



Penobscot Shores

Life with a view

Newsletter

October 2025

Upcoming Calendar of Events

- Mondays & Fridays @ 1:30 PM – Dominos
- Tuesdays 12 PM – 2 PM – Population Health
- Tuesdays @ 2 PM – Bocce Ball in Courtyard (weather permitting)
- Wednesdays @ 11 AM - Mahjong
- Wednesdays @ 2 PM – Hearts
- Thursdays @ 4:30 PM – Happy Hour by the Gazebo
- October 9 @ 2 PM – Farewell Ice Cream Social for Rhoda Waller
- October 15 @ 4 PM – Hymn Sing
- October 19 – Trunk or Treat at the YMCA – contact Connie for details
- October 21 @ 4 PM – Masanobu on Piano
- October 29 @ 2 PM – The Life & Music of Fred Astaire
- October 30 @ 4 PM – Halloween Bingo
- November 3 @ 11 AM – Resident Meeting



Resident Meeting Minutes
Monday, October 6, 2025 @ 11:00 AM
Piano Area – In Person & Zoom

Call to order by Larry Theye

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Approval of Past Minutes:

- There was a motion, second and approval of the September 2, 2025 Meeting Minutes
- Larry introduced special guest Dylan Knox. Dylan shared that he will be doing a program on “Streaming” on Monday, October 13 at 11 AM – this will be a broad stroke presentation on streaming vs cable.

Director’s Report: Steve Bowler

- **Dining Update** – Emerson DellaMattera
 - We had a very good Dining Committee Meeting last Monday – I thank you for all your input for making us have a more responsive dining program.
 - Saturday & Sunday meals will be delivered on the Friday before starting October 18 & 19.
 - We will be offering buffets every other Monday; and even looking at Tuesdays and Thursdays for lunch instead of dinner.
 - We have a new chef – Evan starting next week.
 - Kitchen Flooring Plan – contractors will be starting work the first of the year and it is expected that we will be without the kitchen for up to 4 weeks. Steve, Emerson and Unidine are looking into cooking options.
- **Maintenance Update**
 - Staffing – Ben Morsey accepted our full-time Maintenance position. We are still looking for a third.
 - Maritime Energy started cleaning cottage furnaces.
 - Grounds – Arborist Nick Duffy of Bartlett Tree Experts toured the campus on September 17 with Steve, Eric & Gary Winders. And, Pro Tree Service, Bryan Moore toured the campus on October 2. We have a few serious tree issues around the community. We will present the proposals to the Building & Grounds Committee for consideration. Remember we added \$25,000 to the budget for an arborist and landscaping.
 - We are working to get the service entrance retaining wall done before winter.
 - The floors are being replaced in the two side entrances this week.
 - Siding & Windows – Darren has completed Quad 1-3-5-7 below budget, but about 18,000 more than last year at \$187,464 or 9% increase. Mike Jastram is working on windows and siding on Duplex 36 & 38.
 - Steve has asked Spectrum for a group purchase rate.
 - Steve thanked Suzanne for her garden report and for bringing in so many vegetables this summer.
- **Solar Panel Savings** – I have good news and bad news.
 - The good news... Nautilus Solar savings for the past 12 months was \$9,366.
 - The good news... Our solar panels in August produced 3.63 MWh and we used 17.28 MWh, for a savings of 20%. September produced 3.1 MWh. And those two months were mostly sunny.
 - And the good news... we received a deposit of \$19,375 into our account from USDA REAP Grant.

Resident Meeting from Page 2

- The bad news... The Maine PUC approved a 3.3% rate increase effective July 1, 2025. Our July bill was \$1,571. The good news is, with our solar panels, our September bill is \$669.
- The bad news... Central Maine Power is requesting five years of rate increases with the PUC, the first increase starting October 2026. The good news is that our governor is pushing back.
- **PSA Nominating Committee** – we need three good candidates on the committee – please see Steve if you are interested. The committee's job will be to seek out PSA Board candidates to present to the group in December and ultimately be voted on at the Annual Meeting in January.

