



# PROMENADE AT MIDDLETOWN

70 Fulton Street • Middletown, NY 10940 • (845) 341-1888  
www.PromenadeSenior.com

## April 2018



### Promenade Team

Exec. Dir. .... Berna Bader  
Community ..... Karen M. Treacy  
Wellness ..... Nancy Aris  
Wellness ..... Jenn Reese  
Resident Care ..... Marian Malcuit  
Activity Dir. .... AnnMarie Ehler  
Case Mgmt. .... Benizia Davila  
Maintenance .... Michael Cassara  
Food Serv. .... Anna Arocho  
Senior Day ..... Illisa Lipkin



### April Fools' Facts

Some believe April Fools' Day began in France. It began when New Year's Day moved from April 1 to Jan. 1. People who celebrated New Year's Day on April 1st rather than January 1st were referred to as "April fools."



# Happy Birthday

### April Birthdays

Robbie K. ....	4
Pat S. ....	8
Deborah G. ....	10
Ann L. ....	11
Raymond B. ....	13
Mary Ann G. ....	17
Virginia C. ....	18
Zaida M. ....	24
Philip S. ....	24
Katy V. ....	30



### April Showers! Flowers Bloom

Do April showers really bring May flowers? The saying traces back to the mid-1500s. It was first recorded in a series of writings by Thomas Tusser. In Tusser's collection he had a short poem that said: "Sweet April showers Do bring May flowers" But is it true? Yes! As winter draws to a close, the days warm up and become longer. Precipitation comes as rain and washes nutrients deep into the soil. There are more hours of sun and the new growth and regrowth begins.



### Did You Know...

...That April is Florida Tomato Month, Jazz Appreciation Month, Keep America Beautiful Month, Pecan Month and BLT Sandwich Month?  
...That April's birthstone is the diamond?  
...That April's flowers are either the sweet pea or the daisy?

### Chill Out! Here's How

April is Stress Awareness Month! Here are some ways to make your life less stressful:  
1. Eat well! Good nutrition helps alleviate stress.  
2. Get a good night's sleep.  
3. Breathe! Taking a deep breath helps release stress and tension.



## Play Ball!



### Batter Up!

It's time to play ball!  
The Yankees are led by new manager Aaron Boone. Giancarlo Stanton joins the lineup of Aaron Judge and Didi Gregorius.

The Mets also have a new manager in Mickey Callaway. Noah Syndergaard returns to the mound. Heavy hitters Jay Bruce and Jose Reyes promise to give the league a scare.



### Who Made the Best Chili?

Winter is the best time for comfort food, so last month we held a chili cook-off to decide once and for all who makes the best chili in the building! Resident judges took their task seriously and rated each chili submission for flavor and creativity.

The major winter storm occurring on the day of our contest only added to the fun!

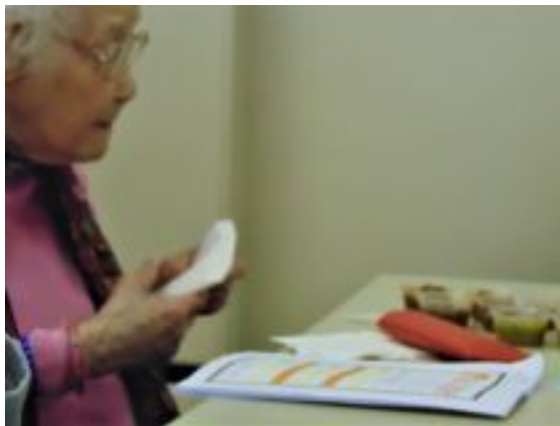


Maitre d' Arnie R. shows judges the competition table.



Check out the blizzard! Dolores A. and Dorothy G. sample the entries.

Competing chefs were: Neal P., Karen T., Marita B., Jenn R., Ann Marie E., Ilisa L., Berna B., and Carol C. Entries included a white chili, a sausage/beef chili, basic chili and chili verde.



Lena Y. studies the judging form.



Guess who made the blue ribbon chili!



Marion S. scrutinizes a sample.

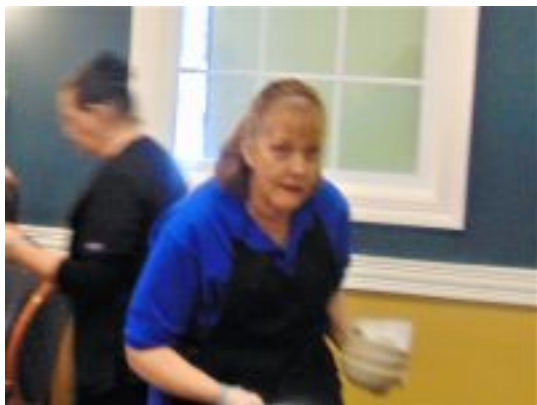
## Congratulations!

Resident judges voted Karen T.'s chili #1!

Any ideas for our next cooking competition? How about cookies?



# Employee of the Month



## Dining Room Mainstay

Our April Employee of the Month, June Krazia, is a Middletown native who's worked here at the Promenade since 1979.

She started working with seniors when she was 17 years old and loved the environment so much that she's made it her life's work.

June is a very family-oriented person. She's raised her two nephews and dotes on her extended family. That "extended family" includes our residents!

Her caring and compassion shows in everything she does. Thank you, June, for being a part of our family.

 find us on facebook!

# Activities

## April Highlights

- 2 ..... Yankees Home Opener
- 3 ..... Trip to Pizza Hut
- 4 ..... Cocktail Party
- 5 ..... Passover Seder
- 10 ..... Trip to Dollar Tree
- 11 ..... Trip to for Breakfast
- 11 ..... Cocktail Party
- 12 ..... Visit from Day Nursery
- 13 ..... Pizazz Shop
- 17 ..... Cocktail Party
- 19 ..... Trip to Chinese Buffet
- 21 ..... Saturday Social
- 24 ..... Trip to Orange County Gardens
- 25 ..... Birthday Party
- 26 ..... Trip for Breakfast

## Bingo With the Brownies



Carole S. and her friend study the bingo card.



Concentration is the key to a winning card.



## St. Paddy's Day



Mary Ann O. and Alice R. get their Irish on.



Top o' the mornin' to ye from Mary Ann G. and Margaret B.



Nancy B. and Howard S. doing the Irish jig!

# Earth Day

protect the earth  
thank the earth  
save the earth  
observe the earth  
think about the earth

we live it  
we eat it  
we breathe it  
we remember it

protect the earth  
thank the earth  
save the earth  
observe the earth  
think about the earth

protect the earth  
thank the earth  
save the earth  
observe the earth  
think about the earth



we live it  
we eat it  
we breathe it  
we remember it

protect the earth  
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**we celebrate it**

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