



# PROMENADE AT MIDDLETOWN

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

## March 2018



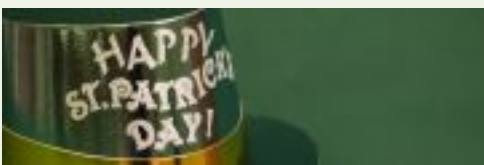
### Promenade Team

Exec. Dir. .... Berna Bader  
Community ..... Karen M. Treacy  
Wellness ..... Nancy Aris  
Wellness ..... Jenn Reese  
Resident Care ..... Marian Malcuit  
Activity Dir. .... AnnMarie Ehler  
Case Mgmt. .... Benizia Davila  
Maintenance .... Michael Cassara  
Food Serv. .... Anna Arocho  
Senior Day ..... Illisa Lipkin



### When Everyone's Irish

Time to celebrate St. Patrick's Day! Look for a four-leaf clover, and make sure you wear green on March 17.



## Happy Birthday

### March Birthdays

|                  |    |
|------------------|----|
| Marion L. ....   | 9  |
| Stuart R. ....   | 10 |
| Carmella D. .... | 16 |
| Marlene L. ....  | 18 |
| Elvina O. ....   | 19 |
| Thomas K. ....   | 20 |
| Sarah P. ....    | 21 |
| Sharon R. ....   | 21 |
| Frank W. ....    | 21 |
| Nellie J. ....   | 22 |
| Pat C. ....      | 25 |
| Toni B. ....     | 27 |
| Carroll J. ....  | 27 |
| Lucy P. ....     | 29 |

### Spring Has Sprung!

Tuesday, March 20, signals the long-awaited first day of spring, referred to as the Vernal Equinox. The term vernal is Latin for "spring," and equinox is Latin for "equal night," since there is almost an equal amount of daylight and darkness on that day.

The fall and spring equinoxes are the only two times during the year when the sun rises due east and sets due west.

The first spring flowers are typically lilacs, irises, lilies, tulips, daffodils, and dandelions. When the weather is right, one can spy snow crocuses peeking through the remnants of snowbanks.



### Did You Know ...

- That the word "shamrock" means "young clover" in Gaelic?
- That the first St. Patrick's Day Parade in Dublin was held in 1931?
- That a cross is cut into the top of a loaf of soda bread to ward off evil spirits?

### Celebrate Passover

The six foods on the Seder plate are karpas, maror, beitzah, charoset, z'roa, and matzah. Passover begins on March 30.



**Happy Easter and Happy Passover From All of Us at the Promenade!**



## Highlights



### Going for the Gold

Four teams. Many events. Lots of fun!

Last month, we celebrated the Winter Olympics by holding our own festivities!

It didn't matter if you were on the Red, Blue, Yellow or Green team-everyone was a winner!



Marion L. has her game face on.



Mary Lou V. and Pat W. hit the slopes.



Ready, aim, hit the target!



On your mark! Get set! GO!



Time for the snowball toss!



It takes skill to land those snowballs!



Linda D. and the Blue Team talk strategy.



Karen T.'s Green Team finds some motivation.





# Employee of the Month



## Hooked on Activities

There's an old adage that states "You can't take the boy off the farm." But for our Employee of the Month Steven DeBuck, that can't be further from the truth.

Steve is proud of his roots—his family owns a sod farm in nearby Pine Island. Every year a group of residents dines al fresco at the family's picnic area.

His extended family includes several nieces and nephews who are the light of Steve's life. That family also includes our Promenade family. Steve is devoted to our residents. He thinks nothing of dressing for the holidays; he's been Santa, Uncle Sam, and a leprechaun.

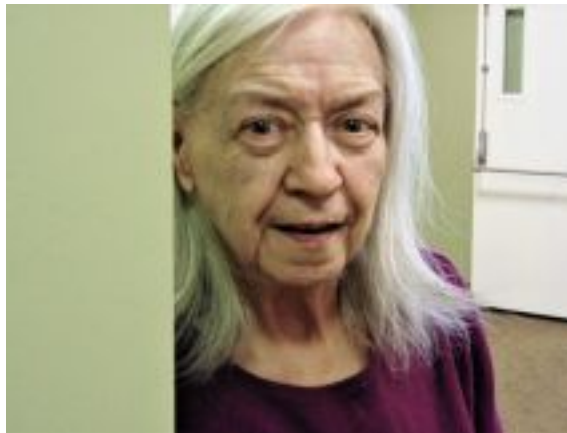
Through rain, snow, sleet, hail and gloom of night, Steve goes above and beyond to ensure that his entire family enjoys life to the fullest.

Thank you, Steve, for all that you do!

# Activities

## March Highlights

- 1 ..... Pink Ladies
- 3 ..... Ice Cream Social
- 6 ..... Trip to Dollar Tree
- 7 ..... Chili Cook-Off
- 8 ..... Bus to Breakfast
- 13 ..... Bus to McDonald's
- 14 ..... Cocktail Party with Eric
- 17 ..... Saturday Social with Joe Maz
- 20 ..... Bus trip to the Movies
- 25 ..... Palm Sunday
- 27 ..... Trip to Dollar Tree
- 29 ..... March Birthday Party
- 31 ..... Ice Cream Social



Marion B. loves watching the Olympic events!



Helen P. aces the snowball toss!



## Mardi Gras!



Sarah P. is ready to party!



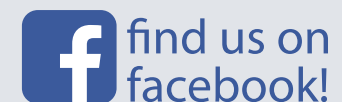
Time to catch some beads!



Debbie G. and Shirley enjoy the day.



Audrey's celebrating Fat Tuesday!



# Spring Forward!

## Daylight Savings Begins



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