



# The Schooner Flash



May 2019 Issue 134

Schooner Estates, Est. 1989

Our Community Is Your Community.

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### Writers:

Your Schooner Family

### Editor-in-Chief:

Sue O'Brien



## Save The Dates...

The dates have been determined for our very popular summer cookouts! Just in time for the warm days ahead. Details & menus will be listed in your upcoming newsletters & calendars.

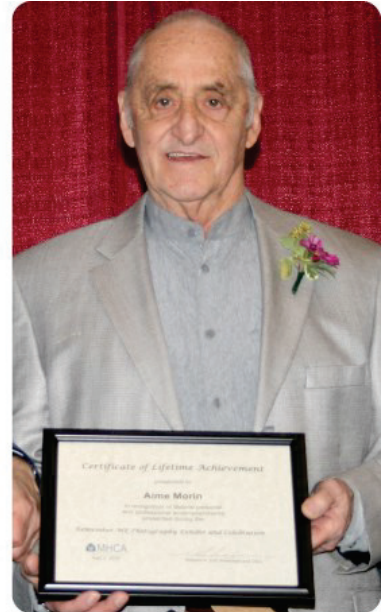
- June 5th: Hawaiian Luau
- July 3rd: All American Backyard BBQ Red, White, & Blue
- August 7th: Maine Rocky Coast Ocean Day
- September 18th: Harvest Fest

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- June 21st: Alzheimer's Benefit "Longest Day"

## Lifetime Achievement Award

Congratulations to Aime Morin on his well-deserved "Remember ME" Lifetime Achievement Award from the Maine Health Care Association! Aime was among 35 people across Maine to be honored at the 17<sup>th</sup> annual ceremony. He was awarded for his many contributions to the Auburn/Lewiston community during his varied career as a Lewiston Police Officer, manager and treasurer of the board of the St. Mary's Federal Credit Union, and member of the Lewiston Fire Commission and Police Commission, just to name a few! An avid athlete and boxer in his youth, Aime taught amateur boxing and, in 2002, he was inducted into the Lewiston/Auburn Sports Hall of Fame. In 2009 he received the St. Dominic Regional High School Athletic Hall of Fame Award. We are proud and delighted to have you at Schooner Aime!



## The Schooner Estates

### Senior Prom

Saturday, May 18th  
From 6:30 to 8:00 pm

We invite all Schooner Tenants to our 2nd, formal Prom. Last years event was a hit and we are excited to do it again!

**Prepare your finest attire and be ready for a grand time.**

Please sign up at the front desk.

Refreshments \* Photos \* Music \* Dancing \* Fun!

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

- Marthe Bissonnette, apt. 625
- Lillian Bussiere, Res Care
- Judy Kuhn, apt. 627
- Line Mixer, studio 107
- Austin Ranks, Res Care



## Welcome to our Team!

We are pleased to introduce our new accountant, Lisa Spear! She brings 20 years of accounting experience to our Business Office. Lisa currently lives in Leeds with her two daughters, Alisha, a Junior at Leavitt Area High School, and Kassidy, a 7th grader at Tripp Middle School. Lisa also has many pets that include 2 dogs, 2 cats, a horse, 2 mini horses, 2 goats, and 3 rabbits. She and her girls love animals! Lisa enjoys camping and having fun with her kids doing whatever activities they like (sports or school functions.) Her youngest is currently involved in dance and is playing softball for the first time this year. Her oldest is currently training her 5-year-old Arabian horse for riding. Welcome to Schooner, Lisa!



### Word Search

# Fancy Flying

Beware, words can go every which way!

#### Word List:

- |            |           |
|------------|-----------|
| AEROBATICS | PASS      |
| AVIATOR    | PILOTS    |
| BARNSTORM  | PLANES    |
| CHALLENGE  | PRECISION |
| CLIMBING   | ROAR      |
| DAREDEVILS | ROLL      |
| DARING     | SENSATION |
| DIVE       | SPEED     |
| DROP       | SPINS     |
| FLIP       | STALL     |
| FLYING     | SWOOP     |
| FLYOVER    | TESTS     |
| FORMATION  | WINGS     |
| GEARS      | ZOOM      |
| JETS       |           |
| LOOPS      |           |
| MANEUVER   |           |

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

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# Guess Who

Calling all employees! Here is the next picture of our "Guess the Baby" contest, bringing us to the month of May. Bring in your favorite baby picture and get it to Sue O'Brien in the Camden office. Each month we will post one picture in the newsletter and **anyone** can guess who it is.

