

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

September 2010

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

The Promenade at Blue Hill Family

- Jodi Gittelman Acting ED
- Caryn Bergon Marketing
- Marilyn Rosenzweig 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.

EMPLOYEE OF THE MONTH

Marie Venus Jolicoeur

Marie has been a team member since 2006. Thank you for your commitment and dedication.



JUANITA & CORINNE



TEDDY BEAR DAY
September 9th

"In the sweetness of friendship, let there be laughter and sharing of pleasures." -Kahlil Gibran



Family Support Group

Thursday, September 23rd
7:00pm
 with **Judy Tamaroff, L.C.S.W.**
 (our on-site social worker)
 The support group is an open meeting held the fourth Thursday of each month.
R.S.V.P. Recommended.

Happy Labor Day Weekend, Everyone!





CELEBRATIONS



BIRTHDAYS

RESIDENTS

09/01 Rosie P.
09/28 Kathleen K.

STAFF

09/12 Cathleen O.
09/15 Caryn B.
09/15 Porfiria A.
09/24 James M.
09/29 Mercedes R.

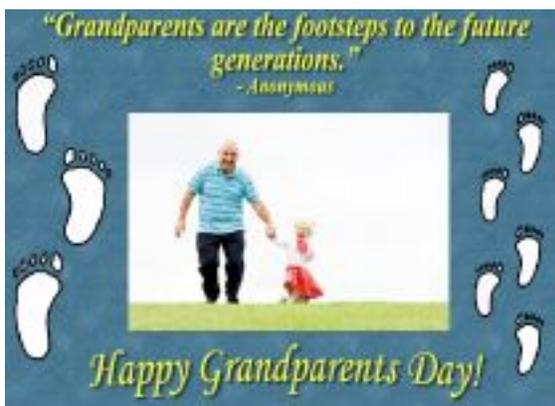
JOIN US!

Wednesday,
September 22nd
2:00pm
September Birthday
Celebration



SEPTEMBER 23RD

GRANDPARENTS DAY Sunday, September 12th



Grandparents are a family's greatest treasure, the founders of a loving legacy, the greatest storytellers, the keepers of traditions that linger on in cherished memory. Grandparents are the family's strong foundation. Their very special love sets them apart. Through happiness and sorrow, through their special love and caring, grandparents keep a family close at heart. ~Author Unknown



NATIONAL ASSISTED LIVING WEEK (NALW) 9/12-9/18

NALW provides an opportunity for residents, families and staff to come together and share a variety of events and activities showing our residents how much we care. The 2010 theme, **Living Life**, is to inspire creativity and participation - never stopping the process of discovering or mastering talents.



PATRIOT DAY

September 11th
Honor and Remember
Our 9/11 Heroes

SEPTEMBER EVENTS

- 9/01 Sit Fitness with Miriam
- 9/02 Music with Mitch Korn
- 9/03 Operation Red, White & Blue
- 9/08 Laughter Club with Jodi
- 9/11 Performance by David Klopacz
- 9/14 Chair Yoga with Colleen
- 9/16 Family Night - 6:30pm
- 9/20 Entertainment by Ron Romaine
- 9/21 Zumba Exercise
- 9/22 Birthday Social/R.S.V.P. Clowns
- 9/27 Grace on the Floor Exercise



WELLNESS CORNER

DIABETES

Too much sugar in the body, if uncontrolled, affects eyesight, the heart, kidneys and circulation, especially to feet. Here, at The Promenade, we offer our diabetic residents a diet of limited sugar to enhance their state of wellness, while physicians monitor blood sugar and medication. If your loved one is a diabetic, please bring them only sugar-free snacks. Let's all work to promote wellness for our diabetics!

Thanks,
Marilyn, Wellness Director

SEPTEMBER IS YOGA MONTH

Yoga in Town Square



100 and Still Going Strong
National Centenarian's Day, on **September 22nd**, recognizes and honors individuals who have lived a century or longer.



MOTHERS AND DAUGHTERS

A Daughter is...
a joy bringer,
a heartwarmer,
a memory maker...
A Daughter is **"Love."**



Nancy and her daughter, Laurie



Eileen with her mom, Theresa



Marie and her mom, Mary



Peggy with her daughter, Laurie



PEACE

**HAPPY ROSH
HASHANA!**
September 9th



YOM KIPPUR
September 18th

Yom Kippur completes the annual period known in Judaism as the High Holy Days. It's also known as the **Day of Atonement**, and is the holiest day of the year.



PET THERAPY WITH SHMOOPIE

Shmoopie (on the left), and her "Build-a-Pup" buddy, look forward to visits with the residents. Shmoopie, a Hurricane Katrina Pet Rescue, was adopted by Donna Mars, Activity Director.

**DECADES OF CARING
ONE DAY AT A TIME
A FAMILY TRADITION**

For more than 40 years, the Laufer family has been dedicated to providing seniors with life-enriching housing and service options, enabling them to enjoy their retirement years to the fullest. Our residents enjoy friendship, independence, personalized care, and impeccable service in each of our distinctive senior communities.

The Promenade at Tuxedo Place is an affordable, luxury senior residence. The Promenade offers three gourmet meals, a carefully planned Lifestyles Program and trips to off-site locations. Located in the historic Town of Tuxedo adjacent to the exclusive Village of Tuxedo Park, the community offers many amenities including a cozy parlor with fireplace, library & computer

center with Internet access, outdoor decks, gardens & natural walkways, a billiards room, TV room, beauty salon, exercise room, and more, all in a warm and caring environment. For those residents in need of some extra help, there is an on-site Home Health Care agency to provide for any personal care needs.

The Promenade at Blue Hill is a lovely community where seniors live in comfort. For many, it's like being home; for others, it's even better. Natural light, indoor & outdoor courtyards, walking paths, and specially planned activities and services - mixed with generous helpings of love and attention - make The Promenade a place where seniors thrive. Designed for maximum convenience and safety, The Promenade offers two unique licensed programs of care under one roof: The Country

Cottage for superior Memory Care and The Town House for supportive Assisted Living.

The Esplanade at Chestnut Ridge is a lovely community, conveniently located in close proximity to the Garden State Parkway, the Palisades Parkway, the New York State Thruway and the Tappan Zee Bridge, making for easy travel to and from New York and all around New Jersey. Our licensed community provides support and services that promote dignity and respect. Seniors who choose to live here are able to maintain a level of independence they desire while receiving the care they need. We offer seniors all the comforts of home - plus a wellness program, three meals daily, cultural and recreational activities, and a whole lot more - for a whole lot less than you might think.

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