



# The Inn & Out

April 2024



Solar eclipse, 2017

## April

Teddy Roosevelt said it best: "Keep your eyes on the stars and your feet on the ground."

The meaning of April is "opening". This makes perfect sense as April is flowers blooming, outside play, and of course the solar eclipse this year.

The last solar eclipse was on Aug. 21, 2017. That eclipse covered a more rural area with only 12 million people in the path of totality. This upcoming eclipse will be visible from Mexico, the U.S. and Canada to an estimated 31.6 million people and will cover more densely populated areas.

In Maine, the best spots are in the west and north of Orono. Towns along the path include Houlton, Island Falls and Presque Isle. Other regions in Maine will be in the path of totality and include the towns of Millinocket, Rangeley, Greenville, Jackman, and Carrabassett Valley which will also experience approximately three minutes of totality. In Orono, we will see a partial eclipse. Make sure you protect your eyes with special glasses and camera lenses.

Weather permitting, we will be watching from Dirigo for the partial.  
Watch for upcoming details.

# Upcoming Events

- 1: April Fool's Day
- 3: 4pm Happy Hour with Fireside Strings
- 3: 6:30pm Presentation by Karl Kreutz - Energy, Environment, & Climate
- 4: 1pm Penobscot Christian Students here for Games
- 5: 11am Trip to Denny's
- 5: 6pm Trip to Windham Chamber Singers
- 10: 1pm Presentation on Reiki by Debroah Walsh
- 10: 2:30pm Church songs with Rob Laraway
- 10: 4pm Happy Hour & Welcome
- 11: 1:30pm Presentation by Pauleena Macdougall - Foklore & the Environment
- 11: 4pm Music by Roosevelt Credit (Broadway performer)
- 12: Music by Allison in Arbor
- 16: 1:30pm Presentation by Rick Wile - The Geriatric Pilgrim
- 17: 4pm Happy Hour with Duane
- 18: 11am Trip tp Five Guys & Mall
- 21: 2pm Trip to Penobscot Theater
- 23: 2pm Music by Majorie (classic piano)
- 27: 9am Trip to Circus
- 28: 2:20pm Trip to Symphony
- 30: 3pm Volunteer Recognition

# Photos



L to R  
Jane & Cathy at UMaine  
Jane, Kathy, & Jean Marie at  
UMaine Women's Game  
Glen playing game  
Andrew playing beer pong  
Agnes at Bingo



# BIRTHDAYS

Mary D. - 1st  
Roberta T. - 9th  
Sally G. - 10th

Marie "Jane" E. - 13th  
Robert "Bob" K. - 15th  
Ruby F. - 27th



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Congratulations to Travis Frey – Dirigo Pines' April Associate of the Month.

Travis has been with Dirigo for 7 years. He reports that he loves the community here – residents and other associates. "It feels like family here." He enjoys the social interactions and making people feel better. He has been seen, not only cleaning apartments, but, looking for lost items and spending that extra five minutes to talk with "a friend".

Travis and his wife, Melissa, of 4 years, met at Dirigo Pines. Melissa worked in Wellness and one day, Travis was hit in the head with her charisma. They live in Brewer with their 17 month son, Tucker.

When not working, Travis enjoys being with his family and pets. Did you know he has two dogs (Bear and Bailey) and three cats (Felix, Hamilton, & Finnegan) .He also has had interactions with the neighborhood pest trash squirrel, Oscar.

Travis is slowly introducing his son to heavy metal music (his favorite) and 1980's comedy movies.

Thank you Travis for all that you do!

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April is a month of fresh starts and bright beginnings as Spring has sprung! As we soak up that early sunshine, there is so much we can do this month from getting in the garden, learning about poetry and jazz, or giving back to the community.

This month we have two important Featured Celebrations – National Volunteer Month and Earth Day on April 22nd. We hope to honor the volunteers who give their time and talent to us here at the community by sharing our thanks and appreciation. Similarly, we also want to renew our Graceful Giving opportunities for our residents and families to have a chance to volunteer their time and talent to worthy community-wide causes. If you have a worthy cause to share, please see your Life Enrichment Director!

Earth Day is celebrated on April 22nd and has been honored for over 50 years now to remind us to care for and conserve our planet. This year's theme is Plant vs. Plastics to bring attention to the health risks of plastic pollution to our planet and us! Learn from your Life Enrichment team about how you can observe Earth Day here in the community.

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

Flower  
Sweet Pea & Daisy

Birthstone

Zodiac Signs  
Aries & Taurus

April  
information





# Art News

Life Enrichment would like to thank everyone for our current exhibit titled "Family Ties". All those beautiful creations from your children, grandchildren, and spouses are proudly displayed for all to see.

The family centered exhibit opening will be Friday, March 29th at 3pm at the Gallery followed by Easter family activities 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.



Please check out the "community board" near the Life Enrichment Office to happenings around the Orono area.

