



**Schooner Estates**  
Retirement Community

**“Comfort in Community,  
Confidence in Care”**

### Highlights

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- Award
- BBQ
- Welcome
- Health Issue
- Signature Menu
- Hawaiian Event
- Employee News

**Writers:**  
**Your Schooner Team**  
**Technical Editor:**  
**Sue O’Brien**



**Schooner Residents**  
**A “Leaf peeping”  
trip**

# THE SCHOONER FLASH

**September 2009**

**Issue 18**

## KUDOS TO ROY LOWE!



Schooner Estates’ own Roy Lowe is a 2008 recipient of the President’s Volunteer Service Award! He received the award along with a congratulatory letter signed by President Barack Obama. Additionally, Roy garnered more notable accolades for his years of volunteerism at CMMC in their annual Special Tributes publication. Thank you Roy for all that you’ve done. This is your time to shine!

As we all know, volunteering is a wonderful way to connect to others in need, share the years of your experience, and make an impact in your community. For those on the receiving end of voluntary assistance, it is often a lifeline.

Also, we would like to thank the wonderful volunteers living here at Schooner who give so much of their time to help us out. They do package deliveries, distribute memos & calendars, help with social events, etc. All of our volunteers are very much appreciated. What would we do without them! Thank you all!

## SEPTEMBER OUTDOOR FEASTS

September is a wonderful time for end-of-the season, delicious tasting outdoor picnic’s and cook-out’s, especially when you can relax and enjoy them with friends and family.



Schooner has a courtyard picnic planned for Wednesday, September 9th. This picnic will feature Maine lobster rolls, everyone’s favorite! Lobster rolls need to be pre-ordered. Please stop by the front desk or call 784-2900 by Monday, September 7th to order one.



On Wednesday, September 30th, our “End of the Season” cookout will be held. Please feel welcome to invite family and friends. Guest tickets are available at the front desk (784-2900) for both events.

## WHO’S NEW IN THE NEIGHBORHOOD?



**Schooner welcomes:**

Jessie Mailman to studio # 205  
Nancy Wilcox to apartment # 515.



## USING MEDICINES SAFELY



Modern medicine has made our lives better in many ways. It has helped us live longer, healthier lives. But people over 65 have to be careful when taking medications, especially when they're taking many different drugs.

Whenever a new drug is prescribed, tell your doctor about all the medicines you take. Remind your doctor about your allergies and any problems you have had with medicines. Understand how to take the medicine before you start using it. The following is a list of questions to ask your doctor about a new medicine.

- ◆ What is the name of the medicine, and why am I taking it?
- ◆ How many times a day should I take it? At what times? If the bottle says take "4 times a day," does that mean 4 times in 24 hours or 4 times during the daytime?
- ◆ Should I take the medicine with food or without? Is there anything I should not eat or drink when taking this medicine?
- ◆ What does "as needed" mean?
- ◆ When should I stop taking the medicine?
- ◆ If I forget to take my medicine, what should I do?
- ◆ What side effects can I expect? What should I do if I have a problem?

Using a memory aid will help you to take medicines on time. Some people use meals or bedtime as reminders to take their medicine. Other people use charts, calendars, and weekly pill boxes. Find a system that works for you.

Schooner Nursing services are available here at Schooner and they can help you handle your health care quickly and easily. Contact Donna Vachon, Director of Nursing (ext. 169) for a list of the many services that our nursing staff can do for you to make life easier!



## SIGNATURE MENU ITEM

A delicious dessert is the signature menu item for September:

**Wild Berry Parfait w/lemon crème Fraiche' and toasted granola.**



## ALOHA!

The Camden Living Room was transformed into a tropical paradise on August 11th. Schooner residents enjoyed a full-blown Hawaiian Luau party complete with Hawaiian regalia dress and Pina Colodas. We can't wait for the next theme day event!



Pictured above is Mark Prevost, the Big Kahuna himself, playing the ukulele and serenading the Schooner hula girls.

## EMPLOYEE NEWS

Pictured below is Gavin. He is the grandson of Sue O'Brien. Gavin was born in January 2009. He's as cute as a button and loves to smile!

