

# THE PROMENADE P O S T

September 2009

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

## **Congratulations!** Employee of the Month Anthony Sciangula



Anthony, our activity leader was nominated by the residents of The Promenade to be September's Employee of the Month! Anthony has been with us since April of 2008. He is truly a gifted and talented man. The residents call him "The Kid" he's also been known as "Elvis" around here. He is a good sport and willing to take on whatever comes his way. We all appreciate and recognize his dedication and hard work!



## **Leah's Corner**

I can't believe September is here and summer days are gone!. I hope everyone had a wonderful summer. Although we saw more rain than usual in the past few months, our residents still managed to keep busy with fun exciting events, barbeques and outings. We are looking forward to an exciting fall schedule of activities and programs. Check out our current calendars and join us when you can. Enjoy September !!

*Best always,  
Leah, Executive Director*

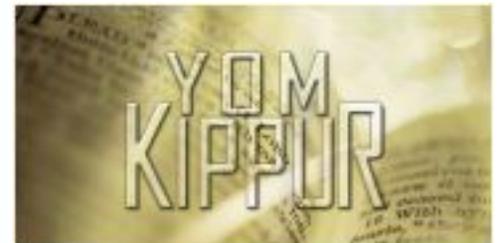
## **Welcome New Residents**

### **Betty A., Edith B., and Anne S.**

We look forward to making and sharing memories with you and your loved ones!

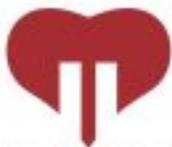


**Anne S. at Beach Party**



The Promenade family would like to wish all of our friends and family a very Happy and Healthy New Year!!

UNITED WE STAND



HONORING THOSE WHOSE LIVES WERE TOUCHED  
BY THE EVENTS OF SEPTEMBER 11, 2001.

## **Honor 9-11 Victims and Heroes**

Sept. 11 is Patriot Day.

## **HAPPY LABOR DAY**

### **Resident BBQ**

**Saturday, September 5th  
12:00PM**

R.S.V.P. required  
(there will be a \$10 charge per person if you're interested in attending please sign up at the front desk)

### **Family Night**

**Thursday, September 17th  
6:30PM**

3rd Thursday of each month

### **Family Support Group**

**Thursday, Sept. 24th  
7 p.m.**

**with Judy Tamaroff, L.C.S.W.**  
4th Thursday of each month



## Trivia Whiz

### Cause for Kids

The annual Jerry Lewis Muscular Dystrophy Telethon hasn't always been a Labor Day event. The telethon originally began in June 1955.

The first event raised \$600,000. The total today is more than \$1 billion.

According to the Muscular Dystrophy Association, a \$30 donation equals one flu shot; \$82 pays for 1 minute of research.

MD is a group of genetic diseases characterized by degeneration of skeletal muscles that control movement. The most common type, Duchenne, can leave youths unable to walk by age 12.

78.4 percent of the money raised by the telethon goes to research, services and education.

Johnny Carson answered phones for the telethon in 1969.



### September Birthdays

Virgos are logical, conscientious, hard-workers who value stability and are always ready to offer a helping hand. Libras are elegant, kind, gentle, and, like the balancing scales that represent them, love harmony and balance.

### Happy Birthday

9/3 Brenda M.  
9/28 Kathleen K.

### Birthday Party Social

Thursday, Sept. 24th at 2:30PM  
Everyone is invited to join us for Birthday Cake! and show by R.S.V.P.  
Clowns 'R' Us.



### Grandparents Day

#### Miss Dayle and The Hot Rods

Will be performing here on:

#### September 13th at 6:00PM

Please join us for an evening of fun and refreshments with your loved one on this special occasion to celebrate Grandparents Day!



Next Stop?

### The Promenade Trips

SUNDAYS RELIGIOUS SERVICE  
9/1 SHOPPING TRIP  
9/3 MARITIME MUSEUM  
9/6 FISH & SHIPS EXHIBIT  
9/8 EXPLORER'S CLUB  
9/11 ORANGEBURG MEMORIAL  
9/13 PEARL RIVER LIBRARY  
9/15 SHOPPING TRIP  
9/17 ICE CREAM STAND  
9/22 COMMANDAR CRUISE  
9/29 LUNCH BUNCH OUTING

### Special Events

9/1 Zumba  
9/4 Mary S. Sings  
9/10 Warren O Entertains  
9/13 Miss Dayle & The Hot Rods  
9/15 Chair Yoga with Colleen  
9/17 Family Night  
9/18 Bert Plays Accordion  
9/21 Entertainment by Ron. R.  
9/23 Horticulture Club  
9/24 Clowns "R" Us  
9/27 Rockland Alliance Church  
9/28 Grace On The Floor

(all activities are subject to change)



## What's New???



### The Cheery Cherry's of The Promenade

We have joined The Red Hat Society. This month we will host a kickoff anyone who is a Red Hatter is welcome to join in the fun! The group will be meeting the first Tuesday of each month at 11:00AM.



### \*\*\*Wellness Center \*\*\*

Dr. Appel' schedule for the remainder of 2009 is as follows: 9/15, 9/22, 10/6, 10/20, 11/3, 11/17, 12/8 and 12/15 adjustments may be made to this schedule as needed as well as additional days added. Family members can be present for appointments. If you have questions or concerns you can call the Doctor's office directly.

**Marilyn, Wellness Director**

### In Memory of Thomas Cafiero

We extend our condolences to his wife Ida, family and friends.



### Life's Journey Trip

It was a beautiful sunny day for our trip to Life's Journey Equine Therapy at the Ramapo Equestrian Center. We toured the stables, and were introduced to amazing horses, that we pail fed, groomed and walked. A few residents were hesitant at first but then soon warmed up and approached the horses with enthusiasm. The field trip was such a delightful experience for everyone. We look forward to visiting again in the fall for another outing.



Holly Feeding



Peggy Walking



Sue Grooming



## Wit & Wisdom

"Honey is sweet!  
But the bee stings."  
—Proverb

"If you want to  
gather honey, don't  
kick over the  
beehive."  
—Dale Carnegie

"Tart words make  
no friends; a spoonful  
of honey will catch  
more flies than a  
gallon of vinegar."  
—Benjamin Franklin

"When you shoot  
an arrow of truth, dip  
its point in honey."  
—Arab Proverb

"Life is the flower  
for which love is the  
honey."  
—Victor Hugo

"'Bee vomit,' my  
brother said once,  
'That's all honey is,' so  
that I could not put  
my tongue to its  
jellied flame without  
tasting regurgitated  
blossoms."  
—Rita Dove

# 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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