

Comfort in community ~
Confidence in care

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Aloha!
Our Winter Escape to
Paradise!



MARDI GRAS



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THE SCHOONER FLASH

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A TIME TO CELEBRATE

Easter fills us with hope and warmth. It is a time to get together with friends, family and loved ones and celebrate this joyful time. Easter Sunday arrives on April 20th this year. It is celebrated in many different ways, depending on family traditions and customs. At Schooner, our residents look forward to a delicious Easter meal, prepared by chef Mike Morton and his culinary staff. Take a look at this year's menu below.

- Baked tear drop ham with brown sugar glaze
- Seafood stuffed sole with Newburg sauce
- Baked stuffed chicken breast with chive supreme sauce
- Fruited red gelatin salad on mesclun greens
- Cream of tomato soup with a basil chiffonade
- Mashed or Au Gratin potato
- Peas & onions
- Butternut squash
- Carrots
- Fresh green beans
- Strawberry short cake
- Ice cream
- Fresh fruit

SAWYER PROGRAM

The start of the 2014 Sawyer program season is almost upon us. Their shows are entertaining and give all yet another opportunity to get out and enjoy the fresh air and scenery.



Schooner is happy to provide shuttle service to each show. All are free to the public and presented twice a month on Friday from April through October. Programs include narrated travel films, wildlife films, lectures, musicals, magic shows and more. The Schooner shuttle leaves at 1:15 p.m. for the 2:00 p.m. show. Please call the receptionist at 784-2900, ext. 100 to reserve a seat. See your activity calendar for all monthly show information. Enjoy!

Who's New in the Neighborhood...



It is with great pleasure that we welcome you to our community!

- Linda Bradford - Residential Care
- Jim & Carol Brann - apt. 333
- Annette Dallaire - studio 102
- Evelyne Dupuis - studio 203
- Greta Paradis - Residential Care
- John Tempesta - Residential Care

MARDI GRAS REVIEW

For those of us who were unable to celebrate on Bourbon Street in New Orleans and in keeping with our annual tradition, Schooner celebrated it's very own annual Mardi Gras festival on March 4th. As usual, Chef Mike Morton and his crew outdid themselves with a delectable New Orleans style buffet feast. Authentic breads and King cakes were flown up from New Orleans! Gus Turbide entertained all with an entertaining keyboard performance while residents and staff alike thoroughly enjoyed themselves! We would like to thank all who attended and hope everyone had a fabulous time!



Stop by the 1st floor Camden entryway and take a look at our new electronic picture board. This device displays digital photos, daily menus and activities. It is a great way for us to share photos taken from all of the special events that go on at Schooner.



Below... "The Twin City Leprechauns" perform for all, plus a "special" guest.



FOOD FACTS AND YOUR HEALTH

Leafy green vegetables make the list this month as some of the healthiest foods available. Saturated in an alphabet of vitamins, minerals, and antioxidants, *leafy greens* are the MVPs of the supermarket produce section.

•**Kale** can legitimately be called a superfood. If vitamins could be packaged and labeled as such, they would look very much like kale. Eating this green vegetable helps you fight cancer, heart disease, autoimmune diseases, and even macular degeneration.

•**Spinach** is high in niacin and zinc, as well as protein, fiber, vitamins A, C, E and K, just to name a few. In other words, it's loaded with good things for every part of your body! Studies also have shown that spinach helps maintain your vigorous brain function, memory and mental clarity.

•**Cabbage** has the highest amount of some of the most powerful antioxidants found in cruciferous vegetables. They also help lower the LDL or "bad cholesterol" levels in blood. By providing 85% of the body's daily requirement for vitamin K, this is very important, not only for bone metabolism, but as a possible known Alzheimer's disease preventative by limiting neuronal damage in the brain.

FOR YOUR CONVENIENCE

The Auburn Police Department has arranged to do another prescription drug pick up from Schooner residents on Monday, April 14th. If you would like to safely get rid of unused, old/expired medicines in your home, we are collecting them. Drop off any of the following to the nurses office or Mark's office no later than Friday, April 11th.

- Expired or unwanted prescriptions
- Vitamins
- Veterinary prescriptions
- Homeopathic treatments
- Over the counter medicines



If possible, please bring medications in their original containers. Help the environment and stay safe.