



PROMENADE

AT CHESTNUT RIDGE

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

August 2017



Our Management Team at Promenade Chestnut Ridge

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 Wellness RN Karin Ninchritz
 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



Caregiver Apps

If you are stressing out this summer because you're worried about an aging parent, here are a few caregiver apps you might find helpful:

- **Elder 411 and Elder 911** (Free): Elder 411 and 911 are two separate apps created by the same geriatric care manager. Elder 911 can help walk you through an emergency concerning an elderly loved one. Elder 411 is a more widely-applicable app containing general caregiving information and tips on things like communication, financial matters, and safety.
- **WebMD Mobile** (Free): This app is a mobile extension of the WebMD.com website. Caregivers can search for information on a senior's medications using the Pill ID function.

- **CareZone** (Free): Essentially allows a caregiver to access all of a senior's medical information.
- **Pain Care** (Free): Helps track and manage an elderly loved one's pain.
- **iPharmacy Pro** (Free): This app is a comprehensive guide to prescription meds. It gives information on the purpose, side effects, interactions, etc. of a particular drug.
- **Pocket First Aid & CPR** (\$.99): Based off the American Heart Association's guidelines for CPR, this app can help you care for a senior who is having a cardiac episode, begins to choke, or needs basic first aid.

Please note, our Support Group will resume in September (see box below). It's a great way to help you de-stress!

VISIT US ONLINE!

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

www.PromenadeSenior.com

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

Celebrating Seniors

There are 46 million people in the U.S. who are age 65 and older, and that number is expected to more than double to 98 million by 2060. National Senior Citizens Day on Aug. 21 celebrates the older generation and their contributions to their family, community and country.

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, Sept. 14th, at 7:30 p.m. This group is open to the greater community. For more information or to RSVP, call (845) 620-0606.



Special Thanks

A special thanks from all our residents to Joanne M. from the Monroe Free Library. Joanne has a love for books from her work at the Library and whenever she is out and about at thrift stores and the like she thinks of our residents and purchases them for us. She is especially on alert for large-print books. Our avid readers eagerly await our new Book Club.



Resident Louise M. enjoying a good book in our library.

And special thanks to Bernice G.'s daughter, Lynne, taking on the brand new role of *Promenade's Personal Shopper!* Thanks for assisting with our store!

Are Your Parents Living Safely in Their Own Home?

As your parents are getting older, you may want to make sure they're taking care of themselves and staying healthy. Admittedly, it's difficult to monitor the health of your aging parents from miles away. Sometimes your parents won't admit they need help around the house. Other times, they may not realize they need help. Here are some things to keep in mind and help you gauge whether your aging parents could use some assistance:

- Are they taking care of themselves?
- Are they eating properly? Staying hydrated?
- Are they taking their medications correctly?
- Are they having difficulty getting around?
- Are they safe inside their home?
- How are their spirits?

- Do they participate in any social activities?
- Can they manage their finances?

Talk with your parents if you have any concerns about their health and safety. Knowing that you're concerned about their health may be all the motivation your parents need to see their doctor. If your parents aren't willing to listen to your concerns or if they dismiss your claims, you can take other measures. Call your parents' doctor for guidance. Some signs of medical problems aren't easily spotted in a doctor's office, and your concerns may help the doctor understand what to look for in your parents on their next visit.

(continued below)

In talking with your parent, you might decide that it's time for them to get some help around the house. Home-care service workers can help with small tasks, such as errands and cleaning and preparing meals. Or it may be time to consider an assisted living community. If you're not familiar with assisted living, here's what a typical day is like for our residents:

Each morning after enjoying breakfast in our dining room, it's on to the adjacent parlor to take part in daily exercise. Afterwards, discussion groups take place focusing on current events or a specific topic to the day. After lunch, there is always something to do, whether it's arts and crafts, making jewelry, playing bingo, scrabble, mah-jongg, canasta, or participating in group crossword

puzzles and trivia games. Our bus takes residents on various outings, including shopping, scenic drives, lunch outings, museums, parks, fishing, local concerts and theater. Afternoon snacks are served daily in the parlor during our social hour, which often features live entertainment. Each evening after dinner, movies are shown on the big screen in our activity room which features surround sound. Evening snacks are served again after the featured movie.

If you'd like more information on Promenade at Chestnut Ridge and how we can provide your loved ones with an enriched life, please call Debbie Corwin, Director of Community Relations. She will be happy to answer any questions or schedule a tour at your convenience.



Bear Mountain Trip

"You're off to Great Places!

Today is your day!

Your mountain is waiting,

So... get on your way!"

Dr. Seuss, Oh, The Places You'll Go!



Celebrate!



Happy

Birthday

to our Residents:

Angie R. - 1st

Reva K. - 3rd

Marty F. - 4th

Jerry W. - 4th

Julia M. - 7th

Fred B. - 8th

Elizabeth P. - 8th

Elizabeth C. - 13th

Monel S. - 14th

Sylvia S. - 15th

Shirley M. - 17th

Roger G. - 17th

Jeffrey C. - 23rd

Jeffrey G. - 24th

Ivy K. - 25th

Bernice G. - 31st

and to our Staff:

Wilson P. - 2nd

Michel S. - 3rd

Lenes H. - 4th

Fay T. - 8th

Eva M. - 17th

Louise J. - 24th

Terrance B. - 26th

**We warmly welcome
our New Residents:**

Irving W.

Berta W.

Rhoda J.

Sherry S.

**We're so glad you
joined our family!**



It's Teatime!

Residents & Staff had lots of fun at our Tea Party!



Haverstraw Bay Picnic



There's nothing like a nice picnic lunch on a beautiful summer day!



Residents enjoying the great outdoors at Bear Mountain State Park.

Beach Party



Residents Fannie & Joe enjoyed our Beach Party... without worrying about getting sunburned!

PROMENADE *Senior Living*

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



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