

Better Living

at Terrace Communities

SCARBOROUGH TERRACE

July - October 2020

Greetings Residents, Families, and Friends of Scarborough Terrace,



2020 is a year we will always remember as we navigate through the pandemic. Many of our normal practices have changed at this time for the safety and well-being of our residents and staff.

We are very excited to welcome summer weather! Our sunny terrace is filled with comfortable furniture, shady umbrellas and colorful garden blooms. We encourage residents to enjoy a walk around the grounds and relax with a neighbor on the patio.

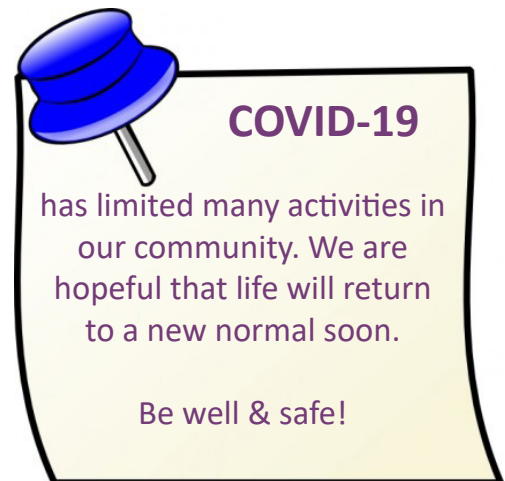
We all enjoy our summer cookouts prepared by our dining director Dave Sinclair and our cooks Janet and Mark who grill up great food into September! We will hope to resume outdoor BBQs before the chill of fall.

A special thank you to our staff for their dedication, kindness and care of our family of residents. We are honored to have many staff who have worked here for 5, 10, 15 and 20+ years! We are so very lucky to have such a warm and welcoming team.

I'd like to extend a special welcome to our new residents and their family members. I am pleased you have chosen Scarborough Terrace as your new home. If I may assist in any way, please let know.

I hope you enjoy a safe summer of fun!

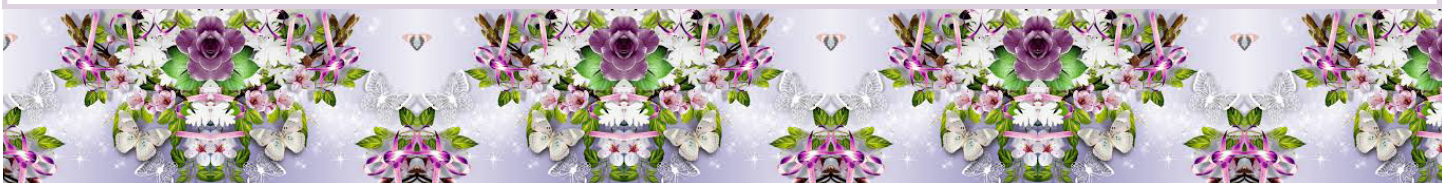
Judy Cox
Executive Director since 2014



COVID-19

has limited many activities in our community. We are hopeful that life will return to a new normal soon.

Be well & safe!





Angela Cartwright

It's the best time of year with summer's warm weather and fall's brilliant colors!

OUTINGS AND EXCURSIONS

At Scarborough Terrace we are so fortunate to have some of the greatest places to visit nearby! When it is safe we will schedule:

- Bi-weekly ice cream outings
- Lunch outings to our favorite local restaurants such as Ken's Place Seafood and Blast From The Past Diner
- Picnic at Memorial Park - just across the street
- Foliage rides to Sebago Lake where we park at the overlook and enjoy the view of Mt. Washington - our bus is handicap accessible and allows our residents to enjoy many adventures.

ENTERTAINMENT

Our musical line-up will grow to include a variety of musicians featuring a wide assortment of instruments and singers when we can do so safely. Here's what we hope will resume:

FAVORITES

Our residents look forward to their favorites including bingo, patio socials, morning rides, lawn games, movies, cards, board games, dice games and documentaries -Ted Talks with lively discussions, church services and crafts such as blanket making, scrapbooking, and watercolor painting. Residents are welcome to attend Resident Council meetings held monthly.

STAYING FIT

Our Sit & Be Fit class lives on as our most popular exercise class, meeting as often as 3x/week. We look forward to the return of Sara Googins to lift our energy and spirit with Zumba Fitness and Tai Chi classes. In addition to structured exercise classes, we have a beautiful walking path around our house - four times around is a mile (it is a big house)! This means one lap after breakfast, before and after dinner (our noon meal), and one after supper and you have walked a mile! We also offer walking groups around our peaceful grounds.

SOMETHING FOR EVERYONE

We offer meaningful activities in the form of different clubs or groups. Group activities help our residents build friendships by connecting people with common interests. Some of our most popular groups and clubs include:

- Cooking Club residents pick recipes and make the dish to serve at socials, picnics, or special events.
- Garden Club - this year we are very excited about our giant new gourd and pumpkin container boxes. We also grow all the herbs and veggies used by our kitchen and cooking club.
- Book Club - our longest running club usually meets twice a month. Together we decide what books to read and plan weekly reading goals for our discussion about the current book.

