

SENTRY HILL IS TOOTING IT'S OWN HORN!!!!



Sentry Hill raised the most money as a team, over \$4,000, for the
2008 Alzheimer's Association Memory Walk
 held on Saturday, September 20th.

Thank you to all who walked and those who supported and
 donated to the **Maine Alzheimer's Association.**

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The 6th Annual Michael Dolan Golf Tournament, held on
 Friday, September 12th raised
 \$4500

All proceeds going to the **Maine Alzheimer's Association**
GREAT JOB EVERYONE!!!

FALL FESTIVAL BREAKFAST RECIPE'S

Maple Glazed Pumpkin Coffee Cake

For the cake:

- 1-1/2 cup all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1/4 teaspoon ground allspice
- 1/4 teaspoon salt
- 1/2 cup unsalted butter; softened
- 3/4 cup packed light brown sugar
- 2 large eggs
- 1 cup solid-pack canned pumpkin
- 1/3 cup maple syrup
- 1 teaspoon pure vanilla extract



For the glaze:

- 1 cup confectioners' sugar
- 2 tablespoons sour cream
- 1 tablespoon maple syrup
- 1 tablespoon fresh lemon juice

Pre-heat oven to 350 degrees. Grease a 6 1/2-cup capacity ring mold. Sift together flour, baking soda, cinnamon, allspice and salt; set aside. Beat butter and brown sugar with an electric mixer until light. Add eggs, one at a time, mixing well after each addition. Stop mixer and add pumpkin, syrup and vanilla. Mix in on low speed. Add dry ingredients and fold in with a rubber spatula. Transfer batter to prepared pan. Bake until a toothpick inserted in the center comes out clean, 30 to 35 minutes. Cool in pan 5 minutes then carefully loosen from sides of pan with a small knife. Invert onto a wire rack placed over a sheet of waxed paper. Meanwhile, prepare glaze. Sift confectioners' sugar into a medium bowl. Add remaining ingredients and mix until smooth. Spoon over warm cake, letting glaze drip down sides. Cool completely.

Savory Cheddar Cheese Corn Muffins

Serves about 12

- 1-1/2 cup all-purpose flour
- 1/2 cup yellow cornmeal
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- pinch of cayenne pepper
- 1/2 teaspoon basil
- 1/4 teaspoon oregano
- 1/4 teaspoon rosemary
- 1-1/4 cup shredded sharp cheddar cheese
- 1/4 cup melted butter
- 1 large egg
- 1 cup milk



Preheat oven to 425° F. Grease 12 regular-sized muffin cups or line with paper muffin cups.

In a large mixing bowl, combine flour, cornmeal, baking powder, salt and the herbs. Stir in cheese.

In another bowl, mix together the melted butter, egg and milk. Add to the flour mixture and stir together until all is moistened. Do not over-mix. Batter will be a little lumpy.

Divide into 12 muffin cups. Bake for 15 - 20 minutes, until muffins are golden and toothpick inserted in the center comes out clean. Remove to a rack to cool or serve warm.

WORD SEARCH

On a Quest for Q's

A C Q U A I N T I E B Q H A I
 D E I F I L A U Q E E U K C C
 E U Q S U R B U Y Q Q O V Q L
 L Q D U A D I Q T E U T Y U I
 B P U U I P X U I X E E T I Q
 B F Q I M T R I T Q A I I T U
 A A R E T Q Y E N U T U U L E
 U C N E U A L T A I H Q Q I R
 Q T Q O Q O B D U S S S I Q U
 S Q I U Q U E L Q I I I T U L
 Q S U U I Q E U E T U D N E O
 E U E I U E E N E E Q A A F U
 L N I A C A S S T I N U E I S
 T O T Z K H Q C O P A Q U E Y

ENJOY!!!



From the Garden
 By Nancy Graham

What's your garden style?

Clothes, the car you drive, your home décor, all reflect who you are. But what about your garden?

There are many different garden styles, each with its own particular genre. Cottage gardens, for example, are made up of informal beds, a profusion of colors, and varying heights and shapes. Trellises, arbors, and white picket fences are all found in a cottage garden, as are winding pathways.

