



# The Schooner Flash *Monthly Newsletter*

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

September 2024, Issue 198

## In This Issue:

- Oktoberfest BBQ
- Welcome
- Word Search
- Tenant/Employee Profiles
- Fall Health Tips
- Woodstock Review

### Writers:

Your Schooner Family

**Editor:** Sue O'Brien

## Labor Day



Sunday, September  
22nd, first day of Fall!



## Autumn is Calling...

We look forward to the cool, crisp days of the upcoming Fall Season and to all of the exciting festivities it brings, here at Schooner. Speaking of the Fall season, September 11th takes us to our 4th and final cookout of the summer, our Oktoberfest celebration! We hope to have it on the Res Care lawn, weather permitting. Just show up at your regular lunch time. Have fun!



### Did you know....

#### The Oktoberfest attire:

##### What's a dirndl?

A dirndl is a traditional Bavarian dress women wear to everything from formal events to festivals and beyond. Dirndls consist of three parts: a dress, an apron, and a blouse.

The outfits for Oktoberfest that men wear are collectively called lederhosen. Lederhosen are leather shorts that can be worn with matching suspenders + bib, or on their own. They can be short (right at knee level), over the knee length, or long.



## Welcome to our Community!

- \* Georgette Berube, apt. 415
- \* Dick & Elaine DuBois, apt. 511
- \* Henrietta LeBlond, apt. 326
- \* Charles & Joan Lepage, apt. 634
- \* Donna Manson, B108





# Word Search

Beware, words can go every which way!

VFW DAY  
RHINO DAY  
RESPECT DAY  
SKYSCRAPER DAY  
TV DINNER DAY  
SUDOKU DAY  
COFFEE DAY

PEANUT DAY  
GYRO DAY  
CHAI DAY  
SALAMI DAY  
FAMILY DAY  
GREENPEACE DAY  
SCARF DAY

PATRIOT DAY  
PROPOSAL DAY  
GRATITUDE DAY  
DEAF DAY  
BATMAN DAY  
SOBER DAY  
ALZHEIMERS DAY

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



## Schooner Tenant/Employee Profiles

**Please give these folks a warm Schooner welcome!**

Thank you to all Schooner Tenants and Employees who help put together our Tenant Profiles!

Note: Some of our profiles do not have photographs included - it all depends on a tenants preference.

**Donna Manson, apt. 301** lived in Auburn for quite a few years before recently moving to Schooner Estates. She was born and raised in Camden, Maine. Donna has one son, two daughters and four grandchildren. Many years ago, in South Portland she was introduced to her late husband by a friend, he owned a boat and they spent many summers living on the ocean. Prior to getting married and having children, Donna worked as a secretary. Donna enjoyed sewing and was very talented at it. She also enjoyed gardening and traveling, she and her husband had a time share in Maui and enjoyed vacationing there. Welcome Donna!



**Dot Woodhead, B108**, comes from Lewiston. She has four daughters, eight grandchildren and five great grandchildren. Prior to retiring, Dot worked at the Carriage House gift shop in Lewiston where they sold hallmark products, she was employed there for 27 years. She loved to roller skate, cook and belonged to a bowling league for 18 years. Dot was very involved with her grandchildren when they were young and was a soccer mom to her grandsons for many years. Dot loves to socialize and mentioned she loves it here at Schooner and really enjoys the food. Welcome Dot!



### Let's all welcome **Angela D'Amours**, our new **Director of Marketing and Community Relations**

Hello! I'm Angie D'Amours, and I'm thrilled to join the Schooner Team! My professional journey includes a decade in the Senior Living Industry at both the Highlands and The Cedars. Before that, I spent 24 years in hotel management across various properties in the greater Portland area. Most recently, I served as the Director of Engagement at the Lewiston Auburn Metropolitan Chamber of Commerce. While that role was enjoyable, I realized how much I missed working with seniors and their families, so I'm excited to return to this field.



Outside of work, I love spending time with friends and family, including my 22-year-old daughter. My hometown of Lisbon keeps me busy with my roles on the Moxie Festival Committee, the Recreation Committee, and as the current Chair of the Lisbon Development Committee. My hobbies include gardening, baking, reading, and traveling. I'm also on track to complete my Associate's Degree in Business Administration at CMCC this December. Please feel free to stop by my office on the mezzanine at Castine House to say "hello"!





Our yearly trip to the Lobster Shack in Cape Elizabeth

Sign up for our last lobster bake of the season, Sep. 27th!



A sign of things to come....



### Tips for staying healthy as the weather changes to Fall

1. Get enough vitamin D by spending time outside in the sunlight.
2. Take a brisk walk.
3. Stay hydrated.
4. Check your calorie intake.
5. Be vigilant about handwashing

Fall is the start of flu season, and influenza can be unpredictable and serious, even if you're healthy. Prevention is the best way to protect yourself and your family, so make sure to get your flu shot and to stay home and alert our nursing team if you suspect signs of sickness.

The new season is a fresh start to healthy habits...

## AUGUST "WOODSTOCK" REVIEW...

Our August 16th "Woodstock" celebration went off without a hitch. The mode of dress brought us back to 1969! The performing band, "Brothers of the Boomer Revival" were fantastic! A groovy time was had by all!

