



# The Schooner Flash



July 2016 Issue 100

Schooner Estates, Est. 1989

Our Community Is Your Community.

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## 100 Issues and Still Young!

We are very pleased and excited to announce that our July issue of the Schooner newsletter is number 100! Our first issue was printed in November of 2007. New things were happening at that time including renovations of our Theatre and Exercise room. The Schooner cottage was being transformed into a temporary guest room and our "Schooner Centenarian Club" welcomed it's first member.

For our 100th anniversary issue, we've doubled our content and prepared a mix of guest articles from you, our wonderful residents! We have included a variety of stories

**100th  
issue!**

## Writers:

Your Schooner Family

## Editor-in-Chief:

Sue O'Brien



FUN IN THE SUN!



Below are a few photos from our June, Hawaiian Luau cookout.



## Who's New in the Neighborhood?

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

Maurice Albert, studio 106 \* Virginia Houston, Residential Care



## Barbecue No. 2: Red, White and Blue

Look through your closets for your red, white and blue star studded attire! Our second cookout of the season, the "Red, White and Blue Cookout" is scheduled for Wednesday, July 6th.

Our menu will be loaded with a delicious variety of "4th of July style" foods prepared by our Chef Seth Lyons and his amazing culinary crew.

We are always excited to have your friends and family attend these fun social events. Be sure to invite them! Please call our front desk at 784-2900 for sign up and ticket information.

### ~ Our Americana Menu ~

#### Salads

Tossed

Cucumbers in Apple Cider Vinegar

Green Onion Slaw

Macaroni with Shrimp and Peas

#### Mains

Southern Fried Chicken

Mini Cheeseburgers Deluxe

BBQ Shrimp Skewers

Homemade Mac n' Cheese

Baked Pork n' Beans



## Schooner Gentlemen's Photos

The Men of Independent Living...and



## The Creation Story Told Through Works of Art

We are proud to provide a wide variety of scheduled activities for our residents to choose from throughout each month. From musical events, day and overnight trips, theme barbecues, educational presentations, plus much more. We have something for everyone.



The month of July brings back to us, Cynthia Lee Peer from "Peer Presentations". She will present us with a beautiful slide show displaying the "Creation of the World" unfolding through historic works of art. See the creation of the heavens and earth, the fish, birds, animals and Adam and Eve. Shown in our Tenants Harbor Room on Tuesday, July 12th at 2:15 p.m. See Sue in the Camden

## Welcome to My Garden!

A note to all you *casual gardeners*; it's better to be proud of a small garden than to be frustrated by trying to take care of an oversize one. In order to help you accomplish this rewarding task, Schooner has several raised garden plots that are used by residents for growing flowers and vegetables. These small plots make gardening fun and easy to do. It's not too late to start a flower garden or a tomato plant or two!



Check with Mark Prevost, Resident Services Director, for more information on garden plot availability. The plots are located behind Schooner

Our Group from the Castine building.





## Blast from the Past: Odds and Ends, Something to Think About

Below is an article taken directly from our November 2007 issue. Submitted by our former Business Office Controller, Mr. Brian French.

### **TO ALL THE KIDS WHO SURVIVED THE 1930's, 40's, 50's, 60's AND 70's!**

First, we survived being born to mothers who smoked and/or drank while they were pregnant. They took aspirin, ate blue cheese dressing, tuna from a can, and didn't get tested for diabetes. Then after that trauma, we were put to sleep on our tummies in baby cribs covered with bright colored lead-based paints. We had no childproof lids or locks on medicine bottles, door or cabinets and when we rode our bikes, we had no helmets, not to mention the risks we took hitchhiking. As infants, we would ride in cars with no car seats, booster seats, seat belts or air bags. Riding in the back of a pick up on a warm day was always a treat.

