

Senior Health Happenings

Newsletter of
MID COAST SENIOR HEALTH CENTER

Spring 2018

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Celebrating the Olympics

To celebrate the 2018 Winter Olympics, the residents of Mere Point held their very own games. They competed in weight lifting, ring toss, noodle hockey, and a devilishly difficult trivia match called What's the Meaning of this Word?

In the end, three residents took home gold medals: **Jeannie** for weight lifting (*left*), **Pat** for word trivia (*center*), and **Margaret** (*right*) for ring toss as well as noodle hockey.

Congratulations to all the local Olympians who participated!



Rolling Out the Red Carpet

The Garden held its 2nd annual **Resident Oscar Awards** on March 4. Hosted by Social Events Coordinator **Kayla DeSpain**, the evening included red carpet walks and speeches.

During the glamorous event, each resident received an award highlighting their talents.



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MID COAST
SENIOR HEALTH CENTER
MID COAST-PARKVIEW HEALTH

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Easter Egg Hunt

Residents and the young ones in their lives celebrated Easter with a colorful egg hunt at the Senior Health Center on March 31.

Though there was snow on the ground outside, the Community Room was transformed into a lush, green garden. Bright eggs filled with goodies were hidden for children to find.

Pictured at left are **Maureen Cooper**, CTRS, Activities Director and her sons **John** and **Sam**, who enjoyed the day's festivities.

Fresh from the Kitchen

Firing Up the Grill in May

The Mid Coast Senior Health Center is preparing to kick off the summer season with its weekly barbecues.

Starting the Thursday before Memorial Day weekend, these fun barbecues give everyone the chance to savor favorite summer foods including grilled hamburgers, hot dogs, salads, and fresh watermelon.

Join us for another fun summer!



In Gratitude

Celebrating Senior Health Center Volunteers

April 15-21 was **National Volunteer Appreciation Week**.

To thank volunteers, residents of the Senior Health Center prepared gifts of S'more treats with graham crackers, chocolate, and marshmallows. The Activities Department hosted a luncheon and educational session to honor these individuals.

Volunteers at the Senior Health Center range from 10-90 years old and perform a variety of critical roles. From hosting card games and performing office work to offering one-on-one visits, pet visits, and assisting with creative programming, volunteers enrich our residents' lives every day.



To all our Volunteers:

Thank You!

-The Residents & Staff of the MID COAST SENIOR HEALTH CENTER

Photo Album



Pairing wine and Girl Scout cookies.



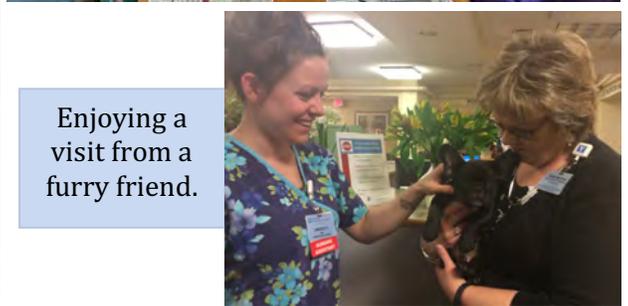
Sampling green foods for St. Patrick's Day.



Lunch at the Fairground Café in Topsham.



Wine and cheese with **Kim Watson, MS, SLP, MLNHA.**



Enjoying a visit from a furry friend.

Recycling Efforts Underway

Around the House

Residents of the Senior Health Center celebrated Earth Day by watching the documentary series Planet Earth, snacking on "dirt pudding," and playing a recycling-themed sorting game.

The Recycling Committee has been working hard to educate the community on the importance of reducing waste. **Angie Hyden**, Housekeeping Supervisor, has been leading staff in promoting best recycle practices. Additionally, **Abigail Bernier**, Rehabilitation Aide, put together an informational display.

To support recycling efforts, the Senior Health Center:

- Uses recycling bins in all offices and common areas.
- Gives bottle redemption donations to the Alzheimer's Association and Employee Appreciation Committee, with \$462.15 raised in 2017 alone.
- Recycles used cooking oil by giving it to with Maine Standard Biofuels, which converts it into fuel.
- Composts food waste to create soil materials for gardening.



Who's New

Meet Benjamin Young, MD



On March 1, **Benjamin Young**, MD, joined Mid Coast Senior Health Center as the Medical Director for Bodwell and Mere Point. He also provides medical services to residents on The Garden.

Board Certified in Internal Medicine, Dr. Young received his medical degree from Dartmouth Medical School in Hanover, New Hampshire and completed his residency at Maine Medical Center in Portland. He has been with the Mid Coast-Parkview Health system since 2014, working as a Hospitalist at Mid Coast Hospital.

Here at Mid Coast Senior Health Center, Dr. Young works closely with **Doreen Siddall**, ANP, a certified Adult Nurse Practitioner with specialized training in geriatric care. Together, they provide outstanding medical care to the patients and residents they serve.

Meet Holly Urban

Holly Urban, RN, is the new Nurse Manager for The Garden. She joined us in January after moving to Maine from Florida. Holly has over 35 years of experience as a nurse working in a variety of settings. She has significant experience with the senior population and the challenges of dementia. Most recently, she managed an adult day program of approximately 50 elderly clients. Welcome, Holly!

Mark Your Calendars

Looking Ahead



Dementia Caregivers Education Series

3rd Thursday every month (except July and August), 4 p.m.,
Community Room. Contact: Maureen Cooper, (207) 373-3691

Educational series for caregivers of loved ones with dementia.

Guest Speakers

- **May:** Lisa Clark, MS, OTR/L, presents “**Activities of Daily Living.**”
- **June:** Guardian Pharmacy of Maine, presents “**Medications and Side Effects.**”



Mother's Day Dessert Buffet

Sunday, May 13, 1-3 p.m.

All family and friends are welcome to come enjoy sweet treats.



National Nursing Home Week: “Life Stories”

Starting Sunday, May 13

See Event Calendars for special events.