



DIRIGO PINES
A GRACE MGMT COMMUNITY

Dirigo Pines
9 Alumni Dr
Orono, ME 04473 | (207) 866-3400
www.dirigopines.com

The Inn & Out

July 2023



Submitted by Jean Marie
Boddy-Johnston

Latest News from the Dirigo Pines Newsletter

Welcome!

Looking back on June we celebrated Flag Day and Father's Day, stocked the pond with "brookies", watched the ducklings grow, and all the beauty of June in bloom. There were many other interesting and fun activities and events, including the new Brain Health class taught by Anne Porter, a vendor program called Aging with Resources and the Swap Meet.

Our nation will soon celebrate the Fourth of July commemorating the Declaration of Independence and independence of the 13 colonies from Great Britain's rule. Its principal author was Thomas Jefferson and was ratified by the Second Continental Congress in Philadelphia on July 4, 1776 establishing the United States of America. Some of the annual celebrations include fireworks, family reunions, concerts, barbecues, picnics, parades, speeches and baseball games. Whatever you choose to do this year, pause to remember and enjoy this 247th anniversary of our nation's independence. Happy Fourth of July!

Upcoming Events

Please check the calendar, bulletin boards, TV, & elevators for updated information on events.

July 9 – 14 Superhero Week

Monday, 7/10: Making slime for the Arbor neighborhood
Tuesday, 7/11: W-Ray Vision Game & Superhero Bingo
Wednesday, 7/12: Find a Villian
Thursday, 7/13: Superhero Bocce
Friday, 7/14: Superhero Lollipops

July 28th 9–3pm
Fishing Derby at
Dearborn Pond

Photos

Father's Day
Celebration

Jack & Andy



Above: Bourbon
Tasting with Andy
from Stompers



Left: A lovely brookie

BIRTHDAYS

Lois W. - 4th



Donald B. - 9th

M O V I E

Recently in the PMR, I watched an old movie from the Library collection and was as enchanted by it as I was when it first came out in 1952.

Singin' in the Rain is a wonderful mix of Hollywood history (difficulty of introducing talking into the silent film industry), the incredible talent of dancers Gene Kelly and Donald O'Connor performing extraordinary dance sequences, and splendid songs.

While Debbie Reynolds had appeared in some films, this performance shot her to stardom. Gene Kelly's dance performance in the rain is revered to this day. Canadian ice figure skaters have rousing renditions in which he skates in the rain?

It was, in 1952, a moderate box office success, and received two Oscar nominations, one for Jean Hagen (best supporting actor) and one for Lennie Hayton (best music, scoring of a musical picture). Neither of them won.

Singin' in the Rain remains high on any list of Best Movies.

Carol Buchanan

N E W S

There is so much to celebrate in July as we sink into the long, hot days of summer.

Don't get caught with a case of the doldrums though! Boredom is not a healthy state of mind and can cause irritability, so Anti-Boredom month is the perfect time to try something new to chase away the summertime blues. Pick up a new hobby, like painting, poetry, cooking, or crafting to flex your creative muscles! Get a group

together to learn a new board game or card game together. Explore learning opportunities in your community and attend a class, lecture, or documentary discussion group to challenge yourself and support your brain health. Try a free app to work on brain training or learn a new language! DuoLingo and Luminosity are two popular apps that you can download on a smart device to try. Focusing on fitness is another great way to beat boredom this month, so explore the fitness offerings in your community and pick something new to try! Beating boredom is all about getting out of your comfort zone and being open to trying new things, so

don't be shy this month, let us know what you'd like to do!

Ashlea Smalley, Nat'l Director of Memory Care & Life Enrichment

"Life is short, break the rules, forgive quickly, kiss slowly, love truly, laugh uncontrollably, and never forget anything that made you smile."

Anonymous

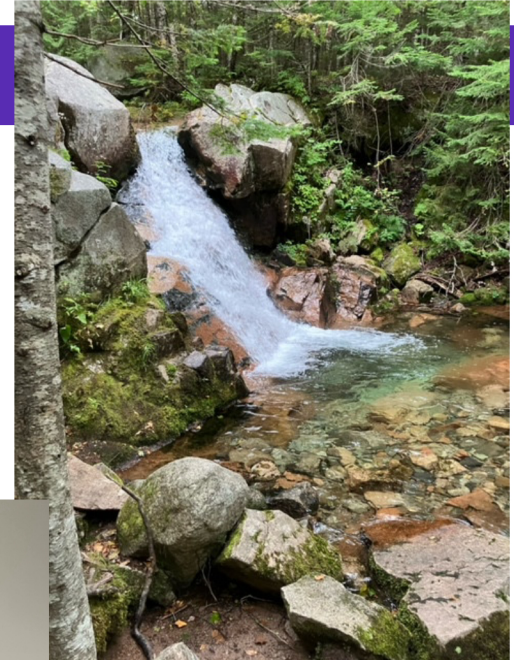


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L: Residents' gardens
R: Little Abol Falls