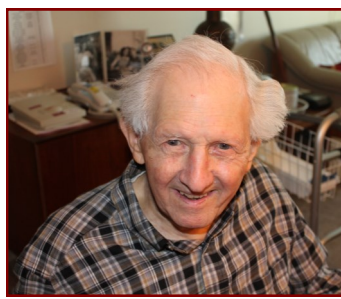
We ate cupcakes, white bread and real butter and drank Kool-aid made with sugar, but we weren't overweight because, we were always outside playing! We did not have video games, cell phones, or computers...WE HAD FRIENDS and we went outside and found them.

We rode bikes or walked to a friend's house and knocked on the door or rang the bell, or just walked in and talked to them. Back then we had no cell phones—no one was able to reach us all day. And we were O.K.

These generations have produced some of the best risk-takers, problem solvers and inventors ever! The past 50 years have been an explosion of innovation and new ideas. We had freedom, failure, success & responsibility, and we learned HOW TO DEAL WITH IT ALL!

## Looking Fabulous at 100!

In recognition of our 100th issue, we found it fitting to share with you a list of Schooner residents who have reached the distinguished age of 100, or more! Since living this long is quite an accomplishment to say the least, we feel this is quite a lengthy list. Our "Schooner Centenarian Club" began in 2007. Listed below



are our current members.

**Eleanor Ness**

**Hope Weston**

**Irving Isaacson**

**Barbara Trask**

**Doris Robbins**

*You're not 100, you're 18 with 82 years experience!*



## Guest Column: Advice from Betty Hayes

*Elizabeth “Betty” Hayes, a new resident living in the Rockport building with her husband Dell, graciously agreed to write the following column of advice for those considering making the move to Schooner.*

A wise man once said we all want to live long lives, but none of us wants to grow old. Here at Schooner we see many examples of living long, but staying young at heart. Anyone can take part in many of the activities here, or be the audience for entertainment. Trips are also arranged as well as local transportation, voiding the necessity and expense of maintaining a vehicle.

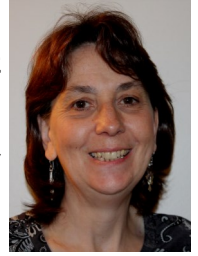
Dell and I feel carefree without housekeeping duties and upkeep of the house, yard and gardens. You might say the living is easy as we enjoy safety, housekeeping, meals, and the option to arrange for healthcare. One can be as social or reclusive as you desire. We have found everyone to be congenial at every level.

We share a table at dinner (served at noon) with two youngsters, Joyce and Rene Poulin, who exemplify taking advantage of what Schooner has to offer. They participate in the activities and go to most of the entertainments while staying close to their children. Dell’s brother and his wife Rachel occupy a nearby table and Glenn has a penchant for telling funny stories. We may lose our hair, teeth and youthful figures but not our sense of humor.

We would urge everyone to plan ahead, and if a

## Hail to the Chief: Our Editor, Sue O’Brien

We’d like to take a moment to acknowledge Sue O’Brien, current Editor-in-Chief of the Schooner Flash. Sue has been working at Schooner for eighteen years, and has worked on every issue of the Flash since it was



started by Jane Morrison, former Director of Operations. Sue is proud of both the Flash, and her time here, saying that the great thing about working at Schooner is that it’s like having a second family.



Sue and her husband live in Gray, and recently celebrated an addition to the family: her Grandson George

## A Word from Our President

A decade ago, John and I bought Schooner Estates. We believed then, and do now, that the power of community is something that can make an enormous difference in the lives of seniors, their families, and the people who work with them. Every day, we’re proud to hear stories of our residents, employees, and community partners enriching each other’s lives. The Schooner Community is truly a family, and we’re so lucky to be a part of it.

As with any community, communication plays a vital role in strengthening our bonds and uniting us together. That’s why I’m so proud of the Flash. In this newsletter, we have celebrated the present, learned of future changes, and observed the significance of our past. In sharing our experiences, we have grown wiser, closer, and stronger.

I want to thank and congratulate everyone who has been involved with the Flash in these past 100 issues, and invite everyone in our community to be a part of it in the future, not only by continuing to read, but by sharing ideas and articles. Always remember, *Our Community is Your Community.*

*-Barbra Crowley, President of Schooner Estates*