



THE PROMENADE

AT TUXEDO PLACE

March 2011

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

Our Management Team

Jodi Gittelman

Executive Director

Mindy Quinn

Director of Community Relations

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

RESIDENT TALENT SHOW

Mark you calendars for Tuesday, March 22, through Saturday, March 26.

Our talented residents are going to put on a Talent Show in the Reading Room from 9:30 a.m. to 5 p.m. daily.

We are asking that each resident bring all the wonderful things they have done ... at any time ... to be displayed for all to enjoy.

So far we have lined up crochet, knit, jewelry, needlepoint and poetry. We will be happy to include any of your certificates, diplomas and special memorabilia from your accomplishments as part of our display.

Please get everything to Linda by the 19th, so she can type up cards with your name and the items you wish displayed.

Let's all shine!

JODI'S CORNER

March was originally the first month of the Roman calendar until Julius Caesar changed it to number 3.

Although people only think of St. Patrick's Day in March, there are many other days we could celebrate.

The last full week in March is traditionally "National Bubble Week," the week for kids of all ages to celebrate the fun and enchantment of bubbles. The event was created to herald the first day of spring—the unspoken first day of the bubble-blowing season.

As legend has it, noodles were first made by 13th century German bakers who fashioned dough into symbolic shapes, such as words, birds and stars. These "nudels" were then baked and served as bread. March is "National Noodle Month." Enjoy!

POSITIVE THOUGHT

"The sun does not shine for a few trees and flowers, but for the wide world's joy."

—Henry Ward Beecher

So Long, Winter

Get ready to enjoy spring.





Trivia Whiz

Showing the Shamrocks

In March, shamrocks seem to pop up everywhere. The three-leaved token of luck has roots in both Druid and Christian traditions, but in Irish lawns, the plant is considered a weed.

Badge of rebellion.

In the 18th and 19th centuries, some Irish wore shamrocks to display their dissatisfaction with British rule. The phrase "the wearing o' the green" is said to have originated during this period.

Snake stopper? The shamrock was believed to be a remedy for snake and scorpion bites. Tradition holds that snakes are never seen near shamrocks.

Here comes the luck. To encourage a fortuitous union, shamrocks are sometimes placed in a bride's bouquet or worn on a groom's lapel.

MEMORIAL SERVICE

Rev. Betty McWhorter from St. Mary's Church in Tuxedo will be officiating at a memorial service for all our friends who have passed over the past 18 months.

The date for the service is Tuesday, March 15, at 11 a.m.

Family members of these residents will receive a personal invitation in the mail asking them to join us in honoring their loved ones.

Donald B., Marion D., Josephine F., Marge G., Mike G., Florette K., Helen M., John S., Peter S. and Edla V.



INSPIRATION

Our Saturday morning inspirational readings are becoming something we all look forward to.

Residents seem to enjoy being read to and the short quotes and inspirational stories that Linda has come upon do open the door to thought-provoking conversations.

It is a quiet time, but stimulating and allows us to walk away with a sense of being connected to others.

With this in mind, we have come up with the idea of printing out some of our favorite sayings and displaying them individually on the wall surfaces we pass by every day. Inspirational thoughts that will make us pause, take in and enrich our lives.

Health & Wellness

Animals Helping People

If you've ever had a pet, you probably know that pets can help keep you emotionally healthy. They seem to know when you need a sympathetic cuddle, and you always seem to feel better afterward. This human-animal connection has been harnessed to help people with physical, mental and emotional problems through Animal Assisted Therapy (AAT). According to the Delta Society, which specializes in the use of therapy animals, "AAT is a

goal-directed intervention in which an animal that meets specific criteria is an integral part of the treatment process."

A 2007 study found that AAT has helped with improvements in autism spectrum symptoms, medical difficulties, behavioral problems and emotional well-being. Practically any type of animal can be used for AAT. Dogs and cats are most commonly used, but miniature horses, monkeys, goats, birds, ferrets, pigs, lizards and even fish can be therapy animals.



Employee Spotlight

WORDS, WORDS, WORDS ...

It's no surprise that as part of our brainercize program, we play all kinds of word games, crossword puzzles and the like. It is because of participating in Boggle and the other games that the residents have come up with the idea of doing a biweekly vocabulary building activity. Our goal is to introduce seldom used words twice a week, learn their meanings and start using those words as much as we can in our conversations. Improving our vocabulary repertoire promises to be a fun-filled, satisfying pastime. Who knows, we may even decide to do a Word Meaning Contest at some point!

Now, to get started:

ca·pri·cious (kuh-pree-shuhs)

adjective 1. subject to, led by, or indicative of caprice or whim; erratic.
2. Obsolete. fanciful or witty.

Using **capricious** in a sentence:

The weather in New York is **capricious**, especially in the springtime, with beach weather one day, and freezing rain the next.

His girlfriend's **capricious** lifestyle annoys him to no end, as he is very set in his ways and hates any sort of change or inconsistency.

Her schedule was completely **capricious**, so the only way someone could have known she'd be in that cafe at that time is if they followed her.



CHEF AL MILLEN

If you have already met Al, you know about his easygoing persona.

He is our new cook/kitchen supervisor and with his more than 14 years of culinary experience, he has already changed your dining experience. He brings to The Promenade his premium experience in the preparation of all types of soups, entrees, desserts and more!

We can all look forward to Al presenting some of his creative culinary carving skills.

Al is just so happy to be with us and tells everyone how much he loves it here at The Promenade.

Welcome, Al. We're so glad to have you on board!



Wit & Wisdom

"Diligence is the mother of good luck."
—Benjamin Franklin

"If one is lucky, a solitary fantasy can totally transform one million realities."
—Maya Angelou

"Good luck beats early rising."
—Irish proverb

"Luck is believing you're lucky."
—Tennessee Williams

"Luck is not chance; it's toil. Fortune's expensive smile is earned."
—Emily Dickinson

"Nothing is as obnoxious as other people's luck."
—F. Scott Fitzgerald

"People always call it luck when you've acted more sensibly than they have."
—Anne Tyler

"The day you decide to do it is your lucky day."
—Japanese proverb

Spring Has

Spring!

Take time to enjoy

all the changes

nature has in blossom.



The Promenade at Tuxedo Place
40 Hospital Road
Tuxedo, NY 10987
(845) 351-0000
www.PromenadeSenior.com