



PROMENADE

AT CHESTNUT RIDGE

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

November 2017



Our Management Team at Promenade Chestnut Ridge

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



Promenade Senior Living Provides Valuable Information About Senior Living to Attendees of Bergen Fest Expo

For the sixth time, Promenade Senior Living participated in last month's Annual BergenFest Expo at Met Life Stadium in East Rutherford, NJ. Over 100 vendors and about 1,800 visitors were present. Some expo highlights were:

- Food & drink samples from the area's best restaurants
- Fall fashion previews
- Exclusive giveaways
- Unique experiences with local spas and retailers

Promenade Senior Living managers and volunteers were on-hand with lots of information about all four of our communities: Promenade at Tuxedo, Middletown, Blue Hill (Pearl River) and Chestnut Ridge. Visitors were

able to ask questions about our services and about assisting seniors in general. Many of the attendees stopped by letting us know they had elderly relatives in need of some type of assistance, and we were happy to provide our guidance.



Pictured above: Director of Community Relations (Chestnut Ridge), Debbie Corwin; Executive Directors Marion Giordano (Tuxedo) and Gail Spencer (Chestnut Ridge); and Promenade dear Friend and Volunteer, Janette Mollineau.

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.



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, Nov 9th, at 7:30 p.m.
 This group is open to the greater community. For more information or to RSVP, call (845) 620-0606.

HAPPY THANKSGIVING FROM OUR HOME TO YOURS



George Time!



Promenade residents are fortunate to have another wonderful volunteer from Church of Presentation: *Curious George!*

George Stern, Jr. has been providing our residents with fun, interactive programs for about two months.

In addition to being part of the Eucharist services here on Sunday mornings, we are delighted to have "Curious George" lead new, challenging activities every Tuesday afternoon at 3:30.

"I really enjoy helping people stimulate the mind and body," says George. A picture is worth a thousand words! (on right)

Visiting Eyecare Service

We bring our office to you.

We're delighted to offer eye care services to our residents. Here's an introduction letter from Visiting Eye Care Service:

"It is our privilege to be associated with Promenade Chestnut Ridge! Visiting Eyecare Service has been providing vision care in long term health care facilities and to the homebound in the community for over 30 years. We are proud of our reputation for being committed to quality care and professional service. It is our goal to provide medically necessary vision care to the elderly who have difficulty accessing care in the community. Naturally, if your family member is examined in the community, we cannot duplicate the

service. We offer:

- **Comprehensive eye examinations using state of the art medical equipment.**
- **Attractive eyewear labeled with the patient's name and delivered.**
- **Access to your medical exam through our secure on-line patient portal.**

The doctor of optometry utilizes state of the art equipment to diagnose and treat glaucoma, corneal disease, cataracts and retinal/macular disease. The doctor is able to detect and monitor the ocular effects of diabetes, hypertension and other systemic diseases, as well as systemic medications.

We look forward to caring for your eye care needs."



Caregiving Around the Clock
The theme for National Family Caregivers Month, November 2017, is “Caregiving Around the Clock”

Caregiving can be a 24-hours a day/7-days a week job. Caring for a senior with Alzheimer’s or a child with special needs can be non-stop. Providing care around the clock can crowd out other important areas of life. And you never know when you will need to rush to the hospital or leave work at the drop of a hat. What challenges do family caregivers face, and how do they manage them day and night?

Morning: Getting off to work. The average family caregiver is a working mother of school-aged children. Mornings become a tricky balancing act of getting the kids ready for school, making sure your loved one has what they need for the day before getting yourself out the door for work.

All Day Long: Managing medications. Up to 70% of the time, the family caregiver – not the patient – manages the medications. The more serious the condition, the more likely it is that the family caregiver manages the medications for the patient. This means ensuring your loved one is taking their medication correctly and maintaining an up-to-date **medication list**.

During the Workday: Juggling caregiving and work. Six out of 10

family caregivers work full- or part-time in addition to juggling their caregiving responsibilities at home. And most of them say they have to cut back on working hours, take a leave of absence, or quit their job entirely.

Evening: Family time and meal time. Ensuring that you get proper **nutrition** will help you maintain strength, energy, stamina, and a positive attitude. **Nutrition** is as important for you as the caregiver as it is for your loved one. Caregiving affects **the whole family**.

Late at Night: Taking time for yourself. Late at night might be the only time you get a few minutes for yourself. Make sure you take time to **rest and recharge**. The chance to take a breather and re-energize is vital in order for you to be as good a caregiver tomorrow as you were today.

The Middle of the Night: Emergency room visits. Have you ever had to take your loved one to the emergency room in the middle of the night? **Be prepared** ahead of time with what you need.

During **National Family Caregivers Month**, we recognize the challenges family caregivers face when their loved ones need **Caregiving Around The Clock**.

For more information:
Caregiver Action Network
www.CaregiverAction.org



Celebrate!



Happy Birthday

to our Residents:

- Ed J. - 8th
- Hilda F. - 12th
- Fanny G. - 26th
- Janet F. - 27th
- Marcia B. - 29th

and to our Staff:

- Millie S. - 5th
- Stephane D. - 7th
- Myrlande T. - 11th
- Edmonde Z. - 13th
- Gregory M. - 16th
- Benji M. - 19th

Welcome
New Residents

We warmly welcome
our New Residents:

- Gussie L.
- Richard R.
- Betty H.

We’re so glad you
joined our family!

PROMENADE *Senior Living*

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



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