

# Better Living

*For Residents, Families, & Friends of Scarborough Terrace*



Lori  
Maxwell  
Marketing  
Director

## What Makes Assisted Living At Scarborough Terrace A Safe Choice, Post COVID-19?

We have all been through a lot in the last year and a half but it's time to move forward, making the most of all that science has brought to us during the crisis. We are well prepared to conduct the business of caring for older adults, carefully and safely.

Some aging adults and their families have mixed feelings about a move into an assisted living community. The need for the services offered is the primary driver in most cases but following the isolation of COVID-19 crisis, many have suffered increased incidences of weight loss, depression, anxiety and cognitive loss. It's time to see for yourself how things have evolved making our assisted living community vibrant and active again.

### Vaccines

Residents and staff in assisted living communities were among the first to be vaccinated in the country. 100% participation rates among residents and high participation among staff at Scarborough Terrace make for a more relaxed and comfortable environment. Vaccines are now readily available both in house and in the community with ever increasing participation rates.

With some parameters, families are now free to visit their loved ones at Scarborough Terrace and residents are free to come and go into the greater community. We are almost back to normal!

Finally, we are open for tours. Please call me today so that I may show you our beautiful community and tell you all about the benefits of a move to Scarborough Terrace.

### Testing

Hyper-vigilance through our employee testing program gives us the confidence to know that if a positive staff or resident case arises, it can be found quickly and risk mitigated immediately. Testing supplies are now readily available and testing anyone in the community can take place so that infection can be quickly identified before spreading.

AT

**SCARBOROUGH TERRACE**

PREMIER ASSISTED LIVING & MEMORY CARE

### Summer 2021

- A Safe Choice, Post COVID-19
- Gifts of Summer
- Stronger Together
- Summer Menu Excitement
- Here To Help
- Enjoying The Summer Outside
- Grateful for Healthy Residents

[ScarboroughTerrace.com](https://ScarboroughTerrace.com)  
(207) 885-5568

600 Commerce Dr.  
Scarborough, Maine 04074



### Infection Control

Common areas such as the lobby, elevators, doors, and hallways are heavily sanitized. Staff screening takes place at the beginning of each shift and a "stay home if you're sick" rule is in place. Contact tracing protocols are ready in the case of infection to alert staff, vendors, and visitors. Diligent following of CDC protocols such as masks, social distancing and hand-washing have played a major role in keeping COVID-19 at bay. As of July, 1 2021, no residents have contracted the virus during the pandemic.





**Angela  
Cartwright**  
*Life  
Enrichment  
Director*

## Enjoying the Gifts of Summer And the Good Life At Scarborough Terrace

There is nothing better than Maine summers and here at Scarborough Terrace, we take full advantage of the beautiful weather with drives to the ocean, ice cream outings, picnics at Memorial Park, lunch at our favorite seasonal restaurant, Ken's Place, and as much time on our beautiful patio as possible.

With activities in full swing again, we keep our calendar full with something for everyone. We offer multiple groups throughout the day, and add variety to everyday by giving residents choices.

### Health & Fitness

Every morning begins with some type of exercise. Yoga, Tai Chi, Zumba, Strength, Balance, and Cardio taught between five different instructors keep exercise exciting. In addition to our exercise classes, we have walking groups, lawn games, and a crowd favorite, noodle ball.

### Forever Learning

As a wise resident once said "It's a good day if you've learned something new." At Scarborough Terrace we are learning new things daily with our documentaries, travelogues, Ted Talks and discussions, group giant crossword puzzle, and our very popular, before meal trivia games.

### Going Clubbing

Clubs and groups are a great way to meet people with similar interest, be involved in meaningful programming that you are passionate about and take the



opportunity to share your interest with others. Card club, book club, cooking club, garden club, craft club, and fiber arts club are just a few of the weekly offerings.

### Patio Time

The most popular place in the summer is on our beautiful patio. Whether it's a concert on the patio or just reading a book, it's the place to be. We enjoy our afternoon Patio Socials daily, yoga on the patio, lawn games, and of course our bi-weekly themed BBQs.

### Rose Garden Secure Memory Care

We have been enjoying the sun! Garden Club has started planting seedlings for our raised beds, and our shaded patio is a popular spot to sit and enjoy a cool drink.

Our weekly calendar includes some form of exercise every day—noodle ball, beanbag toss, yoga, and more—as well as sensory programs, opportunities to reminisce, engaging documentaries, and a weekly singalong.

