



# PROMENADE

## AT CHESTNUT RIDGE

168 Red Schoolhouse Road • Chestnut Ridge, NY 10977 • (845) 620-0606  
[www.PromenadeSenior.com](http://www.PromenadeSenior.com)

May 2017



### Our Management Team at Promenade Chestnut Ridge

Executive Dir. .... Gail Spencer  
 Marketing ..... Debbie Corwin  
 Wellness RN ..... Karin Ninchriz  
 Case Mgr ... Shellanna James, LPN  
 Res Care ..... Deloris Ritchie, LPN  
 Maintenance ..... Benji Magboo  
 Food Service ..... Michael Logan  
 Life Enrichment ..... Nilly Landa  
 Office Mgr. .... Cynthia Hastings



### Happy Nurses Day!

This year National Nurses Day is celebrated/observed on **Saturday, May 6**. National Nurses Day is held annually on May 6, which marks the beginning of National Nurses Week. The day is to recognize the contribution nurses make to our world and to provide thanks.

The final day of Nurses Week, May 12, is Florence Nightingale's birthday. Florence Nightingale became famous as an English nurse for her work of making rounds at night during the Crimean War. On October 1954, National Nurses Week was first observed (100th anniversary of Nightingale's mission to Crimea); and later in 1982, May 6 was introduced as National Nurses Day.

We'd like to wish a very Happy Nurses Day to all our Nurses and Nursing Friends!



Resident Dottie with our Nurses, Karin & Ritchie (above) and Shellanna (below).



### VISIT US ONLINE!

To view our activities calendar online or for more information about Promenade Senior Living communities, please visit:

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

If you'd like to receive our calendars by mail, please call Debbie Corwin at (845) 620-0606.

### Salute America's Military

In May, America observes Armed Forces Day, Memorial Day, National Military Appreciation Month and Military Spouse Appreciation Day.

Please take time this month to honor the men and women in uniform, past and present, and their families.

### PROMENADE FRIENDS AND FAMILY SUPPORT GROUP

The next meeting of our Support Group facilitated by our on-site social worker,

Judy Tamaroff, will be on

**Thursday, May 11, at 7:30 p.m.** This group is open to the greater community. For more information or to RSVP, call (845) 620-0606.



## Caregiving

The greatest benefit of LeanOnWe is a family being able to go to their website, select a caregiver, and connect with this person through the video. The family then interviews the caregiver and gets a sense if this connection is the right one.

### HAPPY MOTHER'S DAY TO ALL OUR FABULOUS PROMENADE MOTHERS!



Resident Ruth H. with her daughter and son-in-law.



Resident Reva K. with her daughter.

LeanOnWe was founded out of a personal tragedy. It was an unseasonably warm Thanksgiving weekend in 2011 when Ron Gold (pictured on right) embarked on one last bicycle ride before winter came storming in. Near the end of a routine, 50-mile ride in northern NJ, a sleeping driver in an SUV struck him head on without braking. The bicycling accident, which nearly cost him his life, left him paralyzed and in need of home care every day. When Ron and his dedicated wife, Betsy, experienced countless problems finding reliable, affordable private caregivers, he knew there had to be a better way. So, he started LeanOnWe with a focus on delivering a better home care experience at a more affordable price. Not only does LeanOnWe solve a widespread, enduring problem faced by millions of households, but it has also given Ron a new purpose in life and he's committed to making it work.



Though providing care for an aging parent may start as a sprint, it often becomes a marathon. Perhaps an injury or illness sends you scrambling for emergency care, but you soon realize that your senior won't recover fully. Instead, they may need ongoing and, likely, increasing care. Or maybe you get a bit more warning; you notice your parent's declining health and put a care plan in place.

Either way, as time goes on, caring for an aging family member can become overwhelming. Your other day-to-day responsibilities to work, family, and community continue. Plus, you need to carve out at least a little

time to maintain your own health and well-being. To keep life in balance, try the three practical tips graciously provided by Ron Gold and LeanOnWe:

#### 1. Focus On Your Relationship

Watching someone you love lose their ability to do the things they once enjoyed can be emotionally draining – and providing the physical care needed to meet their basic needs can be physically exhausting. To ease the strain, take time to focus on your relationship rather than just the caregiving.

