



The Schooner Flash



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Our Community Is Your Community.

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**Happy
New Year !**



Gifts from the Heart

Schooner resident Ann Anderson, thanks to her generosity and kind heart, has once again knitted and donated quite a few pairs of slippers, ranging from toddler to adult sizes, 185 to be exact! This is something she loves to do and has been doing it for several years.

On December 14th, accompanied by Giselle Prevost and Lindsay Remington, she made the trip to Walton Elementary School in New Auburn. The items were delivered and given to children at the school. Danielle, the guidance director at the School, was happy for the donation.



Also, a second trip was made to the Trinity Jubilee Center, a local nonprofit that works with underprivileged families and individuals in the Lewiston-Auburn area.

Do all the good
you can, to all
the people you
can, in all the
ways you can,
as long as you
can.

— D.L. Moody

In case you haven't already heard, Schooner Estates earned a 92% on the December H.U.D. inspection! An amazing score! Thank you to all who helped make this happen.

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

- Sandra Doughty, apt. 526



A Few of Our Favorite Pictures



Word Search The Ice Age



Beware, words can go
every which way!

Word List:

ANIMALS	MOVING
ANTARCTICA	PERIOD
CAVE	POLAR CAPS
CHANGE	ROCKS
CLIMATE	RUBBLE
COLD	SABER TOOTH
CRO MAGNON	SEA LEVEL
ERA	SOIL
FIRE	SOUTH
FORMATIONS	THICK
GLACIER	TOPOGRAPHY
GREENLAND	WEAPON
ICE SHEETS	
MAMMOTH	
MAN	
MOUNTAINS	

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



Sue O'Brien's granddaughter Maire (*pronounced My-rah*) tolerated sitting on Mrs. Clause's lap this past holiday season. But her big brother George wanted nothing to do with it!



Winter Safety

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. Keep a blanket in your car for emergencies.
- **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.

Piano Concert Extraordinaire

On December 8th, Schooner was honored by a return performance of Tamara Poddubnaya and Ilya Ishchenko, concert pianists from Russia.

A distinguished graduate of St. Petersburg's Rimsky-Korsakov Conservatory, **Tamara Poddubnaya** is one of the most popular and dynamic artists to have appeared at Schooner Estates. A native of Georgia in the Caucasus, she established herself as one of Eastern Europe's foremost keyboard artists and piano teachers. Renowned for her masterful command of a vast piano and harpsichord repertoire, she has performed to great acclaim in Europe, Asia, and the United States. In 2007, she brought her Music without Borders International Piano Festival to the Gould Academy campus in Bethel.

Ilya Ishchenko, 23, began his piano playing career at the age of 8 in his home city of Buzuluk, Orenburg Province, Russia. He graduated from Buzuluk Music College, then came to the United States, to continue his studies with Professor Poddubnaya. He received his diploma in piano earlier this year from the Long Island Conservatory, where he is now Instructor in piano.



Schooner Estates is pleased to have such wonderful entertainment for its tenants. Our activity calendar is filled each month with so much to do. There is something for everyone!

The Scents of the Season

Snickerdoodle cookies, gingerbread houses and cookies, pumpkin pie and hot apple cider give rise to some of the scents of the holiday season. Our memories are profoundly infused with the tastes and smells swirling all around us and are attached to the holiday traditions that we celebrate. During the cold winter months, a favorite time of many is baking when we are stuck inside. We spend many hours in the kitchen preparing dishes with the traditional spices such as nutmeg, allspice, cinnamon and ginger. They add flavour and aromas to our everyday dishes. These fragrant spices not only fill our homes with enticing aromas, but they also have proven health benefits.

Allspice - Allspice is a staple in many kitchens as a variety of foods benefit from this seasoning. Allspice's delicious flavour boasts health benefits as it is rich in health promoting and disease preventing features due to its antioxidants and anti-inflammatory elements. This spice is a powerhouse of vitamin A, vitamin B6, riboflavin, niacin and vitamin C. By consuming foods rich in vitamins, the body develops resistance against infectious agents and harmful, pro-inflammatory free radicals. Allspice contains iron, which is essential for red blood cell production in the bone marrow, and potassium, which regulates heart rate and blood pressure. Other active compounds in allspice are known to be anti-inflammatory and have anti-flatulent properties. These active ingredients increase the motility of the gastrointestinal tract and aid in digestion.

Cinnamon - Of all the holiday spices, cinnamon is the most familiar and most widely used. Cinnamon has been studied for its antioxidant, anti-inflammatory, antidiabetic and anticancer medicinal benefits. Cinnamon is a nutritional powerhouse with antioxidant properties that keep cells from deteriorating fighting diseases such as cancer, Alzheimer's, diabetes and Parkinson's. According to scientific research, cinnamon helps the hormone insulin work more efficiently, which reduces blood sugar levels. Due to its antifungal properties, the spice is utilized in the natural treatment of yeast infections and athlete's foot. And cinnamon tea calms an upset stomach.

Ginger - More than any other time of year, the holidays are about flavours. Ginger is one traditional spice that truly represents this special time of year. The spice is popular also because of its medicinal properties. Studies have consistently shown that one gram or more of ginger can successfully treat nausea caused by morning sickness, chemotherapy, indigestion or sea sickness. Ginger also appears to have strong anti-inflammatory properties and can help with pain management by blocking inflammation pathways in the body. Some studies have shown ginger can reduce osteoarthritis symptoms.

Nutmeg - Nutmeg possesses strong antioxidant and antimicrobial properties. The spice has been used for years in traditional Chinese medicine to treat gastrointestinal illnesses. The flavour and therapeutic actions are believed to be due to its oil. Used in small doses, nutmeg can reduce flatulence, aid digestion, improve the appetite, and treat diarrhea, vomiting and nausea. It contains phytonutrients including beta-carotene, which benefits eyesight. Adding to its long list of curative properties is improvement in blood circulation to the brain and sleep enhancement.

For a memorable holiday of amazing tasting food and festive smelling kitchens, add a pinch of several fragrant seasonings. Our food will taste scrumptious and our homes will smell cheerful. Spices not only fill the air with their mesmerizing aromas, but as a bonus, these seasonings provide an abundance of antioxidant properties, minerals and vitamins that enhance health. Just add a little dash of this, and a pinch of that.