# The Schooner Flash

December 2016 Issue 105 Schooner Estates, Est. 1989

Our Community Is Your Community

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Wishing you a joyous holiday season and a Happy New Year!



"The fondest memories are made gathered around the table"



# Let's Get Together for the Holidays

Celebrate the season and plan to attend your 2016 Schooner holiday Join your friends and neighbors for a joyous evening of festivities. Each event will include live entertainment, many delectable items to eat and drink and of course, exceptional company.

On the entertainment side, vocalist Mary Murphy will provide the evening's music for both holiday parties. The Present Company Band will entertain at both New Year's Parties.

- Apartments Holiday Party: Tuesday, December 13th at 5:00 p.m. in the Tenants Harbor Room.
- Residential Care, Studios and Memory Care Holiday Party: Wednesday, December 14th at 5:00 p.m. in the Village Green.
- Residential Care, Studios and Memory Care New Year's Party: Saturday, December 31st at 3:00 p.m. in the Village Green.
- Apartments New Year's Party: Saturday, December 31st in the Tenants Harbor Room, at 5:00 p.m.

The annual lighting of the big outdoor tree at Castine will be held on Thursday, December 1st at 4:00 p.m. Come join us for a few holiday songs and refreshments!

See our party menus on page four. Delicious!





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

- Deanna Fickett, studio 111
- Lennice Godbout, studio 103



# To the Highest Bidder

# ~ Announcing a New Program

We will be offering an item OR items, that have been donated to Schooner Estates. The item(s) will go up for bids on Friday of each week and close to bids on Thursday at noon of the following week. The item(s) will be shown on a flyer and can be viewed in person. The high bidder will win the item(s) and need to pay and pick up within three days. Schooner management reserves the right to accept and/or reject all bids. The money raised will be donated to one of our selected Charites.

The Auction is a fair way to let staff and tenants, who have expressed interest in such a process, to get to purchase items donated. It will also help with ALL of our fundraising efforts. That in turn will greatly help our chosen Charities. Bid high & often, it's a great way to feel good and be a part of the effort to help raise money for worthwhile causes.

Please look for the bid item(s) posters at the front desk and the Camden coffee bar. Pick up and submit your bid forms at the front desk. The item(s) are located in the Tenants Harbor Room. Hope you are a winner!

#### For Your Convenience...

During the cold, snowy winter months, if you need your vehicle for an appointment, etc., please let maintenance know (ext. 159, at least a day ahead) and they will have it ready for you. They will start your car, clear frost from the windshield and do any snow removal, with a smile!



#### Beware, words can go every which way!

## Word Search

Word List:	D	F	ı	K	Ε	M	0	С	L	Ε	W	Ε	R	T	Y	U
Decorate	ı	Α	S	Ν	0	W	S	С	R	Y	S	T	Α	L	S	K
Holly	Α	S	D	F	Υ	Α	D	ı	L	0	Н	Т	Α	В	С	D
Hanukkah Christmas	M	Ε	R	Т	Y	Н	Υ	Р	J	N	В	Н	Н	R	R	Ε
Snowman	0	Н	D	E	С	0	R	Α	T	Ε	R	Α	W	Ε	N	R
Fireplace Snow	N	J	K	L	F	L	Α	R	E	L	K	N	ı	ı	Α	E
Crystal	D	Α	N	G	Ε	L	Н	0	L	K	Ε	K	K	N	M	ı
Diamond Reindeer	S	Α	S	С	Н	Y	Ε	R	U	Ε	W	F	K	D	W	N
Holiday	X	G	Н	Α	N	U	K	N	С	Α	Т	U	L	Ε	0	L
Angel Gift	F	ı	R	Ε	Р	L	Α	С	Ε	L	S	L	ı	Ε	N	K
Thankful Welcome	E	F	W	R	0	Н	Р	E	L	Z	Z	Α	D	R	S	Α
Dazzle	R	T	Α	S	Α	M	T	S	ı	R	Н	С	S	D	F	S





# **Healthy Eating and Carbohydrates**

We need carbohydrates (carbs). They are our chief source of energy – like gasoline is to a car. Carbs fuel your body and your brain, too. The richest sources are anything that grows from the earth; fruit, vegetables (and root vegetables), grains and legumes. These are whole foods or complex carbohydrates, which our body breaks down slowly during digestion.