Sales & Marketing

- We have a Purchase & Sales Agreement on Apartment #314 with Marianne Williams to close on Nov 1.
- We have a Purchase & Sales Agreement on Apartment #304 with John Cole to close on December 1.
- We have a Purchase & Sales Agreement on Cottage #7 with Nan Borton to close on December 1.
- Apartment #301 will be coming on the market.
- Apartment #205 is off the market.

Programs

- October 9 @ 2 PM – Ice Cream Social for Rhoda Waller
- October 15 @ 4 PM – Hymn Sing
- October 19 – Trunk or Treat at the YMCA – help is welcomed – see Connie. Larry had volunteered. Drop off candy to the front desk to give to the kids.
- October 21 @ 4 PM – Masanobu on Piano
- October 29 @ 2 PM – The Life & Music of Fred Astaire presented by Michael Paul Lund.
- October 30 @ 4 PM – Halloween Bingo – please see Connie or Judy if you can help or have ideas. Costumes are encouraged. Kay encourage folks to volunteer for other special holidays/events.
- November 15 from 9 AM – 1 PM – Penobscot Shores Art & Crafts Show – there will be a White Elephant table for you to donate items.

Committee Reports:

- Activities Committee – Tim Woitowitz, Monday, January 19, 2026 @ 11 AM
- Budget Committee – Monday, February 23, 2026
- Dining Committee - Kay Hunt, Monday, November 24 @ 11 AM
- Building and Grounds – Monday, October 20 @ 11 AM
- PSA Board of Directors – Friday, November 21 @ Noon

Old/ New Business:

- Hospitality Committee – Susan and her committee have brought together a comprehensive plan for welcoming new residents.
- Happy Birthday to those born in October; Ladonna made a creamsicle cake.

Adjournment @ 11:36 AM

Next Meeting Monday, November 3 @ 11AM

ACTIVITIES COMMITTEE **Minutes for September 15, 2025 @ 11 AM**

Motion to approve minutes made by Linda Smith, all in favor.

1. Finances

- Report from Larry:
 - Beginning cash balance is \$10,682.41
 - \$2000 is in memorial fund, Tim is looking for ideas on how to spend.
 - Some is used for employee lunches, which are well appreciated by the staff, landscapers, etc.
 - Motion to approve by Connie, all in favor.

2. Scheduled programs for September 2025

- 9/16 Zentangle w/ Kathy Cody.
- 9/18 CMCA art w/ Tara Morin & Judy
- 9/25 Duncan Newcomer
- Monarchs w/ Cyrene Slegona - still TBD

3. Scheduled programs for October 2025

- Bocce Tuesdays is continuing outdoors this month. Indoor bocce at The Jack in Camden will start November 4 and continue the first Tuesday of the month until Spring.
- 10/9 CMCA art – off schedule due to Tara’s schedule.
- 10/15 Hymn Sing resumes
- 10/21 Masanobu? TBD
- 10/29 Michael Paul Lund – Life of Fred Astaire
- 10/30 Halloween Bingo – flyer will come out soon.

4. Scheduled programs for November 2025

- 11/12 Jazz Trio 4pm
- 11/13 Antique Road Show 12pm – need more folks to sign up to have an appraisal
- 11/15 Craft Fair – let Donna know if you are participating

5. Future Activities from the Green Book being worked on:

- MerrySpring programming all 4 seasons is available.
- Earl Shettleworth, former Maine State Historian
- Art talk, a follow up to “Even I Could Do That” with Tara & Judy
- Cheese/Tea/Charcuterie/pasta making, etc.: Judy is having talk w/ Unidine at next Dining Committee meeting this month
- Luncheon out in Belfast- Residents want to go to the Waldo County Vocational School again to have lunch made by culinary students there.
- Movie screening by a filmmaker, possibly with Belfast Free Library
- Also, Ellen’s movie talks will resume Sundays in October at 1pm. Flyer to be distributed.
- It was asked to have residents involved in local organizations speak to the residents. Judy will contact Joy.

