



# The Schooner Flash



October 2017 Issue 115

Schooner Estates, Est. 1989

Our Community Is Your Community.

## In This Issue:

- ◆ Employee Ceremony
- ◆ Welcome
- ◆ Our Favorite Photos
- ◆ Word Search
- ◆ Halloween Parade
- ◆ Craft Fair Update
- ◆ Upcoming
- ◆ Making a Difference
- ◆ Mind, Body & Spirit
- ◆ Flu Season

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Our September Open House Event went off without a hitch. Everyone had a wonderful time and the weather fully cooperated!



## Employee Appreciation 2017

The arrival of Fall brings about many changes. We start to think of the upcoming holidays, visits to the local apple orchards, decorating for Halloween, Fall fairs, foliage rides, plus much more. Here at Schooner, one of the events we look forward to in October, is our annual "Employee Recognition Ceremony." All Schooner staff members are top notch and are appreciated for the care they give throughout the year.

Staff will be recognized for their service and exceptional efforts, at our ceremony, which will take place on Wednesday, October 18th, at 2:30 p.m. in the Village Green. Residents and staff are encouraged to attend. Each year, everyone is excited to be there and happy to be with each other.

Other special employee events will be happening throughout the month. Employees will receive notices listing the events.

Light foods and refreshments will be available starting at 2:15 p.m. Everyone is invited!



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

- Carolyn Burke, apt. 637
- Paul LaChapelle, apt. 413
- Lucille Miller, apt. 332
- Theresa Vaillancourt, apt. 324
- Ted Walther, apt. 522
- Emmeline Walton, apt. 632



## A Few of our Favorite Pictures

A Thank you to Schooner resident, Bob Davis and employee, Tammy Lasko. They have shared with us a few of their “favorite pictures” for this month’s newsletter. Bob says: “One more reason why I’m glad I moved to Schooner. And, what Schooner needs is a good outside hot tub!” These wintery photos were taken at his home in Harrison in 2008.



Schooner shopping shuttle driver Tammy Lasko and her husband Mike have shared a great photo from when they went to Bar Harbor for a whale watching tour and saw about 15 whales. “I had a great day even though I was soaked!” remarked Tammy.



### Word Search

## 1990's Movies



Beware, words can go every which way!

#### Word List:

- |                  |                |
|------------------|----------------|
| 1. Aladdin       | 16. Rocky V    |
| 2. Armageddon    | 17. Rudy       |
| 3. Babe          | 18. Rushmore   |
| 4. Bad Boys      | 19. Scream     |
| 5. Blade         | 20. Selena     |
| 6. Braveheart    | 21. Speed      |
| 7. Casino        | 22. Sphere     |
| 8. Clueless      | 23. The Mask   |
| 9. Free Willy    | 24. The Rock   |
| 10. Ghost        | 25. Titanic    |
| 11. Home Alone   | 26. Twister    |
| 12. Misery       | 27. Unforgiven |
| 13. Mulan        |                |
| 14. Philadelphia |                |
| 15. Quiz Show    |                |

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



Hey! We're having a Halloween Parade in our Village Green on Friday, October 31st at 3:30.

Join in, dressed in your "spookiest" of attire!



### It's Almost Time

Just a reminder...our October annual craft fair is almost here. The date Saturday, October 21<sup>st</sup> from 10-3 p.m. Tables have been reserved and the crafters are busy getting prepared.

Don't forget our raffle, which has been going on for a while. If you haven't already, purchase your tickets at our front desk. Try your luck and win a great gift! Fourteen items are in the drawing. Everyone is welcome to participate.

The drawing will be held on our craft fair day. All proceeds go to Camp Sunshine.



### Things to Look Forward To!

Here at Schooner, the last Friday of each month, we are pleased to offer once again, an adult coloring session. This therapeutic session starts at 2:30 p.m. in the 2nd floor Study, materials are provided. Stop by and see what it is all about!

Also...

We are having a **Bake Sale** on Friday, October 27th from 9-11 a.m. This is always a very popular and "tasty" event! Stop by our Village Green and make a few purchases!



