

THE PROMENADE

AT TUXEDO PLACE

January 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

JODI'S CORNER

Dear Promenade Family,

A Happy New Year to everyone and a Happy Anniversary to us. It has been one year since we became The Promenade at Tuxedo. I know that I speak for everyone in saying it has been a wonderful year, filled with lots of changes and new staff. I want to personally thank everyone for their support, understanding, advice and help.

It is also the time of year again when the true cost of the 12 Days of Christmas is compared to 2009:

One Partridge in a Pear Tree:
\$162 - Up 1.3%

Two Turtle Doves: \$100/pair -
Up a whopping 78.6%

Three French Hens: \$50 each -
Up an astounding 233%

Four Calling Birds: \$599.96 -

Price is stable this year.

Five Gold Rings: \$650 - Up 30%

Six Geese-a-Laying: \$150 -

Same as last year

Seven Swans-a-Swimming:

\$5,600 - up by 5.67%

Eight Maids-a-Milking:

\$7.25/hour - Unchanged

Nine Ladies Dancing: \$6,273 -

Up another 15%

Ten Lords-a-Leaping: \$4,767 -
8% increase

Eleven Pipers Piping: \$2,354 -
3.1% increase

Twelve Drummers Drumming:
\$2,553 - 3.1% increase

The grand total for the song this year ... After a 9.2% increase (the largest increase since 2003), the resulting total cost for 2010 is \$23,439.38.

And just celebrating with friends ... Priceless!
Have a happy ...
Jodi

WELCOME

A warm welcome to our new resident Charlie, who was born (on July 4) and raised in NYC.

He worked as both a NYC police officer and butcher before he relocated to Arizona.

Charlie is just the nicest guy and, WOW, can he dance up a storm!



HAPPY WINTER





Trivia Whiz

Polar Personalities

Love or hate winter, the season makes its presence known. These cool characters personify the frigid time of year.

Old Man Winter.

The face of winter, this wild-haired fellow puffs his cheeks and blows out icy breath, causing temperatures to plummet.

Jack Frost. Credit or blame Jack Frost's frozen fingers for the icy glaze that patterns windows in winter.

The Snow Maiden.

In one tale, she's the beautiful daughter of Spring and Frost who is destroyed by a ray of sun on her wedding day.

The Abominable Snowman.

Also called Yeti, this mythical beast has been described as a large, apelike creature that treks through the Himalayas, leaving humanlike footprints in the snow.

Food Facts

Did You Know?

Ice cream is Chinese food. When the famous explorer Marco Polo returned to his homeland of Italy from China in 1292, he brought back a recipe. However, the Europeans substituted cream for milk and, voilà ... ice cream!

Vitamin A is known to prevent "night blindness." Carrots are loaded with vitamin A ... So, why not load up today?

The word "salary" comes from "salt"! Salt, our oldest preservative, was extremely rare in the past. So rare, in fact, that it was often used as pay. Imagine ... earning a couple of teaspoons of salt for a hard day's work.



Seasonal Selections

Enjoy the bright flavors of citrus favorites during the dreary days of January. Grapefruit, oranges and tangerines are all in season now, meaning they're at the peak of perfection and more affordable.

Choose one that feels heavy for its size and has shiny, spotless skin. With light pressure, roll on the counter before eating or slicing; this gets the juices flowing and makes for an even tastier shot of vitamin C.



Resident Lydia S. is delighted with her newly crafted, fresh arrangement.



HAPPY BIRTHDAY

Sylvia C. celebrates her birthday on Jan. 27.

Happy Birthday, Sylvia ... Enjoy your special day!



Team Member Spotlight

DAVID CONRAD



David joined The Promenade staff in August and things have been improving at a fast pace ever since.

Our new Director of Maintenance keeps our buildings and grounds in excellent shape. Yes, he is on call 24/7; but, in addition to emergencies, he seems to always be on hand to do whatever needs doing.

Everyone is always so impressed with how talented he is; but, it wasn't until holiday season that he really won our admiration in the creativity department.

David is responsible for all our front entrance holiday decorations, which he single-handedly made from scratch. Take a look at the photo on the back of this newsletter and you will see the results.

We all applaud David for the wonderful job he is doing in keeping The Promenade looking so beautiful!

ACTIVITIES GALORE!

After our very busy December, one would expect a January lull in the Activity Department. Not so!

Our intergenerational program with the 3rd-graders will start up again. We have some brand-new, live entertainment lined up and we will continue with our fireside chats in the living room on blustery days.

It has been such a hoot to have our resident, Tony R., leading exercise to music and we will continue this as a biweekly activity. Also joining in the fun is Carmen M., who has agreed to teach us Latin dance. And, to top it all off, we will schedule more belly dancing classes with Mia.

January will also be our Snowflake Month and all crafts will lend themselves to the making and decorating with these wondrous beauties.

Our knit and crochet group is hard at work on three more afghans to donate.

We're planning a Pajama Party Night, where everyone can get cozied up for an evening of sipping hot cocoa while watching one of the latest movies.

Our volunteer, Cameron, will be back to assist residents in e-mailing, checking out Facebook and sending photos to their family and friends. Please be sure to get your e-mail and/or Facebook addresses to Linda so your loved one can communicate with you.

All in all, January promises to be an active month while we all hunker down for the winter weather.



Wit & Wisdom

"With self-discipline most anything is possible."
—Theodore Roosevelt

"Seek freedom and become captive of your desires. Seek discipline and find your liberty."
—Frank Herbert

"Some people regard discipline as a chore. For me, it is a kind of order that sets me free to fly."
—Julie Andrews

"Do not consider painful what is good for you."
—Euripides

"I don't wait for moods. You accomplish nothing if you do that. Your mind must know it has got to get down to work."
—Pearl S. Buck

"I generally avoid temptation unless I can't resist it."
—Mae West



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