



The Inn & Out

June 2024



Clam Rock at low tide
at Beals Island
by Anne

I was recently scrolling through the internet and ran across this little article about "The very best 4 word advice for 21st Century life." My attention was captured. What I learned was way different than what I expected. I thought I'd share.

Live your best life.
It's not about you.
Collect experiences, not things.
Always pay it forward.
Listen more, talk less.
Taking responsibility creates empowerment.
Have a plan B.
Actions count, words don't.
Fortune favors the bold.
Think before you speak.
Dance like nobody's watching.
You can't please everyone.
Work smart, and hard.
Find your true north.

Upcoming Events

3: 2pm KGP – Presentation on Penobscot Theatre
 5: 4pm KGP: Happy Hour w/ Fireside Strings
 6: 1–4pm: Fishing Derby at Upper Pond
 7: 1:30pm: Trip to Caulkins Farm Stand
 11: 11am PMR: Hospice Information Mtg
 12: 4pm Garden Rm: Welcome & Happy Hour
 13: 11:00am Trip to Penobscot Country Club Restaurant
 13: 1:30pm KGP: Author Karen Talbot
 14: Wear Red, White, & Blue Day
 16: Happy Father's Day
 17: 3pm PMR – Men's Casino Fun
 19: 4pm KGP: Happy Hour w/Duane
 20: 2pm TBD: Music w/Dennis McGuire
 21: 9am: Trip to DMV
 26: 3pm Main Lobby: Art Show/Happy Hour
 27: 2pm TBD: Trumpet Karaoke
 28: 9am: Trip to Governor's for breakfast

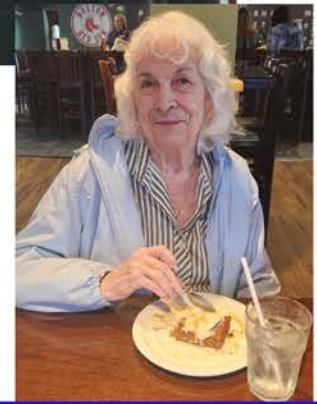
Please watch for updated information as the calendar may change.

Sally, Agnes, Ted, & Glen intently listening to Josiah Dyer.

David & Ann with Josiah Dyer



Theoline & Mary D at Fashion Show



Carol enjoying lunch at Seasons.

BIRTHDAYS

June K. – 1st
 Frankie M. – 2nd
 Robert "Bob" C. – 8th

Sandy F. – 11th
 Donald "Don" J. – 12th
 Robin W. – 14th

Agnes T. – 19th
 Susanne B. – 20th
 Beverly B. – 26th

OF THE MONTH – Jack Morrin

This month, we congratulate Jack Morrin as he dons the mantle of June's associate of the month!

Jack is 20 years young and has been working at Dirigo Pines for 3 years. Lewis Stubbs, our executive chef, brought Jack into the Dirigo Pines community knowing that his determination and drive would brighten our kitchen, and we can say for certain he has never failed to deliver!

Jack lives in Bangor, and attends Husson University, where he studies business administration by day, then runs track and field by night. He combines his leisure and exercise by running with his dog, Bandit, an extraordinary chocolate lab.

When asked what he enjoys most about working with us, Jack instantly admitted he likes to interact with the residents, because they are always kind and happy to see him!

We asked Jack what his goal in life is, and it kind of stunned him: "...You know, I haven't really thought about that before." Jack doesn't need to know where he plans to go, he's just in it for the love of the game.

The Dirigo Pines family would like to formally thank Jack for his unending work, and we look forward to his future growth wherever it may send him! Thank you Jack!



We will be cruising into summer on June 20th as we celebrate the official first day of summer! We are also highlighting an important monthly observance with Men's Mental Health Awareness Month. Conversations around mental health are often stigmatized and this is even more apparent for men, leading to some negative consequences. So, this month, we want to highlight all of the ways our gentlemen can access support and resources to support their mental health and to help reduce the shame around this sensitive topic. Our other featured celebration this month is International Day of Yoga on June 21st! Yoga is an important source of exercise and supports mental and spiritual health as well. So, join in with millions around the globe to connect through movement. Don't forget to check the calendar for our other June observances: Pride Month, Great Outdoors Month, Father's Day, Juneteenth and more!

