



DIRIGO PINES  
A GRACE MGMT COMMUNITY

Dirigo Pines  
9 Alumni Dr  
Orono, ME 04473 | (207) 866-3400  
www.dirigopines.com

# The Inn & Out

March 2024



Dirigo vs. UMaine  
Football Players  
in cornhole

## So much fun

People ask me "What makes me do what I do?" The answer is simple. YOU. You all are the inspiration I need to push myself to make you happy and busy.

Many of the Penobscot residents and cottages run their own programming (ie: exercise, scrabble, movies, etc) however the assisted living neighborhoods have less opportunities mainly due to medical/mobility issues. Jennifer and I will be offering more groups and with the help of Nancy, some individual visits.

Currently, we have sittercize, baking, bingo, and crafts on a consistent basis but we are looking to expand the programming. Life Enrichment will be introducing a game time on Tuesday afternoon and Coffee Chat time on Thursdays. Please review the monthly calendar for those times.

Another goal of Life Enrichment is for a Penobscot resident or cottager to become a "buddy" for a willing resident in assisted living. This would entail inviting your person to special events or just visit and have a nice conversation.

We understand that individuals have limitations and different interests, but please think about donating your time to help improve the quality of life for someone else. If interested, please see Anne or leave me a message. 866-3400 x 178.

# Upcoming Events

- 1: Fabulous Friday – wear purple
- 1pm KGP Presentation w/ Guiding Eyes for the Blind & their dogs in Training (WABI will be here)
- 5: 2pm KGP Music with Masonabu
- Trip to UMaine Men's Basketball Game – sign up
- 6: 4pm KGP Happy Hour with Fireside Strings
- 7: 1pm KGP Penobscot Christian School here for games
- 8: Fabulous Friday (FF) – wear red
- 11: Trip to Olive Garden
- 9: 2pm KGP Doolally Celtic Grp
- 13: 6:30pm PMR Presentation on financial planning w/Stephanie Oiler
- 14: 2pm KGP Chili Cookoff
- 15: 2pm KGP St. Patty Party
- 19: 4:15 PMR Opera Talk
- 20: Happy Hour KGP w/ Duane Nickerson on guitar
- 21: 4:30pm Alzheimer's Support Grp PMR
- 22: FF – Dress Silly
- 11am – Trip to Seasons Restaurant
- 26: 11am PMR – Presentation Dr. Powell from UMaine on "Ongoing Elections and the polarized nature of the US political system"
- 27: 4pm Happy hour in GR
- 28: 1:30pm KGP Music w/ Brian
- 29: FF – Spring Attire

# Photos



Top then circle:  
Kate saying  
"goodbye", Pat C.  
visiting a grade  
school class,  
Susanne & Jack at  
the Pangley Cafe,  
Glen & Nancy  
dancing, and the  
Sweetheart Tree.



# BIRTHDAYS

Charlie K. – 2nd  
Marion P. – 3rd  
William B. – 8th

Glen A. – 12th  
Mary Margaret "Bebe" W. – 15th  
Patricia "Pat" S. – 16th

John C. – 18th  
Jim R. – 20th  
Alice K. – 22nd  
Andrew W. – 29th



# L o v e S t o r y

Fred was born in Middleton, CT and Sue grew up in Silver Springs, MD yet the two met at the University of Maine 1962. It was instant attraction for both. They married in 1964. While Sue continued at UMaine, Fred joined the Navy, spending two years on submarines. When Fred returned, he finished his schooling while Sue worked as a Social Worker and Guidance Counselor.

They moved to Rhode Island for two years and had their first son there. Fred & Sue loved Maine (Sue born in Blue Hill & spent summer in ME) so they moved and had their second son in Bangor..

Fred's pivotal change in his career was presenting a paper in Japan. Other fish biologist approached him and was asked to join their organization. Fred accepted allowing him to travel around the world. Sue was able to join him at times.

Personally, one of their big accomplishments and challenges was buying a gentlemen's Farm in Carmel. Overall, it took Fred & Sue 14 years to fix the farm up to standards. The farm was originally a strawberry farm which they tried growing but not successfully. Long story short, they grew vegetables that Sue would can, jelly, freeze, or pickle.

Fred worked as a fish biologist, traveling around the state, while Sue settled down at the Bangor School Department. Fred was very involved in the town of Carmel, including being a selectman, and on every committee at one time or another. Sue was very involved in the school PTO and Library trustee.

When health issues made them start thinking of alternative housing options, Fred & Sue toured and quickly joined the Dirigo family. Knowing that their son would take over the beloved farm made that decision easier. They love their new friends and how at home they feel. In August, they will celebrate their 60th wedding anniversary.

# N E W S

March is a month full of promise and possibility with Spring just on the horizon on March 19th! We also will see longer days in March as we Spring-Forward on March 10th – so don't forget to set those clocks ahead one hour and celebrate a later sunset! March is also National Reading Month in honor of Dr. Seuss's birthday. To honor the influential author, find something to read a bit of each day, host a book club, have a book drive for a local library, or volunteer to help kids practice their reading skills! We also have another important celebration to honor this month, International Women's Day, on March 8th. This celebration has been around since 1857 and the theme this year is "Together We Thrive". This is a day to celebrate the accomplishments of the women in our communities and honor their contributions. Check with your Life Enrichment team to see what opportunities there are to participate in International Women's Day in your community!

