



The Schooner Flash



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Schooner Estates, Est. 1989

Our Community Is Your Community.

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The New Year: A Time for Reflection

2016 was a year for the books. With its political upheaval and cultural unrest, many in the media have been looking back with disdain. But those who look at it through experienced eyes may be able to give some much-needed perspective: we've all been through so much and it is with patience and gratefulness that we continue forward, together. Indeed, taking time to appreciate what's right in our lives each and every day is the best way to start a new year, as embracing the good memories while moving past the bad is the happiest way to look back.

Within our community, 2016 had many milestones. Our hallways have been given a makeover with the completion of two long-standing projects: a refresh of our art, and new wayfinding signs. We got to know many of our residents' "Words of Wisdom" through a new marketing campaign. In August, we opened our doors to the public for a tremendously successful Open House, with the help of you, our residents. Perhaps most importantly, we added many new residents who have become an integral part of the Schooner Family.

2017 holds much promise for our community. Kitchen renovations are under way as part of a continued promise to serve the highest quality food. Our marketing focus continues to be based on our pride in the people who live and work here. And we look forward to welcoming even more new faces to our community, and strengthening the bonds of those who live here. We rely on you, our residents, to be involved in making our community the best that it can be, through active participation, feedback, and your help in recommending our community to those who would flourish here. As always, we are grateful for you and your efforts, each and every day. Our community truly is your community.

By Linda Hildonen

Happy New Year!



Schooner, dressed for winter!



Thank you for all you do!

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

- ◆ Carol "CJ" Cooper, studio 112
- ◆ Bette Ann Cushman, apartment 527
- ◆ Dorothy Hanson, apartment 631
- ◆ Ann McDonald, apartment 428
- ◆ Elaine Morrison, Residential Care



The Gift that Keeps on Giving!



Last month, we featured Ann Anderson in a Words of Wisdom ad, sharing the following pearl: “I am so fortunate. I think so many of us are, and we just don’t realize it.” When we interviewed Ann, we were speaking to her about her project of knitting slippers and hats all year long to donate in the Christmas Season. This year, Ann chose to donate her knit goods to the Trinity Jubilee Center, a local non-profit that works with underprivileged families and individuals in the Lewiston-Auburn area.



When we visited the center to drop off her four boxes of knit goods, we spoke to the center’s director, Erin, about their ongoing needs. This conversation inspired us, and we quickly endeavored to collect from you, our residents, any unwanted clothes, blankets and other goods to donate to the center. In less than a week, we were able to gather a whole truckload of donations to drop off at the center.

We want to thank everyone who donated! It just goes to show that a little generosity can go a long way!

AARP Fraud Watch on the Schooner Estates Facebook Page

You probably already knew that the Schooner Estates Facebook page is a great place to see pictures and videos from the latest events that take place right here. But did you know that it’s also a great place to learn about ways to protect yourself from the latest scams targeting the senior population? Each Wednesday, we post alerts from the AARP Fraud Watch team, letting you know what kind of scams are happening to seniors in the country, so that you can be prepared. Go online to learn, and be a fraud fighter!

Here’s the latest AARP Fraud Alert, from December 28th:

Last year, Americans gave over \$373 billion to charity. Government officials who regulate charities and fundraisers say that most charities are legitimate, but there are fundraisers that keep most of the money they raise. As you consider year-end giving, do your research. Check out charities at www.give.org or www.charitynavigator.org to make sure your money is going where it should and not into the pockets of scammers!

**WISHING ALL OF OUR RESIDENTS AND STAFF
A SAFE AND HAPPY NEW YEAR!**



Enjoy Winter and be Safe

Winter is here and the cold weather has arrived. But remember, all that ice and snow means an increased chance of slipping and falling. Just one bad fall on ice can have long-term consequences. Here are some things you can do to make winter a little less perilous:

- ◆ **Check your footwear.** Wear winter boots when outside. How's the traction? Better traction can help keep you more stable on icy surfaces.
- ◆ **If you drive a car,** bring a cell phone (if you have one) when you leave. If you fall, it can sometimes be hard to get up. Carrying a cell phone whenever you go out can bring peace of mind.
- ◆ **Slow down.** Allow extra time if it's slippery out. When you hurry, you end up pushing the envelope of what your balance can handle. Keep in mind that being a little late is better than falling.
- ◆ **Ask for help.** If you have to walk across an icy sidewalk or parking lot, try to find a steady arm to lean on.

Also, we want to thank our fantastic maintenance crew for everything they *do here at Schooner* during the harsh winter months.

From keeping the walkways safe, plowing, clearing off residents' cars, etc. They do it all!



Have You Heard?

We are happy to inform you that the start of the construction for our new kitchen update has officially begun! Pictured below is the laying of the concrete pad for the new cooler.

Despite the challenges of winter, our project is marching forward.



A Few of our Favorite Pics



Smile for the camera!