



DIRIGO PINES
A GRACE MGMT COMMUNITY

Dirigo Pines

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The Inn & Out

February 2025



New friendships
Gil & Richard

It's February! Not only is the ground hog coming out but it is also Black History Month and American Heart Month.

To recognize both, Roosevelt Credit, a trained NYC Broadway performer, will be presenting/performing to recognize black history. Also the University Talks will focus on famous black Americans. Watch the calendar for details. February 7th will be "Wear Red Day" for heart health. Of course, the heart is also incorporated with Valentine's Day, on February 14th.

We are so fortunate to have great people at the Inn and cottages, both associates and residents/cottagers. Social connections are continuously made and enjoyed. Did you know that we have two ladies that have reconnected here at Dirigo as they went to Elementary School together, approximately 75 years ago! We also have two gentlemen that went to High School together!

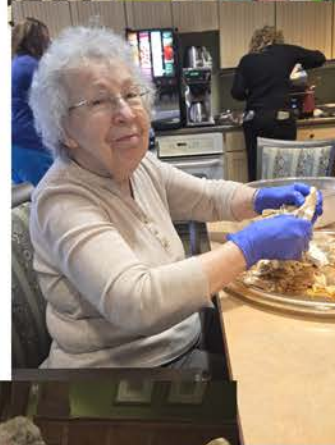
It is so fun to learn people's connections and histories. "It's a small world after all."

Please check the Life Enrichment Calendars to meet some amazing individuals. There is something for everyone but if not, let Anne know.

Upcoming Events

- 1: 2pm James Hoke on the piano
- 2: Transportation to Penobscot Theatre for "Dial M for Murder"
- 2: 3pm Sunday Social
- 5: 4pm Happy Hour w/ Fireside Strings
- 6: 11:30am Lunch trip to Pepper's Landing
- 7: All Day – Wear red for Heart Health!
- 9: 3pm Sunday Social
- 9: 6pm Super Bowl Party
- 11: 2pm Author Talk w/ Robert Charles
- 12: 4pm Happy Hour w/ Sales
- 13: 1pm Valentine Party w/Love Boat Theme
- 14: 2pm Music by Roosevelt Credit
- 16: 3pm Sunday Social
- 17: 2pm Singing w/ Shaun
- 18: 2pm Music by Michael Sinclair
- 19: 4pm Happy Hour 2/ Duane
- 20: 2pm Special Education Talk
- Emergency Call Systems by Northern Lights
- 23: 3pm Sunday Social
- 26: 4pm Happy Hour – Bring a snack for Social Time
- 27: 11:30am Lunch to Chili's

Photos



Sue and Elaine enjoying Craft Class.
Carolyn making chicken soup.
Many ladies enjoying the wide variety of soups.
Mary and Anne getting our creative heads together planning a project.



BIRTHDAYS

Ann P. – 3rd
Janice O. – 6th

Richard "Dick" W. – 10th
Marian F. – 16th
Joan S. – 23rd

Heather "Heather" J. – 25th
Rosemary B. – 27th

February is a month full of opportunities to connect, celebrate, and care for one another. As we honor Black History Month, we'll explore the profound contributions of Black Americans through music, art, and storytelling. These activities remind us of the resilience and richness of our shared history. It's also American Heart Month, the perfect time to focus on wellness. Look forward to heart-healthy cooking classes, fun fitness activities, and tips for maintaining a vibrant, active lifestyle. This month also brings moments of joy and connection with Valentine's Day on the 14th and Random Acts of Kindness Day on February 17th which invites us to brighten someone's day with a simple gesture—it's a great way to spread cheer across our community! Sports enthusiasts can look forward to Super Bowl Sunday, where we'll gather for good food and great company to watch the big game. Later in the month, Ramadan begins, offering a chance to reflect on themes of community, gratitude, and compassion. Join us in making February a month of learning, kindness, and celebration.

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

Art News

We are pleased to invite you to the opening celebration for our gallery exhibit titled
"Be Still".

We will have a reception in the
main lobby at
3:00 pm on
Wednesday, February 5th.

Please come to admire the variety of talent on
display by the Dirigo Pines community and associates.

We have many newer residents
displaying their work and encourage
you to share your enthusiasm with those who have entered our exhibit.



