

Comfort in community ~
Confidence in care

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**Happy
St. Patrick's
Day!
March 17th**



“Wear Red Day” at Schooner, on February 7th

THE SCHOONER FLASH

MARCH 2014

Issue 72

A SPECIAL MARCH EVENT

Mark the following dates on your calendar, Friday, March 7th, 10-4 pm and Saturday, March 8th, 7-3 pm...Schooner will be hosting “**Books are Fun**”. This is a nationwide company bringing books and gifts to various organizations allowing people to purchase their goods at 30 to 70% off retail prices. Ask your family and friends to stop by. The event will be conveniently held right here at Schooner in the Village Green.

During the 2 day event, a "free" raffle will be offered for both days. Other special items offered include:

- Free totes and no minimum purchase.
- 1 box of cards donated to Schooner’s gift shop.
- Food basket program: the Books are Fun organization purchases a basket/bag and fills it with toiletries and food goods. Each person who brings a food item for the basket will be entered into a separate raffle for a great gift.
- Restaurant.com gift card for every \$50.00 purchased by each guest.

Look for a few extra surprises throughout the 2 days as well.

Check out Schooner Estates on *SeniorAdvisor.com*. This website features trusted reviews and advice on local senior living communities. Please rate us...we welcome your thoughts and comments.

Thank you for sharing.



Daylight Savings Time, our official harbinger of Spring is almost here. Remember to set your clocks forward one hour on Saturday evening, March 8th and get ready for longer days. Hopefully it will make us feel just one step closer to Spring time, which arrives on March 20th by the way!

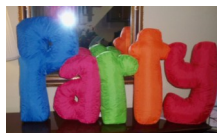
Who’s New in the Neighborhood...

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

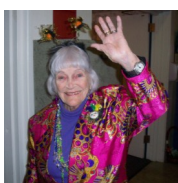
- Leo Arsenault •Richard & Bobbi Bubier •Bette Howland
- Roland Martel • Bertrand Morin • Allen Ray
- Roger Robinson

MARDI GRAS UPDATE

Our March 4th, Mardi Gras day of festivities, food, music and fun is just around the corner. In case you haven't already, be sure to sign up your guests at the front desk, for the 11:00 a.m. or 1:30 p.m. buffet seating times. Schooner residents will eat at the time closest to their regular lunch times, unless a different time is needed which matches to a guest arrival, etc.



Keyboard player extraordinaire, Gus Turbide, will provide us with a variety of Mardi Gras style music throughout the mealtime buffet. As usual, we will have handfuls of colorful gold, purple and green beads to hand out! Pick out a color and add it to your "bead" collection. The parade will be held at 3:00 in the Village Green, hope to see you there!



PARTY TIME

We all love to attend birthday parties, especially when we are one of the guests of honor! In our Residential Care Center we do a monthly birthday party; assemble all of our birthday guests, sing Happy Birthday and then serve cake and play music - everyone has a good time. Pictured to the right is our Activities Director Giselle Prevost. Giselle is a great example of the dedication and caring that all Schooner employees provide our residents. It is reflected in the everyday activities and in the warmth of all of our staff.



FOOD FACTS AND YOUR HEALTH

• Full ripe bananas with dark patches on the yellow banana skin produces a substance called TNF (Tumor Necrosis Factor) which has the ability to help combat abnormal cells. The more darker patches it has, the higher will be its immunity enhancement quality. Medical researchers believe that the riper the banana, the better the anti-cancer quality.



• Did you know that Ginger offers the following health benefits: Motion sickness remedy, morning sickness relief, heartburn relief, migraine relief, help dealing with cold and flu symptoms and diabetic nephropathy.

• Because of its natural antibacterial properties, honey is the only food that will not rot. A jar of honey may remain edible for over 3,000 years. It will, however, crystallize over time.



THE FUN NEVER ENDS...

Below are a few photos taken during the Valentine's Day party held for the folks in our Memory Care Program. Not only was the party full of fun, but two lucky residents were crowned this year's Valentines King and Queen (Harold Carver and Amy Dubois). Everyone had a great time. They had lots of special treats and laughs were in abundance!



Pictured to the left & right are photos taken during "Game Day", held in our Village Green on February 12th.