Each Friday, residents gather to plan the following week's calendar, making sure to include something for everyone and coordinating gardening days with the weather. We also choose the next week's recipe for Baking Club!

Recently we baked lemon cupcakes and found a great pretzel recipe that will make another appearance for Oktoberfest. Baking is one of our favorite group activities—there are plenty of ways to get involved, from mixing ingredients to recipe-reading and taste-testing!

We love staying active and thanks to a dedicated Life Enrichment Team, no day is ever boring!





**David  
Sinclair**  
*Executive  
Director*

## **Humbled By Brave And Amazing People, Who Are Stronger Together**

I would like to begin with sincere thanks to all the families that entrusted us with loved ones during the COVID-19 pandemic. Every person related to Scarborough Terrace made decisions and sacrifices that led to our success thus far. While the pandemic remains top of mind, we are moving forward nonetheless, to a better tomorrow. Our move to a hunker-down mentality was swift but I feel confident in our measured moves to open back up efficiently.

We can never get back the time lost, but we sure can try and make up for it. All departments are either at or approaching pre-pandemic levels of operation. Many of us learned valuable lessons that will be with us from this point forward. Some of those lessons also shed light on how we can do things differently and for the better.

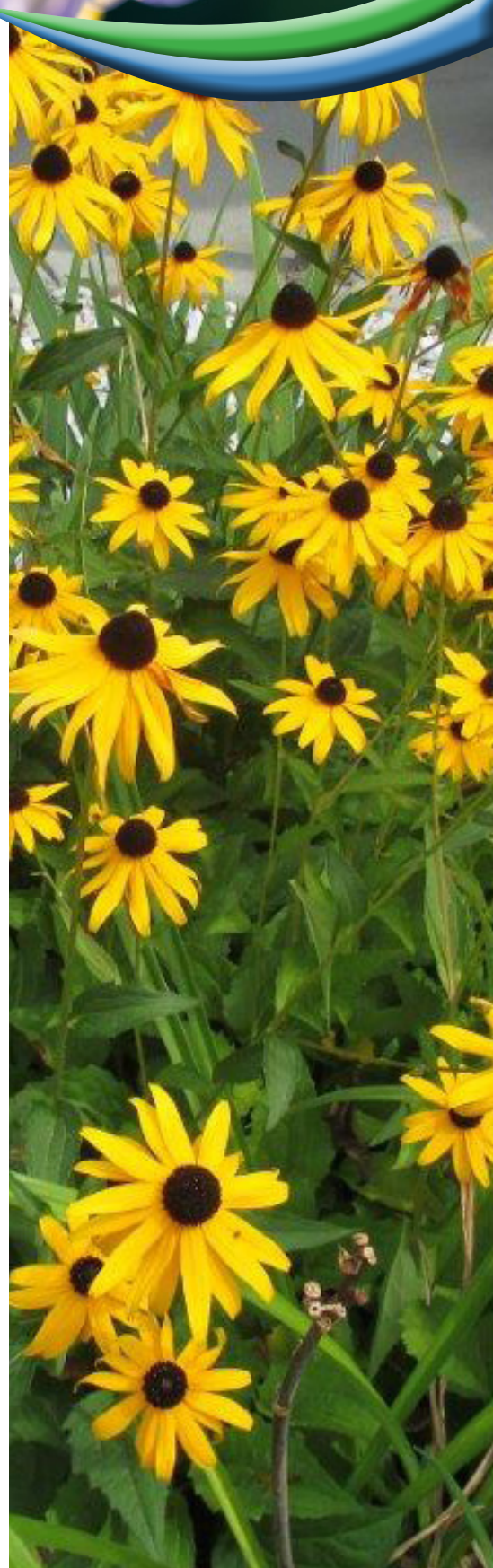
Another side effect of this pandemic is how it galvanized our staff and made us all stronger as a team. The experience and longevity of so many staff at Scarborough Terrace cannot be understated and is one important component of our success. We will continue to strive to be the best we can be as a team

to provide the best care for residents.

I am excited to see our patios full of residents this summer enjoying the fresh air and sunshine, listening to the birds and laughter, anticipating possibilities that were so hard to see last year at this time. I have always been so grateful to work at a place that is full of incredibly amazing people.

Being the Executive Director during the pandemic has been an experience that I've come to truly appreciate. Residents at Scarborough Terrace gave as much as we gave, maybe even more. We were strengthened by listening to their harrowing stories of old and how they managed them.

