



THE PROMENADE P O S T

July 2008

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



MISSION STATEMENT

The Promenade believes that seniors have the right to lead happy, healthy and productive lives. It is our responsibility to ensure that they can.

Our mission is to provide seniors with outstanding housing options, as well as uncompromising care to enable residents to lead dignified and productive lives.

Our mission is to have your family members become members of our Promenade family.



A Message From Diane

Welcome to our first edition of our newly designed newsletter.

Great news! We now have a beautiful 14-passenger van to transport our residents for trips. It's fully air-conditioned, has a lift for wheelchairs, a CD player for tunes and the ride is extremely smooth. The residents have already enjoyed several trips in the van and are looking forward to many more.

As some of you know, I read all the time, attempting to stay up-to-date on research for Alzheimer's disease or the new

medications and therapeutic ideas pertaining to memory care. Most recently I read Alzheimer's From the Inside Out, by Richard Taylor, Ph.D. The author, himself, translates into writing who and what he sees, feels and experiences as an individual with this illness. I found this book to be extremely informative, touching and uplifting about life. I suggest caregivers, family members and professionals find time to read this book as you are sure to gain an even better understanding of what our loved ones are experiencing on a daily basis. Wishing you all a cool summer!

—Diane, Executive Director



THE PROMENADE FAMILY OF DIRECTORS

- Executive Diane Hill
- Wellness Marilyn Rosenzweig
- Community Relations Caryn Bergon
- Recreation Dawn Irvin
- Food Service Jerome Hurdle
- Maintenance Ben Magboo



**FAMILY BBQ
July 2 at Noon**

ATTENTION, FAMILIES

If you are interested in having the newsletter and monthly calendar e-mailed to you, please contact Dawn directly at:

dawn@promenadesenior.com
I would be happy to e-mail to extended family and friends.



Trivia Whiz

An Explosion of Fireworks Facts

Synthetic clothing can create sparks from static electricity that can detonate fireworks. People who create fireworks must wear cotton—even down to their underwear.

Historians believe that gunpowder, the explosive ingredient in fireworks, was invented in China about A.D. 1000.

Thirty years ago, a typical firework display lasted an hour; today's shows rarely last more than 20 minutes.

The art of making and setting off fireworks is known as *pyrotechnics*, and firework professionals are known as *pyrotechnists* or *pyrotechnicians*.

A flowerpot is the term pyrotechnicians use for what the explosion looks like when a firework misfires and explodes within the launch tube.



Thank You

I'd like to thank Mineola Blounts' sorority sisters from Delta Sigma Theta for hosting a casino day here at The Promenade on June 1. The event was exceptional!

We look forward to their return.
—Dawn, Recreation Director



WELCOME!
TO THE PROMENADE

WELLNESS CENTER
AGE KOLA, LPN



People born in July tend to make wonderful life partners. They highly value home and family, love deeply and are very protective of those close to them.

- | | |
|----------------|---------|
| Nancy Wacha | July 2 |
| Robert Edsall | July 3 |
| Mary Discenza | July 16 |
| Eileen Galvin | July 21 |
| Mary Taylor | July 21 |
| Holly Shepard | July 22 |
| Barbara Smith | July 25 |
| Connie Lemieux | July 27 |

I'd like to introduce you to Age Kola, LPN, who recently joined our staff, replacing Stacy Clapp. Age is married and has three children. After her graduation as an LPN, she has worked in assisted-living facilities and chose to settle at Promenade. Not only is she a good nurse who is continuing her studies to become an RN, but she is caring, compassionate and has a wonderfully funny and light personality that the residents enjoy.

We welcome Age and are proud that she has chosen to be part of our Promenade family.



Marilyn, Wellness Director



*****It's Wonderful to Be Appreciated*****

Dear Diane,

Mom, Audrey, has been a resident of The Promenade Assisted Living residence for nearly 10 months. During her stay at The Promenade, there have been many special celebrations to recognize significant holidays and religious observances. I believe I have attended most of those events and although I have said thank you to the staff at the time of the event, I have never taken the time to acknowledge the efforts of the staff in writing.

The Mother's Day celebration was a wonderful event. A special thank you to Dawn Irvin and her family (daughter, son, niece (2), sister and friend), who gave up their Mother's Day time to serve the residents of The Promenade. A thank you also to the staff who prepared the dining room for the event and to you Diane for your leadership in bringing the celebration together.

Of course, I need to recognize others who were key to previous celebrations—Caryn, Marilyn, Bob, Scarlett, Stacy, Ben and other staff members—without whose help and caring these events would never happen.

Thank you one and all.

Sincerely,
Norm P. Neus



Thanks to the Staff!

Diane, Evins and Marie



Our Memorial Day BBQ

Audrey and Norm—
First Cookout 2008



The Girls Table

Dorothy, Kathy and Holly
enjoy the sun and fun!



We Put on Our Hats!

Cathrine and Pauline

Wit & Wisdom

"We hope that, when the insects take over the world, they will remember with gratitude how we took them along on all our picnics."

—Bill Vaughn

"If ants are such busy workers, how come they find time to go to all the picnics?"

—Marie Dressler

"One of the nice things about the Senior Tour is that we can take a cart and cooler. If your game is not going well, you can always have a picnic."

—Lee Trevino

"We're like ants at the picnic. We don't eat much, but nobody wants us there."

—Rodney Olson

"The examined life is no picnic."

—Robert Fulghum

July 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Commander Cruise 10 a.m.-2 p.m.	2 Family BBQ Noon	3 Scenic Ride 10 a.m. Warren O'Neil 2 p.m.	4 Independence Day	5
6 St. Aedan's Church 11 a.m. Mass	7	8 Scenic Ride 10 a.m. Chair Yoga with Colleen 10 a.m. Shopping Trip 3:30 p.m.	9	10 Bert Stromholm 11 a.m. Ice Cream Trip 2:30 and 3:15 p.m.	11	12
13 St. Aedan's Church 11 a.m. Mass	14 David Klopacz 2 p.m.	15 Cabaret Show and Luncheon 10 a.m.-3 p.m.	16	17 Scenic Ride 10 a.m.	18	19
20 	21	22 Scenic Ride 10 a.m. Shopping Trip 3:30 p.m.	23	24 Ice Cream Trip 2:30 and 3:15 p.m.	25 Yomenco 11 a.m.	26
27 St. Aedan's Church 11 a.m. Mass	28 Jack Vartan Entertains 2 p.m.	29 Lunch at Mt. House 11:30 a.m.	30	31 Scenic Ride 10 a.m.	THE PROMENADE TRIPS AND SPECIAL EVENTS Families and friends are always welcome to join us!!! <i>All activities are subject to change.</i>	

The Promenade at Blue Hill
582 Veterans Memorial Dr.
Pearl River, NY 10965