



The Inn & Out



Spring time
in Maine

Welcome Spring

Springtime in Maine is never truly known. In April 1982, the record snowfall in spring (March, April, and May) for Bangor, Maine is 36.4 inches. But on April 28, 2009, the temperature reached 90 degrees. Moving to Maine in 1990, I soon learned that you cannot control the weather. What can you control?

April is Stress Management Month. The way a person handles stress (like the weather) is very important. Life Enrichment will be hosting many presentations about this importance. Stress impacts our physical and mental health, and I want to see everyone live a healthy life.

We will also be hosting musical performances from James Hoke (piano), Deb's Little Big Band, Duane Nickerson, and Lara Herscovitch (guitar/singer).

We also have a local artist, UMaine professor, UMA students, the Lincoln Center Baptist Church, the Noel Sutherland Art Gallery Opening, and Volunteer Recognition Celebration.

Life Enrichment is truly welcoming spring and looking forward to summer. I am appreciative of all of you who give me ideas of things you'd like to do and see. Remember – this is your house and Life Enrichment is here to help you maintain a healthy and happy lifestyle.

Anne Porter, Life Enrichment Director

Upcoming Events

- 1: 11am University Talk by Eastern Area Agency on Aging
- 2: 6:30pm Presentation from Dr. Jay Wason, UMaine, on Extreme Weather & Effects on Maine's forest
- 5: 11am Acting with Movement
- 7: 1pm Mosaic Workshop – Sign Up *
- 7: 2pm Performance of Spoon River
- 8: 8:30am Trip to Chase's
- 8: 2pm Music with Chris Heard
- 10: 1pm Presentation with UMA/Lunder-Dineen on Oral Care/Health
- 12: 10am Piano with James Hoke
- 15: 10am Music w/ John Bapst Orchestra
- 18: 1pm Devotion/Singing w/ Lincoln Ctr Baptist Church
- 18: 3pm Spring Party
- 21: 2pm Singing with Shaun
- 22: AM Tech Tuesday
- 22: 4pm Presentation on Bangor Symphony Orchestra
- 23: 3:00pm Art Opening & Happy Hour
- 24: 3:30pm Performance by Lara Herscovitch
- 25: 10am Trip to Zillman's Art Museum & Pick up lunch from Frank's Bakery
- 27: 1pm Deb's Little Big Band
- 27: 2:10pm Transportation to Bangor Symphony
- 28: 1pm Presentation by collage artist Moe Whitehouse
- 28: 3pm Book Club



Fun moments
around the Inn!

BIRTHDAYS

Mary D. – 1st
Loretta T. – 6th
Sally "Sally" G. – 10th

Marie "Jane" E. – 13th
Rita S. – 16th
Jean B. – 22nd

Mary H. – 24th
Ruby F. – 27th

April is packed with reasons to celebrate, appreciate, and have some fun! We're kicking things off with Hospitality Week on April 7-11th, a time to recognize the heart and soul of our communities—our incredible associates! From delicious dining to warm welcomes, they make every day special. Later in the month, we'll shine a spotlight on our amazing volunteers during Volunteer Appreciation Week, celebrated April 21-27. Their generosity, kindness, and dedication make such a difference, and we can't wait to celebrate them! April also brings a moment to honor our planet with Earth Day, April 22. Whether it's planting something green, reducing waste, or simply enjoying the beauty around us, let's show the Earth some love.

🌍 🌱 And of course, we can't forget Easter on April 20th —a time for renewal, joy, and maybe a little too much chocolate. Stay tuned for ways to join the fun, say thanks, and make this month one to remember!

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

Associate of the Month

Aimee Gerow – Move In Coordinator

Congratulations to Aimee for being April's Associate of the Month. Aimee first started at Dirigo as a wait staff associate during high school.

Aimee ventured to Ithaca College to pursue a BA in writing, and a minor in dance and film studies. She then traveled to NYC to the American Academy of Dramatic Arts and studied acting. She continued to live in NYC working and acting before returning to Maine.

Aimee worked for Penobscot Theatre in a variety of jobs and also is associated with Ten Bucks and True North Theaters. She started acting at Penobscot Theatre about five years ago.

Just when she was thinking of pursuing more education, the job as Move In Coordinator opened at Dirigo. With her previous knowledge of Dirigo Pines and Lew's love for working here, she successfully obtained a new job. When asked what she enjoys the most, "age doesn't dictate a person's zest for life." Seeing individuals pursuing their hobbies and living life is wonderful.

Aimee has 2 cats (Berk & Vida) and 4 nieces/nephews.

