

THE PROMENADE

AT TUXEDO PLACE

April 2011

40 Hospital Rd • Tuxedo Park, NY 10987 • (845) 351-0000

Our Management Team

Jodi Gittelman

Executive Director

Marion Giordano

Community Relations Director

Judith Adamson

Property Manager

Linda O'Donnell

Activity Director

Randall Davis

Food Service Director

David Conrad

Maintenance Director

OUR 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) 351-0000

www.PromenadeSenior.com

WELCOME MARION !



We are delighted to welcome Marion Giordano to our Promenade family as our new Director of Community Relations.

Marion has 22 years experience working with seniors. She is passionate about being a champion for the quality of life for the aging population.

Recently written up in "WOMEN in business" Marion was credited with having "a true serving heart."

JODI'S CORNER

After the brutal winter we've endured it is such a pleasure to announce that spring is finally here!

Along with sunny skies and warmer weather ... and bus trips once again, we can all look forward to the following special dates in April:

April 1 ... April Fools' Day

April 7 ... World Health Day

April 10 ... National Volunteer Week

April 17 ... Palm Sunday

April 18 ... Passover

April 22 ... Good Friday

April 22 ... Earth Day

April 24 ... Easter

April 29 ... Arbor Day

So, get out and enjoy.

And to all our extended family we wish the happiest of seasons and the beauty of the holidays.

Jodi



"Spring is nature's way of saying,
'Let's party!'"
by Robin Williams





POETRY



Think Like a Tree

Soak up the sun
 Affirm life's magic
 Be graceful in the wind
 Stand tall after a storm
 Feel refreshed after it rains
 Grow strong without notice
 Be prepared for each season
 Provide shelter to strangers
 Hang tough through a cold spell
 Emerge renewed at the first signs of spring
 Stay deeply rooted while reaching for the sky
 Be still long enough to hear your own leaves rustling.

by Karen I. Shragg

Carved Fresh Fruit

Chef Al has been wowing us with his hand-carved fruit creations one Saturday each month.

His wishing well was made from a watermelon.

We are so impressed with Al's works of art!



Betsy's Great Grandchild

Liam Joseph McIntosh was born on March 6. Weighing in at 8 pounds, 10 ounces. Liam joins two brothers, Devin and Ethan. Proud parents are Robert and Stacy. Liam is Betsy's 12th great-grandchild.

Congratulations all and welcome Liam!



HAPPY BIRTHDAY!

Happy birthday to resident Al V. on April 8!

Health & Wellness

Hydrate for Heart Health

Blood is 80 percent water, so if you're dehydrated, your heart must work harder, raising your risk of a heart attack. Staying hydrated is vital for seniors, because the body's thirst response diminishes with age. Here are some tips for getting enough liquids:

Drink (and eat) your water. Tufts University researchers recommend at least eight 6-ounce servings of liquid a day. This can come from a variety of sources: water, juice, milk, coffee, tea and low-sodium soup.

Avoid energy drinks. They may contain stimulants that can be dangerous to someone with high blood pressure or heart disease.

The 70/70 rule. According to the American Heart Association, when both the temperature and the humidity are above 70 you enter the dehydration danger zone, so drink more.





Activities

Gardening Program

We have just begun our seed planting in the new greenhouse in our Activity Room.

All residents are hands-on with this ambitious project. Our goal is to start all the flowers that grace our property, from spring through fall, from seed!

We have a great assortment of marigolds in every imaginable color. Also, a strawberry plant, a few herb plants and we are in the market for a tomato plant that grows upside down to round out this year's garden plan.

Since the outdoor planting season begins mid-May in our area we have ample time to prepare for an abundance of flowers in our backyard this year.

We welcome anyone to share some of their favorite plants, whether annuals or perennials, with us.

Happy gardening!



Fashions of Spring

April is delightfully upon us! We've made it through yet another winter, waiting patiently for the cold and snow to leave us, and it appears to finally have bid farewell. At this point, we find ourselves not only anticipating the change of weather, but also the welcome change of fashion that the warmer weather dictates.

While growing up, my most important spring clothing purchase was the Easter outfit ... a new spring coat and dress, new shoes, and of course, the Easter bonnet. And it had to be done in that very order. First we shopped for the coat, then began the search for the perfect dress to go along with it. Once that feat was accomplished, it was time to hit the shoe stores for the perfect pair of shoes to go with the perfect coat and dress. Then we came to the really difficult part - the crowning glory of the outfit - finding the perfect hat!

At a very young age, shopping for a hat was relatively simple, because the final decision was inevitably out of our hands. Hat shopping took on a different slant as we matured, and ventured out to the milliners on our own. It was great fun walking into the shops; with an air of sophistication, we would sit down at one of the mirrored vanity tables, and begin to try on a seemingly countless variety of hats.

I have to admit that it took quite a while to find the one hat that would magically pull the whole outfit together. Once found, however, it was exhilarating ... total spring fashion perfection had ultimately been reached!!

By Judith Adamson



Wit & Wisdom

"A fool thinks himself to be wise, but a wise man knows himself to be a fool."

—William Shakespeare

"A wise man can learn more from a foolish question than a fool can learn from a wise answer."

—Bruce Lee

"Sometimes one likes foolish people for their folly, better than wise people for their wisdom."

—Elizabeth Gaskell

"Despair is the conclusion of fools."

—Benjamin Disraeli

"I have great faith in fools; self-confidence, my friends call it."

—Edgar Allan Poe

"Suffer fools gladly; they may be right."

—Holbrook Jackson

"Any fool can make a rule, and any fool will mind it."

—Henry David Thoreau

Earth Day

protect the earth
thank the earth
save the earth
observe the earth
think about the earth

we live it
we eat it
we breathe it
we remember it

protect the earth
thank the earth
save the earth
observe the earth
think about the earth

protect the earth
thank the earth
save the earth
observe the earth
think about the earth



we live it
we eat it
we breathe it
we remember it

protect the earth
thank the earth
save the earth
observe the earth
think about the earth

we celebrate it

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