



Schooner Estates

Senior Living Community

Comfort in community ~
Confidence in care

Inside This Issue

- 2016 Schooner Award
- Resident Award
- Welcome
- Words of Wisdom
- Senior College
- Tea Party
- Adult Coloring
- Books Are Fun Event

Writers: Your Schooner Team
Technical Editor: Sue O'Brien



Our own Dianne Day & friends. Tea party hostesses.
See article on page 2.



Warm weather rewards,
will soon be here!



The beauty of Spring

THE SCHOONER FLASH

MAY 2016

Issue 98

2016 Best Assisted Living Award

For the second year in a row, Schooner Estates has been awarded the Best Assisted Living Award from the Lewiston-Auburn Area from SeniorAdvisor.com. This award is based on real reviews from people who live and visit here and recognizes outstanding senior living and home care providers who have received consistently high ratings. Winners of the SeniorAdvisor.com Best of 2016 Awards are located all over the country and represent the top tier of in-home care, assisted living, and other senior living providers in the country. Winners are placed in the top **one percent** of senior care providers nationwide.



BEST OF 2016

Thanks to all who submitted reviews, to everyone who lives and works here and for making Schooner Estates great!

And the Award Goes to...

A nice group of family and Schooner friends of Tonie Ramsey attended the 14th annual "Remember Me" photo exhibition and recognition ceremony at the Augusta Civic center on April 5th. Despite the cold weather, honorees came from all over the state to be recognized by the Maine Health Care Association for lifetime achievement to their nation, state, and local communities. Mrs. Ramsey was recognized for the incredible number of accomplishments she had throughout her life, championing new programs and associations to benefit the Lewiston/Auburn area. She served as president and director of too many groups to mention. Her list of organizational and leadership skills is very impressive. Congratulations Tonie!



Mr. Rick Erb, president & CEO of MHCA, presenting Tonie with her award

Who's New in the Neighborhood...

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



- * Eugenie Brown, Residential Care
- * Arlene Fellman, apt. 425
- * Robert Treworgy, apt. 316

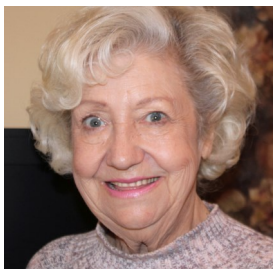
WORDS OF WISDOM

Each month, our Schooner newsletter will include a new selection of positive affirmations and quotations, that we have collected from you, our residents! We're glad to share them and hope that you find inspiration from them.

"Enjoy your children while they're young, spend time with your family and friends, and live life to the fullest."

Brenda Gurney

Thank you Brenda!



Senior College

Here at Schooner, residents and outside attendees are currently in the midst of their Spring Senior College class. The class, "An Introduction to the Study of Religion", is brought to us by the USM Lewiston-Auburn College. It is being taught by Senior College Instructor, Charles W. Plummer. Schooner hosts the senior college classes yearly in our Tenants Harbor Room.

All courses held here are open first to Schooner residents. Yet another of the many wonderful benefits of living at Schooner Estates.



~ A "Spot of Tea"

All the elements of an old-fashioned tea party were present: tasty delicacies on fancy serving trays, an assortment of teas, pretty teapots and cups, vases holding assorted colors of roses, and ladies wearing hats. The room was alive with the sound of chatter and clinking of china.

Thank you to all who attended the *American Heart Association tea party fundraiser* on April 24th, held right here at Schooner Estates. A wonderful time was had by all! We hope to make this an annual event. If you have suggestions for future events please contact Mark at 784-2900, extension 132.



Time to Relax...

Coloring books are no longer just for kids. In fact, adult coloring books are growing more popular everyday. Researchers, having studied the calming benefits of this activity for over a decade, are letting us know that coloring does offer a list of mental benefits. It definitely has therapeutic potential to reduce anxiety and create focus. Coloring also allows us to switch off our brains from other thoughts and focus only on the moment, helping to alleviate stress.



Here at Schooner, every 2nd and 4th Friday of each month, we are pleased to offer an adult coloring session. This therapeutic session starts at 2:30 p.m. in the 2nd floor Study, materials are provided. These classes are sure to put a smile on your face!

Books and Gifts Galore

Schooner is happy to be hosting another "Books Are Fun" event. The fair will be loaded with gifts and books from hundreds of great publishers. All are at great discounts of 30, 40 and even 50 percent off the manufacturer's suggested retail price. You are sure to find something special. So stop by and browse through their many items!

The fair will be held in our Village Green on Friday, May 20th from 9-4 p.m.