



# The Schooner Flash *Monthly Newsletter*

SCHOONER ESTATES ~ EST. 1989 • OUR COMMUNITY IS YOUR COMMUNITY

October 2023, Issue 187

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### Writers:

Your Schooner Family

**Editor:** Sue O'Brien

Confidence is born within, but when someone recognizes that you did a good job or says thank you, it can make all the difference in the world.

#motivationnation



## Team Member Appreciation Month

With the month of October knocking at our door, we welcome the cooler days and nights, and hopefully with less rain! The new month also brings about our annual "Team Member Recognition Ceremony".

All Schooner staff members are recognized and honored for the dedication and efforts they give throughout the year. Special events are planned weekly for them to participate in and enjoy.

The ceremony will take place on Wednesday, October 25th in the Village Green at 2:30. Residents and staff are encouraged to attend. We hope to see you there!



# Happy Halloween!

## Welcome to our Community!

Jean Carlton, stu. C103 \*\* Frances Coombs, apt. 314

Harriet Cummings, apt. 524

Margaret de Rivera, stu. 208

Sidney & Carolyn Dobson, apt. 434

Norm & Dot Paquette, apt. 630

# Word Search

## How Important?

Beware, words can go  
every which way!

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



## Schooner Tenant Profiles

Please give these folks a warm Schooner welcome!

Thank you to all Schooner Tenants and Employees who help put together our wonderful Tenant Profiles. Since we had a long list of late move ins this month, more October move ins will be posted in your November newsletter. Have a great Fall season!

**Winona Barker** recently moved to Schooner from Rumford, Maine and resides in Studio C101. Winona grew up in Bethel, Maine. After high school she married and moved to Rumford. She has two children, a son Ralph from Florida, and a daughter Cathy from Rumford.

Winona was an avid gardener and ran a family vegetable stand. She also raised Black Angus cattle. Her kids were very involved in 4H so the family spent most of their summers going to all the Maine Fairs showing their cattle. They travelled as far up as the County and ended the season in Fryeburg..

Winona and her husband enjoyed snowmobiling and for many years spent the entire month of April in Pensacola Beach, Florida. Welcome to Schooner, Winona!



**Don & Carmen Lachapelle** moved into apartment 425 in late August. They are from Auburn, where they have lived most of their lives. They have five children, three sons, and two daughters. They have eight grandchildren and five great grandchildren.

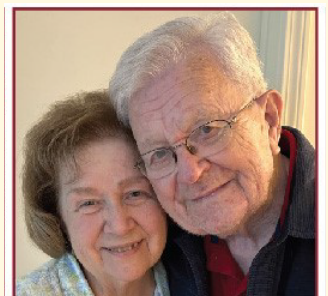
Before retirement both Don and Carmen worked for Etonic Footwear. Don worked the day shift while Carmen worked the night shift so she could care for the children during the day. Don also worked for Philips Elmet for about 10 years. They also owned two convenience stores, Don's Market on South Main Street in New Auburn, and Pine Street News, in Lewiston.

Don enjoyed fishing and coin collecting, Carmen enjoyed making quilts. They have traveled to England and Mexico. They are a great couple and a wonderful addition to our community.



**Bob & Joyce Ouellette**, now residing in apt. 427, are from Lewiston where they lived for 56 years. They have five children - three boys and two girls, fourteen grandchildren, and one great grandchild.

Bob worked for Portland Pipeline while Joyce raised the kids. Bob enjoys hockey and baseball. Joyce worked at Montello Heights teaching crafts to residents and sang in the choir at St. Patrick's Church. They are very happy to be living here at Schooner and find the staff very nice and accommodating. We are happy to have them here at Schooner!



## Keep the Flu at Bay!

Here at Schooner Estates we will be holding our yearly resident flu clinic in October, you will be receiving more information with date and times. 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.

Stay Healthy!