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- A ham radio enthusiast is being solicited. Perhaps a 911 call center would be interesting to visit.
- Campfire Breakfast will return once we can have open flames and use the solo stove.
- A Christmas show is planned for December; rehearsals will start soon.

6. Future Possible Trips

- Moosehead Lake trip planned on the Katahdin steamboat was cancelled due to lack of interest.
- Cyr Bus Lines has great trips, past and current participants will try to share the info so each person can make their arrangements if they choose to join.
- Peace Ridge Sanctuary in Brooks houses 500+ rescued farm & domestic animals and Judy is in touch with them planning a tour. Date and time in October TBD. Contributions will be welcome. 2 vans could be used.
- Penobscot Marine Museum in Searsport was mentioned, before it closes.
- Llama place was talked about, but a sizeable fee was involved to walk with a llama.

Motion to adjourn, all in favor.

8. Next Meeting:

- December 15, 2025

“If you are bored in Belfast, it’s your own damn fault!”



Turn, turn, turn

Phil is seen here getting ready for the upcoming Penobscot Shores Arts & Crafts Fair on November 15. Phil is a wood turner and in year's past has sold his bowl and vase creations to benefit the Waldo County Woodshed. The Woodshed provides split firewood to anyone but mostly focuses on those who would qualify for fuel assistance, but firewood is not covered.

**Penobscot Shores Dining Committee
Meeting Minutes from Monday, September 29, 2025**

Staff Present: Steve, Emerson, Ladonna

Guests from Unidine: Catherine Maciag, Director Regional Operations; David Marchessault, Regional Executive Chef (formerly just Quarry Hill); James Connolly, Northeast Corporate Executive Chef

Residents Present: David Beebe, Ruby Bennett, Rick Bowles, Bill & Nancy Calvert, John Cole, Jo Columbus & Paul Pereira, Dana Degenhardt, Ruth Degenhardt, Court & Sue Dwyer, Jane Erskine & Betty Johnson, Joyce Goodfield, Kay Hunt, Barney Lutsch, Lorraine Martorana, Pam & Roy Moore, Kirk & Helen Newsom, Diane Plourde, Sue Remsberg, Louine Robbins, Peter & Marcy Simpson, Brenda Smith, Debbie Smith, Doug & Gail Smith, Lou & Linda Smith, Larry Theye, Sally Thomson, Charlotte Urbano, Sharron Walsh, Tim & Connie Woitowitz.

Kay opened the meeting at 11 am and asked for approval of the meeting minutes from August 1. She turned the meeting over to Steve. He first announced the flu shot clinic at PS today. He asked Emerson to introduce the guests from Unidine. Emerson's boss, Catherine, comes here frequently. She and Steve meet regularly. Steve talked about the need to close the kitchen for the month of January 2026 while the floor is being replaced. They are investigating which nearby kitchens might be available for staff to use during that time. They have also talked to the hospital. There are several options, but nothing is firm yet. He assures us that there will be meals available, but they will all have to be delivered since the kitchen equipment will have to be moved into the dining room while the work goes on. They will put up screens to hide the equipment. This will be a good time to look at possible changes to the meal program.

Emerson talked about current staffing. He is still looking for another part-time chef. One new wait-staff, Carena, has multiple skills and can fill in other roles. Same dishwasher, Patricia. Patty as head waitress. Grace fewer hours since back in school.

Steve: next subject, menus. We continue to look for resident feedback. We keep trying to get more people to come to the dining room, which has never recovered to pre-Covid levels. He then asked Catherine to take over. She said there is a new fall/winter menu rotation that will be out in a few weeks. We will be seeing changes. They will be using more local and seasonal items. She wants us to have a good experience in the dining room. She wants to give us what we want, for instance special events and "themed" nights. We must give them ideas. Please let Steve and Emerson know what you would like to see happen.

