

DIRIGO PINES INN & OUT NEWSLETTER



DIRIGO PINES
A GRACE MGMT COMMUNITY

MARCH 2023



Double Rainbow

The above photo was taken by Janice O. near Schoodic Point, Schoodic Section, Acadia National Park, 2022.

Where is that pot of gold?

Welcome to the first edition of your 2023 Newsletter!

We welcome you to the first edition of the new Dirigo Pines Inn resident newsletter currently named "Inn & Out". We hope you enjoy reading it each and every month.

Current editor is Anne Porter and content contributor is Janice O'Brien. Janice is a Penobscot resident who is using this activity as a way to get to know more residents and staff at Dirigo Pines. Anne is the Life Enrichment Director. If you are interested in contributing, please leave a message for Anne at the Concierge Desk or by calling extension 178.

This newsletter is for you, the residents. Please give ideas of topics and suggestions that you would like to see/learn about.

Our first question is: "What do you think of the name of the newsletter?" Suggestions? Please leave your thoughts at the Concierge Desk or in Anne's mailbox outside her office





RESIDENT SPOTLIGHT



Pat Cunningham

Please meet Pat, currently our oldest resident at the Inn. She will proudly state that she is 101 and has a birthday in May.

Pat is originally from Pittsfield but grew up in Portland with a family cottage at Peaks Island. She married Wallace "Wally" Cunningham and had one son, Bill.

Pat describes herself as a "doer". She graduated from UMaine at Farmington in 1942 with a degree in teaching. Pat taught in Stratton, Skowhegan, and Pittsfield before opening a private nursery school in her home. She went back to Pittsfield schools to teach kindergarten and 1st grade until her retirement.

Pat was active with Girl Scouts and became a scout leader. She looked forward to an annual overnight trip to Unity Pond near Pittsfield with her Brownies.

Pat enjoys her family and friends. Activities she misses are gardening, riding the countryside, and swimming. She attributes her swimming and playing tennis to the strength in her legs which remain strong today.

At the Inn, Pat enjoys Bingo, crossword puzzles, and music. She reminisces about the fishing derby on Dearborn Pond and the cookout that would follow on the patio.

Pat feels she has had a lovely retirement. Wally and her traveled around the US and to Scotland, but nothing beats Maine, a very good place to live.

by Janice

ASSOCIATE SPOTLIGHT



Jennifer de Lannee

Jennifer was the February Employee of the month! She has worked at Dirigo Pines since September 2021 and has seen many changes, like more activities.

Before settling down in Orono, Jennifer lived in Massachusetts and Pennsylvania. She and her husband, Claude, have 3 children and 1 dog.

It should be no surprise to people that know Jennifer; she has a passion for art. She loves to talk about art and will personally have several paintings going on at the same time, waiting for the inspiration.

What is a surprise about Jennifer is that she took dance lessons in college. She learned Jazz, Spanish, Modern, Brazilian, and African. When I asked her to show me a step or two, she pleaded she didn't remember.

A side note, Jennifer does so much behind the scenes. She changes the daily calendars, makes fliers and displays them, makes needed telephone calls, sets up rooms for activities/performers/presenters, just to name a few. It is no wonder that Jennifer was selected by her peers to be the Dirigo Pines Inn Associate of the Month! Thank you Jennifer!

by Anne

FEBRUARY'S HIGHLIGHTS



Bill playing a
game with Bangor
Christian student.



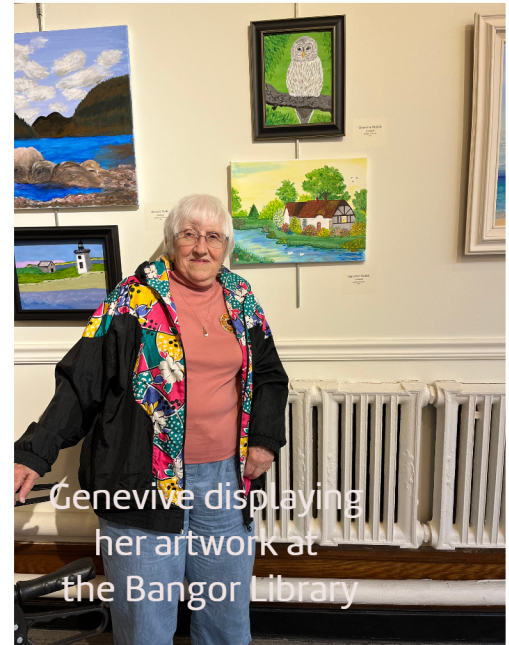
Woody doesn't mind
6 more weeks of winter.



Riva enjoys snuggles



Puppy Therapy
is the best!



Genevive displaying
her artwork at
the Bangor Library



Winston
is in love!



