 20: Happy Hour w/ Duane Nickerson
- 20: Penobscot Holiday Meal
- 21: Meadowbrook Holiday Party
- 22: Kenduskeag Holiday Party
- 25: Christmas
- 28: New Year's Party
- 29: Music w/Chris Heard

December is a busy month!  
Please refer to your calendar for times  
and locations of the many events.

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January brings new life and ideas.  
Please share any ideas for groups and/or  
trips that you would like to see at Dirigo.

# Photos



Emily Leonard shares her books  
of hiking the Appalachian Trail.

Keith & Kelly dancing  
to the oldies.



"Elvis" was in the house  
Sara, Pat, Robin, Agnes, Bonnie, Jessi Mallory, Don,  
Brenda, Jack, & Paul

# BIRTHDAYS

Carolyn D. – 5th  
Dorothy P. – 5th

Jeanne R. – 15th  
Jean T. – 27th



ASSOCIATE

OF THE MONTH

FUN LOVING



Congratulations Sara Davis from Housekeeping for being selected December Associate of the Month! Ironically Sara's work anniversary is December and has worked at Dirigo Pines for 4 years.

When asked why she works here, Sara replied, "This is my 2nd home. Most rewarding job and the residents are what keep me here."

On the personal side of Sara, she has been married for 3 years to Trey. Her son is 18 years old and a senior at Old Town HS. Sara has a dog named Charlie Rose and a cat named Salem. Sara calls herself a "Jill of all trades". She has been a cook at Penobscot Valley Country Club, a landscaper, and works on cars. When she has down time, Sara likes being outdoors or watching a good comedy on TV. Thank you Sara for all you do!

NEWS

From the Director of Life Enrichment and Memory Care,  
Ashlea Smalley

December is a month full of celebrations and is a time of spiritual and religious significance for many people. As a matter of fact, this is one of the busiest months of the year in terms of multicultural celebrations! Some of the spiritual and cultural celebrations honored in the month of December include Hanukkah, Bodhi Day, Christmas, Yule, Posadas Navidenas, Kwanzaa, and more! This is a time of year when we hold close the ones we love and celebrate that in which we believe, usually with comforting food, gifts, and quality time. It is a time of year of tradition and reflection as we prepare for the new beginnings of a New Year. As you host and attend to your holiday traditions this year, it is important to remember your reasons for the season - kindness, love, faith, joy, family, and friends - and remember that this is a time of love and light. Be kind to your neighbors and learn something about their traditions if they are not ones you share. Carry the warmth of the holiday season with you as we embark on a new journey together in 2024!

December information



Fruitcake month







**DIRIGO PINES**  
A GRACE MGMT COMMUNITY

"To appreciate the beauty of a snowflake;  
it is necessary to stand out in the cold."  
Aristotle



## Resident of the Month –Sally Gordon



This month we are showcasing Sally Gordon, a resident who resides on Penobscot South. Sally is originally from Baltimore, Maryland. She is the youngest of 3 sisters. At a young age, Sally developed an interest in music and children so it seemed right to become a music teacher. Her love took her to Philadelphia to be a middle school teacher of music & drama. In the mid 1970s, she taught at the International School of Tehran but evacuated at the start of the Iranian Revolution. In 1984, she married Robert Harnwell. Together, they traveled overseas to teach, including Sally being the Principal at the International School of Tangangika in Tanzania. In the late 1990's, they bought a sailboat and traveled from the United Kingdom to return to Maryland. When you think her and Bob's adventures were over, they lived in Peru where Sally worked as a Guidance Counselor. Sally enjoys Dirigo Pines and is settling in with her dog, Rigby. Her interests include music, humans, singing, playing the piano, and reading.



## MEET OUR TEAM

Paul Arbour – Executive Director  
Donna Ashe – Dir. Coop Operations  
Jenna Biehn – Sales Director  
Bill Burke – Maintenance Director  
Deanna Chesson – Business Office Mgr.

Erin Fitch – Wellness Director  
Kate Hills – Area Sales Director  
Monica Nicknair – Village LE Mgr.  
Anne Porter – Life Enrichment Director  
Lewis Stubbs – Food Services Director

**Dirigo Pines**

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## Art News

Our exhibit entitled "Homecoming" is now on display at the Inn's Noel Sutherland Gallery (the hallway near the Executive Director's office). Please take a look when you visit the Inn. We have some amazing artwork to look at, most of them are done by residents of the Inn or our cottages. This exhibit will be on display until the end of January. Our Dirigo Pines Inn Resident Rosemary Buetens will be having her 90th birthday celebratory solo exhibit for the month of February. Then in March we will have an exhibit entitled "Family Ties" where we hope to have family themed artwork and feature work from both residents and their family members whenever possible. Start planning your entries now. More information to follow.



## Lewis Stubbs

Our own Chef Lew was celebrated at the 2023 Excellence in Long Term Care Awards Program and Luncheon in November. With hundreds of people nominated, Lew was selected in the top 13! The following words are from Paul Arbour's description of Lew.

"Lew takes the time to personally connect with each resident and their families, seeking to understand their food preferences, dietary restrictions, and desires. He finds time to engage in games like cribbage with residents, showcasing his boundless dedication even after two decades of service."

"Testimonials from residents and their families are overwhelmingly positive. Town hall meetings are filled with praise for the variety and presentation of food, always accompanied by glowing remarks about the chefs, servers, and, of course, Lew."

"He is a valuable part of our solutions team, consistently bringing innovative ideas to the table every month, with a primary focus on providing excellent hospitality and service to everyone who enters our campus. Lew's contributions have not gone unnoticed. Recently, he received well-deserved recognition from our home office for his inventive food presentation. Lew is not just a director; he is a driving force behind our commitment to excellence."

A big CONGRATULATIONS to Lew. You are an inspiration!

## Books and Movies



"In *The Midnight Library*, Matt Haig's enchanting new novel, Nora Seed finds herself faced with this decision. Faced with the possibility of changing her life for a new one, following a different career, undoing old breakups, realizing her dreams of becoming a glaciologist; she must search within herself as she travels through the Midnight Library to decide what is truly fulfilling in life, and what makes it worth living in the first place."

<https://www.booklistqueen.com/>



If You Live in Maine  
By louisaenright

"If you live in Maine" by Jeff Foxworthy – Forget Rednecks – here is what Jeff Foxworthy has to say about Mainers.

If your local Dairy Queen is closed from September through May, you live in Maine.

If someone in a Home Depot store offers you assistance and they don't work there, you live in Maine.

If you've worn shorts and a parka at the same time, you live in Maine.

If you've had a lengthy telephone conversation with someone who dialed a wrong number, you live in Maine.

If you measure distance in hours, you live in Maine.

If you know several people who have hit a deer more than once, you live in Maine.

If you switched from "heat" to A/C" on the same day & back again, you live in Maine.

If you can drive 75 mph through 2 feet of snow during a blizzard without flitching, you live in Maine.

If you install security lights on your house & garage, but leave both unlocked, you live in Maine.

If you carry jumpers in your car & your wife knows how to use them, you live in Maine.

If you design your kid's Halloween costume to fit over a snowsuit, you live in Maine.

If driving is better in the winter because the potholes are filled with snow, you live in Maine.

If you know all 4 seasons: almost winter, winter, still winter & road constructions, you live in Maine.

If you have more miles on your snow blower than your car, you live in Maine.

If you find 10 degrees "a little chilly", you live in Maine.

If you actually understand these jokes, you live in Maine.