Kay talked about ways we can give meal feedback now, and the need for more responses. Rick asked which menus get the best numbers. Emerson said he tries to repeat popular items, but often they are not selected the next time offered. He also feels special events need to be well advertised. Would encourage more special meals linked to other programs, like speakers. The question is: who should take the lead in planning special events? Perhaps Judy might be more involved in the future. Steve wants to get more people involved.

People often write comments to Emerson on the chits they sign when eating in the dining room, but there is little feedback on delivered meals. Linda says she writes her comments on the paper slip that comes with a delivered meal and returns it in the plastic container. Several people think this sounds like a good idea. Catherine says she can get special comment cards made with our logo that can be included with delivered meals.

Chef Jim says he can give Emerson ideas, recipes and shopping lists for items that have worked well in other communities. Chef David mentioned ideas that have worked well at Quarry Hill, like a weekly carving station format. Kay asked if he has noticed an increase in requests for vegetarian selections. He said they offer two

Dining Continued from Page 6

vegetables, two starches and three entrée options every day, including one vegetarian.

Barney requests more vegetable selections, not just carrots, but fresh and local when possible. She also requests more communal dining options - more open seating, less reserved. Emerson said he would love to do more family style dining, but has observed that even if people don't reserve, they tend to sit with the same people. Court thinks that the food for the most part is great, but he questions some of Unidine's food sourcing practices. He specifically asks that Emerson be permitted to purchase fruit for fruit cups himself, directly. Also, he asks Unidine to find another source for ribeye steak, please. Rick praised Ladonna's desserts, but Sue D. would like more low fat/sugar options, beyond just fruit, due to dietary restrictions. New resident Sharron is diabetic and would like to see more nutritional information about carbs, etc. Jane likes family style but not the way the food is served. Emerson will now change to plating the food in the kitchen on family nights.

Brenda expressed her ongoing concerns about the hidden but true costs of the meal program, due to budgeting practices. Dana would like more description and choices of side dishes, but Emerson says this may lead to more waste. Pam has requested more nutritional information in the past but understands there are software limitations. Emerson says they are in the process of switching to a new menu system and will be able to print out nutritional information. Also, she asks if the total "real" meal cost (\$98?) is mostly food or labor.

Catherine jumped in here to clarify to Court that they do use local vendors. Emerson is not tied to a specific vendor for a specific item. He has free range to pick and choose as necessary from a variety of local vendors. She responded to Pam's question about food vs. labor that it is usually about 50 – 50, and Emerson is doing a fantastic job of staying within budget. People with questions about the Unidine contract should speak to Steve individually. New dining software is going to be implemented with built-in menus which can be transferred to a web site, where we can get nutritional information.

Debbie appreciates vegetarian options now available but would like more. Catherine says more thought will be put into this issue, the need for "alternative menus". Court thinks we are not change-adverse. Catherine asks why current publicity doesn't help. She thinks Emerson has done a good job, but people still don't show up. Connie thinks current staff are overworked. Catherine described their ongoing recruitment program and the fact of staff shortages everywhere in this area. Our facility size is not an issue. Regional staff will always fill in if necessary, in emergencies, but not day-to-day. Ladonna says the need for more hours is a big issue for most new recruits.

Roy talked about his online research of Unidine which showed some unfavorable comments. Catherine said she has not heard many unfavorable comments about food quality from us here and advises us not to extrapolate from what others say. Unidine is owned by Compass Group, a Fortune 100 specializing in senior care. "They are very solid." Their job is to make life easier for local organizations who provide food services and help them maintain consistency.

We discussed possibly closing the dining room on Saturdays and Sundays due to current staff shortages. The idea was well received. This might not be a permanent change if meal attendance increases. Court would like to know what the dining program would look like if everyone was required to take 5 meals a week. This does not mean, at the current price levels. Emerson would like to know how many meals per week would we have to take for the food program to break even.

Steve did a quick poll of meal preference options. Most were supported. Emerson asked if we would like Monday lunch or brunch following meetings, and this was supported. We quickly covered soup container problems. Steve asked if there were any more questions. Lorraine gave a tribute to Emerson.

The meeting was adjourned at 12:20 pm.