



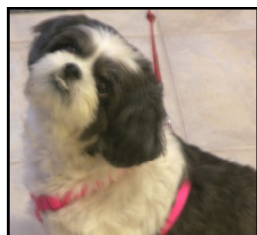
Schooner Estates
Retirement Community

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

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H i g h l i g h t s

- Winter Safety
- New Arrivals
- New Medical Building Visit
- Craft Fair
- Signature Menu
- Vote
- Trip
- Employee News



A very cute, popular face here at Schooner! This is Emmy, Edith Lachance’s little dog.

THE SCHOONER FLASH

November 2009

Issue 20

WINTER SAFETY TIPS

Winter will be here before we know it. Below are a few tips to help us stay safe and healthy through the winter months.

- ♦ **Stay dry:** Immediately change out of wet clothes to avoid feeling chilled.
- ♦ **Drink wisely:** Even in the winter you need to be aware of hydration. Avoid caffeinated beverages which can alter perceptions of actual body warmth.
- ♦ **Know your medicines:** Prescription drugs can interfere with the body’s circulatory system, causing cold-related health problems. Check with your doctor about possible side effects from drugs.
- ♦ **Watch the appliances:** If you must use a space heater, keep it 3 feet from furniture, drapes and other combustible items. Never leave heating equipment unattended.
- ♦ **To keep pipes from freezing:** If you must open your windows, open them from the top only, to keep pipes from freezing.
- ♦ **Slippery walkways:** As we all know, snow and ice cause a substantial number of falls. Be careful about your choice to walk and when to walk. Ask for assistance if you need to go outside on a “bad” weather day, stay inside if possible.
- ♦ **Extension cord use:** A reminder that extension cords should not be used on a permanent basis in your apartment. When a temporary appliance or cord is not in use it must be unplugged from the source. Never use frayed cords. A properly secured outlet strip

with an on, off switch and over-current protection may be allowed if installed and used in accordance with the manufacturer’s installation instructions. If you need any assistance, please contact maintenance at extension 159.



Schooner Nursing staff hard at work

WHO’S NEW IN THE NEIGHBORHOOD?

Schooner welcomes:

- Carlton Brackett to studio 203
- Elvin & Beverly Bryant to apartment 431
- Louise Maheux to apartment 334
- Claire Smith to studio 106



NEW MEDICAL BUILDING

Schooner Estates Residents are invited to attend the "Sneak Peek and Blessing" of St. Mary's new medical building on Wednesday, November 11th, 2009.



You will have an opportunity to meet their internal medicine physicians. Transportation has been arranged by St. Mary's with Hudson Bus Lines to provide rides from:

9:00 a.m. - 11:00 a.m.— and then again from 2:00 p.m. - 4:00 p.m.

Please sign up at the front desk (784-2900) at Schooner if you would like to go.

CRAFT FAIR

A craft fair was held at Schooner on Saturday the 24th of October and it was a great success! Several tables were set up in the Village Green. Among the many items available were books, knitted items, handmade greeting cards, lovely hand sewn items, flameless candles, and quilt bags. Everyone is excited for next year!



Daylight Saving Time ends on November 1st - set your clocks back one hour!

**A HAPPY AND SAFE
THANKSGIVING TO YOU
AND YOUR FAMILY!**



SIGNATURE MENU ITEM

A tasty seafood dish will be offered for our signature menu item for the month of November:



Baked stuffed jumbo shrimp w/roasted red pepper lobster sauce.



VOTING

Tuesday, November 3rd is national voting day. If you missed your opportunity to vote here at Schooner, the van will take you to the polls to vote. Call Schooner to reserve a seat on the van.



RANGELEY TRIP

Wednesday, October 7th featured one of Schooner's most popular yearly trips, a visit to Rangeley, Maine. The Fall foliage was at it's peak.



EMPLOYEE NEWS

Our Schooner dining room Hostess, Betsy, is proud of her grandson, Paolo, a Lincoln Cross Country Team member, who finished impressively in the following races:

September 23rd he came in fourth overall and first in the Junior boys division - a time two minutes faster than his closest competitor.

September 30th he emerged from the cross country trail hundreds of yards in front of his nearest competitor to finish in first place. Congratulations to Paolo!