

Village Voices

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Village Short Stays Great for all Seasons

Jean Smalls loves the friendliness of the Village.

"It is the smiling faces. There I came this morning to pick up my mail and the girl behind the counter said 'Hello Jean.' Things like that mean a lot."

Even the maintenance man who changed a bulb in her room dropped by while Jean was playing scrabble in the dining room to let her know he had finished.

Betty LaPointe enjoys the exercise classes. They are geared for seniors, said Betty. There is nothing she can't do and the atmosphere is fun.

"It is a good group. It is a social group. Afterwards I will say 'do you have time for coffee, and we will come down and chat,'" she said.

After a lifetime of cooking meals, Pat McMichael said it is wonderful to let somebody else do the cooking. And she enjoys the bridge games in the dining room.

All three ladies are staying at the Village just for the winter months. For them, the Village is a safe, friendly place within the greater Boothbay community where they have the support they need when they need it.

The Village

makes it easy for them to come for short-term stays with three fully furnished apartments that are tasteful and comfortable and available for monthly rental.

During the winter months, when storms threaten

power outages and icy roads make getting around more dangerous, St. Andrews Village is a wonderful place to stay and still be close to friends and family within the Boothbay community.

But as spring and summer approaches, a short-term stay at the Village is also a great way to stay close to family and friends when an extra level of support is necessary.

Staff not only provide meals, maintenance and a wide variety of other services, they will also make sure you can get out and enjoy all the Boothbay region has to offer.

"They take you everywhere, like the YMCA. They take us for exercise over there," said Jean. "I didn't have the opportunity when I was in my own house."

Just as important is the sense of community within the Village, an atmosphere due in part to a staff that is always friendly, but which is also the result of residents who are genuinely interested in each other.

"Like one big happy family," said Pat.



From left to right, Pat McMichael, Jean Smalls and Betty LaPointe

From Red Paint People to the New Deal



Historian Jerry Wiles

It has been a great few months for history buffs at the Village with Maine State Museum Archeologist Bruce Bourque's recent well attended talk on Maine's mysterious Red Paint People and a series of presentations by popular Historian Jerry Wiles.

Wiles' talk on Frances Perkins was attended by the Perkins' grandson, Tomlin Perkins Coggeshall, the founder of the Frances Perkins Center in Newcastle. Tom offered several interesting anecdotes about his grandmother, who was the architect of Social Security, workers' insurance and many other initiatives.

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In April, Wiles gave a talk on Harriet Tubman, the escaped slave who personally rescued more than 300 slaves from captivity and led Union soldiers on a daring night raid in South Carolina. John F. Kennedy, perhaps one of America's most popular and at the same time, controversial presidents is his topic in May.

Other Upcoming Events Include:

Maine State Museum
 Jerry Wiles "Harriet Tubman"
 Met Opera "Rigoletto"
 Kevin Farley "The Irish Music Guy"
 Book Sale at the Village
 John Bottero- Thomaston Place Auction Gallery
 Piano music with David Stone
 Tips on Fall Prevention- Pt #2
 Music with Bill Lake
 Met Opera "Francesca da Rimini"



Jerry Wiles will speak on Ben Franklin in May

Mid Coast Symphony- Concert Series III

And don't forget the ongoing activities at the Inn such as Exercise, Bridge, The Book Club, and Stitches- Please join us!

Time is Right for Real Estate at the Village

Cottages at the Village offer amenities like year-round maintenance, a park-like setting and great neighbors, all within walking distance of downtown Boothbay Harbor. And real estate experts say a market that is showing clear signs of a bottom and the lowest interest rates in decades make this a perfect time to invest.

"It definitely is a good time to buy," said Bart Stevens, 2013 President of the Maine Association of Realtors.

Maine has seen 21 consecutive months of increases in the number of homes sold, and even

more telling is that the median price of homes has also started to rise. In Lincoln County, home sales increased about 2.5 percent from November through January and in that same period the median price of a home rose more than 9 percent.

"What realtors are noticing in Lincoln County is that the selling price is getting closer to the asking price,"

said Stevens. "It is becoming much more of a balanced market."

And with homes from 1,085 to 2,342 square feet, and offering features like propane fireplaces, heated sun porches and beautiful landscaping, St. Andrews Village

has options and prices to fit every need and budget.

Every home at the Village comes with superior construction and design details like wide hallways, no thresholds and attached garages.

