



The Schooner Flash



October 2018 Issue 127

Schooner Estates, Est. 1989

Our Community Is Your Community.

In This Issue:

- Employee Ceremony
- The Great Courses
- Welcome
- Our Favorite Pics
- Word Search
- Alzheimer's Walk
- Craft Fair Reminder
- Yearly Flu Clinic

Writers:

Your Schooner Family

Editor-in-Chief:

Sue O'Brien

2018 Employee Appreciation Ceremony

Welcome to Fall! This is the in between time of year known as the "cooling off" season! Here at Schooner, with the official arrival of Fall, comes our annual "Employee Recognition Ceremony." All Schooner staff members are recognized and honored for the dedication and efforts they give throughout the year.

This event will take place on Wednesday, October 17th, at 2:30 p.m. in the Village Green. Residents and staff are encouraged to attend. Light foods and refreshments will be available at the ceremony, starting at 2:15 p.m. Everyone is invited!

Throughout the month of October, staff are rewarded with a special event, each Wednesday.

We hope to see you there!



We had a great
Open House!

**Happy
Halloween!**



"The Great Courses"

The ending of summer brings the return of a very popular session here at Schooner, "The Great Courses," a series of college level DVD lectures. This interesting and educational event brings the world's greatest professors to millions who want to learn more about the subjects that interest them most. They are being played on selected Tuesdays and Fridays at 10:15 am in our Theatre Room. See your activity calendars for details!

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

- Richard & Phyllis Doiron, apt. 416
- Ruth Watson, apt. 638



A Few of our Favorite Pictures



Our September
Open House!



Word Search

How Important?



Beware, words can go
every which way!

Word List:

ACUTE	INTENSE
CELEBRITY	KEY
CENTRAL	MAIN
CHIEF	MAJOR
CREDITABLE	MAXIMUM
CRITICAL	MOMENTOUS
CRUCIAL	POWERFUL
EMPHASIS	PRIME
ENSHRINED	PROMINENT
ENTHRONED	REMARKABLE
FORCEFUL	REPUTABLE
FOREMOST	UTMOST
GREAT	VITAL
	WEIGHTY

```

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



Thank You All For Caring...

A special note to our staff, from our own Mike Lacasse, Residential Care Administrator -

"I wanted to take a moment and thank everyone from the bottom of my heart for their contributions to the 2018 L/A Alzheimer's Walk to Find a Cure. This journey for us started in January, holding monthly committee meetings at Schooner. Thank you to the Maintenance, Dietary and Housekeeping staff for setting up, providing refreshments and keeping the Castine Living Room spotless. The accommodations were routinely commented on by the committee as being spectacular. In June we hosted an all-day "Longest Day Event" that ended with Schooner's 1st Annual Car Show. That day we had over 200 visitors and raised \$1,700 dollars for our walk team. Thank you to everyone who made that day so special.

With individual and corporate fundraising we garnered \$5,899.70 for our walk team which was donated directly to The Alzheimer's Association to help find a cure for this awful disease. We achieved 197% of our goal. Team Schooner was signaled out at the event as being the top fundraising team for the whole L/A walk event.

I also want to thank Charity Coro for being captain of the team and contributing to having over 20 employees and family members sign up to walk. Thank you Charity!

I want to especially thank our owners John & Barbra for their price matching contributions and supporting us in this wonderful cause. Thank you so much!!

Donations do not close until November 1st. If you would like to still donate please go to ALZ.com/walk and search for Team Schooner.

I am proud to be associated with such a wonderful organization of compassionate and dedicated employees. Keep up the good work and let's plan on making the 2019 Walk even better."

Thank you!!

Michael Lacasse
Administrator, Residential Care



Just a reminder...our October annual craft fair is not far away! The date is Saturday, October 20th from 9-2 p.m. Tables have been reserved and the crafters are busy getting prepared.

Also, if you haven't already, purchase a ticket or two at our front desk for the raffle. Try your luck and win a great gift! Fourteen items (all hand made) 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. Raffle posters are displayed in the elevators and at the front desk.



Keep the Flu at Bay!

Here at Schooner Estates we will be holding our yearly resident flu clinic on Monday, October 22nd in our Castine Living Room. Those who have signed up for the shot, will be receiving a memo letting them know the exact time (from 9-12) to show up. 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. 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.

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 with fever, body aches, and exhaustion.

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

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.