### It's All About Making a Difference

It's that time of year again and we are excited to share with you what we have collected over the last 12 months for the American Heart Association, Alzheimer's Association and Camp Sunshine. We are extremely proud of the generosity of all who helped in any way to make these fund raising events a success. Raising awareness and making a difference in patients' lives is our goal!

- Camp Sunshine: \$1,300.00
- American Heart Association: \$3,106.00
- Alzheimer's Association: \$3,784.00

Schooner owners John Orestis and Barbra Crowley generously matched all original funds, in order for us to reach the grand totals above.

Schooner & North Country Associates donated \$30,000 in 2016 to the Good Shepherd Food Bank by individuals donating from their paychecks each week and some fundraising events.

### Mind, Body & Spirit

Below are a few comments submitted by a Schooner resident...

•Schooner wants every Resident to be happy. There are so many opportunities to get involved in activities, big and small. Schooner provides a wonderful, diverse and supportive community.

•As a care partner, you have a powerful input on the person you are the caregiver to! That is why we have a caregiver group to help you with situations you are having trouble with. The group meets on the last Tuesday of the month at 10:30 a.m. in our 2nd floor Study room. Come and just listen.



## It's Time For a Flu Shot

This year's Schooner Resident Flu Clinic will be held on Wednesday, October 25<sup>th</sup> in the Castine Living Room. If you haven't already, please call the front desk at 784-2900 to sign up. Flu season can begin as early as October and last as late as May. It's best to get the vaccine as soon as it becomes available each Fall. The flu shot becomes effective about 2 weeks after you get it.

For all who have signed up for the shot, a memo will be distributed letting you know your scheduled arrival time. Below are a few tips to help you stay healthy this season.

### 1. Wash Your Hands

Soap them up often and scrub well. It's a key way to lower your odds of getting a cold or the flu. You pick up germs on your fingers and can get them in your mouth or eyes. Many viruses spread that way.

### 2. Get Your Flu Shot

You may think of the flu as only a minor problem, but it can be very serious. You may be in bed for days. The flu can even be dangerous, especially for young children and older adults. One little shot may pay off for you and your family. It's a myth that the flu vaccine can give you the flu.

### 3. Get Ready!

Make sure you have the supplies you need to battle germs. Stock up on medicines like pain relievers or decongestants. Don't forget tissues, soap, and hand sanitizer. Check to see if your thermometer works, too. At the supermarket, load up on fluids, herbal tea, and simple comfort foods like chicken soup.

### 4. Pay Attention to Symptoms

Cold or flu? There's no surefire way to tell the symptoms apart. Even your doctor may not be sure which one you have without testing. Usually, colds are milder. You might have a runny or stuffy nose. The flu is usually more severe and comes on suddenly. It will probably knock you off your feet for a few days.

Fever, body aches, and exhaustion are more common with it.

### 5. Get the Right Medicine

You can choose from a lot of cold and flu remedies. Combination medications package several solutions in one pill -- like a decongestant, cough suppressant, and a painkiller. They can be convenient, but they might not be your best bet if you don't have all of the symptoms they treat. Instead, choose a medicine to treat only your specific symptom. Read labels closely, and don't take more than one medicine with the same ingredient. Always check with your doctor. Call our Schooner nursing office if you feel sick.

### 6. Drink Extra Fluids

It will help thin mucus, drain your sinuses, and relieve a stuffy nose. Water, broth, and sports drinks are good choices. Alcohol isn't. Hot drinks like herbal tea will also warm your airways, helping relieve congestion.

### 7. Stay Home if You're Sick

Take time off. If you push yourself to work instead of rest, your recovery may be much harder. Your cold could last longer, and you could also spread germs to other people.

### 8. Use Throwaways to Curb Germs

When someone in your home is sick, switch to disposable products in your bathroom until they get better. It's a simple way to stop the spread of germs among family members. Replace cloth hand towels with paper ones, and bring in paper or plastic cups.