



The Schooner Flash



November 2017 Issue 116

Schooner Estates, Est. 1989

Our Community Is Your Community.

In This Issue:

- ◆ Thanksgiving Menu
- ◆ Welcome
- ◆ Our Favorite Photos
- ◆ Word Search
- ◆ Commitment to Excellence
- ◆ Veterans Day
- ◆ Raffle Winners
- ◆ Lifeline Screening
- ◆ Daylight Saving Time
- ◆ Words of Wisdom
- ◆ Health Note
- ◆ Thanksgiving

Writers:

Your Schooner Family

Editor-in-Chief:

Sue O'Brien

Designer/Co-Editor:

Linda Hildonen



Enjoyable Outings!



Thanksgiving Menu

Thanksgiving, one of our favorite holidays of the year. A time to spend with family and friends and a meaningful time to reflect on our blessings. Whether you are away with family or staying right here at Schooner on this special day, we wish everyone a wonderful Thanksgiving. Here's our menu, enjoy!

Thanksgiving 2017

Apps

Sweet Pea Bisque with Mint Oil

Or

Assorted Deviled Egg Plate

Entrée

Roast Turkey with Sage Dressing

Pork Tenderloin with Apple, Fennel, and Bleu Cheese Stuffing

Seafood Newburg on a Puff Pastry Shell

Side Dishes

Mashed Potatoes * Sweet Potatoes with Marshmallow

Green Bean Casserole * Honey Glazed Carrots

Butternut Squash * Pearl Onions

Desserts

Caramel 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!

- Barbara Anthoine, apt. 417
- Geraldine Call, stu. 104
- Deb Frye, apt. 434
- Therese Girouard, Memory Care 205
- Dolly Morse, apt. 630
- Pauly Sparrow, apt. 644
- Ruth Wyman, apt. 648



A Few of our Favorite Pictures



George will be a "shark" for Halloween this year!



Word Search

Plenty of Cover



Beware, words can go every which way!

Word List:

- | | |
|--------------|--------------|
| 1. AFGHAN | 17. FACADE |
| 2. ARMOR | 18. HELMET |
| 3. BEARD | 19. MASK |
| 4. BLANKET | 20. OVERCOAT |
| 5. CANOPY | 21. PAINT |
| 6. CAPE | 22. PLATE |
| 7. CARPET | 23. PONCHO |
| 8. CLOAK | 24. QUILT |
| 9. CLOUD | 25. ROBE |
| 10.COMFORTER | 26. SCREEN |
| 11.CRUST | 27. SHEET |
| 12.CURTAIN | 28. TENT |
| 13.DOME | 29. THATCH |
| 14.DRAPE | 30. VEIL |
| 15.DROPCLOTH | 31. VENEER |

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



Our Commitment to Excellence

1. *Speak to people ~*
There is nothing as nice as a cheerful greeting.
2. *Call people by name ~*
The sweetest music is to hear one's name called.
3. *Have humility ~*
There is something to be learned from every living thing.
4. *Be friendly ~*
If you want to have a friend, be one.
5. *Be cordial ~*
Speak and act as if everything you do is a pleasure.
6. *Be interested in others ~*
You can like almost everybody if you try.
7. *Be generous with praise ~*
Cautious with criticism.
8. *Give your word ~*
Then keep it.
9. *Be considerate ~*
Of the feelings of others.
10. *Be alert to give service ~*
What counts most in life is what we do for others.

With Respect, Honor and Gratitude

Thank you Veterans



Veterans Day:

Saturday, November 11th

Craft Fair Raffle Winners

Have you been wondering who won the raffle prizes? We are excited to announce the winners and to thank everyone who purchased tickets. Each and every ticket purchased allows us to help Camp Sunshine: \$322.00 this year.

Quilt: Outside winner

Tablecloth: Outside winner

Pocketbook: Toni Ramsey

Cat Ornament: Paula Pratt

Santa Stocking: Elaine Letendre

Infinity Scarf: Vicki Farrar

Shawl: Irene Delorme

Washcloths: Gail Roberts, Edith Lachance,
and Opal Grant

Socks: Elaine Letendre,
Jeannie Michaud & an Outside winner,

Congratulations everyone!

Save the Date

Schooner Estates is pleased to once again host a preventive health event. "Life Line Screening" will be here with a day of preventive health screenings on Monday, December 4th, 2017.

Screenings (5 total) are fast, painless and offered at low cost. They involve the use of ultrasound technology and scan for potential health problems related to: blocked arteries which can lead to a stroke, aortic aneurysms which can lead to a rupture, and plaque buildup in the arteries in the legs which is a strong predictor of heart disease.

Register for a Wellness Package which includes 4 vascular tests and osteoporosis screening from \$149 (\$139 with our member discount). Please call 1-888-653-6441 to get a head start on signing up. So "Save the Date" and sign up early!



Daylight Saving Time

ends on Sunday, November 5th...

Don't forget to set your clocks back one hour on Saturday night, November 4th.

Hopefully it will feel like an extra hour of sleep, for a while!

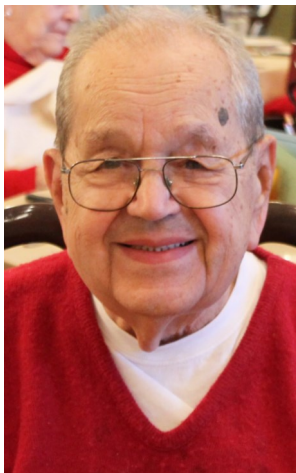
Words of Wisdom

We welcome you to "Words of Wisdom" from Schooner Rockport resident, Mr. Bob Pacios.

It's no surprise that, when asked for his Words of Wisdom for the next generation, former CPA Bob Pacios starts out with some solid and practical financial advice: "Always save through an IRA or 401k plan – you will never regret it."

When asked questions on other topics, though, his answers get more sentimental. When asked for advice to give new parents, he says "Love your children by caring for them, guiding them, teach them right from wrong and nurture their curiosity." About friends and family, he advises that you "Remain as close as possible to your immediate family, visit as often and possible and don't let trivial things get in the way of your friendship." On love and marriage, he says simply, "Find the right person, love them forever and be true."

Timeless advice stated simply. Thanks to Bob for passing this on!



Health Note

Flu and cold season is upon us. Remember to drink lots of fluid and get plenty of rest. A note to all residents and employees: Inform our nursing department right away if you are not feeling well.

Here at Schooner we have containers of fresh, fruit flavored ice water available daily. Visit our Camden & Castine coffee bar areas daily.

Thanksgiving: Did You Know?

In November of 1621, a three-day feast was held to celebrate the successful corn harvest of the pilgrims at Plymouth, who had narrowly survived the previous winter in their new home. As we often see depicted, they ate alongside a group of Native American allies, who brought deer meat to the meal. While we often refer to this as "The First Thanksgiving," in Puritan culture, days of Thanksgiving were more often periods of fasting and prayer, which happened throughout the year in religious observance of overcoming any number of hardships. In fact, Thanksgiving wasn't formalized as a yearly national holiday until more than two-hundred years later, in 1863, when President Abraham Lincoln made a proclamation at the urging of Sarah Joseph Hale, a 74-year-old magazine editor. Mrs. Hale had been writing letters advocating for the national holiday for more than fifteen years, a request ignored by former presidents.

This Thanksgiving, let us be reminded of all the history that came before us, and be grateful for our past and hopeful for our future.