



THE PROMENADE

AT TUXEDO PLACE

August 2011

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

Our Management Team

Jodi Giffelman

Executive Director

Marion Giordano

Marketing Director

Judith Adamson

Property Manager

Linda O'Donnell

Activity Director

Randall Davis

Food Service Director

Jackie Kestenbaum

Wellness 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.
www.PromenadeSenior.com

Summer Tunes

I believe music to truly be the soundtrack to our lives. When hearing songs I've liked in the past, it brings me back to a particular place and time in my life when they were frequently played. I find this happens most with summer music, and the wealth of songs written with summer in mind. Let's see if these songs evoke some summer memories ...

1. "Those Lazy, Hazy, Crazy Days of Summer"
2. "Summertime"
3. "In the Good Old Summertime"
4. "Summer Wind"
5. "Theme from A Summer Place"
6. "Summer in the City"
7. "Hot Fun in the Summertime"
8. "Under the Boardwalk"
9. "Summertime, Summertime"
10. "Summertime Blues"
11. "A Summer Song"

Jodi's Corner

My cruise to Alaska was high on my "bucket list" and what an incredible place it was. Cruising through the Northwest Passage and seeing icebergs, sea lions and whales all around you. It was incredible. The cruise had a naturalist on board who described the habitats and behaviors of the mammals and bald eagles that truly enhanced the experience.

We took the White Pass and Yukon Railroad, built in 1898 during the Klondike Gold Rush. It climbs 3000 feet in 20 miles. It took tens of thousands of men and 450 tons of explosives, overcoming harsh climates and challenging geography to create "the railway built of gold." The trip down was a 15 mile trip on bicycles.

A once in a lifetime experience and a big check on my "bucket list."

And, all songs by The Beach Boys, my favorite being the sweet ballad, "Warmth of the Sun."

Hope this summer has been great for all of you. Enjoy the rest of these lazy, crazy days!

Judith Adamson





Cool Foods

Reducing global warming begins with the food we eat.

Cows aren't so cool—about two-thirds of all methane emissions come from agriculture.

Conserve containers! The food processing and packaging sector is one of the top 5 users of energy in the U.S., using almost 14 billion gallons of gasoline every year.

Eat local! More than one-fifth of all transportation emissions in the U.S. come from agriculture and food products. (EPA, 2007)

Livestock emit 18% of greenhouse gases worldwide—more than transportation.

A healthy grassland can remove 89,000 tons of carbon dioxide from the atmosphere, per square mile.



Paper Quilling

Paper Quilling is an art form which dates back to the Renaissance. It was later brought to the New World by the colonists.

Quilling is taking narrow strips of paper (1/8" - 5/8") and rolling them on special tools, toothpicks, hatpins, or in days of yore, on quills. After the strip of paper (1"- 24") is fully wound, you let it expand into a looser roll, glue the edge and then shape it into a teardrop, eye or other shape. The paper forms very intricate, delicate designs.

Quilling requires patience, dexterity and a love of crafting.

Our talented ladies took to working with 3/8" paper being rolled on a toothpick. Combining these shapes into flowers was a very creative process.

Helen K. did so exceptionally well. Her daughter, Marilyn, surprised her by framing her beautiful paper quilling. Great job, Helen!



Welcome, New Residents!

Jackie K. comes to us from New Jersey. Jackie is a cat lover and enjoys reading, puzzles, Scrabble and music.

She was also a frequenter of Cape May and has begun sharing her delightful stories of her trips there.

Roger S. comes to us from Indiana. Roger is a retired music teacher who grew up on farm and enjoys bird watching. He is an avid History Channel viewer.

Welcome, Jackie and Roger; we're so glad to have you with us.



Happy Birthday, Residents

Jackie K.....Aug. 1

Marie P.....Aug. 3

Carmen M.....Aug. 13

Enjoy your special day, ladies.
Wishing you many more birthdays!



Star of Stage and Screen

Ethel Barrymore was born on Aug. 15, 1879.



Residents at Home

Playing pool in the Billiards Room has become a favorite pastime. Here we have Marilyn, Betsy and Charlie enjoying an evening of pool.

Also present were Al, John, James and Lydia, who helped round out the hilarity of the night.



Our July Birthday Babes, Marilyn, David and Charlie, celebrate with a luscious cake made by Chef Al.



Residents thoroughly enjoyed entertainer Keven Curry during a recent visit.

He was so much fun, he was voted back again in August by popular demand!



Our Father's Day Gala was great fun! Our men donned boutonnières and were gifted with "Dad" paperweights.

Father Bob was invited at the request of our men and was so delighted to be with us.



Residents proudly display the finished birdhouses that they've painted and decorated. The wooden birdhouses were handmade by our volunteer, Tony, from the Pavilion. Thanks, Tony, great project!



Update



Remember the project we began in June?

Our ambitious ladies are now up to 15 knitted and crocheted scarfs, which will be gifted to international mariners working at sea, as well as seamen working on inland river waterways here in the United States.

The program, "Christmas at Sea," was begun in 1898 for the sole purpose of making the holidays a little warmer for mariners.

The program is very specific in what they are looking for ... darker colors and certain sizes that best meet the needs of the seamen.

If anyone cares to join us in this worthwhile endeavor, please do.



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