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

Flower
Rose

Birthstone

Zodiac Signs
Gemini & Cancer

June
information



Art News

The next display will be called "Around the Corner". So much potential with this topic. Please bring your art (preferably all framed & wired) to Jennifer by June 15th. The opening will be June 26th at 3pm.

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.

A special thank you to the residents: Mary D and Theoline and associates: Aimee, Jessica, Nancy, & Sarah. And of course a friend, Tammy for all modeling the beautiful dresses at the Fashion Show! Great fun ladies!!

Stock Car Day

Saturday, May 25th, Dirigo Pines hosted a Stock Car Day thanks to Bob Knowles, a resident at the Inn. Bob had owned the Unity Raceway from 1960–1980. With his contacts, we had 6 cars and many drivers, owners, fans, and sponsors represent "the good old days."

Along with the cars, we had games with prizes, a food truck, an ice cream truck, Yeti Farm with baby goats, and raffles.

The new grand total of money collected is \$2106.40 going to the Alzheimer's Association of Maine.

Thank you to all who came and participated in the fun!



Race car drivers, owners, sponsors.

Meet an author

Paul Dorion

Paul Doiron is the best-selling author of the Mike Bowditch series of crime novels set in the Maine woods. His first book, *The Poacher's Son*, won the Barry Award and the Strand Critics Award and was nominated for an Edgar for Best First Novel. His second, *Trespasser*, won the 2012 Maine Literary Award. His novelette "Rabid" was a finalist for the 2019 Edgar in the Best Short Story category. Paul's twelfth book, *Dead by Dawn* won the New England Society's 2022 Book Award for Fiction, as well as his second Maine Literary Award. It was also a finalist for the Barry Award. His books have been translated into 11 languages.



Janice & Terry with Jimmy John Jack.

The Bob Knowles family.



Changes are being trialed.

**Monday Crafts is on hold for the summer.
Friday 10am Sittercize wil not occur but
Chair Yoga will be held in the KGP at
10:30am.**

One Day University

4th: Catskill Culture in PMR
11th: Hospice Information in KGP
18th: Women in Comedy in PMR
25th: 200 year old problem –
Environment – in PMR



It's garden time!
Thanks to all for
your patience
getting all the
materials as the
weather was
certainly warmer
earlier.
If anyone is in
need of
something or
have questions,
please see Anne.
Thank you.

Did you know?

A Jewish family Karnofsky, who immigrated from Lithuania to the US, took pity on a 7 yo boy and brought him to their home. There he stayed and spent the night in this Jewish family home, where for the first time in his life, he was treated with kindness and tenderness.

When he went to bed, Mrs. Karnovski sang him Russian lullabies, which he sang with her. Later he learned to sing and play several Russian and Jewish songs.

Over time, this boy became the adopted son of this family in 1907..

Mr. Kanofsky gave him money to buy his first musical instrument, as was the custom in Jewish families. Later, when he became a professional musician and composer, he used these Jewish melodies in compositions such as St. James' Hospital and Go Down Moses.

The little boy grew up and wrote a book about this Jewish family who adopted him. In memory of this family and until the end of his life, he wore the Star of David and said that in this family he learned, "to live a real life and determination."

This little boy's name was Louis Armstrong. He was called Louis "Satchmo" Armstrong. Louis proudly spoke fluent Yiddish and "Satchmo" is Yiddish for "big cheeks, a nickname some say was given to him by Mrs. Karnofsky.



Centerwell Physical therapy will be in the house to perform FREE balance screenings.

On Tuesday, 6/4, all Assisted Living residents who wish to participate, can gather in the Meadowbrook Dining Room.

On Tuesday, 6/11 at 1pm, Penobscot and Cottagers are welcome to participate in the KGP.

This is a free service. They can make recommendations and suggestions, but it is always your choice to agree or not and to use their services or someone else.

