

THE PROMENADE

AT TUXEDO PLACE

November 2011

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

Our Management Team

Jodi Gittelman

Executive Director

Judith Adamson

Property Manager

Linda O'Donnell

Activity Director

Karen Fritsche

Wellness 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.
www.PromenadeSenior.com

Veterans Day

In November 1919, President Wilson proclaimed November 11th to be "Armistice Day," to honor all who served in World War I. In 1954, in the aftermath of World War II and the Korean War, President Eisenhower changed the name to "Veterans Day" to honor veterans of all wars.

We would like to honor our resident veterans...

US ARMY: Thomas G., Martin H., Anthony R., Edward S.

US NAVY: Carmen M., Joan W.

US AIR FORCE: John M., James P.

US MARINE CORP: Alfred V.

As we commemorate this Veterans Day, let us remember that it is a celebration to honor veterans for their patriotism, love of country, and willingness to serve and sacrifice for our freedom. For that, we are deeply grateful to all of you.

by Judith Adamson

The Tired Turkey Syndrome

Did you ever wonder why on Thanksgiving you always want to take a nap?

Most people think it is because turkey contains L-tryptophan, an essential amino acid with a documented sleep inducing effect. Although this is true, a lot of other foods also contain L-tryptophan, and it needs to be taken on an empty stomach to make you drowsy.

What about the "Fat Factor"? The Thanksgiving meal is rich in fats that slow down the digestive system and take a lot of energy to digest.

Let's not forget "alcohol consumption." Alcohol, a central nervous system depressant, will add to the nap-factor.

Certainly overeating doesn't help. It takes a great deal of energy to digest a large meal.

Finally, there's the relaxation issue. As stressful as the preparation is by the time the meal is served, everyone is sitting back and relaxing which carries over to after the meal.

So, that is "The Tired Turkey Syndrome."

Happy Thanksgiving!
Jodi





NEWS



New Residents

Welcome Marilyn L. from Sloatsburg, John M. from Emerson, NJ, Eileen F. from Goshen and Irene L. from Nyack.

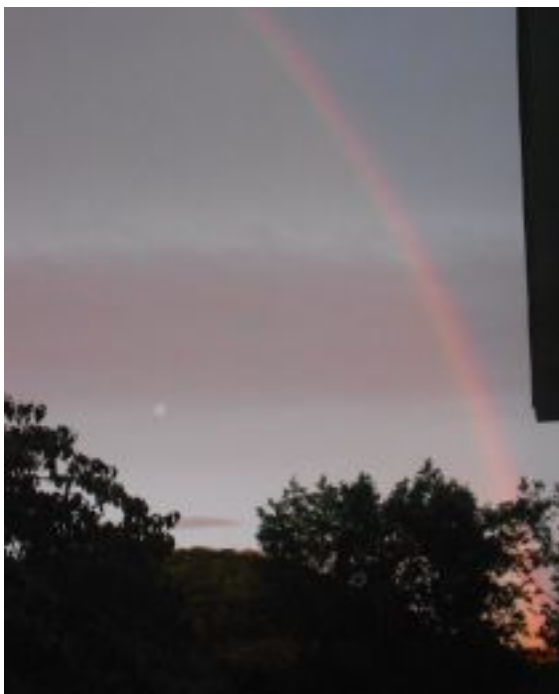
We are so happy to have you with us!



This gorgeous pastel was done recently by our new resident, John M. We are excited to say that John is working with our residents on some art projects.

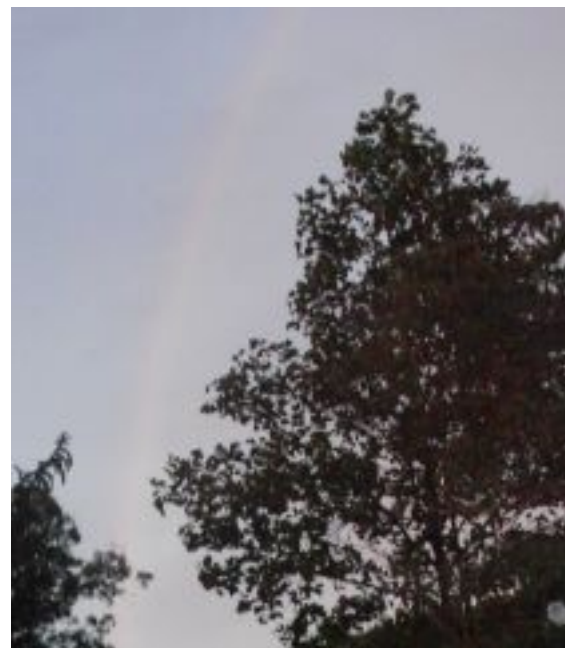


Marie V. will be celebrating her birthday on November 21st. Happy Birthday, Marie!



The beauty of our area is evident in this glorious sight of a full rainbow (complete with the moon) we were able to enjoy from the front entrance of our building on September 15th!

Our Very Own Rainbow



More Fashion Show Photos



Bernice takes the elegant approach...while Marilyn went for the funky look!





2011 Fashion Show



Residents Betsy, Ronnie, Angie, James, Fran and John stylishly dressed to the nines and flaunting it!



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