

Comfort in community ~
Confidence in care

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Last year's visit to the
Veterans Memorial Park
in Lewiston



We have a never ending
line up of monthly
entertainment in our
community.
No pressure, no worries,
just a lot of fun!

THE SCHOONER FLASH

MAY 2014

Issue 74

CELEBRATE MOTHER'S DAY...MAY 11TH

Mother's Day...a day that is set aside from all others as the day we celebrate our moms and all of their wonderful qualities. At Schooner we will be taking our annual photo of all the ladies that reside here at Schooner and to honor all on this special day. Below are the dates and times for this years photos.

• **Tuesday, May 6th** at 9:00 a.m. in the Village Green for our residential care and studio residents.

• **Wednesday, May 7th** at 2:00 p.m. in the Tenants Harbor Room for all apartment residents.

Hope to see you there, and we wish everyone a fabulous upcoming Mother's Day!



DO IT FOR "YOU"

Activity and exercise can help older adults stay healthy, energetic and independent for years to come. Whether you are generally healthy or are managing an illness, there are plenty of ways to get more active and improve confidence. On April 16th, right here in our fitness room, we had exercise specialist John Melancon from "Plus One" Fitness demonstrate proper use of the equipment and the many benefits that can be attained by regular use and their relevance to quality of life.



Who's New in the Neighborhood...

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

- Geraldine Bagley - stu. 101
- Marge Cormier - apt. 641
- Dorothy Jones - Residential Care
- Monique Langlois - stu. 109
- Robert & Kathleen Maxwell - apt. 531
- Gary Price - stu. 107
- Ted & Gail Quigley - apt. 434
- Alice Warren - Residential Care

THE START OF SENIOR COLLEGE

Here at Schooner, residents and outside attendees are currently in the midst of our first round of Senior College classes for this year. The class, "American History Myths", brought to us by the USM Lewiston-Auburn College started on March 25th and is being taught by Senior College Instructor, Charles W. Plummer. Schooner hosts the senior college classes yearly, right here in our Tenants Harbor Room. All courses held here are open first to Schooner residents. The classes will run for 8 Tuesdays, up until May 13th. Yet another of the many wonderful benefits of living at Schooner Estates.



SPRING HAS SPRUNG

Mother Nature served us up a long, cold winter this year. Never fear though, the official first day of Spring has come and gone and the warm, sunny days have eventually won out! That means sprouting spring flowers, perhaps a few buds on the trees, and better yet, minuscule snow piles, if any. No matter what time of year or the weather, there is never a shortage of things to do here in our community. Our summer barbeque season will be starting in June. For your planning convenience, below is a list of our summer season, barbecue theme days. Look for reservation information in our upcoming monthly calendars.



A sign of things yet to come!

- ◆ June 18th: "Celebrate Summer"
- ◆ July 9th: "Americana Theme"
- ◆ August 13th: "Hawaiian Theme"
- ◆ September 10th: "End of Summer Picnic"

FOOD FACTS AND YOUR HEALTH

Our newsletter for the month of May features a very popular food favorite, berries. They are bright, flavorful and sweet with a long list of health benefits. Berries are high in antioxidants and polyphenols, which help fight chronic disease and cancer. Here are the top 6 superfruits for heart health.

- ◆ **Blackberries:** They contain high amounts of fiber compared to other types of fruit: One cup has about 7 grams of fiber.
- ◆ **Blueberries:** Eating blueberries may help your memory, and they have high levels of compounds that help widen arteries, which helps blood to flow smoothly.
- ◆ **Strawberries:** They contain compounds that help widen the arteries, which may prevent plaque buildup. Strawberries are heart-healthy and packed with vitamin C.
- ◆ **Raspberries:** Rich in heart healthy fiber; just half a cup delivers 4 grams. You also get 25% of your recommended intake for vitamin C and manganese too!
- ◆ **Acai Berries:** When it comes to antioxidants, this Brazilian fruit rivals all others. The berries are a good source of fiber, but are tart. Mixing them in smoothies, oatmeal, and yogurt helps temper the bitterness.
- ◆ **Cranberries:** Popular around the holidays, but given the health benefits, you should try to eat them year-round. Among other benefits, cranberries may increase HDL, or good cholesterol.

May is National Stroke Awareness Month

A stroke occurs every 40 seconds and yet up to 80% of strokes can be prevented. This is why Schooner Estates Retirement Community is hosting **Life Line Screening**, the nation's leading provider of preventive health screenings on Tuesday, May 6, 2014. Screenings are fast, painless and affordable. Three key tests check for blocked carotid arteries, an irregular heart rhythm called atrial fibrillation, and high blood pressure, which are the three leading risk factors for stroke. Memos have been distributed containing sign up instructions. Please call us if you have questions.