



# The Schooner Flash



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Schooner Estates, Est. 1989

Our Community Is Your Community.

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Wishing you and your family a happy and healthy New Year!



## New Year's Gratitude From The Marketing Department

It's the beginning of a New Year at Schooner, and we here in the Marketing Department are excited about the possibilities that lay before us: the great events and activities that will happen all year round, the opportunities to connect as a community, and, of course, the new faces that will join us. It's our pleasure to help people make the decision to come live here, and we're always proud to show off what a fantastic place this is! But, of course, we couldn't do it without all of you!

To the incredible Schooner Estates Staff, we'd like to extend our gratitude for all of the hard work you do. Our receptionists greet our residents and guests with a smile. Our kitchen staff makes and serves up meals that keep people coming back for more. Our housekeepers and maintenance staff keep our building clean, safe and welcoming. Our drivers give our residents the freedom to stay active in the community, and the ability to get to the medical appointments that keep them at their best. And our direct care staff keeps our residents happy, healthy, and living their best lives. We thank all of you, from the bottom of our hearts.

In particular, the Marketing Department would like to thank our hostesses, Lindsey and Heather, for helping us to arrange meals for our touring guests, even at the last minute, and Giselle, for helping our new residents get the most out of their time at Schooner, right from the start.

To all of our residents here at Schooner, we want to thank you as well. It's your kindness and welcoming attitudes that give our community that hometown feel that just can't be faked. It's your recommendations that keep newcomers walking through our door. And it's your invaluable feedback that helps us to keep our commitment to quality strong.

To everyone here at Schooner Estates, thank you for all that you do. You make us so proud to invite people into our community. Here's to another great year! *Linda Hildonen & David Cassidy*

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

- George & Maureen Clark - Apartment 625
- Phyllis Curtis - Apartment 510
- Rita Rodrigue - Residential Care



### A few of Our Favorite Pictures

Todd Hopkins and his wife Kelly would like to introduce their new baby daughter, Abby. Is this picture cute or what!



Schooner driver Tammy Lasko wanted to share with us a picture of her newly adopted cat, Tony.

Welcome to the Lasko household  
Tony the Tiger!



### Word Search

## Hail to the Chef



Beware, words can go every which way!

#### Word List:

- |             |         |
|-------------|---------|
| APRON       | KITCHEN |
| BASTE       | LADLE   |
| BEAT        | MEAL    |
| BLANCH      | MEASURE |
| BLENDER     | MINCE   |
| CASSEROLE   | OVEN    |
| CHOP        | PARSLEY |
| COOKBOOK    | PILAF   |
| CUISINE     | RAGOUT  |
| DINNER      | RECIPE  |
| FOIL        | ROAST   |
| FONDUE      | SAUTE   |
| GARNISH     | SEAR    |
| GLAZE       | SEASON  |
| HERBS       | WHISK   |
| INGREDIENTS |         |

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



## Auld Lang Syne: What Does it Mean?

It's become a New Year's Tradition to sing the song "Auld Lang Syne" as the stroke of midnight bids goodbye to the previous year, and greets the new. But few know all of the words to the song, and fewer know what it means.

Written in 1788 by Robert Burns, and set to the melody of a Scottish Folk Song, Auld Lang Syne was originally written in Scots, a dialect spoken by many in Lowland Scotland. The words "Auld Lang Syne" translate literally to "old long since," but are more easily understood to translate as "days gone by." Therefore, the song is a call to celebrate our memories, the people who have been dear to us throughout our lives, and all of the richness of days gone by. We can drink a cup of kindness to that!

## Winter Weather Tips

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? This is one of the most important things you need to check for before going outside. Make sure there is enough tread on the soles. 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.

## Kindness & Generosity

Schooner resident Ann Anderson has done it again! In keeping with the year before, she has spent this past year knitting a total of 100 slippers and 20 hats.

On December 19th, Ann, her daughter Christine, and Giselle Prevost made the short trip to Walton Elementary School in New Auburn. The items were donated to the guidance department in order to distribute to children at the school. Danielle, the guidance director, was happy to accept the slippers and hats.

Last year, Ann's donation was generously made to the Trinity Jubilee Center, a local nonprofit that works with underprivileged families and individuals in the Lewiston-Auburn area.



Everyone had a fabulous time at this year's holiday parties. Take a look at these wonderful pictures!



### Many Years of Enjoyment

Our own Hope Weston was one of the honored guests at the Blaine House for the Kennebec Garden Club Coffee and Tea. Hope has been a member of the Garden Club for over 80 years. She treasures the many memories of decorating the Blaine House for the holidays for many years and enjoys returning each December to see the beautiful work of so many.

Hope, pictured with First Lady Ann Lepage, Hope's son Jim and his wife Judy.



### Words of Wisdom

~ From Ralph Gould

It's the New Year, and time to think about our goals for the future. For the young and career-minded, Ralph Gould offers the following Words of Wisdom: "Select your career goals very thoughtfully. The level of education is critical here, and the costs to achieve your objectives must be measured against the 'return on investment.' Consider taking the Stanford-Binet test for career assessment to help with your analysis."

Great advice for planning for the future, as we look ever forward!  
Thanks, Ralph!