Jim with his
woodworking!

ANNOUNCEMENTS

The Life Enrichment Department has been learning a new technology software called Life Loop. This will allow better communication with residents and their families, management of activities, making fliers on paper and on the TV, and newsletters. More information will be coming your way.

There is a lot to learn !

From the Library Corner

Welcome to all our new "readers". For the benefit of everyone who uses the Dirigo Pines Library, we would like to go over the procedures for borrowing our hardcover books and paperbacks.

All books belonging to the library are taken out on an honor system - meaning no checkout necessary. Upon return of books, we request that all are deposited in the basket available directly inside the library. This is done so we can keep track of books being read and see that they are returned to the proper bookshelf. CDs and DVDs are located in the social room and are taken out the same way as the books.

Orono Public Library is very generous with us and allows us to acquire on loan, up to 50 books at a time for a period of up to 3 months. These books need be accounted for, so checkout is required and is done by signing out on the sheets on the shelves above the books. Be sure to sign books back in when they are returned to the shelves.

Many books are donated by residents of the Inn. Please place donations on the Library desk. It is requested that donations are limited to mostly reading books as our shelf space is limited.

Please feel free to come in and browse or sit by the fireplace and read.

Dirigo Pines - Leadership Team

Paul Arbour - Executive Director

Deanna Chesson - Business
Office Manager

Monica Nicknair - Life Enrichment
Manager

Bill Burke - Maintenance Director

Erin Finch - Wellness Director

Anne Porter - Life Enrichment
Director

Jenna Biehn - Sales Director

Kate Hills - Area Sales Director

Lewis Stubbs - Executive Chef

Save the Dates

3/1: Fireside Strings

3/6: Oreo Contest

3/7: Games with Bangor
Christian School

3/8: Presentation by
EAAA

3/14: Chili Cookoff

3/17: St Patrick's Day

3/21: Down Syndrome
Day

3/23: Country Hoedown

Please check your
calendar and the
fliers on TV and
posted in
elevator/bulletin
boards for specific
information.

Save these dates in
April!

19th: Dirigo Pines
Carnival

20th: Volunteer
Recognition

MARCH

RESIDENT BIRTHDAYS

Doris S. - 2nd

Marion P. - 3rd

William B. - 8th

Glen A. - 12th

Mary Margaret "Bebe" W. -
15th

Gordon T. - 18th

John C. - 18th

Jim R. - 20th

Alice K. - 22nd

Andrew W. - 29th

Resident and Cottage Art Exhibition at Bangor Public Library

The Dirigo Pines Retirement Community Art Exhibition "Our Active Hearts and Minds" is on display at the Bangor Public Library for the months of February - March. On Saturday afternoon, February 11th, an artist reception was held which was very well attended by residents, cottagers, Dirigo Pines staff, family, friends, as well as the public.

Our featured Dirigo artists included: Deborah Bergman, Carol Buchanan, Rosemary Buetens, Genevieve Dudish, Ed Farrell, Helen R. Haddad, Jean Marie Boddy-Johnston, Sue Kircheis, Nancy Nadzo, Gwethalyn Phillips, Nancy Robinson, Jeanne Roy, Jim Roy, Barbara Sturgeon, Agnes Tomaselli, and Beverly Toole. You have our admiration for the very impressive display of talent among the residents and cottagers across an amazing array of art mediums and subjects.

Our congratulations and thanks also go to the team who created this delightful exhibit: Life Enrichment Assistant, Jennifer de Lannee, cottagers, Deborah and Gwethalyn, and resident Jim, who worked several hours to ensure our artists were represented to the best of our ability. All of us at Dirigo Pines are very proud to show off the amazing talent of our represented artists.

This Art Exhibition runs until the end of March in the third floor Lecture Hall Gallery of the Bangor Public Library, 145 Harlow Street, Bangor. Please stop in and enjoy the exhibit if you were unable to attend the artist reception. Life Enrichment will be offering a trip to the library on March 10th after a stop at Governor's for lunch. Please sign up at the Concierge Desk.



"Attitude" by Sue Kircheis, 2022

Painted in acrylic. In this painting I enjoyed playing with unusual coloring for the fox to create a slightly different dimension.

The Game Room by Janice

The Game Room is on the second floor of the Inn. It has puzzles, board games, knitting supplies, and a billiard table complete with necessities. Puzzles range from 300 pieces to some more than 1000 pieces. You may borrow puzzles to complete at your home. You are always welcome to sit in the Game Room and help complete either one of the two puzzles usually in progress by various residents or try your hand at a game of pool.

Quote of the month:

"Remember there's no such thing as a small act of kindness. Every act creates a ripple with no logical end" ~ Scott Adams