COOL THINGS

In addition to all the summer and autumn fun, let's not forgot cool things including:

- Kelly's Ice Cream Truck for a delicious cold treat on a hot summer day
- Minute to Win It - a staff and resident game favorite
- Halloween Costume Contest
- Pumpkin Carving Contest
- Curtis Arnold and his interactive Memory Lane Entertainment presentation transport our residents to the 40's, 50's and 60's.
- Jose Duddy live in September!

We hope to get back to so many of these programs soon!

Be well and Stay Active!

Angela Cartwright, Life Enrichment Director since 2009

acartwright@terracecommunities.com 207-885-5568 x331



STAMPS, LETTERS & NOTARY,

Karen Smith, Business Manager

Remember that sending and receiving letters and cards is wonderful! Postage stamps are available in the business office (now 55 cents). Please let me know if you need assistance with cards or letters. We will see if we can help.



I am also a Notary. If you need a document notarized, please call me to set up an appointment.



All the best, Karen



MAINTENANCE, Ginger Lynds

The summer and fall seasons are a busy time for grounds keepers and maintenance projects. We have a great team keeping our gardens and paths looking good! Peter Perry has been a huge help building refrigerator stands, painting and more.

I want to thank our housekeeping team for all the work they do to keep our common rooms, hallways and resident apartments neat and clean.

In summer I recommend residents open their windows to catch a fresh breeze and close their hallway door to let our air handling system do its job! Come fall, if it is a crisp day please keep windows closed so your apartment will be warm and comfortable. Temperatures can change quickly!

*Enjoy the sunshine, Ginger Lynds
Maintenance Director since 2006*



Dining Services Director David Sinclair

Thoughts from the kitchen:

*I'*d like to express our appreciation to all of our residents for their ideas and suggestions that make the dining experience better all the time. Our menu has evolved from resident recipes, suggestions and comments about what should stay or go or be added.

BBQ season usually runs through mid-September with bi-weekly outdoor cookouts on the terrace. Residents agree there is nothing better than being outside on a beautiful Maine day. We grill hot dogs, ribs, chicken, hamburgers and corn-on-the-cob on our 6-foot grill. We always have a great time with fun themes for each BBQ, music, birds chirping, and lots of smiles and laughter - just some of the reasons we love Scarborough Terrace BBQ's and the Maine summer! We hope to get back to terrace BBQs soon.

This time of year allows us to enjoy fruits and vegetables from our local markets, like strawberries picked in Cape Elizabeth and made into a pie the next day or farm-fresh corn, grilled to perfection. We take advantage of our local products as much as possible. Here's a perfect summer BBQ menu:

- Baby Back Ribs
- Maine Corn on the Cobb
- Maine Red Potato Salad
- Strawberry Pie



All of us in the dietary department thoroughly enjoy the work we do. We are so thankful when our residents smile with delight if the homemade grasshopper pie (made with mint chocolate chip ice cream) is perfectly chilled or the seafood choice has just the right amount of seasoning or a perfectly cooked burger makes someone's day.

Please let me know if you have any questions or suggestions – we are here to please!

*Enjoy, David Sinclair
Dining Director since 1997!*





Greetings,

With over 24 years of experience in assisted living, we are grateful that so many people find us because Scarborough Terrace is recommended by our residents, their families, physicians, geriatric care specialists, social workers, staff, friends and neighbors.

We think it's the little things that make a difference - fresh flowers in the dining room; newspaper subscriptions delivered to your room by our exceptional caregivers; staff who check in to see how your visit with your daughter went... it's all about caring.

When we welcome families here to tour, they are surprised by our residents and staff who give a friendly "hello" or comment that "the food is delicious" or exclaim "you should come stay here, it's such a nice place to live!"

Scarborough Terrace is a warm, welcoming, and comfortable community for all of us who live and work here. When it is safe to do so, we hope you will come for a visit and feel welcomed from the moment you arrive! Please call me at 207-885-5568 to find out about a zoom tour!

Lori Maxwell, Marketing Director



Health Services Director, Amber Hansen, LPN

Hello,

According to an article published by the Health In Aging organization, one of the key focal points of well-balanced senior care involves caring for the mind. This is likely no surprise when considering the growing rate of Alzheimer's disease and other related dementias.

In 2014, just 6 years ago, the CDC reported that there was an estimated 5 million people nationally living with Alzheimer's disease or other dementia. That number is expected to triple by 2050.

In addition to some of the cognitive impairments associated with dementia, there are other aspects that are important to keep in mind when considering what caring for a healthy mind looks like. Managing and preventing depression, anxiety, delirium, and hearing loss is greatly beneficial to our minds as we age. Sometimes family members are the first to observe the symptoms. At Scarborough Terrace, we work together with our residents and families to find the best treatment plan, using medications as a last resort. Simple things such as routinely checking and cleaning hearing aids, replacing batteries, getting outside for a few minutes each day, or simply enjoying conversation and a cup of coffee with one of our staff can improve moods and alert us to any underlying medical causes when changes happen.

Our life enrichment and nursing teams work collaboratively to incorporate daily programs into our life enrichment calendar that engage the mind and soul.

Enjoy Maine's warmer months,

Amber Hansen, LPN

Health Services Director since 2018



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Assisted Living, Respite Care, Alzheimer's & Dementia Memory Care

ScarboroughTerrace.com "Friend us" on Facebook: Scarborough Terrace

