



DIRIGO PINES
A GRACE MGMT COMMUNITY

Dirigo Pines

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The Inn & Out

November 2024



Making friends at the
Alzheimer's Walk

- T** Thanks for everyone's positive thoughts & ideas
H Happiness felt in laughter
A Accepting new programming
N Natural and nurturing
K Kind feedback
- Y** Young at heart
O Outgoing
U Unconditional support

Life Enrichment would like to take a moment of everyone's busy lives and THANK YOU for all your support, ideas, and ongoing presence!

You are the motivating motor that keeps us moving.

As we start this busy holiday season, may you all stop and say THANK YOU to someone you treasure!

Upcoming Events

- 1: 9:30am Welcome Fri-Yay !
- 3: Daylight Saving Time Ends – Fall Back
- 5: 2pm Piano with Masanobu
- 6: 1pm Learn how to make guacamole w/Jose
- 6: 4pm Happy Hour w/Fireside Strings
- 7: Trip Reny's & Denny's
- 8: 1pm Trip to Bryond Global Science Center at UMaine
- 11: HAPPY VETERAN's DAY
- 11: 8:30am Leave for parade
- 11: 9am Doughnuts for Vets
- 11:2pm Music w/ Dale Hustes
- 12: 2pm Author Talk–Roger McCord
- 12: 6:30pm Music by Andrew Finn Magill
- 13: WORLD KINDNESS DAY
- 13: Happy Hour w/ Penobscot Theatre
- 14: 1pm Bereavement Grp
- 14: 6pm Fun w/Hermon Baptist Youth
- 15: 1pm Games w/Bangor Christian Kids
- 17: Trip to Symphony
- 19: 4:15pm Opera Talk
- 20: 4pm Happy Hour w/Duane Nickerson
- 20: 6pm Alzheimer's Presentation
- 21: 9am Trip to Kohl's Plaza & UNO's
- 21: 4:30pm Memory Support Grp
- 25: 2pm Singing w/Shawn
- 28: HAPPY THANKSGIVING

Photos

Cheers!



Friends forever
Pat & Paul



Elaine making bows

Ruth and UMaine
Basketball Coach Markwood



Fun & Games with
Pat, Ellie, & Carol



Sally is taste
testing the
no-bake
desserts

BIRTHDAYS

Irving P. – 11th
Don F. – 14th
Ted W. – 15th

Kathy L. – 18th
Neal "Neal" P. – 24th
Carol W. – 26th
Ruth L. – 29th

November is a month filled with opportunities to honor history and spread kindness! As we celebrate Native American Heritage Month, we take time to recognize the rich cultures, traditions, and contributions of Native Americans.

On November 13th, we also celebrate World Kindness Day. It's a perfect reminder to practice small acts of kindness, whether through a kind word, a smile, or helping a neighbor. Let's come together as a community to spread warmth and compassion throughout the month.

It is fitting that November is also a month of Gratitude as we prepare to celebrate Thanksgiving with our friends and family. What are you most grateful for this year?

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

October's Associate of the Month Denise Norris

Denise has worked at Dirigo Pines since March 2023. Prior she worked as a Visiting Angel and fell in love with Dirigo and changed jobs. She is a CRMA and PSS, working primarily in Kenduskeag. She enjoys working in all the neighborhoods. Her favorite thing about Dirigo Pines is getting to know all the residents and their lives.

Denise lives in Glenburn with her husband, two daughters, and three cats. The cats are entertaining as one is a hunter, leaving presents at the door, while the other two are more relaxed and like to snuggle.

In her free time, Denise likes to go to musical concerts, shopping with her girls, going to the movies, and exercising. Her way to relax is to drive while listening to music. One addiction that she admits is shopping at Bath & Body Works.



One Day University

5: Meet Sherry & Eclipse to learn how to train a guide dog
12: Alzheimer's Talk on Managing Money
19: Ernest Hemingway – Part 1
26: The Crown Jewels of Britain

COOKBOOK

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!

Important notice

All trips to the theatre and symphony required that residents/cottagers purchase your own tickets for the day that transportation is available. If you need assistance purchasing a ticket, please see anyone from Life Enrichment who can help you.

Life Enrichment will be decreasing to 5 memberships to the Penobscot Valley Senior College. This will save you \$35/year. Please look at their classes. If you are interested, please see Anne for the membership and you only pay for the class.

<https://pvsc.myrec.com>

3rd Annual Craft Fair

The Life Enrichment Team is hosting our 3rd annual Craft Fair on Saturday, November 2, 2024 from 9 am to 2 pm. Please come to window shop and/or purchase items. Everything is homemade with love. We will also have food: chili w/cornbread, macaroni & cheese, & hot dogs.

