



The Schooner Flash



November 2016 Issue 104

Schooner Estates, Est. 1989

Our Community Is Your Community.

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Your Schooner Family

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Schooner, featuring Fall, in all its Glory



EEK! What is all that white stuff? Soon?

Thanksgiving at Schooner

With the off and on, warm daytime temperatures we have been experiencing so far this month, it is hard to think about getting into the upcoming "holiday mode". Thanksgiving starts us off on November 24th, a festive time to be sure! Below is an early, sneak peek at our upcoming 2016 Thanksgiving feast.

Thanksgiving 2016

Apps

Tomato Bisque w/Basil Oil

Or

Spinach Salad w/Cranberries, Almonds, Bleu Cheese, and Balsamic Vinaigrette

Entrée

Roast Turkey w/Sage Dressing

Roast Pork Loin w/ Sausage and Cornbread Stuffing and Madeira Wine Demi-glace

Seafood Newburg on a Puff Pastry Shell

Side Dishes

Mashed Potatoes * Sweet Potatoes

Green Beans * Honey Glazed Carrots

Butternut Squash * Pearl Onions

Desserts

Apple Pie * Pumpkin Pie

Chocolate Cream Pie * Maple Walnut Ice Cream

All Tables Set With a Relish Tray and Assorted Mini Muffins

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

- Corrine Buonomo, Studio 104
- Malcolm Brackett & Doris Ham, Apartment 533
 - Lauri Ann Doiron, Apartment 520
 - Richard "Pat" Murphy, Apartment 415
 - Jim & Naomi Nesbitt, Apartment 413
 - Evelyn Potter, Apartment 515
- Roger & Peggy Roberge, Apartment 432



The Importance of Asking for Help

Over time, the demands of caregiving can start to feel overwhelming and become more than you can handle by yourself – especially as more and more of your time and energy is used up navigating the healthcare system, finding resources or figuring out how to meet someone else’s personal and medical needs. You don’t have to do everything alone. Asking for – and accepting – help is key to avoiding caregiver burn out.

Asking for help is beneficial for the well-being of both you and the person you are caring for. When you share the care you will:

- ◆ be less likely to get angry and resentful.
- ◆ have time to take care of yourself, so you don’t become a patient as well.
- ◆ once again have time to be their wife, husband, daughter or son and not just their caregiver, and the care recipient will get an opportunity to interact with more people.

Asking for help can be difficult when you don’t know what you need; you don’t want to be a bother to others; or you feel guilty that you can’t do it all yourself. Beliefs such as “no one can do this as well as I can” may also be an obstacle to asking for help. It’s true. No one will do it exactly the same as you, but that does not mean they cannot be helpful in their own way.

Recognize that asking for help is a sign of strength, not weakness. It means you are acknowledging the challenges of the situation and are being proactive in resolving problems and preventing stress. And people may not realize you need help if you don’t ask for it.

The first step is to identify what help you need. Which tasks would be the easiest to ask others to do? Which do you really want to do yourself? And which, if any, can you afford to pay others to do? Create a list of tasks with which you want help.

ARTICLE FROM APRIL 2015 SENIOR LIVING MAGAZINE

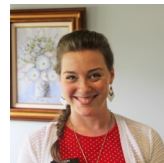
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Here at Schooner Estates, we have a wonderful, full service Home Health Agency designed to help with your health care needs. Schooner Home Health is available to all of our residents. Our team of RNs, PCAs and CRMAs will work with you to create a personalized service plan to ensure that every need is met for you or your loved one.

Give us a call at 784-2900 and find out more about our long list of services!



Donna Vachon, RN  
Director  
of Nursing



Jen Audette, RN



**Schooner Estates Salutes  
Those Who Served  
This Veteran’s Day**



# Goodbye Summer, We'll Miss You

As we say good by to summer and hello to Fall, the urge to prolong summer is still in us, *only if we could!*

Our last cookout of the season "Oktoberfest" is still in our minds. Here are a few pictures.



*"Autumn paints in colors that summer has never seen"*

**Daylight Saving Time ends on Sunday, November 6th...**  
Don't forget to set your clocks back one hour on Saturday night, November 5th. We all deserve an extra hour of sleep!

# Ladies & Gentlemen,

We are excited to announce the winners of our recent Raffle, featuring the beautiful items below. Thank you to all who purchased tickets! Each and every ticket purchased allows us to help Camp Sunshine: This year, we raised \$346!



Neal Hallee



Mary Paine



Wilhelmina Wiegman



Jackie Fortunato  
Edith Lachance  
Clint Heenie  
Phyllis Wilson  
Donna Vachon  
Cathy Dolan

# A Few of our Favorite Pics

Let us know if you have a favorite photograph that you want to share. We will be happy post it in the next newsletter for you!

Sue O'Brien's grandson George. He was less than thrilled to be dressed up in his "penguin" Halloween outfit!



But Linda Hildonen's son Ezra loves his Batman mask!