



# The Inn & Out

July 2024



Courtesy of Jean Marie

## Some thoughts.....

The Inn has been busy this spring with birthday parties, memorial celebrations, special performances, barbeques, and more. The summer will be just as busy with more barbeques, "Elvis" in the house, trips to various restaurants and stores, Dirigo's Summer Olympics, and many more presenters/performances. Keep an eye out for the return of Dennis McGuire (the one man band), Andrew Finn Magill, the Karaoke Trumpets and Deb's Lil' Big Band.

Besides all the activities, the beauty around Dirigo is flourishing. The gardens are growing, flowers are in bloom, the ducks and fish are being fed in the upper pond. And let's not forget about just sitting by the pond listening to the peace of the birds and frogs.

I have observed many of you walking outside, reading in a comfy chair, and taking a nap with the sun upon your face.

I'll finish with my motherly advice. As you enjoy the days outside, be sure to apply sunscreen, wear a hat and sunglasses. Limit your time in the sun to around 15-20 minutes and avoid being outside between the hours of 10-4pm as the ultraviolet rays are peak.

# Upcoming Events

- 1: 9am in KGP Puppy Visits
- 2: 2pm in KGP Masanobu
- 3: 4pm in KGP Happy Hour w/Fireside Strings
- 4: HAPPY INDEPENDENCE DAY
- 8: 1pm in KGP Ice Cream Sundaes
- 11: 11am Trip to Carrier's Maine Lobster
- 12: 2pm Back Patio – BEACH PARTY  
Wear your Hawaiiin Shirt
- 15: 11am PMR Open House by Sales
- 15: 2pm Trip to Mt Hope Cemetery Tour
- 16: 10am PMR Presentation by David Wilson on Architecture
- 16: 2pm KGP Meet & Greet the HealthPro therapists
- 17: 4pm KGP Happy Hour w/ Duane
- 18: 1:30pm KGP Presentation by author Gail Clark
- 22: 2pm PMR Sing Along with Shawn
- 23: 6:30pm KGP "Elvis" is in the house
- 25: 11am Trip to Birdies (Bangor Muni)
- 25: 2pm TBD Music with Dennis
- 26: 11–3pm Free Flow Friday  
\*\*See information
- 31: 4pm Garden Room – Happy Hour w/ Olympic Trivia

Please watch for updated information as the calendar may change.

# Photos



l: photo by Jean Marie  
R: Lew and grandson  
Bottom L: BBQ



Above: Agnes & Bebe  
L: Ted at Bocce  
Bottom L: Jennifer & Robin  
Bottom: Glen



# BIRTHDAYS

Judith "Judy" C. – 26th



# Angela Spencer

Angela is an overnight Wellness associate who has worked at Dirigo Pines for almost three years. She enjoys helping people, bringing joy to their lives. Angela likes to see residents smile and laugh.

Angela does not have a special memory that sticks out as she likes every day and every resident. Keeping them happy and safe is her primary goal and success.

When not at Dirigo Pines, Angela enjoys reading, playing with her three cats, and being with her family.

At her request, there will be no photograph but she is easily spotted working the neighborhoods from sunset to sunrise.

We thank you Angela for your dedication and congratulations on being the Dirigo Pines July Associate of the Month.

As we step into July, we're embracing the warmth of summer with delightful activities planned just for you! July is not only National Picnic Month but also celebrates Gorgeous Grandma Day on July 23rd. We can't wait to celebrate your wisdom, grace, and zest for life – so keep an eye on the calendar for more details. Let's also indulge in the joy of outdoor picnics, enjoying the fresh air and each other's company amidst the beauty of our community and local picnic hot spots! Stay tuned for details on our picnics/BBQs and festivities planned throughout the month. A few other notable days to celebrate in July include National Ice Cream Month, Social Wellness Month, National Blueberry Month, National Ice Cream Sundae Day, International Wine and Cheese Day, and of course, Independence Day! Here's to a summer filled with sunshine, laughter, and cherished moments together!

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

Flower  
Waterlily



Birthstone  
RUBY



Zodiac Signs  
Cancer & Leo



July  
information

## 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. IN-PERSON PRESENTATIONS and DISCUSSION. All classes are from 10–12pm. If more than 5 people interested, transportation can be provided.

June 25 "Tuberculosis: The Disease and its Presentation in Art, Music and Literature"

Presenter: John S. Kaiser, M.D.

UMA-Bangor campus – Eastport Hall  
135 with recording

July 9 "Nutrition for Older Adults"

Presenter: Mary Lanvanway RDN, LD,  
CEDRD

UMA-Bangor campus – Eastport Hall  
135 with recording

July 16 "Two Founders of Modern Architecture:  
Frank Lloyd Wright and Le Courbusier"

Presenter: David Wilson

Dirigo Pines Inn, Media Room 9 Alumni  
Dr, Orono

July 23 "Long-term Climate Variability and Maine  
Ecosystems-- Past and Future"

Presenter: George L. Jacobson

UMA-Bangor campus – Eastport Hall  
135 with recording

July 30: "Physical Activity & Exercise for the  
Seasoned Adult: Movement Does provide Spice for  
Life!"