The Bangor Symphony and Penobscot Theater transportation dates.

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

Theater Dates
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.

Graceful Giving

Every quarter, Dirigo Pines selects a local nonprofit organization or cause to help. October – December 2024 will be the Bangor Homeless Shelter.

Their website mentions donations needed include: various sizes of sweatpants, long underwear, and undergarments (men's & women's), canned or packaged food, back packs, hats, gloves/mittens, and personal care products.

Dirigo will be placing a plastic tote in the lobby on October 1st to place your items.

Please keep in mind, the clothing does not need to be new but in good condition.

Thank you in advance for all your help!

This is so true

One thing you never realize when you are young is that when you age, your mind and spirit remain young. You feel young inside, but your young spirit looks at the world through the eyes of an aging shell. Inside we feel the same as we always have.

We have more or less the same hopes and dreams and wishes and desires as we had when we are young. Our insides stay young. It's just the outside that becomes old and frail. And as we become older, we become invisible, insignificant. We realize that more of our life is behind us than in front of us.

"I asked an elderly man once what it was like to be old and to know the majority of his life was behind him. He told me that he has been the same age his entire life. He said the voice inside his head had never aged. He has always just been the same boy. His mother's son. He had always wondered when he would grow up and be an old man. He said he watched his body age and his faculties dull but the person he is inside never got tired. Never aged. Never changed.

Our spirits are eternal. Our souls are forever. The next time you encounter an elderly person, look at them and know they are still a child, just as you are still a child and children will always need love, attention, and purpose."

Anonymous

What is Happy Hour?

There has been some differing opinions on the definition of "Happy Hour". Thanks to google.com,

"Happy hour is a time when a bar or restaurant offers reduced prices on drinks and food to attract customers and boost sales:

Drinks: Bars and restaurants may offer discounted drinks, such as half-price well drinks or two-for-one deals

Food: Restaurants may offer discounted appetizers or other menu items

Time: Happy hour usually takes place in the late afternoon or early evening, between the end of the workday and dinner rush

Happy hour is a marketing strategy that can help restaurants and bars become a go-to spot for after-work drinks. It can also be a cost-effective way to increase order volume and introduce new diners to the restaurant.

The term "happy hour" originated in the US Navy in the early 1900s. Sailors would socialize and drink during scheduled times, and the time became known as "happy hour" because alcohol seemed to make everyone smile."

Miriam-Webster says Happy Hour is "a period of time during which the price of drinks (as at a bar) is reduced or hors d'oeuvres are served free."

So with that information, Happy Hour will remain to be on Wednesdays at 4pm.

"Beautiful young people are accidents of nature, but beautiful old people are works of art."

– Eleanor Roosevelt

Life Enrichment would like to remind everyone, when signing up for a trip or activity,

1) please place one name per line.

2) residents are responsible for purchasing their own tickets

IE: Penobscot Theater and Bangor Symphony.

3) if you are unable to attend, please cross off your name 24 hours in advance (if possible)

Information on the scheduled presenters & performers for November:

Sherry Baron is training Eclipse to be a Guide Dog for a person with visual impairments.

Masanobu Ikemiya is an award-winning pianist, artistic director, and peace activist who lives in Bar Harbor. In 1980, he founded the Arcady Music Festival, for which he was artistic director for 24 years.

Jose is Dirigo's own sous chef who enjoys cooking cultural foods.

Dale Hustes is a local musician with many talents.

Roger McCord is a local author of a picture book, "Flight of the Phoebe's".

Andrew Finn Magill is an award-winning multi-genre fiddler/violinist and composer who has been featured on PBS, NPR, and TEDx.

Fall back – spring forward.

Remember to change your clocks on
Sunday, November 3rd.

Dirigo Pines will be hosting small group educational sessions to "Learn Your Phone".

On December 6th, 13th, & 20th the class will be "Android Basics" from 10:30am–11:30am.

Proposed January dates are: 10th, 17th,

& 24th. will be "Iphone Basics" from 10:30am–11:30am in the conference room.

There is a limit of 10 people. Please sign up in the White LE book at the front desk.

These classes will be live virtual with a moderator at Dirigo to communicate with the instructor and be his hands with suggestions if needed.

This opportunity is from a grant & Eastern Maine Development Corporation.

There are no scheduled activities on Thursday, November 28th. May we all enjoy time with our families.

On Friday, November 29th, Life Enrichment will be getting everyone in the holiday spirit by setting up 10 Christmas trees around the Inn. If anyone is interested, please contact Anne or Jennifer.

The trees will be decorated by supporting agencies.

Dirigo is developing a relationship with the kindergarten class at Center Drive School in Orrington. Watch for updates to make and send holiday cards for our new young friends.