## Book Review

### Our Narrow Hiding Place

For fans of *All the Light We Cannot See* and *The Nightingale*: an elderly woman recounts her Dutch family's survival during the final years of Nazi occupation, shedding new light on old secrets that rippled through subsequent generations.

Eighty-year-old Mieke Geborn's life is one of quiet routine. Widowed for many years, she enjoys the view from her home on the New Jersey shore, visits with friends, and tai chi at the local retirement community. But when her beloved grandson, Will, and his wife, Teru, show up for a visit, things are soon upended. Their marriage is threatening to unravel, and Will has questions for his grandmother—questions about family secrets that have been lost for decades and are now finally rising to the surface.

But telling Will the truth involves returning to the past, and to Mieke's childhood in coastal Holland. There, in the last years of World War II, she survived the Hunger Winter, a brutal season when food and heat were cut off and thousands of Dutch citizens starved. Her memories weave together childhood magic and the madness of history, and carry readers from the windy beaches of The Hague to the dark cells of a concentration camp, through the bends of eel-filled rivers, and, finally, to the story of Will's father, absent since Will's childhood.

*Our Narrow Hiding Places* is a sweeping story of survival and of the terrible cost of war—and a reminder that sometimes the traumas we inherit come along with a resilience we never imagined.

-----goodreads.com



## HANDS

Some say the soul can be found  
pulsing in the heart  
but I believe the soul resides  
in our hands,  
flowing through the grasping, nimble fingers  
which separate us  
from the kingdom of the beasts  
whose hearts beat like our own.  
towering pyramids,  
tapestries made of spun silver and gold –  
all created by the work of our hands.

In the beginning  
before words  
we talked in fluid gesture,  
even now, though skilled artisans  
in the craft of words,  
we still use our hands to  
emphasize a point, grace our speech –  
saying "I love you" in a gentle caress,  
sometimes expressing our anger and hate  
in a curled fist.

I look down at my own hands made  
stiff and clumsy by disease.  
my fingers once spoke the language  
of music as they danced over the  
keys of the flute and piano.  
Now they lie silent and still.  
as I look at my hands  
I realize that they are empty.  
My soul took flight.

Traveled along the highways  
made of nerves and synapses  
until it finally came to rest  
at the source of all expression.  
Though my hands are mute,  
my soul reaches out in these words.  
the silence is broken.  
– Melissa Goldstein



## March Bake Off Winners --Chili

1st Place: Meadowbrook with  
a chicken white chili

2nd Place: Mary Dority with  
beef chili

3rd Place: Arbor neighborhood with a  
steak chili

Earth Day is officially April 22nd but  
Life Enrichment will be having  
2 special projects on  
Monday, April 23rd during  
Craft Grp time 1-2pm.  
You can plant an herb garden  
or  
make a recycled flower pot.

Dirt, seeds, flowers will be  
provided. Sign up at front desk for  
project you wish to do.

## Mother Says....

With the weather getting better, get  
outside!  
Put on your sunscreen.  
Carry a water bottle if walking .  
Tell a friend where you are going.  
Visit with friends.  
Smell the flowers but don't pick them.  
Wear comfortable shoes.  
Don't forget your chapstick.  
Wear clean underwear.  
Bring a jacket.

## March's Associate of the Month

Congratulations to Nathan (Nate) Gates for being the Associate of March for Dirigo Pines.

Nate has been with us for 2 1/2 years. His reason for coming to Dirigo is that he followed his previous boss, Erin.

Dirigo is also convenient to his home in Milford.

He enjoys working at Dirigo as people are supportive and it is like home. Nate observes people doing good things for the residents like it is their own family.

Nate is married to Erin (a different Erin than previously stated) for almost 10 years and has a son, Keegan, who is 8 years old.

Nathan enjoys camping, concerts, golfing, disc golfing, and traveling. His goal is to visit Australia.

His goals in life are simple (as he says):

1. Be a good Dad
2. Support his son & wife
3. Have fun

Thank you Nate for being a part of the Dirigo family!



"Let us never know what old age is. Let us know the happiness time brings, not count the years."

Ausonius

"There is a fountain of youth: it is your mind, your talents, the creativity you bring to your life and the lives of people you love. When you learn to tap this source, you will truly have defeated age."

Sophia Loren

## One Day University for April:

- 2: Top Science Stories of 2023 by the Global Media Company
- 9: Revisiting Three conic American Speeches: The Words of FDR, JFK, & MLK by Dr. Stephanie Yuhl , College of the Holy Cross
- 16: Economics Explained: Why Silicon Valley and Shenzhen Have Exactly the Opposite Problem by Global Media Company
- 23: How to Listen to (and Appreciate) Great Music by Orin Grossman of Fairfield University
- 30: The Undersea War: Germany, Britain, America, and the WW1 U-Boat Campaigns by Spencer Jones of University of Wolverhampton, UK

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