



The Inn & Out

September 2024



Happy changing of the weather to all! And Happy Fall on September 22nd.

I wonder why people are afraid of change? Is it the uncertainty, the unknown, a fear?
I find it better to embrace the change.

Meriam Webster defines change as "to undergo transformation, transition, or substitution."
We cannot control many things, like the weather, but learn to appreciate what you have today.

Life is what you make it. (I've heard this a billion times.)

You can sit and complain or have fun.

Dirigo Pines offers many activities, has beautiful walking paths,
benches at the ponds, and great scenery.

Try reaching out to a new resident and get to know them. There are so many
wonderful stories of people's lives, what they did for work,
where they traveled, and even personal opinions.

As we grab our coats, hats, and mittens - what will you change?

Enjoy the new season as the leaves change colors and fall from the trees,
the crisp air, picking apples, and decorating for a new season.

Embrace the change.

Upcoming Events

- 3: 2pm Music w/ Josiah Dyer
- 4: 11:30am: P & C BBQ
- 4: 4pm Happy Hour w/Fireside Strings
- 5: 11:30 AL BBQ
- 5: 5-7pm Campfire
- 6: 9:30am Welcome to all at the FriYay Cafe
- 6: 1pm Trip to Advanced Structures at UMaine
- 8: 2pm Deb's Little Big Band
- 10: 11am Walker Rodeo
- 10: 1pm Meadowbrook Resident Council
- 10: 2pm Presentation by Kathryn Olmstead, author
- 11: 4:30pm Welcome Happy Hour w/ Coach Amy Vachon
- 12: 10am Library Open House
- 12: 1am Puppy Visit
- 12: 2pm Dennis McGuire
- 16: 2pm Mt Hope Cemetery Bus Tour
- 17: 11am Presentation on Fall Prevention by Fyzical
- 17: 1pm Kenduskeag Resident Council
- 18: 3pm Campfire
- 18: 4pm Happy Hour with Duane
- 19: 10am Trip to Peace, Love, & Waffles
- 19: 4:30pm Memory Support Group
- 23: 2pm Sing-a-long with Shawn
- 24: 1pm Penobscot Town Hall
- 25: 3pm Art Opening
- 25: 6:30pm Presentation by Dr. Karl Kreutz
- 26: Trip to College of the Atlantic/Lobster Pound
- 28: Alzheimer's Walk

Please watch for updated information as the calendar may change.

Photos



Our visiting chicks!



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Loving our country star - Kayla Wass!

BIRTHDAYS

Roselyn P. - 9th
 Jean-Marie B. - 10th
 Brenda E. - 11th

Bonita "Bonnie" M. - 23rd
 Dolores S. - 27th

Reflection



I Hope You Dance
Song by Lee Ann Womack

"I hope you never lose your sense of wonder
You get your fill to eat but always keep that
hunger
May you never take one single breath for
granted
God forbid love ever leave you empty-handed
I hope you still feel small when you stand
beside the ocean
Whenever one door closes, I hope one more
opens
Promise me that you'll give faith a fighting
chance
And when you get the choice to sit it out or
dance"

NEWS

September is a significant month in our community as we recognize both World Alzheimer's Month and National Assisted Living Week as our Featured Celebrations. This year's theme for National Assisted Living Week is "Inspiring Generations," a reminder of the lasting impact we have on each other across all ages. Throughout September, we'll raise awareness about Alzheimer's disease, emphasizing the importance of understanding and supporting those affected. Then, in line with the theme of Inspiring Generations, we'll celebrate the heart of our community during National Assisted Living Week—our residents, families, and dedicated team members—by visiting the decades of the a generation and celebrating with fun daily events centered on each decade. We will also be inviting you to share your wisdom to inspire and connect with future generations. Join us for a series of events and activities designed to educate, inspire, and bring us closer together as we honor the generations within our community.

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

September information

Flowers

Aster &
Morning
Glories



Birthstone

SAPPHIRE
SEPTEMBER BIRTHSTONE



Zodiac Signs



One Day University

- 3: Presentation by Alzheimer's Association – Warning Signs of Alzheimer's
- 10: Walker Rodeo: Health Pro will be available to look at your walker/rollators to tighten brakes and check issues.
- 17: Presentation by Fyzical – Fall Prevention
- 24: Brain Aging & What You Can Do

FUNDRAISING

Monica Nicknair will be putting together a Dirigo Pines' cookbook as an Alzheimer's fundraiser. If you would like to contribute a recipe or two or three, please give to Monica or any Life Enrichment Associate. Thank you!

Art Gallery News

Dirigo Pines is proud to display our own cottager, Deb Bergman for September - December. Deb grew up on Long Island, NY but has lived in Maine for over 22 years. She has traveled throughout the world. Her first career was as a certified midwife and delivered over a thousand babies. Next, Deb open a yarn/weaving/spinning shop and taught classes. Now, in her "3rd chapter" of life, she has been painting with acrylics and oils. "I love to take an image from everyday life and recreate it so others can see what I see. Who knows where this path will lead, but I'm having a blast following my muse." Visit DebBergmanArtist.com to see examples of her work.

September 8-13

National Grace Week
aka: Assisted Living Week

Come join the fun throughout the decades!

Sunday -Happy Grandparent's Day

2pm Deb's Little Big Band

Monday - 1950s - Poodle skirts & Leather

1:30pm Classic Cars

Tuesday - 1960s - Hippies & Flower Power

10am Concentration

Wednesday - 1970s - Disco Fever

1:30 Family Feud

Thursday - 1980s - Big Hair & Bright Colors

1:30 Celebrate Grace's 40th Anniversary

2pm Music w/ Dennis

Friday - Grace Spirit Day - Wear Purple

1:30 Group Photo in KGP

2pm Minute To Win It Games

The Bangor Symphony and Penobscot Theater transportation will be starting up again!

Symphony Dates
9/22, 11/17, 1/26, 3/23,
4/27

Theater Dates
9/29, 12/1, 2/2, 3/30, 5/4,
6/15

You may get information and purchase your tickets at:
<https://www.bangorsymphony.org/>

You may get information and purchase your tickets at:
<https://www.penobscottheatre.org/>

Residents/cottagers must sign up one week prior to secure the need of a driver. Minimum of five people.

3rd Annual Craft Fair

The Life Enrichment Team is hosting a Craft Fair on Saturday, November 2, 2024 from 9 am to 2 pm.

If any resident/cottager is interested in having a table, please contact
Monica Nicknair,
The Village Program
Life Enrichment Manager
(207) 866-3400, Ext. 176.

All items need to be homemade and premarked with sale price.
Deadline is Sept. 30th.

Congratulations



Looking for volunteers to help on the Arbor. Please complete applications and return to Anne or Monica.
Training will happen in September. TBA.

A-A-R-P! I wanna join the A-A-R-P!



The Retirement Village People