



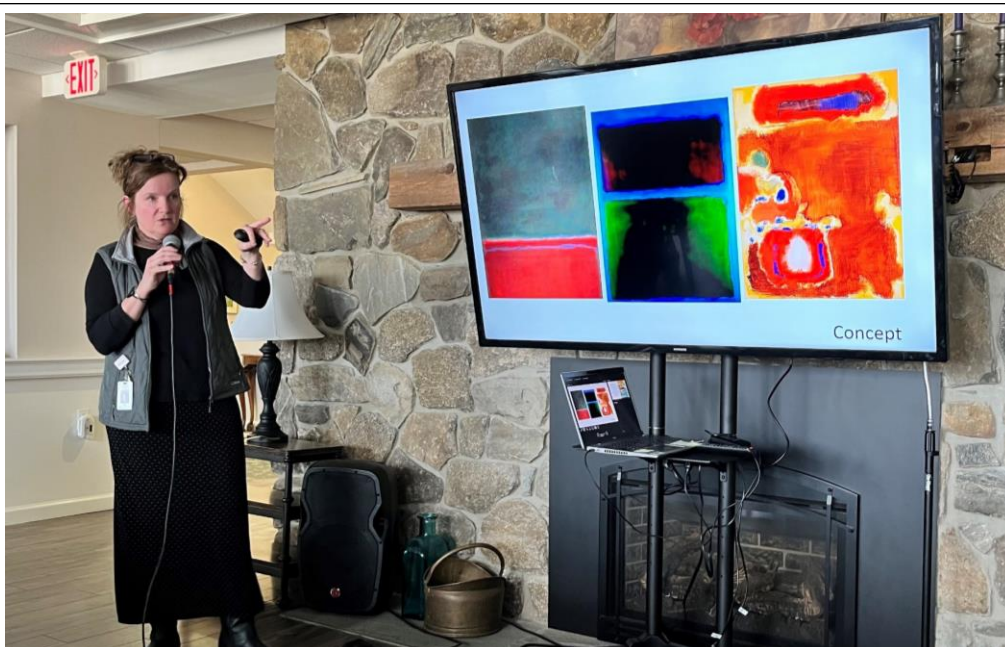
Penobscot Shores
Life with a view

Newsletter

April 2025

Upcoming Calendar of Events

- Mondays & Fridays @ 1:30 PM – Dominos
- Tuesdays 12 PM – 2 PM – Population Health
- Wednesday @ 2 PM – Hearts
- Fridays @ 9 AM - Coffee Talk (Solving the World's Problems)
- Fridays @ 1 PM – Knitting or Not Group
- April 8 @ 2 PM – The Little-Known Story of Malaga Island in Maine
- April 13 @ 1 PM – Movie Matinee “Catch Me if You Can”
- April 15 @ 4 PM – Masanobu on Piano
- April 17 @ 9:30 – CMC Art Studio
- April 20 – Happy Easter
- April 25 @ Noon – PSA Board of Director Meeting
- April 28 @ 11 AM – Budget Committee Meeting
- April 29 @ Noon – Waldo County Tech Center Luncheon
- May 1 @ 9:30 AM – Open Art Studio
- May 5 @ 11 AM – Resident Meeting
- May 6 @ 11 AM – Tim Caverly – Armchair Exploration of the Allagash Wilderness Waterway



Understanding Modern Art was a popular program presented by Tara Morin and our very own Judy Landry shown here.

**Resident Meeting
April 7, 2025 @ 11 AM
Piano Area – In Person & Zoom**

The Meeting was called to order by Larry Theye

Approval of Past Minutes:

- There was motion, second and approval of the March 3, 2025 Meeting Minutes.
- Larry thanked the residents for their kind words and cards on the passing of Betty Becker Theye.

