



The Schooner Flash



July 2018 Issue 124

Schooner Estates, Est. 1989

Our Community Is Your Community.

In This Issue:

- ◆ July Cookout
- ◆ Summer Events
- ◆ Welcome
- ◆ Our Favorite Pictures
- ◆ Word Search
- ◆ Summer Safety
- ◆ Quilt Show
- ◆ Employee News
- ◆ Summer Series

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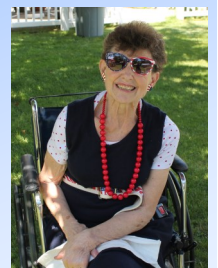
Linda Hildonen

Our July Cookout

We'll be continuing the 4th of July holiday celebration this year with our July 11th, "Americana" cookout! This is our second cookout of the year and as usual, Seth Lyons and his culinary crew will be doing it up in style. Featuring a spread of tasty, classic American dishes (our menu is posted in the elevators) you will be tempted to come back for seconds, of course!!

Invite family and friends, pick up a ticket for them at our front desk. We can't wait to meet everyone! As always, we love to see everyone dressed in their favorite red, white and blue attire.

Have a Fabulous Fourth of July!



A Veterans Panel



Summer at Schooner!



As summer begins, so does our extended list of warm weather outings and special events, here at Schooner Estates. So far we have visited the Dolphin Restaurant in Harpswell, an outing to the gardens at Pineland Farms and lunch at their restaurant. Our Monday ice cream socials have started and also, everyone's favorite, our monthly lobster bake. The month of July promises to be just as great! Be sure to check your calendars for each and every event.

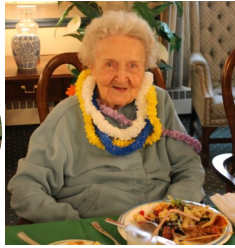
***It is with great pleasure
that we welcome you to our community!***

* Irene Chasse, Memory Care 206

* Pat Pinette, Apartment 303



A Few of Our Favorite Pictures



Word Search

The Movie Stunt

Beware, words can go every which way!

Word List:

- | | |
|-------------|-------------|
| AIR BAG | KICKS |
| BOATS | LEAPING |
| BRAVERY | MOTORCYCLES |
| BUILDINGS | PUNCHES |
| CAR CHASE | ROLLING |
| COORDINATOR | STAMINA |
| CRASH | STRENGTH |
| DEXTERITY | WIRES |
| DIRECTOR | WRESTLING |
| DUELING | |
| FIGHTING | |
| FIRE | |
| HEIGHTS | |

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



Stay Cool

Preparation and moderation are the key regarding enjoying time outdoors during the summer months. By following some common sense tips, we can all more fully enjoy the good summer weather and avoid over exposure to the sun and heat.

-- **What's The Hurry?** -- Summer should be enjoyed, so why rush? The faster you move the more your body heats, especially in warm weather.

-- **Shade** -- Plan outdoor activities for cooler early morning hours. Look for shaded areas such as a covered porch or under a tree to enjoy an activity. Heat can impact seniors as easily indoors as it can outdoors, so be sure air conditioning is used. Lower shades to keep light and heat out.

-- **A Need to Hydrate** -- Ice cream, popsicles and other frozen treats are refreshing on a warm day. Also, drink plenty of water, juice and sports drinks while avoiding caffeine. Here at Schooner, check out our Brass Rail Café in the Village Green and the Camden coffee bar area. We have cool drinks available there daily.

Enjoy the Day

Just a reminder for Thursday, July 26th. We will provide a shuttle to the *Maine Quilt Show* in Augusta. Giselle Prevost will be your host. See a beautiful display of over 500 quilts with special exhibits like the “Bee Sew Inspired” Challenge.

The shuttle will be leaving at 9:00 a.m. Admission to the show is \$10.00. We'll have lunch at the Senator Inn in Augusta. If you haven't already, contact Giselle at extension 135, or stop by and see her, if you would like to go.

Last years outing. Here's ⇒ part of the gang at the restaurant!



A New Granddaughter...and Don't' Forget George!

Introducing Maire Rose. She is the new granddaughter of Sue O'Brien. Born on April 7th, over 2 months early, she is now doing great! She weighed a little over 2 pounds when she was born and now is over 7 pounds. Her first 2 1/2 months were spent in the NICU at a hospital in New Hampshire. Thank you for all your well wishes during the past months.

And here's her big brother George! He is now two years old.





Upcoming Summer Series

Back by popular demand!

Cynthia Lee Peer, an expert in Art History Presentations will be here to delight us with another of her fabulous talks. On Tuesday, July 17th at 2:30 pm in our Tenants Harbor Room, she will present us with:



“Great Masterpieces of the Louvre”

View a beautiful slide show presentation giving you the history of the Louvre Museum! Follow along while you hear and see the Louvre evolve from Fortress to Palace to the worlds most famous museum. Featuring several famous works of art acquired throughout this evolution of the Great Louvre Museum.

We hope to see you there! Bring along a friend or two. Schooner is the place to be for fun and interesting events!



Save the Date...

On Tuesday, August 14th at 2:30 pm, we will have Miles Hunt, Lawyer and Chair at Androscoggin Home Health Care here to talk on the subject around advanced directives and POA responsibilities, followed by a Seniors Plus presentation on Medicare.

Miles’ principal areas of practice are estate planning and probate administration, elder law and social security disability appeals. He is very active in local non-profit organizations and is currently serving on the Board of Directors for the United Way of Oxford County. He also serves on the Board of Directors for Androscoggin Home Care and Hospice.



Directly following Miles, a representative of Seniors Plus will be here to talk about Medicare.

We hope this series of seminars and presentations will prove to be helpful and informative. So mark your calendars and be sure to attend!

Directly After Cynthia...All About Seniors Plus!



Don’t miss this: Directly following Cynthia’s Art Lecture on July 17th, our local Agency on Aging - Senior’s Plus, will be coming in to give a brief presentation about their agency. They offer many services that our tenants may be able to take advantage of: from their Education Center, at your home or Schooner Estates. Their courses are from Jewelry making; to understanding health care options; to navigating the senior care pathway.

