

THE PROMENADE P O S T

November 2009

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



WE SALUTE OUR EMPLOYEE OF THE MONTH LENORA COUSINS

Lenora, one of our evening Lead Med Techs, has been a valuable member of our Wellness Team since 2008.

Always with a smile, Lenora cares for our residents with total dedication. We congratulate Lenore as the employee of the month.

Leah's Corner

Welcome, Autumn !!!

Our residents are loving viewing the colorful trees throughout this beautiful county.

Thank you to all of our staff, friends and families who supported us during our forget-me-not sale and fabulous pancake breakfast fundraiser for the Alzheimer's Association. All proceeds were submitted to the Association at this year's walk. Thank you !!!

Wishing everyone a Wonderful Happy Thanksgiving.

Best always, *Leah*



Wellness Wisdom

With fall upon us, the flu season has arrived. All of our residents will be getting flu vaccines in November, the date is to be announced.

I would like to remind you that residents **may not** keep medications in their rooms, nor should they be taking anything that has not been prescribed by their physician. This also includes over-the-counter medication. A staff member is available to give medications 24 hours a day, if needed. Your cooperation is greatly appreciated to ensure the safety of our residents.

Please help us keep our residents healthy by not visiting when you are sick. For your convenience, we have hand sanitizer at the front desk for use.

Thank you,
Marilyn and Staff
Happy Thanksgiving to All!



Observe Veterans Day November 11th

Please remember and honor all our veterans who have served and those who are currently serving our country.

Wishing Everyone a Very Happy Thanksgiving!!



Family Night • Thursday •
November 19th • 6:30pm

Resident Party

The logo for the Resident Party, featuring the words "Resident" and "Party" in a bold, sans-serif font. The word "Party" is in a larger, red font with a white outline. To the right of the text are several colorful balloons in shades of red, yellow, green, and blue.



Trivia Whiz

Piece of the Rock

While no one contests that the legendary Plymouth Rock exists, its importance in American history is up for debate. Some historians believe the Pilgrims stepped on Plymouth Rock while disembarking from the Mayflower to come ashore to America in 1620. Other historians, however, question that belief because no documented evidence by the Pilgrims exists in reference to Plymouth Rock. Other trivia:

In 1774, Plymouth Rock split in half when townspeople attempted to move it to the village center for safekeeping. It suffered more fractures in 1834 during another move.

By the 1800s, people began chiseling pieces of Plymouth Rock for souvenirs.

The rock currently is housed in a portico in Massachusetts.

Resident Birthdays

| | |
|-------|------------|
| 11/5 | Mary F. |
| 11/6 | Theresa D. |
| 11/22 | Doris Z. |
| 11/23 | Betty A. |
| 11/24 | Mildred C. |



Birthday Party Social

Wednesday, November 18th, 3:00PM

Everyone is welcome to join us to celebrate with cake and punch!

Staff Birthdays

| | |
|-------|----------|
| 11/4 | Flora M. |
| 11/17 | Marie J. |



Promenade Trips

| | |
|---------|------------------------|
| SUNDAYS | RELIGIOUS SERVICE |
| 11/3 | EXPLORERS CLUB |
| 11/5 | FALL FOLIAGE ADVENTURE |
| 11/10 | LUNCH BUNCH OUTING |
| 11/10 | SHOPPING TRIP |
| 11/29 | ELMWOOD PLAYHOUSE |



THANKSGIVING LUNCHEON

You are welcome to join your family member for our Thanksgiving Luncheon on Thursday, November 26th, at 12:00pm.

Adults \$20 per person, Children 10 and under \$10. Reservations are required by November 20th.

******For residents going offsite for the holiday, please notify us by Nov. 23rd so the wellness office can coordinate medication packets.**

Thank You!



Special Events

| | |
|-------|--------------------------|
| 11/1 | ROCKLAND ALLIANCE CHURCH |
| 11/2 | JACK VARTAN SINGS |
| 11/4 | HORTICULTURE CLUB |
| 11/10 | CHAIR YOGA WITH COLLEEN |
| 11/11 | LAUGHTER CLUB |
| 11/12 | WARREN O'NEIL |
| 11/18 | BERT PLAYS ACCORDION |
| 11/18 | BIRTHDAY SOCIAL |
| 11/18 | CLOWNS 'R' US |
| 11/19 | FAMILY NIGHT |
| 11/24 | ZUMBA EXERCISE |
| 11/25 | LAUGHTER CLUB |
| 11/26 | THANKSGIVING DINNER |





Our Residents Having Fun!



HORTICULTURE CLUB



Joan's Friends and Family at our Pancake Breakfast



Clara and Tom Enjoying Our Pancake Breakfast

Featured Recipe



Butternut Squash Apple Soup

Ingredients

- 1 yellow onion, chopped
- 1 rib of celery, chopped
- 1 carrot, chopped
- 1 Tbsp butter
- 1 butternut squash, peeled, seeds removed, chopped
- 1 tart green apple, peeled, cored, chopped (squash and apple should be at a 3 to 1 ratio)
- 3 cups chicken or vegetable broth
- Pinches of nutmeg, cinnamon, salt and pepper

Method

Combine butter, onion, celery, and carrot in large saucepan. Cook for 5 minutes. Add squash, apple, and broth. Bring to boil. Simmer for 10 minutes or until squash is soft. Puree. Add spices to taste.

Serves 4-6



More Fun!



Our Trip to Life's Journey



Catherine Grooming



Edith and Ida Grooming, too!



Barbara and Helen enjoying the Cooking Club



Supporting Our Town During Pearl River Day

The Promenade at Blue Hill Family



PromenadeSenior.com

Leah Schwibner.....Executive Director
Marilyn Rosenzweig, RN.....Wellness Director
Gretchen Sutera.....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.

(845) 735-6846

www.promenadesenior.com

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