What we don't need is the simple carbs so prevalent among our food choices today – the processed, refined foods. These are whole foods or complex carbs that have been drastically altered before we eat them.

Sadly, misinformation has made carb another four-letter word. Low-carb diets tell us carbs are the reason we become insulin resistant and gain weight, as indicated by the rising incidents of obesity and diabetes. But carbohydrates were around long before these high disease rates occurred. Processed carbs weren't. Therefore, carbohydrates aren't the problem, say nutritionists. It's the processed, refined carbohydrates that throw our bodies out of balance. If we had left carbs in their natural state, they wouldn't have become a problem.

The body is designed to slowly and methodically break down a whole food into the nutrients it needs. Refined sugars and other highly processed foods are already broken down and absorbed very quickly. Eating them too frequently is confusing and stressful to the body. Nutritionists advise not to follow a low-carb diet, but a "proper carb diet."

The human race is getting sicker. It's not just obesity and diabetes, but cancers and heart disease are also on the rise. Processed, refined foods are a contributing factor to declining health. They lack the nutrition needed to strengthen our bodies and our immune systems. Same for the restrictive low-carb diets, say nutritionists. These diets lack fiber and many phytochemicals in fruits and vegetables – including nutrients science hasn't discovered yet.

Perhaps the best strategy to correct an insulin imbalance and lose the resulting weight is to eat more natural carbs and less of the carbs that can create an insulin problem — the "junk" food. If your carb choice isn't in a form Mother Nature created, it may not be a healthy choice. Cut back on foods designed and altered by humans. Choose an apple as a snack instead of a cookie or a sports bar. Eat more fruits and vegetables, legumes, root vegetables and whole grains. Carbohydrates are not "bad" for us. We must avoid using the word carbohydrate when we are referring to processed, refined foods.

ARTICLE FROM INSPIRED SENIOR LIVING - JULY 2016

Be sure to make it a point to visit our "Wellness Board", located right outside the Searsport Dining Room, next to the main kitchen on the ground floor. Each month a different Schooner department is assigned to set up the board with new, health conscience tips. We are committed to helping you keep in tip, top shape!





# **Christmas Day Menu**

It's here! Take a look at our Christmas Day menu below and you might just feel a slight rush of pre-Christmas spirit!

## **Appetizers**

Shrimp Cocktail Mixed Greens Salad w/Cranberries, Walnuts. Crumbled Bleu Cheese & Balsamic Vinaigrette

#### Entrées

Prime Rib us Jus w/Horseradish Cream Cranberry-Sage Stuffed Chicken Breast Seafood-Stuffed Sole w/Sherry Lobster Sauce

#### Accoutrements

Mashed Potato / Sweet Potato w/ Marshmallows / Honey-Glazed Carrots/ Asparagus / Fresh Squash

#### Desserts

Gingerbread Cream Cake / Cherry Pie / Oreo Mint Ice Cream



## **Holiday Party Menu**

#### Passed Hors d'oeuvres

Assorted Fruit and Cheese with Crackers Various Dips and Breads Stuffed Cocktail Rolls with Lobster, Ham, and Egg Salad Mini Ouiche Italian Sausage Stuffed Mushrooms Scallops Wrapped in Maple Bacon Cocktail Meatballs Classic Shrimp Cocktail

## **Holiday Table**

Glazed Pecans Holiday Cookies/Sweets Coffee/Tea Mulled Cider Spiced Egg Nog

## **Books & Gifts Galore**

Schooner is happy to be hosting another "Books Are Fun" event. The fair will be loaded with gifts and books from hundreds of great publishers. All are at great discounts of 30, 40 and even 50 percent off the manufacturer's suggested retail price. You are sure to find something special. So stop by and browse through their many items. Shop for the holidays!

The fair will be held in our Village Green on Wednesday, December 7th, 9 a.m. - 4 p.m.





# Words of Wisdom: Glenn Hayes

Glenn Hayes, from apartment 313, has some insight from his 31 years as a school teacher that is good advice for students, teachers, and just about everyone else:

"Whatever life throws at you, meet it calmly and with a smile. You can go much further with a smile than a frown. A calm person can do much more than a hurried one."



## A Few of our Favorite Pics





