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#### **Writers:**

Your Schooner Family
Editor-in-Chief:
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Schooner, featuring Fall, in all its Glory



Eeek! 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





## Have You Heard?



alzheimer's (7) association

Bake Sales \* Car Washes \*
Special Dessert Nights \* Paper Hearts & Pins
\* Silent Auctions \* Book Sales

What do these things have in common? YOU! Together, through these activities, our Schooner family raised \$2,443.15 in support of the American Heart and Alzheimer's Associations. As in years past, Barbra and John, Schooners' owners, have matched what we raised. That's a total of \$4,886.30!

## **GREAT JOB EVERYONE!**

These organizations are near and dear to our community. We are proud to contribute to their on-going efforts toward research and treatments. If you have ideas for future fundraising activities, please see Mark Prevost.

#### Words of Wisdom: Cornelia Bowe

When asked what advice she would give to a younger person, Cornelia Bowe offered the

following gem: "Live in the now. Follow your dream. Patience and silence bring unexpected rewards." Cornelia also said that the most important thing she's learned in her lifetime is that "Love is Everything." Simple, straightforward, and very profound: Thanks Cornelia!



#### **Health Note**

Flu and cold season is upon us.
Remember, drink lots of fluid and get plenty of rest. Here at Schooner we have containers of fresh, fruit flavored ice water available daily. Visit our Camden & Castine coffee bar areas.

# Word Search

Word List:	D	С	Q	R	Α	N	G	Ε	L	Ε	Y	I	V	W	Ε	0
Festive	С	R	R	F	U	M	С	٧	ı	L	S	Ν	ı	Α	S	N
Rangeley Camden	J	Α	Α	R	T	U	Α	S	W	W	W	S	L	Н	D	M
Castine	K	F	N	I	U	S	M	U	S	ı	С	Р	L	Α	Ε	Ε
Rockport	L	T	G	Ε	M	F	D	D	ı	0	Р	1	Α	R	F	Ε
Harpswell Villagegreen	Α	F	L	Ν	N	U	Ε	F	S	S	0	R	G	Р	T	Р
President	Ε	Α	Н	D	W	I	Ν	S	Р	0	S	Ε	Ε	S	G	R
Craftfair Autumn	Y	I	S	S	S	0	V	0	T	ı	N	G	G	W	Н	Α
Voting	U	R	S	С	Α	С	Α	S	T	ı	N	Ε	R	Ε	J	Н
Friends Music	Р	R	Ε	S	ı	D	Ε	Ν	T	S	٧	S	Ε	L	0	W
Inspire	Α	S	Ε	Α	R	S	Р	0	R	T	Р	Ε	Ε	L	L	Ε
Searsport	0	T	R	0	Р	K	С	0	R	W	0	L	N	Α	L	R





# 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

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!



Mary Paine



Neal Hallee



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!