What you may not know about Aimee – she loves to run. Her goal is to run a half marathon.



One Day University

Tuesdays at 11am in the PMR
Celebrating Stress Management
Month

- 1: Presentation by Eastern Area Agency on Aging
- 8: Science of Sleep & Stress: How They Affect Creativity, Focus, & Memory
- 15: 2pm Presentation from Rebecca MacAulay on "Mindful Aging: Managing Stress for Health" **Different Time**
- 22: Slideshow of a French Perspective
- 29: Monterey Bay National Marine Sanctuary

The Bangor Symphony and Penobscot Theater transportation dates.

Symphony Date	Theater Dates
4/27	5/4, 6/15
For information and tickets see: https://www.bangorsymphony.org/	For information and tickets see: https://www.penobscottheatre.org

All trips to the theatre and symphony require 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.

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. April, May, June will focus on the Old Town Animal Orphanage. They are preparing for kitten season, so please any kitten products would be helpful. Of course, they would appreciate any items: Blankets, laundry soap, dog chew toys, cat toys, food, treats, and leashes.

You can see their entire wish list on their website.
<https://www.animalorphanageoldtown.com/about>

Congratulations to Carol B for playing and winning March's word scramble!

The winning words were:

celebration, completion,
care, green, friends

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

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Acting as a Form of Reflection

At the beginning of March, a handful of residents arrived in the PMR eager to try out an acting class scheduled for six Saturday mornings. Last year, several of these actors had worked on reading a whole play together. However, we began our session by reading a series of monologues, all different characters each reflecting on his or her life. The author, Edgar Lee Masters, a prolific writer whose day job was being a lawyer, created 245 of these monologues which he considered poems. He named the collection Spoon River Anthology. The river actually existed in northern Illinois, but the town and each of the people speaking are all fictitious.

Reading their words, we were struck by how well they reflected the range of people we have known or known about and how many of the feelings are ones we might also share. Edgar Lee Masters wrote these pieces in 1915 but the characters feel ageless. We had fun identifying with each of these different people, as though we ourselves are speaking. We decided we'd like to share some of these characters with you. I stepped up as director since I have a background in theater. Bob Gallon has helped with music. It makes me smile to realize actors and I reflect the diversity of Dirigo Pines -- living in cottage, independent apartment, or assisted living, but we're all alike in that we're living the last phase of a long life. We here today have time ahead. Those in Spoon River had ended theirs and lie in the Hill, the town's cemetery. Some reflect with contentment, some with anger, some with regret, some with joy.

Carol Korty

Spoon River Anthology

will be presented on Monday, April 7th at
2pm in the KGP!

Please come watch the wonderful
performances of many residents!



"Life is not always puppy dogs and cotton candy. Sometimes it is velociraptors and rotten apples."

- Shared by Frankie

Life Enrichment wishes to thank Carol K. for leading the acting class on Saturday mornings.

"Benefits of Being in the Senior Years"

No one expects you to run—anywhere.
Your eyes won't get too much worse.
Things that you buy now won't wear out.
You and your teeth don't sleep together.
You are no longer viewed as a hypochondriac.
People call you at 8 p.m. and ask, "Did I wake you?"
Your joints make the same noises as your coffee maker.
Your supply of brain cells is finally down to a manageable size.
You try to straighten out the wrinkles in your socks and discover you aren't wearing any.
Your secrets are safe with your friends because they can't remember them anyway.

<https://www.agewisekingcounty.org/>

Art Corner

If you haven't seen the beautiful artwork in our gallery, we encourage you to take some time to look around.

Every show we have such a variety of techniques and perspectives on display. We will be dismantling the current show mid-April. Jennifer will contact the artists individually to arrange the return of their work, please do not take down your own pieces. We are so thankful to be able to enjoy every piece that is displayed.

The next show will feature the work of Dirigo Pines Inn resident Dale McCurdy. Dale's work explores the freedom of the imagination to express feelings. We will be having a gallery celebration in his honor on Wednesday, April 23rd at 3:00 pm. We hope you will ask him questions about his work.



Life Enrichment will not be hosting a cook-off/bake-off in April as the calendar is just too full.

The Spring/Easter party will be on April 18th at 3pm. We will proudly accept any homemade goodies that anyone would like to bring. Please let Anne, Jennifer, or Nancy know.

Thank you.

Life Enrichment is proud to secure a seamstress! Rachel Vine is a young but experienced seamstress from Winterport.

She will drop off and pick up the first weekend of every month. Please look for her flyer, including work & prices, on the community board, located by the Life Enrichment office.

