



THE PROMENADE AT MIDDLETOWN

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

October 2016



Promenade Team

Exec. Dir. Irene P. Andujar
Community Karen M. Treacy
Wellness Nancy Aris
Wellness Jenn Reese
Resident Care Marian Malcuit
Activity Dir. Ann Marie Ott
Case Mgmt Benizia Davila
Maintenance Norman Wilson
Food Serv. Luis Medina
Senior Day Illisa Lipkin

Classic Car & Bike Show

Promenade was proud to host our first Classic Car and Bike Show. We are so grateful to all the participants and we are hoping to do it again in the future. Special thanks to Steve Heater and Activities Director Ann Marie Ott. Our residents enjoyed an amazing day complete with music, prizes and a BBQ cooked and served by our food service team and volunteers. We could not have done it without The Promenade team and the dedicated volunteers who we are so lucky to have.



We raised a lot of money for our Walk to End Alzheimer's team, "Promenade Senior Stars." We are proud to say that we doubled our goal! THANK YOU TO ALL!

Please enjoy the photos of this amazing event throughout our October newsletter. The walk will take place on October 8, 2016.





Team Member Spotlight

Trivia Whiz

Pumpkin Power

Archaeologists believe that pumpkins could be the oldest domesticated plants on the planet. Evidence found in Mexico suggests people cultivated pumpkins as far back as 10,000 B.C. Here are a few more things you might not know about this round, orange squash:

- Pumpkins are a good source of vitamins A and C and potassium.
- In 2014, a Swiss man grew a pumpkin that weighed 2,323 pounds.
- A pumpkin generally has about 500 seeds, which are a good source of iron.
- There are more than 40 varieties of pumpkins.
- Pumpkins were a staple in the diets of many Native American tribes.

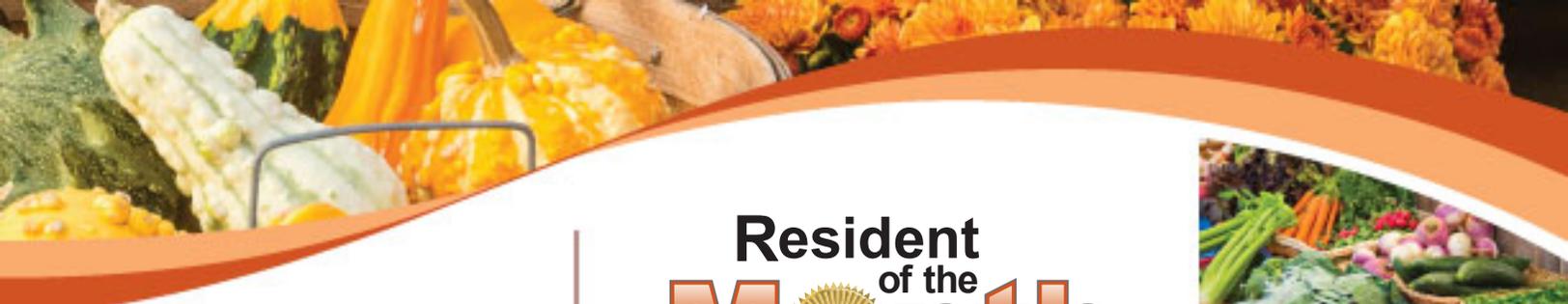
Lionel Morales

Lionel Morales is part of both the Maintenance and Housekeeping teams at Promenade. Lionel came aboard three months ago and has become a valuable asset to our team by illustrating his dedication to customer service. He is always in a pleasant mood and courteous to all residents, family members and fellow team members. He goes above and beyond! Maintenance Director Norman Wilson says, "I can honestly say that having Lionel as part of our team here at The Promenade has given a tremendous boost to providing the expected service to our residents and staff alike. Congratulations, Lionel!"



Howard is enjoying checking out Elvis' bike!





Resident of the Month



Wit & Wisdom

Activities

October Highlights

- 2 Rosary Group
- 3 Pet Therapy
- 3 Monday Movie Madness
- 4 Rosh Hashanah Celebration
- 4 Cocktail Party
- 5 Trip to the Farm
- 6 Trip to Rite Aid
- 6 Senior Fitness
- 8 Movie Matinee
- 8 Ice Cream Social
- 9 Interfaith Service
- 10 Columbus Day Trivia
- 11 Trip to McDonald's
- 11 Country Western Dance
- 12 Painting Party
- 13 Trip to High Point
- 14 Day Program Sing-A-Long
- 15 Donuts with Steve
- 17 Pet Therapy
- 18 Trip to Dollar Tree
- 19 Guest Speaker
- 19 Halloween Crafts
- 20 Breakfast Club
- 24 Armchair Travels
- 25 Trip to Dollar Tree
- 25 October Birthday Party
- 26 Pumpkin Carving
- 27 Lunch Outing
- 31 Halloween Costume Party



Margaret Burger

Margaret was born on June 19, 1916, in Matamoras, PA. She is one of three girls—Margaret, Dorothy and Veronica. Mrs. Burger met her husband, Bill, in a restaurant in Port Jervis after a movie with a girlfriend. It was love at first sight. Mr. Burger turned to his friend and said, "That's the girl I'm going to marry." They were married in 1934—Margaret was 18 and Bill was an older man of 26. They were married for 64 years before Bill passed away 16 years ago at 90.

Margaret had a career in the business office of Doctor's Sunnyside Hospital in Port Jervis. She had one child, Mary Ann. Mary Ann is also a resident and a part of our Promenade family.

Margaret and Bill started vacationing in Cape Cod with friends when their daughter married. She is the proud grandmother of three grandchildren.

She sold her home in 1986 and moved into an apartment. Her favorite place in the world is Port Jervis. Mrs. Burger enjoys playing pinochle and she loves to knit. She knitted sweaters all the time. In fact, her grandson, Wayne, used to play tennis and she knitted him a red, white and blue tennis sweater for his 6'4" frame. We are so happy to have Margaret as part of our Promenade family!

"The real voyage of discovery consists not in seeking new landscapes, but in having new eyes."
—Marcel Proust

"The beginning of knowledge is the discovery of something we do not understand."
—Frank Herbert

"All truths are easy to understand once they are discovered; the point is to discover them."
—Galileo Galilei

"You will enrich your life immeasurably if you approach it with a sense of wonder and discovery, and always challenge yourself to try new things."
—Nate Berkus

"What I really want out of life is to discover something new: something mankind didn't know was possible to do."
—Elizabeth Holmes





NATIONAL

Breast Cancer
Awareness Month

OCTOBER

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