The residents were cooperative, understanding, helpful, courageous, and at times leading the path forward as we all navigated those dark days. I would like to personally say, Thank You, to all residents for everything you did to promote our success over the last year. We have all been humbled and honored to give back in some way to you, knowing all that you have given in the past, paving the way for the rest of us.







**Mark  
Levensalor**  
*Dining  
Services  
Director*

I am truly enjoying some professional growth in my still relatively new director position. I appreciate the ability to interact with the residents more than I ever did as a kitchen chef. I must admit that I take great pleasure in seeing resident smiles, and receiving their compliments as I walk through the building. They truly enjoy the food that my team and I prepare and residents are comfortable sharing their feedback which enables me to make any necessary adjustments to our delicious offerings.

## **Giving Thanks for Happy Residents And Fresh Summer Menu Excitement**

begin in late May as the weather warms up. We are also planning a family and friends barbecue for later in June, where we can all gather for a nice meal with visitors. As we finalize the details of the event we'll be sure to keep all resident families and friends up to date.


Of course our summer menu items will include all of the in season, local produce and the traditional items that residents relish – fresh watermelon and corn on the cob! Other seasonal highlights include baby back



Due to remaining CDC guidelines, we are unable to have the large gatherings that we once enjoyed and I loved preparing foods for. I truly enjoy serving residents and our guests and cannot wait to have our first big party that Scarborough Terrace is known for. Things are inching back to normal with visitors being welcomed back into the building again and residents going out. The guidelines do allow for us to have outdoor gatherings and we very much look forward to our traditional cookouts that will

ribs and the annual lobster roll lunch. We've introduced a new tilapia dish that was well received and I'm looking at new seafood choices to introduce that include scallops, haddock or shrimp.

I'm also looking to put a twist in some exciting and interesting ways on everyone's favorite – pizza. I'm always open to suggestions from residents or their families. My team and I are here to serve them meals that make them happy and comfortable after all!



## **NOTARY SERVICE**



**Karen  
Smith**  
*Business  
Manager*

## **Here To Help With Invoices, Postage, Notary Services & More!**

In addition to assisting you in understanding your monthly invoice, paying your monthly rent or other business office functions, I am also able to weigh small packages to determine postage, sell postage, and provide notary services.

An easy way to pay your rent is by automatic payments or ACH. Invoices are generated the week prior to month end with payments due on the first of the month. ACH payments are deducted around the 3<sup>rd</sup> of the month. You have the opportunity to review your invoice before payment is deducted from your account.

As an employee of long standing, I understand the details of our operations and I can assist you in finding the right person to answer any question! Please call and ask for Karen Smith if you have any questions.





**Ginger  
Lynds**  
*Maintenance  
Director*

Our team has taken their responsibilities seriously and I am proud of the work they do every day. I am especially proud during a pandemic.

With restrictions lifting a little more, it is a great time to get outside and enjoy these warmer days. The landscape is taking shape with spring blooms and birds that have arrived from their winter away. Our lawns got off to a tough start thanks to a grub infestation, however everything is now turning green.

You will find plenty of seating around the property and the walking path. Keep in mind that four trips around the house equals one mile. You can do it!

## **Beaming With Pride And Enjoying The Outside This Season**

Patios are set up this time of year and make for a wonderful area to visit with family and friends or maybe enjoy a good book.

There is a lot of wildlife in our area. Watch for the local turkey, deer, squirrels and "Chuck" the resident woodchuck.

Just a reminder to not leave any food outside. There is other wildlife which we would not like to attract.

One last note; as the days get hotter and you would like to have your air conditioner installed, please make your request with Ginger. The staff in the Maintenance Department are always happy to help.



**Tara  
Bucknell, RN**  
*Health  
Services  
Director*

## **Grateful for Healthy Residents and Dedicated Staff**

We all remain grateful for our health as we venture further through the challenges and changes of COVID-19. We have been thankful to have kept this often deadly virus out of our community thus far.

We want to remind everyone of the importance of continued infection control measures. Hand washing remains the number one way to prevent the spread of any pathogen! We must always remember good hand hygiene, good respiratory hygiene, and good cough etiquette. We still encourage loved ones, families, and friends to refrain from visiting if they have any cold symptoms, fever, or other illnesses that could be spread to our fragile population.

Our dedicated staff will continue to follow infection control procedures to keep our team and our beloved residents safe! We encourage you all to join us in remembering the importance of good infection control practices and keeping each other safe.

