

The Arbor Newsletter

May 2023



Spring Carnival at Dirigo Pines

On Wednesday, April 19, 2023, Dirigo Pines hosted a carnival for the residents, the cottagers, associates and all the families. Despite the cold weather, our residents still ventured out and enjoyed the music, many games, the Nigerian miniature goats, the Orono Fire Department, and the food of hotdogs, cheese burgers, chicken and sausage with peppers and onions that our chef Lewis was cooking on the grill. We also had popcorn and cotton candy in the afternoon as well. Paul Arbour was making different balloon animals, while the leadership team was manning the games, the table of many prizes and making sure that the residents had everything that they needed.

All the residents were very happy with the carnival and left with smiles on their faces. When asked what the best part was, several responded that they liked the Nigerian miniature goats.

UPCOMING EVENTS

May 1 – May Day
May 4 – Kentucky Derby Party
at 1 pm in KGP
May 4 – Celebration of Life for
Michel Boulard at 4 pm in KGP
May 5 – Cinco de Mayo/Music and
Mocktails at 1 pm on Arbor
May 10 – Arbor Family Night at 6 pm in PMR
May 10 – Alzheimer's Support Group
at 7 pm in PMR
May 12 – Mother's Day Party at 10:30 am
on Arbor
May 14 – Mother's Day
May 20 – Armed Forces Day (U.S.)
May 22 – Victoria Day (Canada)
May 29 – Memorial Day (U.S.)



WALKING CLUB

Starting in May, we will be starting our Walking Club. The object is to get every resident participating, and our end goal is to walk to Paris, France in memory of our resident Michel Boulard. It is 3,240 miles from Orono, Maine to Paris, France. Every mile that the resident walks will equal 100 miles towards our destination point. After we reach our walking goal of 32.4 miles, then we will be having a party of pastries and mocktails. If you would like to sponsor any one of our residents as they reach this goal, please let Monica Nicknair, the Village Program Manager know. The funds raised will help with the cost of the party.

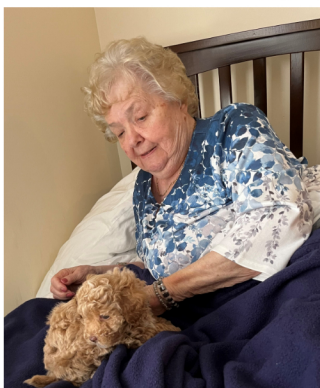


BIRTHDAYS

Nao O. - 14th

Barbara P. - 21st

PUPPIES



NEWS

May is Older Americans Month and this year's theme is Aging Unbound, which offers an opportunity to explore diverse aging experiences and discuss how communities can combat ageist stereotypes. This month we are encouraged to challenge the narrative on aging by celebrating opportunities to change and learn new things, embracing the deeper confidence and understanding of the world that only comes with maturity, and to stay engaged in our communities. Do this by participating in a Graceful Giving opportunity or attending a New Neighbor Social and forming new relationships and deeper connections with peers, neighbors, and family. Check in with your Life Enrichment Director to see how you can stay connected, give back to your community, and practice health habits to make the most of your aging experience, and have a little fun too!

NEW RESIDENTS

Arbor Neighborhood would like to welcome Miriam "Sister Maria" Robinson to our family.

*Hail bounteous May that doth inspire
Mirth and youth, and warm desire
Woods and groves, are of thy dressing,
Hill and dale, doth boast thy blessing.*

–John Milton, "Song on May Morning"



Bird of the Month – Nightingale



Taken from the Activity Connection
Monthly Gazette – May 2023 edition

The nightingale is a European songbird with a rather plain appearance but possessing a particularly lovely song. In fact, these special birds, which feast on a diet of invertebrates like beetles and flies, can produce over 1,000 different sounds. This is remarkable considering that many other birds of similar size can make only one-third to one-tenth as many noises. They're able to do this because the part of their brain dedicated to making sound is much larger than is typical.

Interestingly, despite their name, nightingales most often sing during the day. They primarily sing at night only during their mating season. Doing so can attract predators, which is why they usually don't risk it unless they have a chance to attract a mate. The light brown birds can be quite aggressive during this time and will defend their territory if they feel threatened or encroached upon. They are shy and elusive birds, preferring thick, tangled habitat.

MEET OUR TEAM

Paul Arbour - Executive Director

Jenna Biehn - Sales Director

Kate Hills - Sr. Area Sales Director

William Burke - Maintenance Director

Deanna Chesson - Business Office Manager

Erin Finch - Wellness Director

Anne Porter - Life Enrichment Director

Monica Nicknair - Village Program Life Enrichment
Manager

Raechle Miller - Village Program Clinical Manager

Lewis Stubbs - Dining Services Director

Donna Ashe - Director of Cooperative Operations

*People, even more than things, have to be restored, renewed, revived,
reclaimed, and redeemed; never throw out anyone.*

–Audrey Hepburn