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

Flower  
Daffodils



Birthstone  
Aquamarine



Zodiac Signs are  
Pisces & Aries

March  
information

## Art News

Life Enrichment is accepting artwork for our next exhibit titled "Family Ties". We invite any cottagers or Inn resident to submit your family artwork. All those beautiful creations from your children, grandchildren, and spouses can be proudly displayed for all to see.

All art work needs to be ready for hanging. Paper work needs to be in a wood frame behind glass or plexiglass and properly wired. Canvas and wood work need to be properly wired.

Jennifer will be available for consultation if you are unsure of proper framing. Art work that is not properly framed or wired will not be displayed.

The strict deadline is March 15th.

The family centered exhibit opening will be Friday, March 29th at 3pm at the Gallery with family program followed in the KGP.

### Penobscot Valley Senior College

Dirigo Pines' Life Enrichment Dept.  
has 10 memberships at  
a "first come first use" basis.  
See or call Anne Porter, then,  
you only need to sign up & pay  
for the classes of interest.

Please visit  
<https://pvsc.myrec.com/info/default.aspx>  
for the new classes.



## Book Review

### In the Woods by Tana French

The bestselling debut, with over a million copies sold, that launched Tana French, author of the forthcoming novel *The Searcher* and "the most important crime novelist to emerge in the past 10 years" (*The Washington Post*). "Required reading for anyone who appreciates tough, unflinching intelligence and ingenious plotting." --*The New York Times* now airing as a Starz series.

As dusk approaches a small Dublin suburb in the summer of 1984, mothers begin to call their children home. But on this warm evening, three children do not return from the dark and silent woods. When the police arrive, they find only one of the children gripping a tree trunk in terror, wearing blood-filled sneakers, and unable to recall a single detail of the previous hours.

Twenty years later, the found boy, Rob Ryan, is a detective on the Dublin Murder Squad and keeps his past a secret. But when a twelve-year-old girl is found murdered in the same woods, he and Detective Cassie Maddox--his partner and closest friend--find themselves investigating a case chillingly similar to the previous unsolved mystery. Now, with only snippets of long-buried memories to guide him, Ryan has the chance to uncover both the mystery of the case before him and that of his own shadowy past.

Richly atmospheric and stunning in its complexity, *In the Woods* is utterly convincing and surprising to the end.



## I'm Fine

There's nothing whatever the matter with me.

I'm healthy as I can be.

I have arthritis in both my knees,  
and when I talk it's with a wheeze.

My pulse is weak and my blood is thin,  
But I'm awfully well for the shap I'm in.

My teeth have had to come out,  
And my diet I hate to think about.

I'm overweight and I can't get thin,  
But I'm awfully well for the shape I'm in.



Arch supports I have for my feet,  
or I wouldn't be able to go on the street.  
Sleep is denied me night after night,  
and every morning I am a sight.  
My memory is failing, my head is in a spin;  
I'm practically living on aspirin,  
But I'm awfully well for the shape I'm in.

The moral is, as this tale unfolds,  
that for you and me, we are growing old  
It's better to say "I'm fine" with a grin  
that to let others know the shape we're in.

A young boy enters a barber shop and the barber whispers to his customer, "This is the dumbest kid in the world. Watch while I prove it to you." The barber puts a dollar bill in one hand and two quarters in the other, then calls the boy over and asks, "Which do you want, son?" The boy takes the quarters and leaves.

"What did I tell you?" said the barber. "That kid never learns!"

Later, when the customer leaves, he sees the same young boy coming out of the ice cream parlor.

"Hey, son! May I ask you a question? Why did you take the quarters instead of the dollar bill?"

The boy licked his cone and replied:

"Because the day I take the dollar the game is over!"



## Alzheimer's Support Group

### New Time

Dirigo Pines's Alzheimer's Support Group has moved to the 3rd Thursday of the month from 4:30–5:30pm in the Penobscot Media Room. July Treadwell is a trained facilitator from the Alzheimer's Association and is also a cottager that has graciously volunteered her time to facilitate this group once a month.

The support group is a safe place for people living with dementia and also their care partners to develop a support system; exchange practical information on challenges and possible solutions; talk through issues and ways of coping, share feelings, needs and concerns; and



### Cookoff Update

The bake/cook offs started with a BANG but for the past several months, only 4 –5 people have been contributing. If you want to contribute and need assistance, please see Life Enrichment. If more people do not contribute, the event will be placed on hold.

## February Bake Off Winners Appetizers

1st Place: Monica – Crab Rangoon

2nd Place: Kelley – Asian Salad

3rd Place: Meadowbrook – Teriyaki Chicken



## One Day University for March:

5th: The Rise & Fall of the British Empire by Professor Patrick Allitt from Emory University

12th: How World War II Changed America by Professor William Hitchcock from University of Virginia.

19th: Six TV Shows that Changed the Rules by Professor Robert Thompson from Syracuse University.

26th: Dr. Powell from UMaine will be here LIVE with "Ongoing Elections & the Polarized Nature of the US Political System".

This program is held every Tuesday from 11–12pm  
in the Penobscot Media Room (PMR).