First time displaying
their work
Debby Dickson

Don't forget Life Enrichment has a
COMMUNITY BOARD
near the Life Enrichment
Assistants' Office.

Learn different resources and what
may be
happening around town!

COOKBOOK

Monica Nicknair is in the process of
putting together a Dirigo Pines'
cookbook as an Alzheimer's
fundraiser.

This is the last month 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.

Penobscot Valley Senior College's new
class program is available online or you
can see it on the community board,
outside of the Life Enrichment office or
<https://pvsc.myrec.com>

One Day University

Celebrating Black History Month

4: The Great Migration: Recreating America
11: Alzheimer's Presentation
18: Rosa Parks: Her True Story and Legacy
25: Civil Rights and Protest in America: The
Shifting Lens of History

The Bangor Symphony and Penobscot Theater transportation dates.

Symphony Dates

3/23, 4/27

You may get
information and

purchase your tickets at: <https://www.bangorsymphony.org/>

Theater Dates

2/2, 3/30,

5/4, 6/15

You may get information
and purchase your
tickets at:

<https://www.penobscottheatre.org>

**Residents/cottagers must sign up two weeks 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.
January - March 2025 we will pay it forward to
My Friend's Place.

This is a social activity program for people coping with
memory loss, dementia, or who are social isolated.
Dirigo Pines is very fortunate to have our on Arbour
neighborhood with Monica leading the
activities/programs.

My Friend's Place is lead by Lisa Jordan and
Skippy Valentine. (Our own Jackson's grandmother)
Items that they are looking for include: regular sized
markers, glue sticks, holiday stickers, card making
supplies, and healthy snacks.

A box will be kept in the lobby for any donations.
Thank you in advance for all your help!

February Associate of the Month

Kolton Taylor



Congratulations to Kolton from the Dining Services working as a dishwasher since April 2024.

Kolton was born in Houlton, Me but currently lives in Levant with his family.

Kolton enjoys working at Dirigo as he enjoys the social interaction with residents and associates and "being able to work hard and get it done." He finds it truly rewarding to learn more about Judaism with Ted.

In his free time, he enjoys drawing, and playing video games.

BEST EVER SENIOR CITIZEN JOKE.....

A little silver-haired lady calls her neighbor and says, "Please come over here and help me. I have a killer jigsaw puzzle, and I can't figure out how to get started."

Her neighbor asks, "What is it supposed to be when it's finished?"

The little silver haired lady says, "According to the picture on the box, it's a rooster."

Her neighbor decides to go over and help with the puzzle.

She lets him in and shows him where she has the puzzle spread all over the table.

He studies the pieces for a moment, then looks at the box, then turns to her and says, "First of all, no matter what we do, we're not going to be able to assemble these pieces into anything resembling a rooster." He takes her hand and says, "Secondly, I want you to relax. Let's have a nice cup of tea" and then he said with a deep sigh

"Let's put all the Corn Flakes back in the box."

Help Needed

In the January Newsletter, Life Enrichment shared one of the results of the recent Sensight survey and made their first goal for the new year – "when do you prefer to have programming?" The question read, "Activities are scheduled at times that work for me".

The results from Penobscot residents = 84%

The results from Assisted Living residents = 81%

The results from the Cottage Community = 77%

So, I ask you, when are times that you prefer programming?

In 2024, Life Enrichment offered an average of five activities in the morning. In the afternoon, four activities. and we had 50 supported activities on the evening/weekends.

Anne has been asking people. An Assisted Living resident has asked for more programming in the morning. Prior to learning this, Life Enrichment added programming Monday-Friday in the afternoon. After only two weeks, these activities have been well attended which a resident commented that "this is better than going to bed."

We are here for you – when do you prefer programming?

Why is there only one Yogi Bear?

What vehicle is spelled the same backwards and forwards?

What jumps higher than a building?



Answers

1. Because someone made a BooBoo.
2. racecar
3. Everything. Buildings don't jump.

Congratulations to Genevieve
for playing and winning
January's word scramble!

Word Scramble – Unscramble the words
and return to Anne's mailbox for a chance
to win a prize with your name on paper.

ennilavte
raeht
atoflobl
dsnniske
emlis