



The Inn & Out

January 2025



We had
"A Blue
Christmas"
with Elvis!

As we start a new year, I am drawn to the idiom "Seeing only one side of the coin." What does this mean? This to me says a person only sees one perspective of a situation and ignoring other important view points." In other words, a person is not seeing the whole picture.

Many of us, associates and residents, have many issues, thoughts, concerns happening every day. For example, an associate may be extra busy/stressed due to a child at home being ill but still needing to come to work. A residents may have to meet with a doctor regarding a new health ailment.

We do not know what is happening in a persons mind but we can be kind and respectful. So for new year's , take a moment (and a breath) and remember "honey gets more bees than vinegar."

My challenge to all of us:

Use our "please" and "thank you".

Hold the door open for someone.

Say hello to someone in the hallway.

Call an old friend that you haven't talked to in years.

Put yourself in another person's shoes that you have less patience with.

We get wrapped up in the daily "jobs" that all of us have, that we forget how many people we see and interact with on a daily basis.

Be kind.

Upcoming Events

- 1: Happy New Year
- 2: 10am Shopping to Walmart
- 7: 6:30pm Square Dancing
- 8: 4pm Happy Hour w/ Fireside Strings
- 9: 11:30am Trip to Coach House
- 10: 10:30am iPhone Basics Class – sign up required
- 14: 2pm Author Talk– Julia Baylay
- 14: 6:30pm Square Dancing
- 15: 2pm Guitar w/Michael Sinclair
- 15: 6pm Alzheimer's Talk
- 16: 1:30pm Soup Tasting Cooking Contest
- 20: Martin Luther King Jr Day & Inauguration
- 21: 6:30pm Square Dancing
- 23: 11:30am Trip to Pepper's Landing
- 24: 1pm Games w/Bangor Christian Students
- 24: 2:30pm Music by Halcyon
- 26: 2:15pm Trip to Symphony
- 27: 3pm Book Club
- 28: 8:30as Tech Help w/Ben
- 28: 4:15pm Opera Talk
- 28: 6:30pm Square Dancing
- 29: 6:30pm Presentation w/Shawn Laatsch
- 31: 1pm Ceramic Painting

Photos



Elvis was in the house and left everyone smiling and some even got a scarf.



Holiday party fun.
L: Sara
Below: Sally



BIRTHDAYS

Ann T. – 2nd
Jack B. – 2nd



Carol K. – 4th
Sara "Sara" D. – 18th

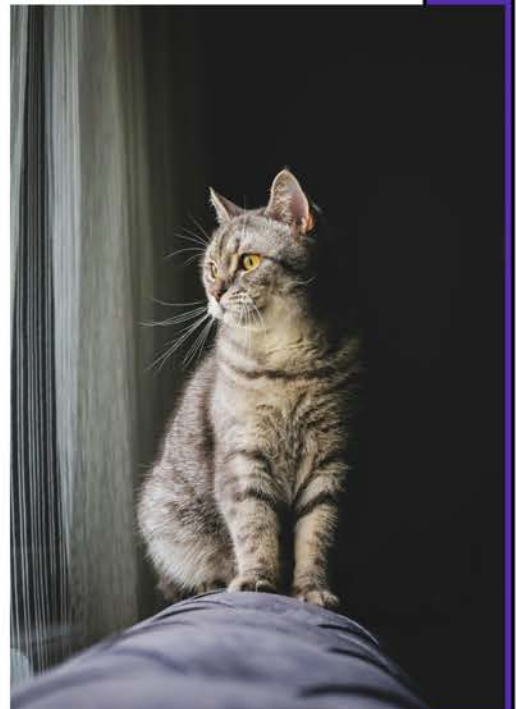
Mary E. – 24th
Jeanne J. – 27th

What better way to start the year than with a big dose of inspiration, imagination, and connection? January is International Creativity Month, and we're ready to jump into all kinds of fun activities—whether it's getting hands-on with crafts, trying out a new game, or letting your imagination run wild. Mid-month, we'll turn the spotlight on our incredible team during National Activity Professionals' Week (January 21–27). These unsung heroes keep our days filled with joy and engagement, so we'll be celebrating them with lots of love and gratitude. To cap it all off, Inspire Your Heart With Art Day (January 31) invites us to slow down and enjoy the beauty of art through painting, music, storytelling, and other creative outlets that lift the spirit. Let's kick off 2025 with plenty of laughter, connection, and moments that make this community truly special!

