



The Schooner Flash



February 2019 Issue 131

Schooner Estates, Est. 1989

Our Community Is Your Community.

In This Issue:

- Mardi Gras 2019
- Welcome
- Our Favorite Pics
- Word Search
- Bud Lewis Celebration
- Welcome Aboard
- Mike Perry Presentation
- Heart Month

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Your Schooner Family

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Valentines Day is
Thursday, February 14th.
Remember to do some-
thing special for your
sweetheart!

“Be the Reason Someone
Smiles Today!”



Mardi Gras, Schooner Style! Tuesday, March 5th

Get a head start on making plans to attend our 2019 Schooner Mardi Gras day of festivities. It arrives early in the month of March so here is your “Save the Date” for this special celebration!

Why is Mardi Gras called Fat Tuesday?

The primary reason is because at this day, most people in certain cities consume all the foods in their homes that are forbidden or not allowed during the Lent such as eggs, butter and sugar. One of the most popular foods served during Mardi Gras is pancake.

As always, friends and family are invited to share in the festivities. Please call at 784-2900 or stop by our front desk, sign them up, and pick up a ticket for our buffet lunch. Our residents will be seated closest to their regular lunch times.

And last but certainly not least, stop by and watch our parade of floats and characters at 3:00 p.m. in the Village Green. Everyone is invited to dress up and join in the parade.

Our buffet menu will be posted in the elevators in February.



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

• Betty Fatone, apt. 316

• Pat Libby, apt. 315



A Few of Our Favorite Pictures



A visit to the Mill exhibit at the L/A Museum



A Men's Social

Word Search



Vacations

Beware, words can go every which way!

Word List:

- | | | |
|--------------|--------|-------|
| AUTO | INVITE | VISIT |
| BEACH | LIST | |
| BIKES | LOAF | |
| BOWL | MOVIES | |
| BUS | MUSEUM | |
| CAMP | OPERA | |
| CAPE COD | PACK | |
| CAR | PAINT | |
| CIRCUS | PARK | |
| CONCERTS | PLANE | |
| CRUISE | READ | |
| DISNEY WORLD | REEL | |
| DRIVE | RODEO | |
| FAIR | SHOP | |
| FARM | SWIM | |
| FUN GOLF | TENNIS | |
| HERSHEY | TRAIN | |
| IDLE | TRIPS | |

H C S D W O R C M L P M A C
 C O E T A U S I S L I G Y R
 A N T E R U W P O D O S N L
 E C I N B S I A O L A U T O
 B E V N P R F C F R F E J T
 S R N I T L E K Z O O Q R N
 E T I S S P A M L W O B Y I
 I S G I A I Y N U Y R C Z A
 V O N C E P T E E E C E S P
 O E P F E D O S H N S E E F
 M E A E R L I H I S K U A L
 R I D I R U D A S I R R M Q
 R A V O R A R I B D M E A W
 R E C C R T S U C R I C H P



Celebrating 100 Years!

Our own Bud Lewis, longtime Rockport resident, turns 100 years young in February! He is an amazing person with abundant knowledge on almost any subject and a regular attendee to our weekly “Great Courses” lecture seminars.

To celebrate this amazing milestone, his family is putting together a fabulous party.

The party date will be held on Sunday, February 17th and Bud is welcoming all to attend! That means you! It will be held in our Tenants Harbor Room from 4-6 pm with light refreshments being available. Please RSVP to either Sue O’Brien in the Camden office, or the front desk at 784-2900, no later than Tuesday, February 12th. Hope to see you there! Happy Birthday Bud!!



Welcome Aboard

An official welcome is in order for a new member of our Schooner Estates management team, Mr. Randy Parenteau. In his own words, here is a bit about him: “I am married with 4 children, 2 grandchildren and a dog. My family and Faith are the most important things to me. My hobbies are spending time with my family, coaching sports, weightlifting, wood working and being out in nature. My background includes former Military, Police Officer, working as a construction manager and a carpenter by trade. I have been in facility management for the past 10 years and really enjoy meeting residents and getting to know them, stopping and talking.” Thank you Randy! We are so happy to have you here.



Another Great Show by Mike Perry

Schooner Estates is thrilled to welcome back Freeport Maine’s, Michael Perry. He is excited to share a new show on “Kayaking Around New England” with all of you. A very interesting story that took place over 32 years!!

Stop by our Tenants Harbor room on Tuesday, February 26 at 2:30 pm and enjoy this amazing adventure trek. Thirty two years – 3200 Miles around New England, yes, some things do take awhile! This 32 year piece by piece circumnavigation of New England was done by kayak. Join Michael and his three L.L. Bean friends as they pick away at this lifelong dream of paddling their kayaks all the way around our beautiful region. Each year they took a week vacation and kept extending the line. Of course to do this it meant paddling all the New England coastline, New Brunswick, Nova Scotia, the Gaspé of Quebec, the St Lawrence River, Lake Champlain and finally the historic Hudson to their end point in October of 2017 at the Statue of Liberty. Come share in this unique adventure!



NATIONAL "WEAR RED DAY" Friday, February 1st, 2019

Your Support is Appreciated!

100% of your donation goes to
the American Heart Association

Stop by the Castine reception desk and purchase an American Heart Association lapel pin, wristband, key chain, magnet, or heart. Your heart will have your name written on it and then proudly displayed here at Schooner.



- * Lapel Pins \$2.00
- * Wristbands \$2.00
- * Red Hearts \$2.00
- * Gold Hearts \$5.00 .. *Or more*
- * Key Chains & Magnets \$2.00

Would you recognize a **Heart Attack**?

If you had heart disease, would you recognize the symptoms? You might be thinking, "Of course!" Many people are familiar with the scene of a man clutching his chest and falling to the ground, but there's plenty more you need to know.

While there are many similarities in the symptoms of heart disease in men and women, there are even more differences – differences that could save, or end your life if you don't know them. So before you pass that jaw pain off as the result of sleeping funny or lightheadedness as something a snack or rest can fix, learn the symptoms. And don't ignore them.

Women who consider themselves healthy often misdiagnose the symptoms of a heart attack because they don't think it could happen to them. That is why it's crucial to learn about heart disease and stroke, know your numbers, live a heart-healthy lifestyle and be aware of the risk factors of heart disease.

What to do during a heart attack

If you experience any of these signs or symptoms:

- Do not wait to call for help. Dial 9-1-1, make sure to follow the operator's instructions and get to a hospital right away.
- Do not drive yourself - have someone drive you to the hospital unless you have no other choice.
- Try to stay as calm as possible and take deep, slow breaths while you wait for the emergency responders.

*To all Schooner residents, if you notice anything unusual regarding your health or have any questions, be sure to contact our Home Health office. We're want you to stay

Following are possible signs and symptoms of a heart attack:

- *Crushing chest pain
- *Arms may feel heavy
- *Shortness of breath
- *Coughing
- *Nausea
- *Vomiting
- *Dizziness
- *Face seeming gray in color
- *Feeling clammy and sweaty

