



Comfort in community ~
Confidence in care

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**HAPPY
FATHER'S DAY**
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Enjoy What  
The Day Has  
to Bring!



Just one of the many views, of Schooners beautiful grounds!

# THE SCHOONER FLASH

**JUNE 2012**

**Issue 51**

## LET THE SEASON BEGIN

Post a note on your refrigerator for Wednesday, June 13th! We are having our first cookout of the season, aptly named "June Bug BBQ". Even though the first day of summer does not start until Wednesday, June 20th, we are hoping that Mother Nature will cooperate and give us a nice warm, sunny day. As always, family and friends are invited to join in. Just pick up a ticket for them at the front desk. Tickets are \$14.00 each. Take a look at our delicious menu below!



- Fresh grilled hamburgers with toppings
- Grilled teriyaki style chicken breasts
- Pork ribs with chipotle tropical barbeque sauce
- Fresh rolls and butter
- Mike's June bug barbeque beans
- Corn on the cobb with cider vinegar and salt and pepper
- Homemade red bliss potato salad
- Thai noodle salad
- Fresh baked peach crisp with whipped topping
- Fresh sliced watermelon
- Ice tea, lemonade and coffee

Father's Day is Sunday, June 17th. Schooner will be taking the annual Gentlemen's photo. If you're not busy, stop by and be in the photo. All are invited. We hope to see you there! Everyone in the photo will receive a copy. See date, times and locations below...

- ◆ Apartment residents: Monday, June 11th at 2:30 p.m. in the Camden Living Room.
- ◆ Residential Care and Studio residents: Monday, June 11th at 11:00 a.m. in the Village Green.

**Who's New  
in the Neighborhood** *Welcome!*

- ◆ **Madelyn Spencer to studio 202**

## ENJOY THE SUMMER

As we grow older, most of us seek relaxation and friendship with others. But, at the same time, it's a time for new interests and just good fun. From day long trips to such beautiful places as Cape Elizabeth, Boothbay Harbor and out of state to scenic New Hampshire, Schooner offers a wide variety of activities. With summer on its way, our June calendar is packed with great places to go and things to do. Our weekly ice cream socials start on Monday, June 4th and last throughout the season. We have a lobster bake planned, hot dog night, a June 13th cookout and an exciting visit from Hope Douglas from "Wind Over Wings", a bird of prey rehabilitation center. She will bring in several amazing birds of prey for us to view, including an eagle! We also have our usual long list of live music performers such as Barry Wood, The Dunneman's, Jon Whitmore and The Church Belles, just to name a few. I could go on and on! So check out your monthly calendar and get involved and let's get going!

## HEALTHY HINTS

- Did you know that afternoon naps may decrease heart attack risks. According to a study, those who took 30 minute naps were 30 percent less likely to have coronary heart disease than those who didn't nap. This is a great stress reliever.
- The bathroom is a poor place to keep medications, since heat and dampness can speed deterioration. Choose a cool, dry place instead.

## EMPLOYEE OF THE MONTH

It is our pleasure to congratulate May's employee of the month, Tammy Wheeler. Tammy, a CRMA, works in our Residential Care unit. She was chosen for coming to the rescue of a resident during an emergency situation. Her quick thinking and kindness made the difference! Tammy, pictured above with our Residential Care Administrator, Candy Roy.



## WELCOME TO SCHOONER!

From our perspective, there can be no better place to live or work than right here at Schooner. Our community is a large family that really cares for one another. To show how much we appreciate each and every person who makes the choice to live at Schooner, a special reception is held in our Tenants Harbor Room a few times per year, to officially welcome new residents. Below are photos from two recent receptions: A new resident welcome and meeting our new Marketing Director, Linda Porterfield.



Our annual Schooner Ladies photo to celebrate Mother's Day, was taken last month. Here are the pictures of just a few of the wonderful ladies who reside here at Schooner Estates!