But what really makes St. Andrews Village special is its thoughtful design and a range of services that offer security and the freedom from chores that allow you to live your life to the fullest.

Maintenance, including lawn mowing, landscaping and indoor repairs is included in the monthly fee and every home comes with access to a full continuum of healthcare services.

For more information, please call Wendy Roberts at 633-0920 or 380-7054 (cell).



Spring is a great time to move into your new home at the Village.

Cory Barter, a Chef Who Makes a Difference

Bringing a smile to residents' faces is one of the things that Chef Cory Barter likes most about his job.

The other is the people he works with, including the nurses and CNAs in the Gregory Wing and his kitchen co-workers.

A native of Boothbay - Barter's Island is named for his family - Cory has worked at St. Andrews Village for eight years and knows most of the residents by name, not to mention their pets and often their family members.

He enjoys coming to work every morning because he enjoys being part of a team that works hard to improve the lives of residents.

It's a difference he can see when he makes special breakfasts for Gregory Wing residents where one gentleman has a special favorite.

"When you make him an Eggs Benedict, you can see his face light up," said Barter.

Meals that taste good and look like something residents would eat in a restaurant are not just part of the lifestyle at St. Andrews Village, they are also important for health reasons.

Amy Ronan, Director of Food Services for Senior Services, said that healthy, good tasting food is particularly important for Gregory Wing residents.

Long-term care residents are often unable to do many of the activities they have enjoyed throughout their lives. In that context, what they eat becomes even more important to quality of life. If meals

taste good and are attractive on the plate, residents are also less likely to lose weight, a problem in many long-term care settings.

Cory understands that vision, said Ronan, and he works hard to not only offer menu items that taste good but to make the dining experience more homelike by taking special requests.

For one gentleman, that might mean having a



Cory in the kitchen

hamburger on occasion instead of his regular meals. For another, liver and onions are a special treat while a woman in Assisted Living often requests lemon merengue pie for desert.

Cory listens to those special requests and he tries to make them happen, said Amy.

That positive attitude makes St. Andrews Village a more comfortable, more homelike place for residents and it also makes Cory a great coworker.

Amy said that when her own job responsibilities expanded to include Coves Edge and Chase Point Assisted Living on the Miles Memorial Hospital campus, Cory willingly took on new responsibilities in the office, including ordering food

for meals.

"He is happy to accommodate. He has a can-do attitude," said Amy.

Cory was recently nominated for a President's Award.

The following was written by his co-workers

"He is creative and enthusiastic. He brings joy and happiness where ever he goes in the Village. He will go the extra mile to help each department, and always leaves with a laugh and a smile. He always puts the residents and families first. For example, he stayed on the Assisted Living unit until a resident's family came out to breakfast, even though it was a half-hour later, and cooked for them individually, what they wanted, perfectly and with a smile. He never seems to be out of fresh ideas with food when a special occasion is coming up, and always has a great sense of humor about it."

St. Andrews Village Executive Director Has Passion for Community

A strong sense of community is at the core of St. Andrews Village, believes new St. Andrews Village Executive Director Wendy Roberts.

When Wendy became Marketing Director of the Village two years ago, she had more than a decade of experience in senior living, including several years as Executive Director of Cove's Edge Rehabilitation and Long-Term Care. With a deep background in several different senior living settings, Wendy knew that St. Andrews had something truly special.

There was a sense of intimacy and connection among the residents that was unique, said Wendy, and she also enjoyed working with then-Executive Director Mike Lee.



**Village Executive Director
Wendy Roberts**

As the new Executive Director of St. Andrews Village, Wendy said she will work to maintain the high standards for quality and service set by Mike, who left several months ago for a new position in New York State.

"It is an honor and a privilege to serve as Executive Director. I hope to make the transition from Mike to myself as seamless as possible," said Wendy.

Wendy said that her personal goals include:

- Ensuring residents and families remain at the center of everything we do.
- Being visible and available to residents, families and staff, and working to inspire trust among all.
- Managing the Village's resources in a manner that keeps the Village viable now and sustainable in the future.

In addition to serving as Executive Director of Coves Edge, Wendy's experience in healthcare includes several years as an operations manager of a physician-owned network and as human resource manager for a large long term care facility in New York.

If you have a story idea or something you would like to see, call Wendy at 633-0920.