



DIRIGO PINES
A GRACE MGMT COMMUNITY

Dirigo Pines
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The Inn & Out

October 2024



Celebrating the
40th Anniversary
of Grace
Management



Change



T-shirts are changing to sweatshirts.
Sandals are changing to boots.
Green leaves are changing to amazing colors of orange, red, and yellow.
The gardens are bare.
Pots of mums are growing.
Summer decorations are changing to fall and Halloween.
And one sad change for me personally, is the sunlight is changing.

With the above mentioned changes, the Life Enrichment calendar is changing also.
Bocce will be replaced with cornhole.
Meadowbrook gardening will be replaced with crafts for all.
Total Brain Health is returning.
Absentee voting occurring.

So please check the Life Enrichment calendars for updates!

Upcoming Events

- 1: 11am Area Home Health Round Table
- 1: 4:15pm Opera Talk
- 2: Flu Shot Clinic
- 2: 4pm Happy Hour w/ Fireside Strings
- 7: 11am Presentation by Prof. Mark Brewer
on Current Election Cycle
- 8: 11am Presentation on Healthy Living for
your Brain & Body
- 8: 2pm Presentation by Jody Rich, mystery
writer
- 9: 4pm Happy Hour w/ UMaine Men's
Basketball Coach, Chris Markwood
- 10: Trip to Historical House in Bangor &
lunch at Dysarts
- 11: 2pm Presentation on Caption
Call System
- 15: 2pm Music by Jody Ebling
- 15: 7:30pm Presentation "Wave of Light"
by Empty Arms
- 16: 9am Absentee Voting
- 16: 4pm Happy Hour w/ Duane
- 17: 4:30pm Memory Support Grp
- 22: 2:30pm Presentation by Lynne Lydick
- 23: Happy Hour w/Halloween Stories
- 24: Lunch at Vittles
- 25: No Sell Yard Sale
- 27: 2pm Piano Recital led by Amy Irish
- 29: 4:15pm Opera Talk
- 31: 2pm Halloween Party
- 31: 3:30pm Trick or Treat



Please watch for updated
information as the
calendar may change.

BIRTHDAYS

Douglas E. – 2nd
Jack B. – 2nd
"Ginny" M – 6th
Mary "Terry" P. – 8th



Jane D. – 11th
Dorothy "Dorothy" P. – 12th
Sophie M. – 16th
Genevive D. – 25th

Carol B. – 28th
Maggie W. – 28th
Paul H. – 30th

October is here, bringing a focus on health, staying active, fall flavors, and of course, a hauntingly good time. This month, our community is honoring two important observances:

Breast Cancer Awareness Month and Active Aging Week.

From October 6th to 12th, we're celebrating Active Aging Week, emphasizing the importance of living an active, healthy lifestyle at any age. We have an exciting lineup of activities designed to keep us moving and engaged, including our normal group exercise classes and more! This week is all about trying something new and having fun while promoting physical, mental, and social well-being. You may see a lot of pink this month as we mark Breast Cancer Awareness month and support efforts in early detection.

In addition to these important observances, this month also brings a whole bunch of spooky silly fun with Bat Awareness Month, Apple Month, I Love Lucy Day, Bob Ross Day, and of course, Halloween. Don't be afraid to join in the fun!

from Ashlea Smalley,

National Director for Life Enrichment & Memory Care

August's Associate of the Month Eve Fletcher

Eve is from Greenfield, Maine and has worked at Dirigo Pines for three years. Eve started as a dining server on weekends only. She recently moved to the Business Office with her new title is Customer Experience Specialist. She really enjoys getting to know the residents, their likes and dislikes and helping them feel at home here at Dirigo Pines.

Working at Dirigo has given her confidence as she has always been shy.

In her free time, she enjoys hanging out with her best friends, going hiking and shopping. She's a bona-fide homebody and enjoys spending time with her family and her two dogs, Snow (2yo Australian Cattle dog) and Jedi (14yo Husky). She also enjoys drawing and we can't wait to see some of her work. Eve most recently hiked around Hirundo Refuge and enjoyed it.

She's looking forward to settling into her new position.

Her long term goal is to finish her education in nursing and work as a mid-wife or in pediatrics.

One Day University

- 1: Home Health Round Table
Area agencies will be in the building to
openly talk about their services.
- 8: Presentation on Healthy Living for Your
Brain & Body
- 15: Ernest Hemingway: One True Sentence
- 22: Who was Norman Cousins?
- 29: Bob Ross – The Happy Painter
(It's Bob Ross Day)

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.

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!

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.

No Sell Yard Sale

Friday, October 25th will be an Indoor
No Sell Yard Sale. If you wish to
participate, you bring an item or items
(no big items) for anyone to take.
All items will be donated at the end of
the day. Location to be determined.
If you have questions, please see
someone in the Life Enrichment Team.