Presenter: Nicole Mullins, Ph. D.

UMA-Bangor campus – Eastport Hall  
135 with recording

Aug. 13 "The Intersection of Law, Ethics, and  
Morality"

Presenter: Maine Supreme Court Senior  
Associate Justice Andrew Mead

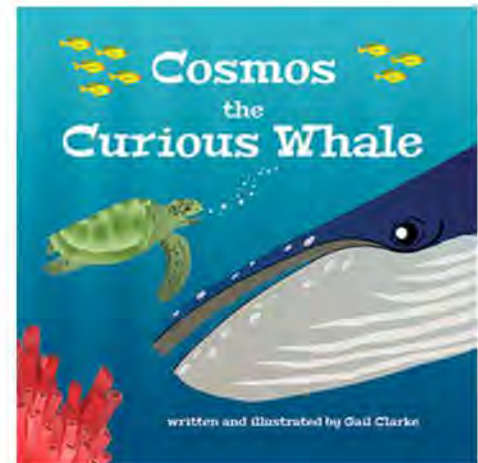
UMA-Bangor campus – Eastport Hall  
with recording

## Meet an author Gail Clark

Gail Clark lives in the Portland area of coastal Maine with her husband. Her studio, the view from which is the inspiration for many of her landscapes, is on a waterfall. In addition to her art, Gail is very involved in therapy dog work with her French Bulldog, Annabelle Bleue.

Gail has published 12 children's books and also is an artist.

She will be at Dirigo on July 18,  
1:30pm.



## One Day University

In July, we will focus on the state of Maine. Informational videos will be in the PMR on Tuesday from 11-12, except on June 16th.

- 2: HOME: The Story of Maine Early Exploration
- 9: Remember the Maine
- 16: 10AM Live Presentation by David Wilson on "Iconic Homes and Other Designs by Two Founders of Modern Architecture: Frank Lloyd Wright and Le Corbusier."
- 23: Claws & Tails: The ups & downs of lobstering in Kittery
- 30: Story of Route 1 in Maine, New Hampshire, & Massachusetts

The Guiding Light Award is our newly minted award for excellence in memory care. Monica's program fulfills all of our Village Standards, but beyond that, her attitude and leadership within the Village Neighborhood and with her peers around the country are what led to her selection as the award winner. She always puts resident needs and interests into her programming, brings solutions and creative ideas to the table, and as an individual upholds Grace values of compassion and integrity.



Please remember to recycle your cans and bottles! Every 5 cents adds up to help the Inn's Library Committee.

## Congratulations

Our own Life Enrichment Team Member, Monica Nicknair, was recognized at the National Grace Management conference for winning the "Guiding Light". Also Jenna Beihn, Sales Director, was presented with an award for the "Highest Mystery Shop Score." We are proud of them both for representing Dirigo Pines!



Life Enrichment welcomes ideas and suggestions for trips and activities. You may place your paper in the suggestion box, Anne's mailbox outside her office, or give to Kelley to place in Anne's office mailbox.

\*\* Free Flow Friday will be an unplanned trip to Bangor. Those who sign up will plan and tell the driver where to go. All must agree on location!



Two elderly people living in Wannabe Maine Estates, he was a widower and she a widow, had known each other for a number of years.

One evening there was a community supper in the big activity center. The two were at the same table, across from one another as the meal went on, he took a few admiring glances at her and finally gathered the courage to ask her, "Will you marry me?"

After about six seconds of 'careful consideration', she answered "Yes. Yes I will."

The meal ended and, with a few more pleasant exchanges, they went to their respective apartments. The next morning, he was troubled. "Did she say 'yes' or did she say 'no'?" He couldn't remember. Try as he might, he just could not recall. Not even a faint memory.

With trepidation, he went to the telephone and called her. First, he explained that he didn't remember as well as he used to. Then he reviewed the past lovely evening. As he gained a little more courage, he inquired, "When I asked if you would marry me did you say 'yes' or did you say 'no'?"

He was delighted to hear her say, "Why, I said 'yes, yes I will' and meant it with all my heart. Then she continued, "I am so glad you called, because I couldn't remember who had asked me."



Top baby names in 1940.

Mary Barbara Patricia  
James Robert John

Top baby names in 2020

Sophia Olivia Riley  
Liam Noah Jackson

1940

Loaf of Bread \$.10

Gallon of Gas \$.18

2024

Loaf of Bread \$2.50

Gallon of Gas \$3.39