

# THE PROMENADE P O S T

April 2009

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

**Congratulations!**  
**Employee of the Month**  
**PIERRE EVINS MICHELAS**



**Welcome!**  
**Martin H. and Betsey C.**



**HAPPY**  
**EASTER - PASSOVER**  
*The Promenade Family*

## A Message From Diane

What is warm, bright and soothing? You guessed it ... spring! We're all looking forward to the budding of the leaves, flowers, longer days of sunlight and sitting outside here in our beautiful sunrooms or on the patios. The spring equinox also brings us Passover and Easter, which the Promenade family extends their best wishes to you.

Many families have voiced their appreciation for the educational information which I've been sharing. Many of you, from your own personal experiences, recognize how much affection and love a pet brings into your life. Our residents, too, reap the benefits from our pet therapy, whether it's a professionally trained dog or a visitor bringing one. Research consistently states that pets lower one's blood pressure, decreases

anxiety, agitation, sadness and stress.

Similar to when you laugh, pets assist in releasing one's endorphins, as the body becomes relaxed and comfortable with a state of euphoria.

Please continue to bring your four-legged friends as they bring such joy and smiles to everyone here.

**Diane, Executive Director**



**Sarah and Sky**  
**Pet Therapy Volunteers**



**Passover Sedar**  
**April 5th, 5:00PM**

## FAMILY NIGHT

**THURSDAY, APRIL 16th**

**6:30PM**

Wine, Cheese & Family = Fun!!!

**Family Support Group**

**Thursday, April 23th**

**7:00PM**

with Judy Tamaroff, L.C.S.W.



**EASTER DINNER 12PM**  
Please R.S.V.P. by April 1st



## Trivia Whiz

### History of the IRS

The Internal Revenue Service comes calling April 15 when income taxes are due. But do you know much about the history of the IRS?

- President

Abraham Lincoln and Congress enacted a tax in 1862 to help pay Civil War expenses, creating a position called commissioner of Internal Revenue.

• Wyoming ratified the 16th Amendment in 1913, meaning enough states made it possible to amend the Constitution, giving Congress the authority to enact income taxes.

• The first Form 1040 was introduced in 1913. It emerged after Congress levied a tax on net personal income. It included a 1 percent tax on incomes of more than \$3,000.



### April Birthdays

If you were born in April, you are stable, practical, and conservative. You have a strong appreciation for material possessions and are very creative. In addition, people born in April have a strong sense of wit.

### Happy Birthday

- 4/14 Joyce L.
- 4/14 James C.
- 4/28 Dorothy V.

### BIRTHDAY SOCIAL

THURSDAY, APRIL 30TH  
3:00PM

Everyone is welcome to join us!

### Attention, Residents & Families!

Westchester Broadway Theatre  
**FUNNY GIRL**

Wednesday, May 13th  
8:00PM Show

Looking ahead to the month of May, let's make this an extra special Mother's Day by attending *Funny Girl*. I will make arrangements according to the number of responses I receive, which will determine the cost of the trip. Please let me know if you are interested. To make this trip successful, I will need family participation! I look forward to your response and the opportunity to provide a memorable and enjoyable trip for all involved.

**Dawn, Recreation Director**



OFF WE GO!

### The Promenade Trips

- |              |                    |
|--------------|--------------------|
| SUNDAYS      | RELIGIOUS SERVICE  |
| TUES./THURS. | WALKING IT!        |
| 4/4          | ROCKLAND OPERA     |
| 4/5          | EASTER CANTATA     |
| 4/7          | SHOPPING TRIP      |
| 4/9          | PEARL RIVER LANES  |
| 4/14         | SPRING SCENIC RIDE |
| 4/21         | SHOPPING TRIP      |
| 4/23         | RED SCHOOLHOUSE    |
| 4/28         | LUNCH BUNCH OUTING |



### Special Events

- 4/2 MARY S. SINGS
- 4/6 GRACE ON THE FLOOR
- 4/9 EVENING MUSIC WITH MITCH
- 4/15 HORTICULTURE CLUB
- 4/18 SING-A-LONG WITH JACK V.
- 4/16 FAMILY NIGHT
- 4/21 CHAIR YOGA WITH COLLEEN
- 4/21 BERT S. PLAYS ACCORDION
- 4/23 MUSIC—MARIONETTES & MORE
- 4/24 "YOMENCO" EXERCISE
- 4/27 ENTERTAINMENT BY DAVID K.

## Spring Is Here!

We have begun a Horticultural Club, which will meet the third Wednesday of the month in the afternoon. The program will enhance quality of life, as well as provide benefits of physical, emotional, social and intellectual stimulation. The group will be led by Catherine N., a Certified Horticultural Therapist. We'd like to welcome her to our community and look forward to the club growing ...



Horticultural Club

## Square Dancing

Another activity introduced to our residents recently was not only the performance of the Happy Squares, but we also got to participate and join in the fun. We look forward to their next visit and learning a new dance or two!



Happy Squares

## Recipe Corner

### Poor Man's Cake

First of all, the following items are to be brought to a boil in a saucepan before making the cake:

- 1 cup raisins
- ½ cup oil
- 2 cups coffee
- ¾ cup sugar

1 teaspoon ground allspice

For about 15 minutes. Let cool (takes a couple of hours). Add 2 teaspoons baking soda, after removing from the heat, then add 3 cups flour.

Bake in loaf pan at 350 degrees 45-50 minutes. When cool, remove it from pan and cover with your favorite frosting.

Note: It's a good idea to boil ingredients in the morning and make cake in the afternoon.

This recipe comes from Eileen G.



Eileen G. and Dawn, Recreation Director

If you have a recipe you'd like to share, please bring it in for all of us to enjoy!



## Wit & Wisdom

**"April hath put a spirit of youth in everything."**

**—William Shakespeare**

**"The first of April is the day we remember what we are the other 364 days of the year."**

**—Mark Twain**

**"April is the cruelest month, breeding lilacs out of the dead land, mixing memory and desire, stirring dull roots with spring rain."**

**—T.S. Eliot**

**"Here cometh April again and, as far as I can see, the world hath more fools in it than ever."**

**—Charles Lamb**

**"Oh, the lovely fickleness of an April day!"**

**—William H. Gibson**

**"April comes like an idiot, babbling and strewing flowers."**

**—Edna St. Vincent Millay**

# The Promenade at Blue Hill Family



PromenadeSenior.com

Diane Hill.....Executive Director  
Marilyn Rosenzweig.....Wellness Director  
Dawn Irvin.....Recreation Director  
Michael Logan.....Food Service Director  
Ben Magboo.....Maintenance Director  
Caryn Bergon.....Community Relations Director

## 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.

The Promenade at Blue Hill  
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