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 under
garments (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!

Reminder that Life Enrichment sponsors 10
memberships to the Penobscot Valley Senior
College. 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>

Welcoming New Area Residents

by Janice O'Brien

In Spring 2023 I responded to a request for a volunteer needed to help a young Syrian refugee mother with English conversation. I thought to myself that I could certainly help with that! Little did I realize at the time how much I would learn about the Syrian culture, this family's values and love of family and their Muslim faith. As the early months passed as a volunteer, I offered my help in other needed ways to assist this young mother and her family. It turned out to be a very gratifying experience.

Maine Multicultural Center (MMCC) is one the Bangor area non-profit organizations that helps coordinate newly arriving refugees, both individuals and families, start a new life in Maine. In this family's case, they fled war in Syria and lived in a refugee camp in Jordan. This young family was thoroughly vetted, processed and approved by the U.S. State Department and settled in Maine. Through a U.S. State Department contract, rental housing was arranged by Catholic Charities just days before the family's arrival at the Bangor airport: husband, wife, and six wonderful children ages approximately 6-13, three boys and three girls. MMCC moved in donated furnishings to get the family set up with basic needs, complete with a first dinner meal awaiting them on arrival from the airport and beds made and ready. This is all completed by volunteers.

A small team of 4-5 volunteers from MMCC was assigned to this family to help them get established in their new country and community. I was on this small team. My role started assisting the young mother with English conversation. On our first introduction and "conversation" we relied on a smart phone translator (Syrian to English and English to Syrian) to converse. The young mother was eager to learn and improved steadily. She also attended practical, useful English lessons at the Bangor Public Library offered to these new individuals and families. Learning practical English skills and English conversation is vital to assimilating to their new community, neighbors, teachers, medical and dental staff, job interviews and shopping, and making new friends.

Over the full year I volunteered with this family, I was able to help this mother with weekly rides to the food pantry and Walmart for this family of eight, help complete various forms and money orders, locate almost-new shoe donations for the children's first day of school that Fall, cheer the father on for his Maine learner's permit to drive and later his driver's license test, and take the children to some of their dental appointments. Through our committed team volunteers, within that year the father secured good employment including on the job training leading to career advancement in the construction industry. The mother was successful in a seasonal part-time job while the children were in school with the owner asking if she would return for the following season. Both father and now mother were licensed to drive and driving themselves and their children in their own used car. Their six children loved school, their teachers and their new friends and missed their friends during summer vacation. I found this family smart, eager and hard working to be self-supporting. This family was on its way pursuing their American dream over time and for their children's futures. My volunteer job was done.

My volunteer time with this family and MMCC ended late this Spring. It was a gratifying experience to help this lovely young family in some small ways find their footing. It is important that they having American friends, so I will continue to visit with them periodically and watch them all grow and hopefully prosper, eventually with a home of their own which is their dream.

MMCC in Bangor is always in need of volunteers to help in many different ways on these small volunteer teams. If you know of someone who may be interested in helping, they may contact Maine Multicultural Center, 40 Harlow St., Bangor, Tel: 207-974-3223. Their website is: mainemulticulturalcenter.org.

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.



The scheduled shopping trip on October 16th will be postponed to October 17th due to the need to use the large bus for transportation. The trip will be at 10am.



Information on the scheduled presenters & performers for October:

Dean Signh from UMaine will talk about the Folger Library and availability to Seniors.

Prof. Mark Brewer from UMaine will talk

Author Jody Rich is a Maine mystery writer

Coach Chris Markwood is the UMaine Men's Basketball Coach

Jody Ebling is a seasoned and versatile vocalist who has worked all over the world. She has the gift of a fluid vocal instrument which allows her to easily belt out a Broadway show tune, sing an Italian aria, rattle off the many lyrics of an intricate comedy song or gently interpret a tune from the Great American Popular Songbook.

Lynne Lydick is an area performer who brings history to life. This program honors the women who worked tirelessly to earn the Vote and other rights for women.

Art News

Dirigo Pines is proud to display two of our own cottagers, Deb Bergman and Katherine Wilson 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.

Katherine Wilson lived all her life in Maine until moving to New Mexico in 2008. In 2023 she moved back to Maine. She graduated from Colby College and later majored in painting at the Portland School of Art (now Maine College of Art). She received her master's degree in counseling from the University of Maine. She began her art career working in oils and watercolors, and, during the 1980's created silkscreen prints, posters and cards.

Since her retirement from a career in education and counseling, Katherine has focused primarily on oil painting and watercolors. She is fascinated by light and shadow, color, and texture. Her landscape paintings highlight her love of the outdoors.