

THE PROMENADE P O S T

September 2008

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

Welcome!



Joan and Susan



Michael and Jody

A Message From Diane

As fall approaches, our Promenade family continues to grow with two more new residents, Susan and Joan. Welcome!

Calling out to all family members and friends. Please join The Promenade team for the Alzheimer's Memory Walk on Sunday, Oct. 12. The 9:30 a.m. walk takes place in Pearl River at Ancient Hibernian House. Please sign up by contacting the receptionist or come and make a donation toward A Forget Me Not in an ongoing search for a cure that we hope arrives very soon!

The familiar faces of Katie and Ashley at our receptionist desk will greatly be missed as both have chosen to move on with their education and careers. They have been a huge asset and we wish them great success in their endeavors. I would like to

introduce our new receptionists whom you will be speaking with and seeing upon your visits. They are Gabrielle and Kristin.

We extend our condolences to all of Pauline Nardiello's family and friends due to a sudden illness that took her from us. Her lovely smile, laughter and joking personality will greatly be missed.

Residents and family members have noticed recipe variations and delicious aromas coming from our kitchen. Both, our new food service director, Michael Logan, and our cook, Jody Drye, have brought their creativity and boundless energy to The Promenade. Together, they are diligently producing delicious meals and we look forward to many more.

I look forward to sharing the lovely colors of fall with you!

Diane, Executive Director

THE PROMENADE FAMILY

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



HAPPY LABOR DAY

MONDAY, SEPT. 1

A Friendly Reminder

September 7 is National Grandparents Day, a time for children and adults to honor the generations who came before them. Activities, memorials and other events take place across the nation.

**Join Us for a
"Grand" Celebration at 3 P.M.**



Trivia Whiz

Football Facts

As the regular season in football kicks off on Sept. 4, consider the rich history of this All-American sport: *Humble beginnings.* Ten franchises formed the National Football League on Sept. 17, 1920, in Canton, Ohio.

Big bucks. The first player to turn pro, John Brallier, received \$10 plus expenses to play for the Latrobe YMCA in 1895.

The name of the game. The NFL commissioner wanted to call the championship game between the AFL and NFL "The Big One." The name "Super Bowl" was meant as a joke, but it stuck.

Turkey classic. The first nationally broadcast Thanksgiving Day NFL game was in 1934.



Enjoying the Breeze

Attention, Residents!

At the end of July, I had the opportunity to attend *The Spirit of Possibilities* seminar conducted by the Center for Courageous Aging. This seminar enlightened and opened my eyes to quite a few new programs and ways to look at our residents' abilities.

This month we will begin a mental exercise program. Just as you do physical exercise to tone up the muscles throughout your body, doing **Mind Your Mind** workouts will stimulate many different parts of the brain.

I am looking forward to introducing and leading this exercise program for the residents of our community.

Dawn, Recreation Director



Special Events

- 9/5 "YOMENCO" EXERCISE
- 9/7 GRAND CELEBRATION
- 9/11 ENTERTAINMENT BY WARREN
- 9/12 BERT PLAYS HIS ACCORDION
- 9/13 CHARITY CAR WASH
- 9/16 CHAIR YOGA WITH COLLEEN
- 9/17 SING-A-LONG WITH JACK V.
- 9/18 FAMILY NIGHT WINE & CHEESE
- 9/22 ENTERTAINMENT BY DAVID K.



September Birthdays

People with September birthdays tend to be careful, cautious and organized. They can be calm in stressful situations, kind, sympathetic and very choosy—especially in relationships.

Happy Birthday

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|----------|-------------|
| Sept. 1 | Henry L. |
| Sept. 4 | Consuelo D. |
| Sept. 5 | Teresa C. |
| Sept. 22 | Manny H. |
| Sept. 28 | Kathleen K. |



THE PROMENADE TRIPS

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| SUNDAYS | RELIGIOUS SERVICE |
| TUESDAYS | SCENIC RIDES |
| 9/2 | SHOPPING WITH BOB |
| 9/4 | CIRCLE LINE CRUISE |
| 9/9 | PEARL RIVER LANES |
| 9/11 | ICE CREAM TRIP |
| 9/16 | SHOPPING WITH BOB |
| 9/18 | GARDEN TOUR |
| 9/21 | APPLE FESTIVAL |
| 9/23 | MATINEE MOVIE |
| 9/25 | CHINESE LUNCH OUTING |
| 9/30 | ROCKLAND BAKERY |

Veteran's Memorial Park Outings Day and Night!



Evening Concert in the Park



Picnic in the Park!



Harry Brown Bagging It!



The Table Under the Tree ...



Heather and Dushi

A Friend in Deed!

Many of us remember the first time a dog greeted us by jumping up on us and almost knocking us down! I was one of those kids, and it instilled in me a fear of dogs that only having one as a pet could extinguish.

Now, so many years later, I look forward to our visiting dog, Dushi, greeting me that way. Don't tell, even though his owners/trainers discourage the behavior, I encourage the warm welcome when their backs are turned.

Heather and Christine Vokes are getting such pleasure from making our world a little gentler and kinder. Three years ago when they were in Aruba, they discovered a 1-year-old dog, weighing less than 20 pounds, scared to death and clearly abused living in an unfinished house across the street from where they were staying.

All it took was a clean bill of health from the veterinarian and a crate to bring Dushi (sweetie in Dutch) to the U.S. The story doesn't end there. The sisters enrolled him in school so he could become a well-behaved and loving companion not just for themselves, but for seniors, kids and folks in so many communities who appreciate unconditional love and licks.

I learned there are so many abandoned dogs in Aruba. There is a movement in our country to bring many of these helpless creatures into a real home where they will be cared for.

Caryn, Director of Community Relations



Wit & Wisdom

**"The tree of liberty must be refreshed from time to time with the blood of patriots and tyrants."
—Thomas Jefferson**

**"In the beginning of a change, the patriot is a scarce man. Brave, hated and scorned. When his cause succeeds, however, the timid join him, for then it costs nothing to be a patriot."
—Mark Twain**

**"To me, a real patriot is like a real friend. Who's your real friend? It's the person who tells you the truth. I think as far as our country goes, we need more people who will do that."
—Bill Maher**

**"From death springs life, and from the graves of great patriots springs a great nation."
—Patrick Henry Pearse**

CHARITY CAR WASH

STOP THE EPIDEMIC—HELP ALZHEIMER'S RESEARCH

PLACE:

**The Promenade at Blue Hill
582 Veterans Memorial Drive
Pearl River, NY 10965
(Across from Blue Hill Plaza)
(845) 735-6846**

TIME:

2-5 p.m.

DATE:

**Saturday, Sept. 13
Saturday, Sept. 27 ... rain date**

HOW:

**Through the generosity of
Rockland Girl Scout Troops 40321 and 40392**

DONATION:

\$5 (Minimum)



PLEASE SHOW YOUR SUPPORT AT THIS EVENT!!!

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