



Schooner Estates
Retirement Community

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

H i g h l i g h t s

- Special Events
- Welcome
- September BBQ
- Health
- Employee of the Month
- Summer Photos

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



A summer outing to the Lobster Shack in Cape Elizabeth



Everyone had a great time on the Boothbay Harbor Trip in July

THE SCHOONER FLASH

September 2011

Issue 42

SPECIAL EVENTS IN SEPTEMBER

Schooner has several important events coming up. All proceeds from each fundraiser will go toward the Schooner team, walking in the Central Maine Heart Walk, to benefit the American Heart Association. This is a great way to take a stand against heart disease and help save lives. Our first fundraiser, a Bake Sale, was held here at Schooner on August 24th. A special thank you to all who helped make the bake sale a great success!

“Hearts” are being sold at Schooner. Each heart purchased will have your name written on it and displayed here in one of our main lobby areas. “Red Hearts” are a one dollar donation and “Gold Hearts” are five dollars. Each and every dollar spent is a great way to show your contribution to the American Heart Association. Stop by the reception desk and pick one up!

Schooner will hold a fundraiser pancake breakfast on Wednesday, September 7th. This tasty event will be held from 8:00 a.m. until 10:00 a.m. in the Village Green. Friends and family are invited. Tickets are available at the front desk for \$6.00 per person. The menu includes: pancakes, eggs, sausage, hash browns, juice and coffee. Hope to see you there!

An elegant evening of coffee and a special dessert will be held on Thursday, September 15th. Mark’s famous county fair style apple crisp, served with French vanilla ice cream, a caramel drizzle and topped with a mint leaf. Tickets are available for this fundraiser at the reception desk for \$5.00. Held in the Tenants Harbor Room at 6:00 p.m. You won’t want to miss it!

On Sunday, September 18th, the “Central Maine Heart Walk” will be held. Schooner is sponsoring two teams of 10 people each to be entered in this worthwhile walk. It will start at 9:30 a.m. One or three mile routes will be offered. All are encouraged to participate and help raise money. All money raised will be matched by Schooner Estates. Get your walking shoes ready!

Who's New in the Neighborhood

- ◆ Ruth Horsman to apartment 500
- ◆ Joseph Meyer to studio 109

Welcome!

SEPTEMBER BBQ

Get ready for our Fall BBQ, named "Pine Tree Picnic". It's our last cookout of the season, held in the Fall, Maine's most beautiful time of the year, with striking Autumn colors, cool nights and sunny days. As usual, friends and family are invited! Pick up a ticket for them at the front desk. Below is a list of the foods which will be available.

- ◆ White Hall style Italian grinders w/fresh onions, lettuce, tomatoes, provolone cheese, mortadella, cotto & genoa salami, w/red wine vinegar dressing - carved to order.
- ◆ Oven fried chicken wings w/dipping sauces, blue cheese, buffalo style sauce, sweet & sour sauce, ranch dressing.
- ◆ Grilled kielbasa w/Memphis style sauce.
- ◆ Fresh native corn on the cob.
Assorted rolls & butter.
Macaroni pasta salad w/sweet peas.
Mike's homemade style baked beans.
Grilled summer & zucchini squash.
Ranch potato salad.
Sliced watermelon, assorted pies & cakes.
Ice tea, lemonade, ice water & coffee

HEALTH MATTERS

A "Life Line" Screening event will be held here at Schooner on October 4, 2011. The screenings, done by the "Life Line" company, use painless, accurate sonogram technology to "see" plaque build-up in your arteries. Five screenings will be offered - Stroke/Carotid Artery, Heart Rhythm, Abdominal Aortic Aneurysm, Peripheral Arterial Disease and Osteoporosis Risk Assessment. You may get any vascular screening for just \$60 OR all 5 screenings for only \$149. "Life Line" Screening's mission is to make people aware of an undetected health problem and encourage them to seek follow up care with their physician. Please call 1-800-324-1851 with any questions and/or to pre-register.

EMPLOYEE OF THE MONTH

Congratulations to Lindsey Maletto for winning August's Employee of the Month. Lindsey continually displays her willingness to lend aid wherever she is needed. Recently she went beyond her regular job duties to help a Schooner resident. Way to go Lindsey!



SUMMER EVENT PHOTOS

Schooner residents were treated to a special (first time at Schooner) mini concert performed by "Chicks With Sticks", an all women steel drum music group. Their festive, "island style" music, was the hit of the day!



Below are a few wonderful pictures taken at the August 10th "Hawaiian Breeze BBQ". Are you in the picture?