L to R:
Trout Release
Aging with
Resources Night

MEET OUR TEAM

Paul Arbour – Executive Director
Jenna Biehn – Sales Director
Bill Burke – Maintenance Director
Deanna Chesson – Business Office Mgr
Donna Ashe – Dir Coop Operations

Erin Fitch – Wellness Director
Kate Hills – Area Sales Director
Monica Nicknair – Village LE Mgr
Anne Porter – Life Enrichment Director
Lewis Stubbs – Food Services Director

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Arbor & Assisted Living Neighborhoods are looking for volunteers.

If you like to read, crochet, cross stitch, sing, play an instrument, play games, or even talk, then we are looking for you! We are looking for persons to do one-on-one activities/visits with residents. If you are interested, please see Anne for Assisted Living or Monica for Memory Care. Thank you.

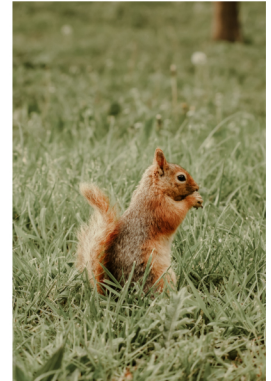
Art News

Thank you to all the artists who submitted their work for the opening of our new gallery. The opening was very well received and it is gratifying to see visitors and residents stop and stare on their way through this corridor. This show will come down on August, 25th and we will call artists to let them know when they can pick up their work.

Looking to the future:

Get your creative juices going... our next theme will be "Homecoming". Any size or medium will be accepted as long as it has a way to hang on the wall. Artists and associates are invited to submit up to two pieces to hang. Deadline for submissions is August 21st. Please make sure that you label your work with name, medium, title, and contact information. This show will be up until the end of January. Would you like to be considered for a solo exhibit that would run two months?

If you have enough work to cover this huge space we will consider adding you to our exhibit rotation. Deadline for notifying us of your interest in a solo show will be August 21st for shows in 2024. Please email us at activities@dirigopines.com or call the Life Enrichment Department at (207) 866-3400 x 181 or 178.



Art in the Community

- Jennifer from the Life Enrichment Department will be having an art show at Orono Public Library for the month of July. If you are in the area, please join her for the opening at 6:00 p.m. on Thursday, July 13th. If you can not attend, please consider visiting the gallery when you are in the area.
- Deborah Bergman from the cottages will be having an art show at Bangor Public Library for the months of August and September. Her opening will be Friday, August 4th from 4pm – 5pm and Life Enrichment will provide transportation for any who would like to attend and then go to dinner at Tessoro's after. Sign ups for this trip will go up in the month of July.

God Dog

When God made the earth and sky
The flowers and the trees
He then made all the animals
The birds, the fish, the bees
And when at last he'd finished
Not one was quite the same
God said I will walk this earth of mine
And give each one a name
And so he traveled far and wide
And everywhere he went
A little creature followed him
Until its strength was spent
When all were named upon the earth
And in the sky and sea
The little creature said Dear Lord
There is not one left for me
I've left you to the end
I've turned my own name back to front
And call you dog my friend.

Author Unknown

Remember to give
your suggestions of
activities to Life
Enrichment.

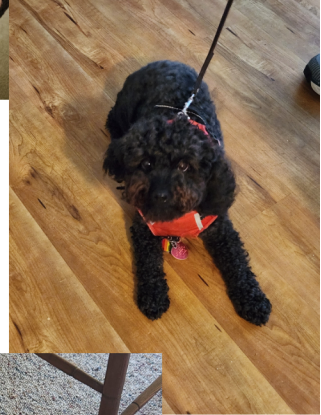
"I think dogs are the most
amazing creatures; they
give unconditional love.
For me, they are the role
model for being alive."
Gilda Radner

Baking/Cooking Taste Offs

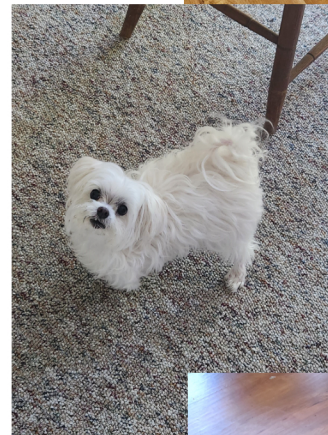
Every 2nd Thursday of the month will be a cook –
off or bake-off. Watch for the flyers and sign up!
Let's have some fun!!



Teddy



Lucy



Nora



Rigby



Natasha