Employees should drop their guesses in the suggestion box at the Castine time clock area. We'll have a container available at Sue O'Brien's desk, in the Camden building for Tenants. Guess tickets will be available at the front desk, Sue O'Brien's desk and at the Castine time clock area.

We'll have a different prize each month, the prize for May will be a \$15.00 Dunkin Donuts gift card. The winner will be chosen on May 20th. Good luck!!

Did you guess? Our "April baby" was Nancy Greenleaf, official Schooner driver. Carrie Gillespie in housekeeping won the name contest.



## Our "May" baby!

### Calling all Gardeners!

### Happy Birthday!

Happy first birthday to Maire Rose!, granddaughter of Sue O'Brien. She was born 12 weeks early on April 7th, 2018 and weighed a bit over 2 lbs. Her first 86 days were spent in the hospital. But she is now doing great....and loves to wear pink!



Do you like gardening but nothing too big and difficult to care for? Check out our small garden plots behind the Rockport building. How about a few tomato or cucumber plants? Maybe some colorful flowering plants to brighten up the area. The choice is yours! We'll prepare the area for you, all you need to do is the planting!



Check with Mark Prevost, he'll let you know what plots are available.



## Living with Diabetes

Was a family wedding or special birthday party, a feast with too much temptation to resist? Cake, or special pudding, rich pasta or sweet and sour pork? Have I got your mouth watering and your fingers twitching to cheat on your strict diabetic diet? First of all, stop beating up your conscience and start adopting the attitude that tomorrow is a new day and the best time to make a fresh start, to try new strategies to satisfy a sweet tooth or cravings for favorites not on your “allowed occasionally” list. The following list was written by a type 2 diabetic who has managed to control diabetes for over 25 years with pills, diet and exercise – at 70, and still does not need to use insulin. The following tips come from this patient, not a doctor, but they have been checked and discussed every year with her specialist, dietitian and GP.

### TIP #1

From the day you are first diagnosed, don't skip medical appointments, medications or instructions, and apply advice for maintaining suitable sugar levels.

### TIP #2

Exercise is part of your treatment and essential for maintaining good health. Slow, steady effort wins the results long term. Start with walking, time yourself for 10 minutes in one direction, then turn around and walk for 10 minutes back. Each time try to cover more ground in the same time. In a week or so, increase it to 15 minutes each way. When you've increased the distance you cover and feel up to walking more, go up to 20 minutes and so on. Don't exhaust yourself, but 30 minutes to 1 hour is a reasonable goal to achieve each day.

### TIP #3

Pay attention to what and when you eat. Skipping meals is actually dangerous for diabetics because it messes with your sugar levels. Here's the basic formula. At least one small serving of protein and one of carbohydrates every 4 hours keeps your sugar levels from dropping. Miss one meal and go for 6 hours or more with just a coffee or water and your sugars will drop. You'll notice because you'll get dizzy, feel faint or weak in the knees – dangerous conditions. Chomping down a protein bar or an apple will up your sugars with a spike – but it won't maintain your sugar at the stable level that's the goal of a diabetic diet.

### TIP#4

Avoid and/or make every effort to deal with stress. There are still stresses to plague you when you retire. Life shouldn't be like that. The truth is stress is a killer. Ask someone who survived a heart attack. They'll tell you stress had something to do with their condition. If you can't walk away from a source of stress, ask for help to develop strategies for dealing with it effectively. You can achieve this kind of balance by paying attention to your food intake and lifestyle.

By Diane Maguire \*\* Senior Living Magazine

Schooner Estates will be sponsoring a free workshop “Living Well with Diabetes.” Valuable steps on how to better manage Type 2 diabetes symptoms and improve daily life. We are happy to have a full sign up list. This informative class will be held on Mondays, May 13th through June 24th. Run by Healthy Living for ME.....Seniors Plus. Schooner cares about your health!