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

Art News

Whether you would like to portray the peace and solitude of the forest, the soothing portrait of water gently running in a stream, or even paint a still life, we would love to see your take on the theme of stillness. This theme is very loose and any work you would like to submit will be welcomed. Please have 2 dimensional work such as painting, drawing, and charcoal framed and properly wired for hanging. All work should be submitted to Anne or Jennifer by January 10th. Feel free to contact us with any concerns
Art opening will be 2/5/25.



One Day University

7: History Alive: Dr. MLK; the Last 5 Years

14: Dementia Conversations by the Alzheimer's Association

21: Front Row: Dr. Galgan & Stephen King

28: The Artistic Genius of Leonardo de Vinci & Michelangelo

Don't forget Life Enrichment has a
COMMUNITY BOARD
near the Life Enrichment Assistants' Office.
Come see what may be
happening around town!

COOKBOOK

Monica Nicknair will be putting together a Dirigo Pines' cookbook as an Alzheimer's fundraiser.

If you would like to contribute a recipe or two or three, please give to Monica

or any Life Enrichment Associate.

Thank you!

The Bangor Symphony and Penobscot Theater transportation dates.

Symphony Dates

1/26, 3/23, 4/27

You may get

information and

purchase your tickets at: ht

tps://www.bangorsymphony
.org/

Theater Dates

2/2, 3/30,

5/4, 6/15

You may get information

and purchase your

tickets at:

https://www.penobscotthea
tre.org

Residents/cottagers must sign up two weeks prior to secure the need of a driver. Minimum of five people.

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>

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!

December Associate of the Month– Rob



Congratulations to Rob Greenlaw for being the December Associate of the Month!

Rob has been at Dirigo for 7 1/2 years. His current role is Laundry/Housekeeping. Why? Rob said he was looking for a job and he saw this. He enjoys helping people. His reason for staying, "People are all friendly."

Previously, Rob worked as a radio announcer at a variety of local stations as "Rob Greene", but due to syndication, his roles were eliminated. He did go to school at Husson's New England School of Broadcasting.

Rob is happily married to his High School girlfriend (although, his 2nd wife), has 10 kids between them and 6 grandchildren. They are also parents to chickens, ducks, sheep, pigs, rabbits, dogs, and cats.

Rob's best news for 2024 was receiving a medical report that he is cancer free!!

His long term goals are to retire and explore his interest in blacksmith art.

January Associate of the Month – Hunter

Congratulations to Hunter Thorpe for being the Associate of the Month! Hunter has worked at Dirigo Pines for six years as a dishwasher.

He says he likes the fast pace, simplicity and always moving.

In case you didn't know, he and Mikayla have been a couple for years

and are getting married in 2025 on their 10th anniversary!

Hunter loves the outdoors by hiking (Mt. Washington), and fishing. He wants to canoe the Allagash in Maine.

He and Mikayla have three cats (Gizmo, Binks, & Sunshine).

His overall goal is to live a quiet life on some property and be debt free.

You may not know that he is a video game nerd.

Hunter, we appreciate your hard work and positive attitude!



Help Needed

Life Enrichment's goal for the new year is to address programming.

In the recent Sensight Survey that you completed, Life Enrichment declined in the area of "programs are provided at convenient times.

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

Life Enrichment will be following through with this question during Resident Council/Town Hall Meetings. You can always send us an email or note in our mailbox.

We appreciate your time.

Dirigo Pines will be hosting small group educational sessions to "Learn Your Phone".

January dates are: 10th, 17th, & 24th. will be "Iphone Basics" from 10:30am-11:30am in the conference room.

There is a limit of 10 people. Please sign up in the White LE book at the front desk by January 3rd.

Due to the pace of the class, we are asking for Penobscot/Cottagers only to sign up. (Anne is working with EMDC to have smaller classes for Assisted Living to provide better assistance.)

These classes will be live virtual with a moderator at Dirigo to communicate with the instructor and be his hands with suggestions if needed.

This opportunity is from a grant & Eastern Maine Development Corporation.

What kind of ball doesn't bounce?
A snowball.

What bites but doesn't have teeth?
Frost.

How do snowmen buy birthday presents?
With cold, hard cash.

What is the best way to build a snow fort?
I-gloo it together.

Aging is not 'lost youth' but a new stage of opportunity and strength."
– Betty Friedan

Congratulations to Robin for playing and winning December'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.

yhirtbad
nmteechirn
ooddel
eiwtrn
sleakf