



Schooner Estates
Retirement Community

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

Highlights

- Health Care
- Craft Fair
- Welcome
- Flu Shots
- Trip
- Signature Menu
- Employee News

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**DOLLAR DOG NIGHT
AT SCHOONER**

Get the Flu Shot!



THE SCHOONER FLASH

October 2009



Issue 19

SENIOR HEALTH CARE PRESENTATION



John Glaser, Grassroots Manager for the National Committee to Preserve Social Security and Medicare, will be visiting Schooner. Mr. Glaser, from Washington, D.C., will provide us with the latest information on health care reform and other important issues affecting seniors. The National Committee, founded in 1982, has millions of members dedicated to protecting and fighting for financial and health security in retirement.



In his presentation, he will cover in clear and concise language how health care reform directly impacts seniors. He will answer questions and hand out issue papers following the presentation.

The following topics will be addressed:

- ◆ Health Care Reform: The Good, the Bad, and the Ugly
- ◆ Medicare: It’s stresses and strains
- ◆ What Medicare needs now

Meeting time and location: Friday, October 2nd at 2:30 p.m. in the Tenants Harbor Room at Schooner Estates.

SCHOONER CRAFT FAIR

Schooner will be holding a pre-holiday season craft fair this year in the Village Green! This is a great way to display and sell your hand-made items. Reserve a table for yourself and invite a friend or relative who does crafts, to participate in this fun event! The fair will be held on Saturday, October 24th in the Village Green at 10:00 a.m.

Only 12 spaces (\$10.00 per table) will be available so sign up early to reserve a table. See Mark Prevost, Resident Services Director to sign up (direct phone line: 513-5055).

WHO’S NEW IN THE NEIGHBORHOOD?

Schooner welcomes:



- *Helen Alden to apt. #428
- *Martine Begert to apt. #511
- *Jacqueline Davis to studio #108
- *Florence Dinsmore to studio #206
- *Marion Hammond to apt. #303
- *Connie Laverdiere to studio #201
- *Mary Leahey to apt. #433
- *Edwina Pontbriand to apt. #527
- *Orlean Sturgis to apt. #426
- *George Theberge to apt. #631
- *Dorothy Williams to apt. #628

FLU SHOTS

This is the start of the flu season, and all seniors are urged to get their flu shots. All persons 65 years and older, persons in nursing homes and anyone with heart, lung or kidney disease, diabetes or other chronic disease should receive their shots.



Some people worry that flu shots cause the flu. This is not true. Flu shots can't cause the flu, because the vaccines are made with killed virus. However, sometimes people may think they have the flu when they actually have another respiratory infection with similar symptoms.

Don't wait to be told by your doctor that you need the shots. Don't delay, it's your health and it's your life.

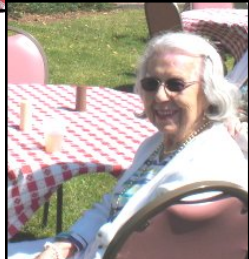
Schooner will be holding it's annual flu clinic on Thursday, October 22nd. It will take place in the Castine Living Room from 9 a.m. to 11 a.m.



Be sure to bring your Medicare card. Call the front desk to sign up. You will receive a memo with your scheduled appointment time.

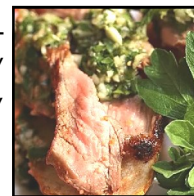
LOBSTER ROLL PICNIC

The September 9th lobster roll picnic, held in the courtyard, was enjoyed by all! The lobster rolls were loaded with fresh lobster and everyone remarked on how delicious they were.



SIGNATURE MENU ITEM

The month of October, features - "Steak Gaucho style" w/ Argentinian Chimichurri sauce w/ yellow rice and black beans.



This is a delicious steak dish!

BOOTHBAY HARBOR TRIP

On August 26th, a large group of Schooner residents spent the day at Boothbay Harbor. It was a warm, sunny day and everyone had a great time! Below are some of the pictures taken on that day.

A Fall trip to Rangeley is planned for Wednesday, October 7th. Be sure to sign up for a seat on the bus!



EMPLOYEE NEWS

Linda Scott, Housekeeping Supervisor, is the winner of the 3rd Quarter 2009 Safety Award. She received a certificate, pin and a Schooner Item certificate. Linda was nominated for her quick response and awareness to safety issues reported.

Linda Fraser, Camden Housekeeper and Peter Mercier, Plant Manager, were tied for the 2nd quarter 2009 awards.

Have a spook-tacular Halloween!

