



Shoreline

The Holbrook Health Center: A Good Choice for Short-term Rehabilitation

When Dorothy Schwartz had hip replacement surgery last November at Maine Medical Center, she had no idea that she could choose the Holbrook Health Center at Piper Shores for short-term rehabilitation.

Following a tip from a friend who let her know that the Holbrook Health Center was available to both private pay and Medicare patients, Dorothy chose the Holbrook for both Occupational and Physical Therapy as part of her recovery and rehabilitation.

"When you have hip replacement surgery, you have a very limited initial range of motion," explains Dorothy, a South Freeport resident. "You have to learn how to walk without putting weight on one foot. You have to learn how to get dressed, how to work in the kitchen, how to get your muscles working again."

The Holbrook Health Center provides short-term skilled rehabilitation services including physical, occupational, speech and some forms of IV therapy. Patients

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Meet the Carters



Originally from Maine, John and Joyce Carter came home after spending nearly 40 years in New York and New Jersey. Joyce was a former teacher and John compiled market reports on agricultural commodities. Now after two years on the Neighbors' Circle wait list, they will move into their new home on the Maine coast at Piper Shores.

Piper Shores' coastal location and a chance to live a more relaxed lifestyle were important factors in the Carters' decision. "And the fact both Joyce and I were at the age where we are more vulnerable," explains John.

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Piper Shores

Maine's First & Only Lifecare
Retirement Community

The Holbrook Health Center: A Good Choice for Short-term Rehabilitation *Continued*



Holbrook residents enjoy skilled nursing care and all the amenities of oceanside living.

receive 24-hour nursing support in a fully secure environment. In addition, The Holbrook is the only health center in Maine to offer all private rooms.

"I loved having a private room for my recovery," says Dorothy, "it was one of the reasons for going there." The Holbrook also has a working kitchen so patients receiving occupational therapy can learn to navigate one of the most important rooms in the home.

"I was there over Thanksgiving last year, and I was able to have my family in for a Thanksgiving dinner at Piper Shores," says Dorothy. "I never felt alone at the Holbrook, and the staff made me feel very confident in my recovery."

Dorothy is fully functional now and feels that the good care she received at the Holbrook made a big difference in her total recovery. In fact, Dorothy was so pleased with her Holbrook experience that she and her husband have become members of the Neighbors' Circle wait list.

Meet the Carters *Continued*

"We met several people who were on the Piper Shores wait list," says Joyce. "We also had several friends who lived at Piper Shores; one of whom I've known for 60 years."

They decided to join the Neighbors' Circle wait list.

"We liked the fact that we received regular invitations to attend social events at Piper Shores," says Joyce. They especially enjoyed the Art Show, brunches and informal gatherings in the Great Room. "Coming to Piper Shores was an enjoyable experience. We liked the sociability of it and the fact that the staff was always so well prepared and very receptive."

They agreed that Neighbors' Circle social events are a great way to get acquainted with their future neighbors at Piper Shores. "We saw that the people were very proud of where they lived and that they enjoyed being there," says Joyce.

"We have always lived near the ocean and the Piper Shores location is a very special place," says Joyce. "And the gardens at Piper Shores are so beautiful right now."

Joyce pauses then adds with a slight chuckle, "And to be honest, I am getting tired of preparing meals, and the food and dining experiences here at Piper Shores are wonderful!"

Building Community – Inside and Out

In early 2005 Piper Shores launched its Building Community



effort as a way of engaging residents, Neighbors' Circle wait list members and friends of Piper Shores in a series of social gatherings throughout the year. Events included the Art Show in June, several wine tasting socials and the upcoming Halloween party.

The Building Community initiative also seeks to extend the good will of Piper Shores residents and staff to the Greater Portland community. As part of the outreach component of Building Community, Piper Shores proudly sponsors many non-profit organizations in Greater Portland. Featured in this issue of the Shoreline are the Maine Audubon Society, Maine Jewish Film Festival and the Alzheimer's Association, Maine Chapter.



The Maine Audubon Society works to conserve Maine's wildlife in three ways: providing hands-on environmental education for people of all ages, conducting research and wildlife conservation projects state-wide and taking action to help shape effective science-based conservation policy.



The Maine Jewish Film Festival is a non-profit organization whose mission is to provide a forum for the presentation of films to enrich, educate and entertain a diverse community about the Jewish experience.



The Alzheimer's Association, Maine Chapter serves the entire State of Maine as a voluntary health organization dedicated to finding prevention, treatments and, eventually, a cure for Alzheimer dementia.

Piper Shores Celebrates 4 Years

On Saturday, August 20, the residents and staff at Piper Shores turned out to celebrate Piper Shores' 4th birthday party. Festivities included a traditional Maine lobster dinner and an ice carving demonstration by Piper Shores' chef, Jesse Bouchard. With the weather threatening rain all day, everyone was happy to gather beneath the large tent on the ocean side of Piper Shores to celebrate.



With residents watching, Jesse Bouchard, Piper Shores' chef, transforms a block of ice into a magnificent eagle the day prior to the celebration.



The table was set for the feast ahead.



The party took place on the back lawn of the Piper Shores main building beneath a tent offering protection from the elements.



The food preparation was both colorful and bountiful.



The kitchen staff at Piper Shores prepares a Maine favorite for Piper Shores residents.



Ro and John Bloom, two Piper Shores residents, enjoy a classic lobster dinner.

Lifecare vs. Continuing Care: What's the difference?

Lifecare. Continuing care. Continuum of care. These terms can be confusing for retirees searching for the best retirement living options in Maine. There are, however, important distinctions that savvy retirees need to understand.

Continuing Care Retirement Community (CCRC) – A CCRC is a senior housing option that offers a full or partial continuum of care designed to meet residents' healthcare needs as they change over time. CCRCs usually offer some combination of independent residences, assisted living and/or a licensed nursing home. The monthly fee increases substantially for assisted living and nursing care as CCRCs typically charge residents current market rates for higher levels of care.

Lifecare Retirement Community. A Lifecare Community, like Piper Shores, is a type of retirement community that offers a full continuum of care designed to meet residents' healthcare needs as they change over time. A Lifecare Community typically includes independent residences, assisted living residences and a licensed nursing home – all on one campus. The Lifecare designation – unlike a CCRC – refers to a specific license covered by a continuing care agreement that authorizes a long-term care insurance component as part of the contract for residency. This Lifecare insurance component ensures that the monthly fees are fixed - excepting annual increases applicable to all community residents - regardless of the level of care.



Piper Shores

Maine's First & Only Lifecare Retirement Community



Piper Shores

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