



# PROMENADE

## AT CHESTNUT RIDGE

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

**December 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 ..... Crystal Coppola LPN  
 Maintenance ..... Benji Magboo  
 Food Service ..... Michael Logan  
 Life Enrichment ..... Nilly Landa  
 Office Mgr. .... Cynthia Hastings



### Our Very Own Hero, Michael Logan

Last month, we had a special tribute for our Resident Veterans (see p. 2). We would also like to honor our very own Food Service Director, Veteran Michael Logan. Michael served in the United States Army for 22 years.

"We had no one to talk to when we came back from the Gulf War. It was hard for us to get back to our day-to-day lives," said Michael. Three years ago, he became involved with *Project Healing Waters Fly Fishing*, an amazing program dedicated to the physical and emotional rehabilitation of disabled active military service personnel and disabled veterans through fly fishing, education and outings. Michael is glad to be able to help so many Veterans adjust to life back home again.

Thank you for your service and for all you do for our Veterans!

### SPOOKTACULAR HALLOWEEN PARTY!

Thanks to our wonderful Activities team, residents and staff enjoyed a fun-filled Halloween party filled with tasty treats and live entertainment. Once again, our community was decorated in true Halloween style, and any resident or staff member interested in dressing up for the party was provided a costume.

Very special thanks to Nilly, Cheryl and Tamar.

For more pictures, see page 3.



### 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.



### Family Holiday Party

We look forward to seeing you at our Resident/Family Holiday Party. Make sure to RSVP by 12/7.

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



## HEROES

### Thank You to Our Incredible Staff!

We'd like to say thank you to our Activities Staff for putting together such a moving tribute honoring our Resident Veterans and Widows of Veterans on Veterans Day. Nilly, Cheryl and Tamar made sure each of our Veterans had an opportunity to share their stories, allowing everyone to thank them individually for their service. Special thanks to Nilly for being here on your day off and all our staff who came to honor our Veterans.

### Thank You to Our Veterans

**V** is for Valor  
**E** is for Every Era  
**T** is for Thank you  
**E** is for Each one a hero  
**R** is for Remember  
**A** is for All Armed forces  
**N** is for a grateful Nation  
**S** is for we Salute you

### Holiday Caregiver Tips

As a family caregiver, you already manage a full plate of demands. During the holidays, family gatherings and social events can bring added challenges. Remember these tips to help you enjoy merry moments this season:

**Plan ahead.** As with most holiday activities, planning ahead to manage errands and anticipate problems can be the best preventive measure. Taking care of tasks ahead of time can make a get-together run more smoothly and give you a chance to ask for help.

**Prepare visitors.** Loved ones who require care may not be able to participate in the holidays the way they once did. Let family members and friends who don't see your loved one frequently know what to expect and how to make the most of their visit.

**Adapt celebrations.** Celebrate with your loved one within his or her current

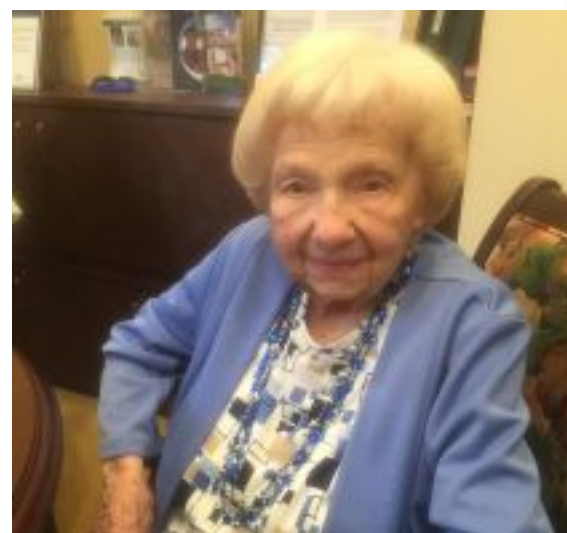
capabilities. Keep it simple: Listen to memorable music, look at photos from past holidays or share a favorite seasonal treat. Don't forget that the season is about joy and love—not perfection.

**Take a timeout.** It's imperative to make time for yourself to relax and recharge during the busy season. Consider respite care services or call in a friend or relative to look after your loved one for a few hours while you do something you enjoy.

If you're looking for respite and are interested in having your senior relative/friend stay with us during the winter, please call Debbie Corwin, Director of Community Relations: 845-620-0606. She'll be happy to tell you all about our respite program.



### Honoring Our Veterans



### HAPPY BIRTHDAY, HILDA!!!

I asked Hilda to share any tips with us on being in such amazing shape at 102-years-young. Her answer? "Nothing really... I always ate whatever I wanted and here I am!"



**THE MEN AT PROMENADE AT CHESTNUT RIDGE ARE GREAT SPORTS!**



**LIONS, TIGERS AND BEARS  
OH MY, WE HAD KNIGHTS,  
MINIONS, GROUCHO, FROGS  
AND TURKEYS, OH WOW!**



**THANKS TO ALL**



**HALLOWEEN FUN**



**CELEBRATE**



**Happy Birthday**

**To our Residents:**

- Marilyn M. - 5th
- Joan M. - 16th
- Wilma W. - 19th
- Sylvia M. - 21st
- Rosalie N. - 29th

**To our Staff:**

- Karin N. - 4th
- Judy T. - 4th
- Ricalynn A. - 6th
- Kettelie S. - 10th
- Georgeline R. - 11th
- Tamar B. - 17th
- Erla M. - 19th
- Donnis N. - 24th
- Minda M. - 29th

**Welcome**  
New Residents

We warmly welcome our New Residents:

- Mary K.
- Irwin D.
- Judy F.

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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