

# PROMENADE AT MIDDLETOWN

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

## March 2019



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



|                    |    |
|--------------------|----|
| Dorothy B. ....    | 5  |
| Angela L. ....     | 9  |
| Elizabeth R. ....  | 9  |
| Stuart R. ....     | 10 |
| Marlene L. ....    | 18 |
| Anna Marie C. .... | 18 |
| Sharon R. ....     | 21 |
| Nellie J. ....     | 22 |
| Patricia C. ....   | 25 |
| Toni B. ....       | 27 |



### The Story of Irish Soda Bread

Soda bread was adopted in Ireland in the 1800s due to increased poverty and hunger after the potato famine. Irish soda bread required few ingredients, making it an economical choice for staple breads.

Baking soda also produced a more consistent result.

Original Irish soda bread recipes contained nothing more than flour, buttermilk, baking soda, and salt.

The cross on the soda bread has several explanations. Legend has it that, in some areas of Ireland, a cross was cut on the top of the Irish soda bread with a knife.

Folks did it to "let the devil out" while it's baking for good luck, and others say that it made it easy to divide into 4 pieces. It was also a symbol for a cross during Christian holidays.

### Did You Know?

- That the March Equinox occurs when the sun crosses the celestial equator? This happens either on March 19, 20 or 21 each year. This year it's March 20.
- That March is Noodle Month, Youth Art Month and Frozen Food Month?



**Don't Forget to Change Your Clocks on March 10! Spring Forward!**





## Party Time!



Raymond B. gets ready to dig in to our Valentine's Day buffet! We enjoyed the shrimp scampi over pasta!



Rick P., Moveta D. and Grace L. dig in to the shrimp scampi.



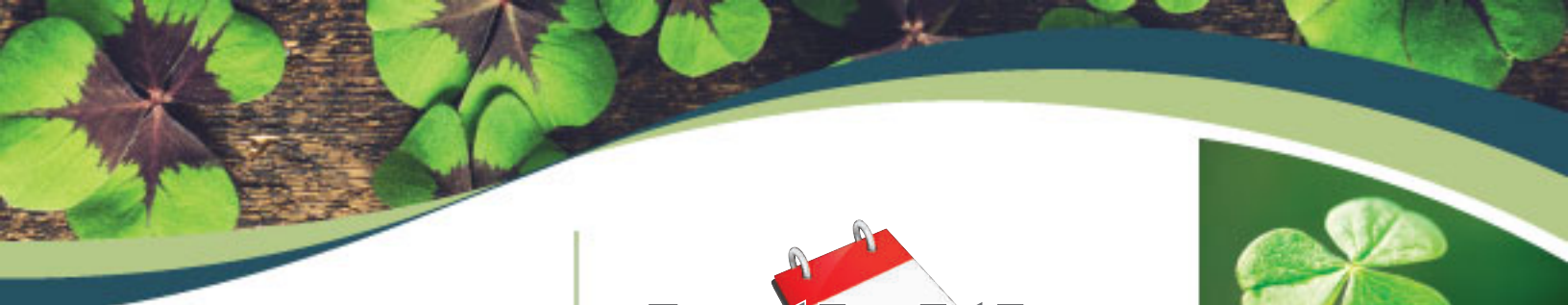
Ann Marie and Tony C. get ready to join the dancers on the dance floor!

## What A Party!

Valentine's Day was extra special here at the Promenade as our residents celebrated love and friendship with a gala luncheon. Shrimp scampi and music from resident favorite Stephanie made it an afternoon to remember!







# Employee of the Month



## Meet Jessica Gonzalez

Care manager Jessica Gonzalez has been a part of the Promenade family for almost five years. During that time, she's proven time and again that the residents are the most important part of her job.

She knows every resident by name, as well as being on a first name basis with many family members. She's available when needed and is often called upon to train new team members.

She often helps out in other departments when needed and almost never says no to a request to help.

The mother of three, Jessica's family comes first in her life. Thank you, Jessica, for all that you do.

# Activities

## March Highlights

- 5 ..... Mardi Gras Celebration with Gene
- 6 ..... Lunch Trip
- 9 ..... Donuts with Big Steve
- 10 ..... Daylight Saving Time Begins
- 12 .... Fun and Games with Occupations
- 12 ..... Trip to the Movies
- 13 ..... Lunch Trip
- 13 ..... Cocktail Party with Stephanie
- 14 ..... Middletown Nursery School Visit
- 17 ..... St. Patrick's Day Party
- 19 ..... Trip to Dollar Tree
- 20 ..... Trip to Minisink High School
- 21 ..... Cocktail Party with Rick
- 27 ..... Lunch Trip
- 28 ..... March Birthday Party with Chris



## Spa Day!



Our residents recently enjoyed a spa day sponsored by Mary Kay Cosmetics. Francine F. and Anna Mae H. apply the moisturizer as part of their facials.



Thanks to Mary Kay Cosmetics for a great spa day!



Our friends from Middletown Day Nursery made us Valentine's Day gifts and sang some songs!





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