



Schooner Estates
Senior Living Community

Comfort in community ~
Confidence in care

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"Elvis" at Schooner!



Ok Mother Nature, that was not funny, in the least!

Our March 21st snowstorm

THE SCHOONER FLASH

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Words of Wisdom Surveys

Thanks to all who filled out and returned surveys with their "Words of Wisdom". Reading through these has revealed so many gems that we can't wait to share! For instance, when asked about love and marriage, Beverley Heath gave us this piece of advice: "Marriage is not a 50/50 proposition, but giving the best of yourself, If you can achieve this, your glass will be half full". Be on the lookout, as we find creative ways to share these Words of Wisdom throughout the year!



Linda Hildonen

Changes Are On The Way

During the month of April we will be starting an upgrade on our main kitchen, off the Village Green. We feel this is important in order to best serve the very important needs of our residents. While this work is being done, the Schooner cottage will be used as a temporary kitchen. Please be assured that you will receive the same level of Schooner quality and services that you are accustomed to. We intend to blend modern convenience and function to the main kitchen. Monthly updates will be added to our newsletter in order to keep everyone informed with updates on the progress of this exciting endeavor. We will do our utmost to keep everything running smoothly and efficiently. As always, we will be happy to answer any questions you may have regarding this project.



Who's New in the Neighborhood...

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

- ◆ Shirley Bornstein, Residential Care
 - ◆ Rose Derocher, studio 113
 - ◆ Betty Howland, Memory Care
- ◆ Roberta Moulton, Residential Care
- ◆ Colleen Weston, apartment 512

Choose to be Healthy

Schooner Senior Living Community is pleased to offer a preventive health event. **Life Line Screening**, a



leading provider of community-based preventive health screenings, will host their affordable, non-invasive and painless health screenings on Monday, April 11th. Five screenings will be offered that scan for potential health problems related to: blocked arteries which is a leading cause of stroke; abdominal aortic aneurysms which can lead to a ruptured aorta; hardening of the arteries in the legs which is a strong predictor of heart disease; atrial fibrillation or irregular heart beat which is closely tied to stroke risk; and a bone density screening, for men and women, used to assess the risk of osteoporosis.

Register for a Wellness Package which includes 4 vascular tests and osteoporosis screening from \$149 (\$139 with our member discount). All five screenings take 60-90 minutes to complete.

In order to register for this event and to receive a \$10 discount off any package priced above \$129, please call 1-888-653-6441 or visit this website: www.lifelinescreening.com/community-partners.

Rolling Turtle and the Old School String Band

We are excited to announce Paul "Rolling Turtle" Cavitt, scheduled on our April calendar - for Thursday, April 7th in our Village Green. Playing mandolin for 25 years, he has recorded five albums as a solo artist, and the newest CD features the entire band. Turtle has played live venues throughout the United States. Rolling Turtle is a "preservationist", not a songwriter, whose passion is preserving multiple folk traditions encompassing a variety of American musical genres, including Old-Time Appalachian and other traditional Americana, as well as Celtic and traditional Gospel Hymns.

Hope to see you there!



Wanted...Calendars

How many of us have a stack of old calendars that we are not quite sure what to do with...but it seems like such a waste to throw away quality glossy paper with pretty pictures, right? Well, the folks in our Residential Care craft group will be happy to take them off your hands! They will be using them for one of their many craft projects this year. What a great way to make use of dated calendars and provide materials for their wonderful "works of art".

Calendars may be dropped off at Sue's desk or the front desk in the Castine building. **Thank you!**

The Greatest Wealth is Health

Have you checked out the "Wellness" board, located right outside the Searsport dining room on the ground floor. For the past several months staff in each department at Schooner have had the opportunity of setting up a new display, each month. Stop by and read about some healthy lifestyle tips!



With Spring, Comes Sawyer

Get in the spirit of warmer weather with a shuttle ride to Greene for an "afternoon out" to Sawyer Memorial. Their 2016 Spring season starts on Friday, April 1st and Schooner is happy to provide shuttle service to each show. All are free to the public and presented on Fridays 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 calendars for all monthly show information. Enjoy!

