



Schooner Estates
Retirement Community

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



Highlights

- Holidays 2009
- Winter Safety
- Holiday Photos
- Pet Therapy
- Employee News
- Welcome



Florence Dinsmore

at 103 years old was formally inducted into the Centurion Club on December 16th at The Castine House Christmas party.

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THE SCHOONER FLASH

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OUT WITH THE OLD AND IN WITH THE NEW

Zooming through the Holidays and into 2010

Do you believe in Santa Clause? We do! Trimming the tree was better than ever this year with Terry Gendron and Debbie Preshong playing duet Christmas Carols and everyone singing along and munching on Christmas cookies, and what would it be without Chef Michael Morton's secret eggnog recipe?



Bill Scolnik led the flock at each and every sunset during the Chanukah celebration with the Aramaic reading of the traditional Chanukah Blessings. Mark Prevost would follow up by reading the English version of the prayers. Chanukah prayers were follow by discussions about the wealth of Chanukah traditions, not the least of which was the lively game of Dreidel. If you could spin the Dreidel just right, you could walk away with a few coins in your pocket. No wonder the kids liked it!

And Oh The Parties !





WINTER SAFETY TIPS

Ah, winter. Blizzards, freezing temperatures, and lots of ice. Snow is pretty on the trees and it is relaxing to watch the snow fall while we are inside and warm. But remember, all that ice and snow means an increased chance of slipping and falling. Here are some things you can do to make winter a little less perilous:

- ◆ **Check your footwear.** Wear winter boots when outside. How's the traction? Better traction can help keep you more stable on icy surfaces.
- ◆ **If you drive a car,** bring a cell phone (if you have one) when you leave. If you fall, it can sometimes be hard to get up. Carrying a cell phone whenever you go out can bring peace of mind.
- ◆ **Slow down.** Allow extra time if it's slippery out. When you hurry, you end up pushing the envelope of what your balance can handle. Keep in mind that being a little late is better than falling.
- ◆ **Ask for help.** If you have to walk across an icy sidewalk or parking lot, try to find a steady arm to lean on. Most people are happy to help, you just have to ask.

EMPLOYEE NEWS

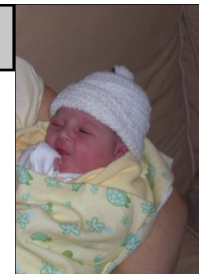
Roberta Staples, one of our Schooner transportation chauffeurs, welcomed a new granddaughter in November, 2009, Aleena Madelyn Staples. Congratulations to the new parents and Roberta!



Jackie & Harvey Proulx have become Great Grand Parents for the 2nd, 3rd and 4th times this year. Great grandson Cory and great granddaughter Nora and yet another great ,

Employee news continued

granddaughter Cassidy of which the first two Grand children place our own Frank Proulx into a new echelon in life. "Pepere Frank"



PET THERAPY AT SCHOONER

Most of us smile and feel better when a pet is around to enjoy. On selected Wednesdays (see your activity calendar) at 1:30,



Schooner has a "Pet Therapy" time set aside in the Village Green. Maria from the Bed & Biscuit Kennel in Hebron brings in one of her wonderful therapy dogs for everyone to enjoy. Maria writes: *"It has been a great experience for us to visit Schooner Estates and share our passion with all of you. Polo and Duncan have been doing Pet Therapy visits since October of 2008. We love the warm welcome we receive and the smiles that accompany them. Thank you for sharing your stories, generosity and heartfelt affection. We look forward to each visit and thoroughly enjoy being a part of your life at Schooner."*

Animals help lift a person's mood. Touching and interacting with animals can help lower a person's blood pressure and provide stress relief. They just make us feel better, emotionally and physically.

WELCOME

Who's new in the Neighborhood?

Donald Blais to studio 201
 Elizabeth Brown to studio 114
 Karl & Elke Gebhard to apartment 313
 Edith Lachance to apartment 620
 Morris & Ruth Schmoll to apartment 434
 Eileen Young to apartment 511