Director's Report: Steve Bowler

- Dining Update – Emerson DellaMattera
 - Emerson reminded folks not to use markers on the reuseable containers and not to use them in the microwave.
 - An a' la carte handout was distributed whereby you can order breads, sweets and even entrees for yourself or to take to a family/friend gathering. Try to order a week ahead.
- Maintenance Update
 - Fidium Fiber Update – the installers are on site. There has been some confusion with the cottage connections and how that is done.
 - New Transport Vehicle – Steve is picking up a 2025 Hyundai Sante Fe this afternoon for \$39,700 which is under budget of the \$45,000 allotted and is before the tariffs take effect. We will keep the van for housekeeping and times when we need an extra vehicle.
 - Possible additional Contractor for Siding & Windows – Steve, Gary Winders and Maintenance met with a new contractor who is familiar to Steve for residing and new windows of a duplex to move the process along faster, and it is in the budget.
 - Took a ride around the community this morning with Bobby Sorentino looking at trees and places that need to be fixed from Fidium digging damage and Elwell's trucks that went to the shorefront. Our Maintenance will look to doing a better job on the drainage on the lower meadow where heavy rainwater goes into the roadway. The ornamental pears at getting to the end of their lifespan and we are looking at possible replacements. Street cleaning will start in the next couple weeks after we think the snow is done. Window washing will begin after the street cleaning. If you have landscaping requests, please do not talk with Bobby, come to the office.

Sales & Marketing

- Cottage #13 closed with Dana Degenhardt April 1; moving van is here Wednesday.
- Cottage #35 has a Purchase & Sales Agreement with Jeri Harris & Robert McMahon. Looking at a June 1st closing date.
- Don & Judith Cox will be moving April 16; there is a farewell on Friday April 11 @ 2 PM.
- Apartment #212 will be coming on the market soon.
- Cottage #3, Bill & Nancy Calvert, will be moving here April 29.
- Mary Kate Cole is now at Thorton Gardens in Brunswick.
- Brenda Gilchrist is at Harbor Hill recovering and doing very well.
- We were sad to hear of the passing of Betty Theye on March 23.

April 2025

Resident Meeting Minutes from Page 2

Programs & Marketing

- April 7 @ after Resident Meeting – Murder Mystery Planning – all are welcome
- April 8 @ 1 PM – Malaga Island
- April 10 @ 1 PM – Troy Howard Pen Pal
- April 15 @ 4 PM – Masanobu on Piano
- April 17 @ 9:30 – CMC Art Studio
- April 25 @ Noon – PSA Board Meeting
- April 28 @ 11 AM – Murder Mystery Meeting
- April 29 @ Noon – Waldo County Technical Luncheon

Committee Reports:

- Activities Committee – Tim Waitowitz, Monday, May 19 @ 11 AM
- Budget Committee – Monday, April 28, 2025 @ 11 AM
- Dining Committee - Kay Hunt, Monday, August 18, 2025 @ 11 AM
- Building and Grounds – Monday, June 16, 2025 @ 11 AM

Old/ New Business:

- Happy Birthday to those born in April. Ladonna made us an Apple Carmel Cherry cake.

Adjournment

Next Meeting May 5 @ 11AM



The GrandPad

Resident Steve Neelley, at the far end of the picture, gave residents an overview of the GrandPad. The GrandPad is a simple and secure tablet computer that digitally connects seniors to their family and friends. You can view photos, videos, play games, see weather, listen to music, check emails, make phone calls, place video chats and more. See Steve Neelley if you are interested in learning more.

Penobscot Shores Dining Committee Minutes - March 24, 2025

Staff Present: Emerson DellaMattera, Steve Bowler

Residents: Kay Hunt, Nancy Perkins, Alix Sacknoff, Connie Woitowitz, Tim Woitowitz, Barney Lutsch, Joyce Crawford, Karna Olsson, Diane Plourde, Joyce Goodfield, Marcy Simpson, Debbie Smith, Court Dwyer, Sue Dwyer, Susan Remsburg, Ruth Degenhardt, Sally Thomson, Muriel Willman, Ruby Bennett, Lorraine Martorana, Charlotte Urbano, Rhoda Waller.

Chair Kay Hunt called the meeting to order at 11 am and welcomed all. The minutes of the meeting held on November 18, 2024, were approved. Kay then asked Emerson to report on issues in the kitchen. Emerson reported that staffing was back to the December level. A new dishwasher is starting this week, but he has lost a waitress. He then gave the total meal counts for the first quarter of 2025:

January: 867 total meals (205 in the dining room)

February: 715 total meals (152 in the dining room)

March: 515 total meals (119 in the dining room)

These numbers have decreased slightly since fall, but financially there is no major impact. A discussion ensued regarding the decrease, and the reasons mentioned range from personal choice, some enjoy cooking, and some get their socialization needs met away from Penobscot Shores.

