

# THE PROMENADE

## AT TUXEDO PLACE

September 2010

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](http://www.PromenadeSenior.com)

### NATIONAL ASSISTED LIVING WEEK



**Sept. 12-18**

The theme of this year's National Assisted Living Week is "Living Life".

We will have live entertainment throughout the week, inviting other communities to enjoy with us.

We will celebrate the life of each of our residents, giving each person an opportunity to tell us about their lives. They will be asked to bring family photos and other mementos so they can share their life experiences and special treasures with everyone.

An especially upbeat atmosphere will be enjoyed by all this week, allowing us to appreciate the benefits of assisted living.

### JODI'S CORNER

What an incredible summer. The thermometer seemed to be record-breaking, although that is far from the truth. The highest U.S. temperature was in July 1913 in Death Valley, California. It was a whopping 134° Fahrenheit!

So you might ask how hot it is outside. For those of us who do not carry thermometers ... find a tree cricket.

Tree crickets are called the poor man's thermometer because temperature directly affects their rate of activity. Count the number of chirps a cricket makes in 15 seconds, then add 37. The sum will be very close to the outside temperature.

I hope that everyone had a wonderful summer, and I would like to wish everyone a happy and healthy Jewish New Year!

Jodi

### Grandparent's Poem

Nobody can do for little children what grandparents do. Grandparents sort of sprinkle stardust over the lives of little children.

Written by Alex Haley





## What Is This?

The product we know today came into being in 1902, but it had existed in similar forms for generations. During the Christmas season of 1902, packaging became an important factor. It was designed with a string attached to it so it could be hung on a Christmas tree. In total, there have been 37 different varieties, and currently there are 22. More than 40 million packages of these are sold each year, and they are exported to 17 countries. They are turned out at the rate of 12,000 per minute, and nearly 6,000 miles of string are used on the packages. **What are they?**

"Animal crackers, and cocoa to drink, That is the finest of suppers, I think. When I'm grown up and can have what I please, I think I shall always insist upon these."

Christopher Morley

## BUSY HANDS

Nothing is nicer than walking around our community and finding ladies doing handiwork.

We began with eyeglass cases made with ribbons and embroidery hand-sewn on felt. We moved on to friendship bracelets braided with embroidery thread. Also fun was our lanyard on plastic canvas projects.

Right now our ladies, including Laurie from the Dining Staff, have taken to knitting and crocheting multicolored yarn rectangles, which we will turn into afghans and donate to the Keep America Warm program. The afghans will then be distributed to homeless shelters and victims of natural disasters across the country.

Next on our agenda will be working with wooden spools to make "horse reins" the old-fashioned way. Thanks to resident Angie, who remembered this fun childhood craft, we all decided we would like to try all over again!



## SEPTEMBER

September promises to be a very busy month. Beginning with our Labor Day barbeque, we will follow up with Rosh Hashanah, National Assisted Living Week and Grandparents Day.

We will kick off the fall season by making applesauce... giving little containers of this mouthwatering treat to each resident who helps with the work.

Our art study this month will be of the American artist Edward Hopper. We will view his work via documentaries and large coffee table sized books. The final part of this program will be a trip to his museum in Nyack, which was his home for many years.

## Birthday Honorees



Our July and August birthday youngsters were celebrated with a luscious cake and many happy wishes from residents and staff.

Happy birthday to all!

# Employee Spotlight

## DARLENE DEMPSEY

New to our monthly newsletter will be a special column in which to highlight one of our most hardworking staff members.

It was an instant decision to kick off this series with Darlene Dempsey from our dining staff.

Darlene was promoted to Kitchen Supervisor and has never stopped progressing in her position. She wears multiple hats every day that she works.

Besides cooking and learning new recipes, "she is the force" behind keeping the kitchen and dining room sparkling.

One of her main goals is to make sure the residents enjoy their day, and with that in mind, she will do whatever it takes to accomplish that.

Darlene is liked by everyone and just maybe that is because of her "we can do it" attitude.

Way to go, Darlene!



Resident Marie V. with Darlene



## DAVID CONRAD

We are pleased to introduce our new director of maintenance, David Conrad.

David comes to us with many years' experience and is very excited about his new job.

He seems able to fix everything and has already been dubbed "Superman".

Much to the delight of our Activities Director, David really knows his way around a sewing machine and has been helpful in getting our newly obtained machine in fine, working order. He is also helping to make the wooden spool tools that our residents will be able to craft with "the old-fashioned way".

Welcome, David. It is a pleasure to work with you!

## COCKTAILS & CONVERSATIONS BUSINESS NETWORKING GROUP

For professionals working with seniors.  
Thursday, Sept. 23  
5:30-6:45 p.m.

RSVP to

Mindy@PromenadeSenior.com

While you are visiting, take a tour.



## Wit & Wisdom

"Soft is the music that would charm forever; The flower of sweetest smell is shy and lowly."  
—William Wordsworth

"Music hath charms to soothe the savage breast / To soften rocks, or bend a knotted oak."  
—William Congreve

"After silence, that which comes nearest to expressing the inexpressible is music."  
—Aldous Huxley

"I think I should have no other mortal wants, if I could always have plenty of music. It seems to infuse strength into my limbs and ideas into my brain. Life seems to go on without effort, when I am filled with music."  
—George Eliot

"Music is the only language in which you cannot say a mean or sarcastic thing."  
—John Erskine

Forgetting your car keys? Misplacing your eyeglasses?  
Are these "senior moments" or are they signs of dementia

## Know the 10 Warning Signs...Early Detection Matters

Join us for a free program presented by Donna Davies, Care Consultant  
for the Alzheimer's Association and learn about memory and  
the difference between Alzheimer's disease and normal aging.

**Date:** Thursday, September 16, 2010  
**Time:** 6:00-7:30 p.m.  
**Location:** The Promenade at Tuxedo Place,

Pre-registration is required.

**alzheimer's**  **association**

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