



# The Schooner Flash



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Our Community Is Your Community.

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## Let's Get Together for the Holidays

Celebrate the season and plan to attend your 2016 Schooner holiday parties! 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.

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



*"The fondest memories are made gathered around the table"*

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







## 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 Quiche  
Italian Sausage Stuffed Mushrooms  
Scallops Wrapped in Maple Bacon  
Cocktail Meatballs  
Classic Shrimp Cocktail

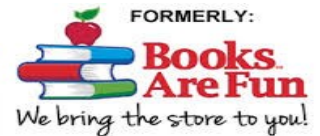
### **Holiday Table**

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

## Books & Gifts Galore

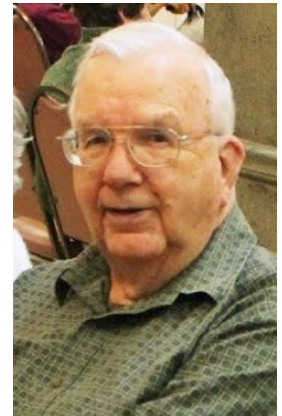
Schooner is happy to be hosting another "Books Are Fun" event. The fair will be loaded with gifts and books from hundreds of great publishers. All are at great discounts of 30, 40 and even 50 percent off the manufacturer's suggested retail price. You are sure to find something special. So stop by and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