Meal Deliveries in new containers are working well, and while there was talk of returning to pre-Covid rules when the only deliveries were for infirm and disabled residents, that was not supported fully by the group. Some mentioned charging for delivery, but this too was ruled out. There was talk of encouraging more non-infirm cottage residents to pick up their meals (many do now) unless the weather is severe. But, recently a staff member slipped on ice on a resident driveway and injured her knee. It was suggested that perhaps maintenance people could make deliveries to cottages in bad conditions.

Some mentioned having difficulty opening the new returnable containers. We will explore “senior” tools to help with this. Emerson urged everyone to please return containers promptly because they are needed; otherwise, he might have to purchase more! The savings so far from using the new containers has been significant. He was able to report at a recent Unidine Conference that in two months, we have saved \$960 in supplies and diverted 142 pounds of non-degradable paper.

Emerson confirmed that he would change “Happy Hour” dinner from Thursday to Wednesday night to see if that will help attendance. All concurred. He also suggested that since brunch attendance has declined significantly, holding it only once a month might be better. In addition, he plans to ask residents with upcoming birthdays for their “favorite meals” which he will serve at dinner on their birthdays.

We briefly discussed the idea of a Hospitality Committee or task force to welcome new residents and personally invite them to dinner. This was well received by the group. Kay will ponder next steps. In addition, we talked about upcoming “special night” dinners. Emerson welcomes input and has ideas of his own.

Dining Committee Continued from Page 4

Finally, the discussion turned to recent comments and complaints, which covered a variety of issues. Many complimented Ladonna on the excellent desserts and breads. Some mentioned that meals were good while Emerson was on vacation – he has built a strong back-up team. Again, there were complaints about fruit cups, recognizing there is not much that can be done. It was suggested that perhaps a whole piece of fruit could sometimes be substituted for the often-unripe chunks. Also, people want more variety with individual salads, which could be other than green - for instance Waldorf, carrot, mixed veggie. Large salads at open-seating meals are great.

Emerson reminded us that we can purchase larger quantities of bread, baked goods, desserts, and soups to go, but we must order ahead. And he emphasized that ice cream is always available, though not for delivery.

There being no further business, the meeting was adjourned at noon.

An Important Reminder about FIRE

- **In case of a fire in the Ocean House - DO NOT** attempt to use the elevator. If you are on the elevator when the alarm sounds, it will return to the lobby, the door will open so that you can exit, and it will lock out on the main floor so that it cannot be used.
- **When you hear the alarm sound, and/or see the fire alarm strobe lights, leave the building by using the nearest exit.....keeping in mind the following safety techniques.**
 - Always check for fire or smoke before exiting the room you are located in.
 - Use the back of your hand to test closed doors for heat, if not hot, open it just a crack and smell for smoke, if clear proceed quickly to the nearest exit.
 - If your nearest exit is blocked by smoke or fire, chose an alternate route.
- If the fire starts in your apartment, leave the apartment, closing the door behind you.
 - Pull one of the alarm boxes by the exit doors as you exit the building. This will trigger the alarm, alerting other residents and calling the Fire Department.
 - **Never return to the building** for any reason until staff or the fire department give the all clear notice.
- Gather in one of two gathering places: by the bird bath flower garden in the courtyard or by the north end of the carport near the large “Office” sign.
- Wait until staff or the fire department gives the “all clear” before reentering the building.
- **What to do if you are unable to safely evacuate the building:**
 - Unlock, but do not open your door to the hallway.
 - Wait inside by your balcony door for rescue by the Belfast Fire Department.

The Ocean House is equipped with both sprinkler and smoke alarm systems. The sprinkler system is triggered by heat and is set off by the fire itself. Only the sprinkler heads triggered by heat will go off. The smoke alarms in the common areas are triggered by smoke. Both are centrally wired to trigger the fire alarm for the entire building. This alarm alerts Minuteman which first calls the Fire Department and then the Waldo County Hospital Security Department.

The apartments are independently wired with smoke detectors that do not trigger the main system. If there is smoke or fire in an apartment, there are pull fireboxes in the hallway that when pulled will activate the main system.