



THE PROMENADE
AT BLUE HILL
 AN ASSISTED LIVING AND MEMORY CARE COMMUNITY
 WWW.PROMENADESENIOR.COM

November 2010

582 Veterans Memorial Drive • Pearl River, NY 10965 • (845) 735-6846

The Promenade at Blue Hill Family

Jodi Gittelman Administrator
 Caryn Bergon Marketing
 Candace Tricarico Wellness
 Donna Mars Life Enrichment
 Michael Logan Food Service
 Ben Magboo Maintenance



Mission Statement

Our mission is to provide seniors with outstanding housing options, as well as uncompromising care to ensure our residents can lead the happy, healthy and productive lives they deserve. It is our desire to have your family and friends become members of our Promenade Family.



MEET CANDACE TRICARICO, THE NEW WELLNESS DIRECTOR

We are very happy to welcome Candace Tricarico, RN, to the Promenade family. Candace comes with many years in the health care and assisted living industry. Most recently she has been training nursing students and home health aides. Candace lives with her husband, Rick, and their three loving canines in Westwood, NJ. She was raised in a large Irish family from Washington, DC, and has 23 nieces and nephews. Candace has already warmed the hearts of our residents, families and friends. Please feel free to call her and say hello.

HAPPY RETIREMENT! MARILYN ROSENZWEIG

Dear Marilyn,

My dad, who retired at 72, said that he doesn't know how he ever had time to work. They say: life begins at retirement! You have been the Wellness Nurse at the Promenade for the past three years. You are loved by all and will be truly missed. I thank you for all you have given to the residents, families and staff. You will always be part of the Promenade family. I know that I speak for everyone in wishing you a wonderful beginning of life."

With love,
 Jodi Gittelman
 Administrator



Thanksgiving Thoughts

"For each new morning with its light,
 For rest and shelter of the night,
 For health and food, for love and friends,
 For everything Thy goodness sends."

—Ralph Waldo Emerson



RSVP's (Retired & Senior Volunteer Program), 37th Annual Recognition Luncheon was held on September 29th. Caryn Bergon attended the event with two of our volunteers, Ellie (l) and Aruna (r). Their valuable time and contributions are greatly appreciated!

Family Support Group

**Wednesday, Nov. 17
7 p.m.**

**with Judy Tamaroff, LCSW
(Our On-site Social Worker)**

R.S.V.P. Recommended



CELEBRATIONS

Team Member of the **Month**

MARIE FRANÇOIS



Marie has been a team member since 2004. She was born in Haiti where she liked singing in the choir and visiting with the elderly. She enjoys playing volleyball and cards and cooking for family and friends. Marie loves to share her interests with the residents and continues to educate herself to provide the best care with dignity and respect.

VETERANS DAY NOVEMBER 11TH

OUR DEBT TO THE HEROIC MEN AND VALIANT WOMEN IN THE SERVICE OF OUR COUNTRY CAN NEVER BE REPAID. THEY HAVE EARNED OUR UNDYING GRATITUDE. AMERICA WILL NEVER FORGET THEIR SACRIFICES.
- President Harry S. Truman



HONORING OUR VETERANS

ROBERT E.
DANIEL G.
BERNARD K.

JOHN G.
MARTIN H.
ALICE R.



JOSEPHINE K.

Josie enjoys reading, chatting with friends and watching TV. She previously worked as an Executive Secretary in New York City.



NOVEMBER EVENTS

- 2 Election Day Voting
- 4 Dayle's Musical Puppets
- 6 Entertainment by David Klopacz
- 7 Craft Fair at the Rockland JCC
- 9 Jim Cava - A Salute to Our Vets
- 11 Patriotic Songs - Mitch Korn
- 13 Singing with Ron Romaine
- 17 Birthday Social/RSVP Clowns
- 18 Family Night
- 19 Bert the Accordion Player
- 22 Sing Along with Jack Vartan
- 25 Thanksgiving Day Luncheon
- 28 Music by The Hudsoners
- 30 Crafts with Louise



NOVEMBER BIRTHDAYS



RESIDENTS

- 11/05.....Mary F.
- 11/19.....Susan S.
- 11/22.....Doris Z.
- 11/23.....Betty A.

STAFF

- 11/17.....Marie J.



JOIN US!

Birthday Social
with
R.S.V.P. Clowns
Wednesday
November 17th
2:00pm



If You Don't Have a Smile, I'll Give You One of Mine!

There were plenty of smiles and balloon hats to go around at the birthday social with R.S.V.P. Clowns.

GIVING THANKS EVERY DAY

The rescue of the trapped 33 Chilean miners captured the world's attention. Elated rescuers, relatives and friends broke into cheers and tears as the miners emerged one by one. This Thanksgiving, and every day, let's count our blessings and remember what we truly have to be thankful for. In the words of Thornton Wilder, "We can only be said to be alive in those moments when our hearts are conscious of our treasures."



FITNESS FUN

THE PARACHUTE GAME

When relatively inexpensive used parachutes appeared in army surplus stores in the 1960s, playful pioneers found the inspiration to create new recreational activities.

The parachute game is a great social and physical activity that relies heavily on team effort and players of all abilities can participate.





MEMORY WALK 2010—A heartfelt thanks to all who participated this year. Memory Walk is the nation's largest event to raise awareness and funds for Alzheimer's care, support and research. Your contributions will bring us one step closer to finding a cure, and help those living with Alzheimer's and the many caregivers who manage the financial and emotional challenges of their loved ones.

TREATMENT STUDY AT THE NATHAN KLINE INSTITUTE, Orangeburg, NY

The Geriatric Psychiatry Division, headed by Dr. Nunzio Pomara is currently involved in a clinical trial of rivastagmine (Exelon) patch 15 cm² vs rivastagmine (Exelon) patch 5 cm² in patients with severe Alzheimer's disease. This phase IV, 24-week, prospective, randomized, parallel-group, double-blind, multicenter study is examining the safety and efficacy of rivastagmine (Exelon) transdermal patch 15 cm² versus rivastagmine (Exelon) transdermal patch 5 cm² on activities of daily living and cognition in patients with severe Alzheimer's disease.

Patients who are 50 years of age or older and have a caregiver who is willing to be involved in the study and supervise treatment may be eligible to participate. For information, call Dr. Corazon de la Pena at 854-398-6533, or Dr. Raymundo Hernando at 845-398-5578.

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