

components  
valentine

# THE PROMENADE

## AT TUXEDO PLACE

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

### **SNOWBOUND IN TUXEDO?**

The Holiday Blizzard of 2010 left 27 inches of beautiful, white fluffy snow behind. All in 16-18 hours! How did we manage to keep everything running perfectly at the Promenade?

David, our Maintenance Director, spent most of the night assisting with the snow cleanup, which continued on until 1:30 p.m. the following afternoon.

Jodi began making phone calls at 7 a.m. Anyone who lived close by was asked to come in to add additional hands wherever needed.

Darlene, our dining room supervisor, wins the dedication prize by walking uphill to work at 6 a.m. followed by Mia who also braved the hill insuring that our residents would have breakfast on time.

Kudos to everyone who went above and beyond!

### **JODI'S CORNER**

Everyone loves February and Valentine's Day. It is a time to express our love and wishes to a special someone and to say "I love you." But not always ...

#### **Famous "Heart" Breaks Valentine's Day 2004**

Just two days before Valentine's Day, Mattel dolls Barbie and Ken broke up after 43 years together. They had met in 1961 on a TV set.

Mattel's Marketing VP, Russell Arons, said that the plastic lovers "feel it's time to spend some quality time--apart." But they "will remain friends." The breakup could be linked to plastic newcomer, Blaine, the Australian boogie boarder or, as Arons hinted, it could be linked to Ken's "reluctance to marry." The multi-talented Barbie, endowed with countless careers, was born fully formed in 1959 as Barbie Millicent Roberts.





# Health & Fitness

## Myths About the Aging Brain

Who says you can't teach an old mind new tricks? Recent research shows people have the power to maintain and even improve their brain function as they age. Here are four common myths about the aging brain that just aren't true:

*Myth 1: The brain stops growing after childhood.* Every time a new skill is learned, areas of the brain may grow, even into the later years. Physical and mental exercise can also improve cognitive function.

*Myth 2: Once memory loss begins, there's not much that can be done about it.* Exercise, challenging mental activities, social engagement and

dietary adjustments have all been shown to positively affect cognition and memory.

*Myth 3: Memory problems mean Alzheimer's disease.* Research shows that more than 80 percent of people will never get Alzheimer's. Instead, late-life cognitive impairment is most likely due to risk factors that can be changed, such as obesity, hypertension and a sedentary lifestyle.

*Myth 4: Young people are the brightest.* While society may seem to favor the young, remember that the world is run by more seasoned veterans with several decades of experience and expertise.

## DID YOU KNOW?

1. It is a known fact that chocolate has caffeine in it. But did you know that you would have to eat more than a dozen chocolate bars to get the same amount of caffeine from a cup of coffee?

2. Chocolate is actually a valuable energy source. A single chocolate chip can provide enough energy for an adult human to walk 150 ft.

3. Chocolate has great health benefits. It helps with depression, high blood pressure, and tumors.

4. One ounce of baking chocolate or cocoa contains 10% of the daily recommended intake of iron.

5. Milk Chocolate is the most preferred type of chocolate, however dark chocolate is especially popular among men.

Bon Appetite!

## HAPPY BIRTHDAY RESIDENTS!

Josephine F. - Feb. 1  
Lydia S. - Feb. 7  
Janice D. - Feb. 19



## WELCOME RESPITE VISITORS!

Michael S. and Gib R.  
So nice to have you.  
Enjoy your stay at the Promenade ...

## HANDMADE WITH LOVE



Our ladies have been hard at work making and edging all these crochet squares.

We are on our way to completing the second and third afghan.

Busy hands are enjoying this effort and having fun being together while working on this generous project.



## LIVE ENTERTAINMENT

Nothing makes our residents happier than live entertainment.

Our calendar always includes a once a week performance by a musician. Names such as Randy Accardi, our song and dance man; Mary Stella, our one woman band (guitarist who also plays the harmonica and produces music from an ankle castanet); Marilyn Arnold who delights everyone with her accordion playing and engaging us all in theme sing-a-longs.

Tuxedo-clad Van Martin visited us for the first time recently, doing amazing renditions of the Frank Sinatra era added to his dry humor. He will definitely be back to perform for us.

Look at the great time our newest resident, Charlie, is having kicking up his heels.



## FEBRUARY

The month of February was never one of my favorites, especially with its place in the middle of my least favorite season. Yes, there are certain aspects of winter that I do love, such as bright sunshine in a brilliant blue sky, shining down upon a landscape of freshly fallen snow. But by February, we've grown weary of shoveling snow and begin to look forward to signs of spring, which we know will not be evident anytime soon. So we try to find the good things about February, our shortest month, which ironically, seems to loom longer than most.

To cheer us, we can acknowledge that the days continue to grow longer. On Feb. 1, 2011, in the New York metropolitan area, sunrise will be at 7:07 a.m. and sunset at 5:12 p.m., allowing us 10 hours and 5 minutes of sunlight. On Feb. 28, sunrise will take place at 6:33 a.m., and sunset at 5:45 p.m., allowing us 11 hours and 12 minutes of sunlight ... not a substantial increase, but nevertheless, we'll take it.

And certainly, the brightest aspect of February has to be Valentine's Day ... a special card, flowers, and a pretty heart-shaped box full of chocolates will give us reason to smile on even the gloomiest and most frigid of days. And because it occurs mid-month, we become cautiously optimistic at this point. Spring is almost here!

It won't be long before we'll shed our coats, hats, scarves, and gloves, and open our windows and doors. With anticipated joy, we will step outside ... without the urge to turn and run back in!

by Judith Adamson



## Wit & Wisdom

"In a great romance, each person basically plays a part that the other really likes."  
—Elizabeth Ashley

"Romance is thinking about your significant other when you are supposed to be thinking about something else."  
—Nicholas Sparks

"They spoil every romance by trying to make it last forever."  
—Oscar Wilde

"Youth cannot imagine romance apart from youth."  
—Booth Tarkington

"Romance is a love affair in other than domestic surroundings."  
—Sir Walter Raleigh

"Romance is everything."  
—Gertrude Stein

"Real love stories never have endings."  
—Richard Bach

## Do you **Go Red** for Women?



Join The Promenade at Tuxedo Place for a special presentation about this important movement, risk factors for heart disease and ways you can take better care of your heart!

**Date:** Wednesday, February 2, 3:30pm  
**Presenter:** Sandi Jeanette  
Community Education Coordinator/  
Cardiac Liaison, Bon Secours Charity Health System  
**RSVP to:** Mindy Quinn, Director of Community Relations  
845-351-0000 Ext 203

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