



# PROMENADE

## AT CHESTNUT RIDGE

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

**March 2018**



### Our Management Team at Promenade Chestnut Ridge

Executive Dir. .... Gail Spencer  
 Marketing ..... Debbie Corwin  
 Wellness RN ..... Lauren Wieder  
 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



### The Real Winners of the Super Bowl? Our Residents!

Well, another year, another Promenade Super Bowl Party! Residents had lots of fun watching the big game together and cheering on their favorite team. Special thanks to Michael (Food Service) and his staff for preparing a delicious 6-foot submarine sandwich, Gail (Executive Director) for supplying a recipe for football ice-cream sandwiches and Nilly (Life Enrichment) for gladly preparing 65 of these desserts in less than an hour!



### 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.



### Happy Passover

### 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, March 8th, at 7:30 p.m.** This group is open to the greater community. For more information or to RSVP, call (845) 620-0606.



## Lectures

For years, our Residents have been enjoying regular outings to the Suffern Free Library. They have very interesting adult events through the year.

Recently, Promenade Residents attended two of their lecture series programs:

### Art History Lectures: The Renaissance

This slide presentation by art instructor Joan Quinn explored the dramatic changes in the world of art in the 15th and 16th centuries in Italy.

### Irving Berlin: An American Institution

Jerome Kern concluded that Irving Berlin has no place in American Music. He *is* American Music! Marty Schneit discussed how the immigrant from Russia became the classic rag-time to riches story.



### Residents Attend Tu Bishvat Program At the JCC

For the past several years, our Residents have been invited to join many special programs and activities at the JCC of Rockland.

Thanks to Doris Zuckerberg, Director of Older Adult Services, and volunteers from Rockland Jewish Family Service for including us. Cantor Barry Kanarek led the group singing songs about trees in celebration of the festival of Tu Bishvat. Everyone also enjoyed making special holiday crafts and snacks.

### Annual Run/Walk Supporting Meals on Wheels

Please join the Rockland Road Runners in raising money to help Meals on Wheels with its mission to serve the homebound and seniors in Rockland

County by entering the  
**8th Annual Bill Fortune Memorial  
10k Run, 5k Run, and  
March for Meals Walk  
Saturday, March 3rd**

**Rockland Lake - Valley Cottage, NY**

Start times:

- 5k Run: 10:00AM - 12:00PM
- 10k Run: 10:15AM - 12:00PM
- March for Meals (Walk): 10:30AM - 12:30PM

Registration Fees:

- Registration fees for 5k and Walk - \$25

Registration fee for 10k - \$35

### There's More in Store!

Volunteer Resident Store Shop Keepers Roberta B. and Linda B. received a donation of more than 20 heart-shaped boxes filled with chocolates. These ladies managed to sell *every single box!*



Online registration for all events ends the evening of February 26th at 11:59 p.m.

Shirts guaranteed to the first 500 registrants.

Rockland Road Runners is a unique running club in that proceeds from its races support local charities.

### AWARDS:

Medals presented to the top three male and female finishers in the 10K and 5K run for the following age groups: 19& under, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

Meals on Wheels is a multi-purpose agency which focuses on nutritional, recreational, and social support programs which help the homebound.

## THE GOOD DOCTORS



Promenade Visiting Physicians, Dr. Meir Malmazada (L.) and Dr. Hanna Dgheim (R.).

We are so fortunate to have two wonderful doctors who see patients (our residents) here at Promenade. They've both been treating residents here for more than 10 years.

Here's what a few residents had to say about them:

*"Dr. Malmazada is thoughtful, and he takes his time with me. I really like him and he's a nice person!" ~Irv W.~*

*"Dr. Dgheim takes very good care of me. He's a very nice man." ~Mae H.~*

*"Dr. Dgheim is a really good guy!" ~Jeff C.~*

*"I like Dr. Malmazada very much! I think he's very caring, and he always follows through" ~Lorelei G.~*



Gail Spencer, Promenade Executive Director (above), is all smiles knowing that our residents receive the very best medical care from these two amazing doctors. Over 95% of our residents chose Dr. Malmazada or Dr. Dgheim as their primary care physician.!

Dr. Meir Malmazada is a pulmonologist in New City, NY. He received his medical degree from University of Padua College of Medicine.

Dr. Hanna Dgheim, is a Nephrologist in Nanuet, NY. He received his medical degree from University of Aleppo Fac of Med.



## Celebrate!



to our residents:

**Kathleen M. - 5th**  
**Anna C. - 11th**  
**Sidney G. - 17th**  
**Mary T. - 21st**  
**Sherry S. - 24th**  
**John M. - 24th**  
**Veronica G. - 25th**  
**Alba I. - 25th**  
**Betty B. - 31st**

and to our staff:

**Gerdeline L. - 12th**  
**Milana K. - 13th**  
**Rose B. - 16th**  
**Gertrudes M. - 17th**  
**Lymena P. - 20th**



We warmly welcome our new Residents:

**John M.**  
**Zanna G.**  
**Erika F.**  
**Marie G.**

We're so glad you joined our Promenade Family!

# PROMENADE *Senior Living*

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



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