



# PROMENADE AT CHESTNUT RIDGE

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

September 2018

## Our Management Team at Promenade Chestnut Ridge

Executive Dir. .... Gail Spencer  
Marketing ..... Debbie Corwin  
Wellness RN ..... Michelle Hoke  
Case Mg ..... Marcia Saunders  
Res Care Mg ..... Narline Thadd  
Maintenance ..... Benji Magboo  
Food Service ..... Michael Logan  
Life Enrichment ..... Nilly Landa  
Office Mgr. .... Cynthia Hastings



## Senior Boot Camp & Expo

The Sixth Annual Senior Boot Camp & Expo to benefit Meals on Wheels Programs and Services of Rockland, Inc. will be held

**Tuesday, September 25**  
**10:00am to 3:00pm**  
**Rockland Community College**  
**Fieldhouse**  
**145 College Road**  
**Suffern, NY**

Promenade at Chestnut Ridge is once again proud to be participating in this Expo by providing information about Promenade Senior Living at our exhibitor's table.

The day's events begin at 10:00am and feature a boot camp with various stations that will encourage stretching, movement, FUN, exhibitor booths and entertainment.

If you plan on attending, stop by our table and say hello!



We are looking forward to seeing you at our upcoming Grandparents Day Celebration on Sept. 16th! We throw great parties here @ Promenade, and this one is exclusively for our residents and their families.

Don't forget to RSVP if you haven't already done so!!

## 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, Sept. 13th, at 7:30 p.m.** This group is open to the greater community. For more information or to RSVP, call (845) 620-0606.



## BergenFest

### DON'T MISS BERGEN'S BIGGEST CELEBRATION

Experience the very best that Bergen County has to offer in food & drink, health, wellness and more at this fall's hottest event at Bergen's biggest venue, MetLife Stadium!

Wednesday, September 26, 2018 »  
VIP admission: 5 p.m. »  
GEN admission: 6 p.m.  
Exhibits end at 8 p.m. »  
Live entertainment continues till 9 p.m.

This one-of-a-kind night includes:

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

Promenade Senior Living staff will be there, and so should you! Call us for tkts.

### So... What Exactly Is 'ASSISTED LIVING???'

One of the biggest challenges we face when speaking to seniors who inquire about our community, (perhaps because their adult children have begged them to call!) is that there was no such thing as "Assisted Living" when their parents were seniors. It's actually quite a hurdle to try to get the point across that our community is *nothing* like what they have in mind. Assisted Living is a social model with medical services; a Skilled Nursing Facility ('nursing home') is a medical model with social services. It's VERY different.

The best way to describe an Assisted Living environment is by way of comparing it to a Senior Activities Center. Many seniors have experienced going to a Senior Center, or have friends or relatives who have attended Senior Centers, so they are familiar with the types of activities they offer.

### Senior Activity Centers

Meals on Wheels operates five senior activity centers located throughout the County. They are in Nanuet, New City, Sparkill, Nyack and West Haverstraw,

These Senior Activity Centers offer a warm, welcoming "home away from home" to over 500 members. Senior Activity Centers provide transportation and a nutritious lunch.

The centers are open Monday through Friday generally from 9:00 a.m. - 3:00 p.m. Centers are closed on holidays and days when weather is inclement, such as "snow days."

The Senior Activity Centers provide socialization, camaraderie, recreation, social work resources and educational programs. The diverse event calendars include:

When someone is still living at home and is no longer able to get out as often as they would like and participate in activities with other seniors, it's time to consider making a move to an Assisted Living Facility.

There are many factors to consider when researching communities, such as location, word-of-mouth, reputation, and cost. You might want to take a look at the calendar of events of a particular facility. Scheduling a visit is a great way for you and/or your senior loved one to get a good feel for what that community is like. Maybe you'd like to sample the food? If so, you should schedule a visit during mealtime and perhaps stay to see and participate in one of the activities that interests you.

- Exercise programs
- Guest Speakers on a Variety of Topics
- Musical Entertainment
- Board Games/Cards/Bingo
- Shopping
- Local Trips

The lifestyle at Promenade at Chestnut Ridge is just like *LIVING* at a Senior Activity Center 24/7 with the added benefits of having devoted, caring staff who can assist residents with personal care needs, medication management, be seen by doctors without having to leave home, have three nutritious and well-balanced meals served daily in a beautiful dining room... well, you get the picture, don't you? If not, give us a call and we'll schedule a time for you to come in and see for yourself!



## Welcome, Narline!



We asked Narline why she wanted to be the Resident Care Manager at Promenade. Here's her answer:

*Although I had not known much about Promenade before, I quickly learned just how much everyone here works as a team. The staff were always very welcoming, which made my decision to join the Promenade team an easy one. I am looking forward to working alongside such great staff and providing the best care for the residents that call Promenade "HOME."*

*~Narline~*



*Our Wellness Dream Team!  
Pictured L to R: Resident Care Manager, Narline Thadal, Wellness RN, Michelle Hoke, and Case Manager, Marcia Saunders*

## National Assisted Living Week 2018 - Capture the Moment!

### At Promenade at Chestnut Ridge, It's About Living in the Moment

Getting older is tough. Some of us might find ourselves needing more assistance than our loved ones can provide at home. But just because we age or need support, doesn't mean we no longer have anything to give.

We celebrate National Assisted Living Week® and its theme "Capture the Moment." It reminds us to seize the day and continue to find purpose in life. The residents at Promenade certainly give purpose to those who work here. And we consider it an honor to not only help residents with their care needs, but also provide life-enriching social activities to help them engage with each other and the larger Chestnut Ridge community.

Preventing isolation and loneliness is important for our mental, emotional and physical health, especially among seniors. At Promenade that's what we strive to accomplish—holistic, person-centered care for each resident.

You can help give purpose to an assisted living resident as well. Consider volunteering at Promenade during National Assisted Living Week and beyond. Engaging with seniors can be a rewarding experience, and our residents will greatly appreciate the additional companionship and conversation.



## CELEBRATE!



## Happy Birthday

to our Residents:

- Arnold B. - 2nd
- Rosaline W. - 3rd
- Robert G. - 4th
- Carmella H. - 9th
- Julia V. - 14th
- Sylvia S. - 15th
- Dawn W. - 15th
- Kathy F. - 18th
- Marianne W. - 20th
- Vladimir C. - 20th
- Linda B. - 22nd
- Eileen S. - 30th

and to our Staff:

- Marie Rose B. - 1st
- Fern L. - 22nd

## Welcome New Residents

We warmly welcome our new residents:

- Grace & Anthony P.**
- Luella L.**
- Evelyn F.**

We're delighted you've joined our family!

# PROMENADE *Senior Living*

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



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