A Japanese garden, on the other hand, is serene and simple with more space than plants. Carefully placed stones, small manicured shrubs and evergreens, and a pond or dry stone riverbed are often part of the peaceful Japanese garden space.

Or how about a Paradise garden? These stimulate the five senses. These gardens have fragrant flowers to please the nose, an abundance of color to attract the eyes, fountains or streams to catch the ears, edible fruits or berries for the mouth, and varying textures in plants or stones to encourage touch.

For the free-spirited kind, try a Wildflower Garden. These mimic a natural meadow, using native wildflowers and ornamental grasses, randomly sown, in place of flowerbeds. Self seeding plants help attract birds and butterflies, and a split rail fence or birdhouse finish the look.

Can you identify your "garden personality"?

"Show me your garden, and I shall tell you who you are."
 Alfred Austin

**DON'T FORGET DAYLIGHT SAVINGS TIME ENDS
 ON NOVEMBER 2ND**







Fall Events at Sentry Hill

Theater, Symphonies, Museum Trips & Happenings

- October 1st—10 am Maine Historical Society “Art of the People-Folk art in Maine”, Tour Longfellow House & have lunch in Portland.
- October 7th—2 pm Olde York Historical Society Speaker —”History of Seabury”
- October 9th—1:30pm Ogunquit Playhouse “Les Miserables”
- October 16th, November 13th and December 11th—Short Stories and Review.
- October 23rd—7:30 pm PCA Great Performances Portland Mozart’s “The Magic Flute”.
- October 28th—Lunch out in the York area.
- November 18th—2 pm Olde York Historical Society Speaker- “John Hancock Warehouse” & customs practiced in York Maine 1790-1830.
- November 19th—10 am Portland Museum of Art “Landscapes from the age of Impressionism” & Lunch.
- November 22nd—1:00pm, The Music Hall (Live broadcast from the Met) Opera “La Dammation de Faust (Berlioz)”.
- November 30th—2 pm Merrill Auditorium Portland “The Nutcracker”.
(Inn & Healthcare) 
- December 7th—12 pm Portland Stage Company “A Christmas Carol”.
- December 10th— 3:00pm to 5:00pm Inn & Cottages Holiday Party.
- December 14th— 3 pm The Music Hall “Holiday Pops”. (Inn & Healthcare)
- December 16th—Bill Thomson presents “Christmas in Maine” followed by a book signing.
- December 20th—2 pm The Music Hall (Live broadcast from the Met) Opera “Thais (Massenet)”.

Sentry Hill Healthcare Special Events

- October 29th—5:30pm to 7:30pm Halloween “Haunted House” party for Residents, Family, Staff & Grand friend students grade 4. 
- November 15th—12:30 Browning resident & family  Dinner.
- December 13th—2 pm to 4 pm, Healthcare Resident & Family Holiday Party. 
- During the month of December, the York Police Department & The York High School Chorus Caroling.—TBA Santa Clause
- Church Choirs Caroling—TBA 

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WE'RE ON THE WEB!
WWW.SENTRYHILLATYORKHARBOR.COM

Health Services

October 3rd & 17th—9 am Foot Care on Tennyson

October 6th & 20—10:30 am Blood Pressure Clinic (exercise room in the Inn)

October 28th at 10:30 am—Meet with Nurse Deb & Dr. Santini (Inn Library)

November and December - 9 am Foot Care and 10:30 am Blood Pressure Clinic—TBA



Sentry Hill offers transportation
To and From
The Heart Health Institute
Every Wednesday from 11AM to 12PM

**It's so hard to believe that another
year has rolled around,
and it is time for the Holiday's once again.
We want to wish everyone a Very Happy and Safe
Holiday Season!**



Alzheimer's Support Group
The third Tuesday of every month at 3 PM
Sentry Hill, 2 Victoria Court, York, ME
For information call:
Amy Fuller 207-332-9123 (Cell)

**Please call Beth Charest,
Community Relations Director,
for information about our Waiting List or any
questions about living options at
Sentry Hill 207-363-5116 Ext. 108**