

THE PROMENADE P O S T

October 2009

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

Employee of the Month Porfiria Avena

Porfiria Avena, known to some of our residents as Poring, has been a valuable member of the Promenade family since 2006. Porfiria, always smiling, keeps our residents happy and our residents' rooms and our community sparkling.

We are delighted our residents nominated Porfiria as the October employee of the month.

Congratulations, Porfiria!!!



Leah's Corner

We are looking forward to our trees changing color and the crisp smell of autumn. The month of October will also be surrounded by the sweet smell of apple pies, cakes and breads here at The Promenade. In addition, we are busy with new programs and outings.

Come visit us when you can.
Enjoy October!!

Best always,
Leah
Executive Director



WELCOME, GRETCHEN !!!

We would like to welcome Gretchen, our new Recreation Director, to our Promenade team. Gretchen comes to us with years of recreation and activity experience. We look forward to her enthusiasm and exciting programs that will enhance our already wonderful calendar.



Daily Club Walks

10 am & 11:30am,
1pm and 3:30pm

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



Happy Halloween



Family Night

Thursday October 15th 6:30pm
3rd Thursday of each month

Family Support Group
Thursday, Oct. 22nd, 7 p.m.
with Judy Tamaroff, L.C.S.W.
4th Thursday of each month



Trivia Whiz

Pumpkin Points

Are you out of your gourd? No, we don't mean crazy. We're referring to having access to some *real* gourds. In October, your gourd of choice is probably a pumpkin (well, it's actually a squash). Some pumpkin facts:

Pumpkins have been around for hundreds of years. Native American Indians used dried pumpkin strips to make mats.

Pumpkins are a fruit. In fact, they are the state fruit of New Hampshire.

Pumpkin seeds provide protein and zinc. They are believed to lower cholesterol and lessen the inflammation of arthritis.

A 1,689-pound pumpkin, believed to be the largest ever, was grown in 2007.

Antarctica is the only continent that can't grow pumpkins.

Happy Birthday

10/4 Mineola B.
10/23 Sandra K.
10/25 Anne S.

October Signs

Libras are elegant, kind, gentle and love harmony.

Scorpios are intense, powerful, dignified, pleasant and courteous.



Birthday Party Social

Thursday, October 29th at 2:30PM

Everyone is invited to join us for
Birthday Cake
and a Clowns 'R' Us Show by R.S.V.P.



The Promenade Trips

SUNDAYS	RELIGIOUS SERVICE
10/1	EXPLORERS CLUB
10/6	SHOPPING
10/8	LIFES JOURNEY
10/8	APPLE PICKING
10/12	OCTOBER FEST
10/13	LUNCH BUNCH
10/15	ROCKLAND LAKE
10/20	SHOPPING TRIP
10/22	ICE CREAM STAND
10/27	LUNCH BUNCH OUTING
10/29	EXPLORERS CLUB

PANCAKE BREAKFAST

Fundraiser to Benefit
The Alzheimer's Association
Sunday · October 11, 2009

9am-11am

\$6 Adults · \$4 Kids 10 and Under

Reservations Required

845-735-6846



Special Events

10/11	PANCAKE BREAKFAST
10/13	ZUMBA
10/13	LAUGHTER CLUB
10/15	FAMILY NIGHT
10/18	ALZHEIMER'S WALK
10/20	CHAIR YOGA WITH COLLEEN
10/28	LAUGHTER CLUB
10/29	CLOWNS 'R' US
10/29	SING ALONG WITH MITCH
10/30	HALLOWEEN SOCIAL



ALZHEIMER'S AWARENESS

In preparation for November's Alzheimer's Awareness Month, The Promenade is busy in October fundraising as part of our community outreach program. Our fundraising efforts are in conjunction with this year's **ALZHEIMER'S MEMORY WALK** scheduled on **Sunday, October 18, 2009**. The event is being held in Pearl River at 9:00am.



FORGET-ME-NOT PROGRAM

The **Forget-Me-Not Program** is designed to raise awareness as well as funds for the resources available to the millions affected by Alzheimer's disease.

This year The Promenade is selling **Forget-Me-Nots** for a donation of \$1 or \$5 per flower to be displayed in Town Square to create a colorful visual of support from our community.

Please help us by purchasing a forget-me-not for Town Square and show your support to the Alzheimer's Association. See a front desk associate for details.

Featured Recipe

Apple Cobbler Cake

OUR RESIDENTS FAVORITE !!

Ingredients

- 6 large tart green apples (about 2 1/2 pounds), peeled, quartered, cored, thinly sliced
- 2 cups plus 2 tablespoons sugar
- 2 teaspoons ground cinnamon
- 2 tablespoons plus 3 cups all purpose flour
- 2 tablespoons fresh lemon juice
- 2 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 2 large eggs
- 1/2 cup (1 stick) unsalted butter, melted, cooled
- 1/2 cup water
- 1 teaspoon vanilla extract

Preheat oven to 350°F. Butter 13x9x2-inch baking pan. Mix apples 1 c. sugar, cinnamon, 2 tbs flour and lemon juice and toss to blend well. Blend separate 1 c sugar, 3 c flour, baking powder and salt. Whisk eggs, melted butter, 1/2 cup water and vanilla extract and blend. Add wet mixture to dry and stir until thick dough forms. Spread 1 3/4 c. dough over bottom of pan, top with apple mixture, spread remaining dough. Sprinkle with remaining 2 tbs sugar. Cover pan tightly with foil. Bake cake covered 30 minutes. Uncover pan. Bake until cake is golden brown and apples are tender, about 45 minutes longer. Transfer pan to rack; cool cake 30 minutes. Cut cake into squares and serve with whipped cream or ice cream.

Makes 12-14 servings warm.



Wit & Wisdom

"October is not only a beautiful month but marks the precious—yet fleeting—overlap of hockey, baseball, basketball and football."

—Jason Love

"Sports is human life in microcosm."

—Howard Cosell

"The fewer rules a coach has, the fewer rules there are for players to break."

—John Madden

"There isn't a single professional sports season now that doesn't go on at least a month too long. Baseball starts in football weather, and football in baseball weather, and basketball overlaps them both."

—James Reston

"The trouble with referees is that they just don't care which side wins."

—Tom Canterbury

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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