Find simple ways to do the things you've always enjoyed together, whether that's listening to music, sitting outside on a beautiful day, or doing some aspect of a favorite hobby.

*(continued on next page)*



### Caregiver Tips

*(continued from p.2)*

Remember that your loved one is also experiencing a sense of loss. Involving them in whatever small decisions or tasks they can handle keeps them engaged and feeling needed. And focusing on shared interests or memories lets both of you reconnect on a more personal level.

#### 2. Know Your Limits

It's important to recognize when you've reached your limit. If you're feeling overwhelmed, it's time to "H-A-L-T." This tried-and-true formula is a reminder to notice whether you're hungry, angry, lonely, or tired. If you can pinpoint the cause of your stress, it's easier to get the care you need.

Be sure to make time for your other relationships, for exercise, and for some alone time. A few quiet moments for meditation, prayer, or positive thinking can go a long way toward restoring your peace of mind. Lowering your expectations also helps. Rather than letting an untidy house or your senior's new limitations upset you, try to simplify, accept imperfection, and move on.

#### 3. Ask for Help

Don't forget to ask for help when you need it. If finances are a concern, discuss them openly with other family members. Family and friends may also be able to pitch in with meals and transportation.

Also be sure to explore respite care options. Promenade at Chestnut Ridge offers one-month respite stays.

### Power of Age

Rockland Community College is once again pleased to host this year's *Power of Age* seminar (formerly known as "Senior Awareness Day") on Wednesday, May 24, at the RCC Fieldhouse from 9:00am - 12:45pm.

All seniors are invited to this day of free workshops, exhibits, programs and awards. Over 50 vendors and agencies will be on-site to provide valuable information about their services, and thirteen workshops will be available on a variety of topics.

Promenade Senior Living is proud to be participating again this year. We will be on hand to answer any questions you may have about Promenade at Chestnut Ridge or any of our sister communities: Promenade at Blue Hill, Promenade at Tuxedo and Promenade at Middletown. If you plan on attending, please make sure you stop by our table and say hello!



### Celebrate!



- to our residents:*
- Beatrice B. - 3rd**
  - Dorothy D. - 3rd**
  - Amellia T. - 6th**
  - Madeline P. - 10th**
  - Emma M. - 11th**
  - Evelyn W. - 13th**
  - Sally N. - 24th**

- and to our staff:*
- Iris Q. - 3rd**
  - Eileen M. - 12th**
  - Fabienne N. - 13th**
  - Nilly L. - 16th**
  - Marie Joseph. - 17th**
  - William D. - 17th**
  - Carole N. - 20th**
  - Fabienne J. - 22nd**
  - Marie Juste - 28th**



**RESIDENTS CELEBRATING PASSOVER AND PALM SUNDAY**



### Welcome

We warmly welcome our new residents:

- Lee C.**
- Rita L.**
- Diana C.**
- Mary C.**

Welcome to the Promenade Family!

# PROMENADE *Senior Living*

*Resident Lil with her daughter Debbie,  
Director of Community Relations, Promenade at Chestnut Ridge*



## *Find the Perfect Fit*

**55+ HOUSING • INDEPENDENT LIVING**  
**LICENSED ASSISTED LIVING • LICENSED MEMORY CARE**



**ASSISTED LIVING**  
MIDDLETOWN, NY  
845.341.1888



**50+ SENIOR HOUSING**  
**ASSISTED LIVING**  
TUXEDO PARK, NY  
845.351.0000



**ASSISTED LIVING**  
CHESTNUT RIDGE, NY  
845.620.0606



**ASSISTED LIVING • MEMORY CARE**  
PEARL RIVER, NY  
845.735.6846

**VISIT US ON THE WEB AT [PROMENADESENIOR.COM](http://PROMENADESENIOR.COM)**



The Promenade at Chestnut Ridge  
168 Red Schoolhouse Road  
Chestnut Ridge, NY 10977  
(845) 620-0606  
[www.PromenadeSenior.com](http://www.PromenadeSenior.com)