

THE PROMENADE

P O S T

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

August 2009

Congratulations! Employee of the Month Scarlett Hager



Scarlett, our lead medication technician, has been a valuable part of the Wellness team for more than two years. Scarlett is a huge multitasker and handles many roles in the Wellness Department and the entire community. We are so grateful for all of her hard work!!!

Please join us in congratulating Scarlett as the August Employee of the Month.



Newest Walking Club Members

Leah's Corner

The summer is flying by! Our residents are loving our Saturday BBQs and plenty of outdoor activities. The walking club is in full swing, and the residents are in great shape!!!

I am truly enjoying my days at The Promenade. Where else could I work and spend time with such amazing, caring, devoted staff and absolutely wonderful residents and families?!

Enjoy the rest of your summer!!

Best always,
Leah, Executive Director

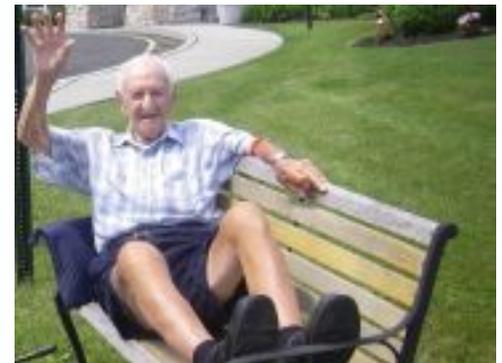


Holly, our in-house gardener!

Summer Is Here!

Everyone is enjoying the beautiful outdoors!

All the courtyards, patios and walking path are being used daily!



Pat enjoying the view!

Family Night

Thursday, Aug. 20
6:30 p.m.

Everyone is welcome!
Light refreshments,
wine and beer will be served
on the Town House Patio
(weather permitting).

"Those shoes were made for walking."
– The Walking Club



Daily Club Walks
10 and 11:30 a.m., 1 and
3:30 p.m.

Family Support Group

Thursday, Aug. 27
7 p.m.

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.

Trivia Whiz

The Write Stuff

For students, August means it's time to get the lead out—literally. The pencil, a key back-to-school tool, has been mass-produced for more than 400 years. The first pencils were created in Germany from graphite wrapped in string.

Other "pointed" facts:

Cabinetmaker William Monroe helped create the first machine-cut pencils in America in the 1800s.

Unpainted pencils were stylish in the 1800s, showing off their high-quality wood casings.

What does No. 2 mean on a pencil? It refers to the lead's softness. No. 2 is medium-soft for normal writing.

Why are pencils yellow? China, which produces superb graphite, associates yellow with respect. Thus, to honor the Chinese, pencils were shaded in yellow.



August Birthdays

Leo is the most extroverted sign in the zodiac. They are ambitious, self-confident and born leaders who thrive when faced with adversity. Virgos are logical, conscientious, hard workers who value stability and are always ready to offer a helping hand.

Happy Birthday

8/2	Jean D.
8/6	Eileen K.
8/26	Joan M.
8/27	Virginia P.

Birthday Party Social Thursday, Aug. 27, at 3 p.m.

Attention, Families and Residents!

This is just a quick reference list of things that have been printed in the past issues of the "Promenade Post."

Please look over and contact me directly if you have any questions.

Dawn, Recreation Director
dawn@promenadesenior.com

Things to Remember!

- 1) Memory Box Items Needed
- 2) Share Family Recipe
- 3) Join E-mail List
- 4) Volunteers Needed
- 5) Sign In/Out of Building
- 6) Label All Personal Items
- 7) Welcome to All Activities

The Promenade Trips

SUNDAYS	RELIGIOUS SERVICE
8/4	PICNIC IN THE PARK
8/6	ICE CREAM STAND
8/11	EXPLORER'S CLUB
8/13	ALL SHOOK UP!
8/18	SHOPPING TRIP
8/20	ST. PATRICK'S CATHEDRAL
8/25	LUNCH BUNCH OUTING
8/30	RHINEBECK AERODROME



July - Concert at Park



Entertainment in Town Square

Special Events

- | | |
|------|---------------------------|
| 8/1 | SLICING THE APPLE |
| 8/2 | TALENT SHOW |
| 8/6 | EVENING WITH MITCH K. |
| 8/10 | GRACE ON THE FLOOR |
| 8/16 | ENTERTAINMENT BY DAVID K. |
| 8/18 | CHAIR YOGA WITH COLLEEN |
| 8/20 | FAMILY NIGHT |
| 8/23 | ROCKLAND ALLIANCE CHURCH |
| 8/27 | MUSIC WITH MASHI K. |
| 8/27 | CLOWNS "R" US |

What's New???



Milena, Zumba Instructor

Zumba

Zumba fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout system designed to be FUN and EASY TO DO!

The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got ZUMBA!

Zumba has spread like wild-fire in the fitness industry, and here at The Promenade, we have a zumba "fitness party" once a month!



Everyone, zumba!



Life Line Screening—All Welcome Friday, Aug. 28

Do you have high cholesterol
or high blood pressure?

Have members of your family
suffered from these ailments?

Do you have a poor diet?

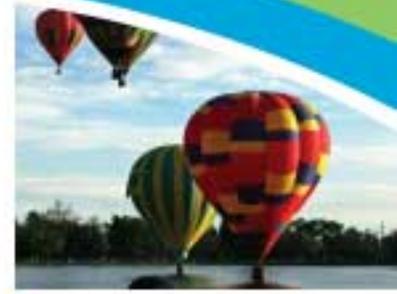
If you answered "YES" to any of these questions, you may want to consider being screened for your risk of stroke through the services of Life Line Screening. Life Line Screening Radiology uses ultrasound technology to view the plaque buildup in your carotid arteries, the main arteries that carry blood to the brain. Blockages in these arteries are a leading cause of stroke. The Promenade at Blue Hill is pleased to host this Life Line Screening Radiology event. Register for the Stroke, Vascular Disease and Heart Rhythm Package for \$149. All four screenings take 60-90 minutes to complete.

Your health is in your hands

so call
(800) 679-5183
or visit

www.lifelinescreening.com

for more information or to preregister.



Wit & Wisdom

"I have never been jealous. Not even when my dad finished fifth grade a year before I did."

—Jeff Foxworthy

"If the Romans had been obliged to learn Latin, they would never have found time to conquer the world."

—Heinrich Heine

"Education is the most powerful weapon that you can use to change the world."

—Nelson Mandela

"Some people talk in their sleep.

Lecturers talk while other people sleep."

—Albert Camus

"Education is what remains after one has forgotten everything he learned in school."

—Albert Einstein

The Promenade at Blue Hill Family



PromenadeSenior.com

Leah Schwibner.....Executive Director
Marilyn Rosenzweig, RN.....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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