



PROMENADE AT MIDDLETOWN

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

February 2019



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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



February Birthdays

Agnes S.	1
Marion S.	2
Dorothy S.	2
Victor F.	3
Frances S.	7
Helen P.	10
Paul P.	14
Edmee L.	18
Joseph W.	18
Carol Z.	19
Rita S.	20
Ellie C.	23
Anna Mae H.	23
Tony C.	27

4 Ways to Be Heart-Healthy

February is National Heart Month, so here are some ways to be heart healthy.

Don't smoke. Smoking is the leading cause of preventable death in the United States. If you don't smoke, don't start. If you do smoke, learn how to quit.

Manage conditions. Work with your health care team to manage conditions such as high blood pressure and high cholesterol. This includes taking any medicines you have been prescribed.

Make heart-healthy eating changes. Eat food low in trans-fat, saturated fat, added sugar and sodium. Try to fill at least half your plate with vegetables and fruits, and aim for low sodium options.

Stay active. Get moving for at least 150 minutes per week. You can even break up the 30 minutes into 10-minute blocks.

Did You Know!

...That the name February is believed to have derived from the name 'Februa' meaning the Roman 'Festival of Purification'?

...That February is National Hot Breakfast Month?

...That it's also National Potato Month, National Chocolate Month and Snack Food Month?



Happy Valentine's Day From All of Us at the Promenade at Middletown!



Student Fun



It's always a fun day when our friends from a local preschool program pay a visit. Dorothy G. helps a little one finish her artwork.



Dottie W. shows one of our preschool friends the fine points of coloring with pencils.



Carole S. works diligently with one of our Korean student friends on a new project. Our Korean friends visit the Promenade several times a year.



Nancy B. gets a neck rub while watching our Korean friends work with some artwork. Perfect stress relief! Myrtle T. concentrates on her colored pencil picture.



Our friends from a local Korean school recently visited us to spend some time sharing their culture and their heritage. Irene S. and Virginia C. assist a young friend with her project.



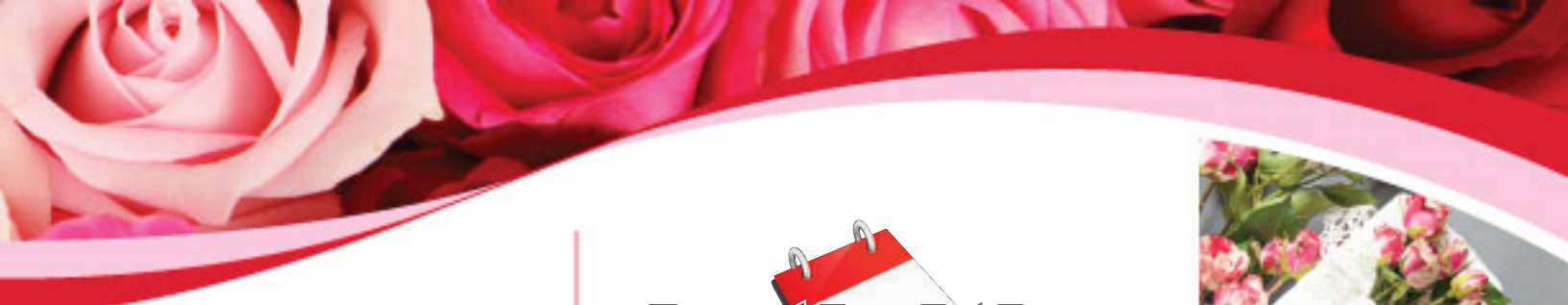
Time to get moving!



Deep in thought, residents and students take the time to study their projects.



Find us on 



Employee of the Month



Thank You, Robbie!

This month's Employee of the Month, Robbie Frey, has been here at the Promenade for quite a while. She is one of the original Southwinds team members.

For years, she oversaw the Rotary and Kiwanis Club luncheons held here at the Promenade. Now she's part of our dining service department and helps ensure that our residents' experience parallels that of the Rotary Club and the Kiwanis.

Robbie and her husband, Ken, have been married for 55 years! She has three children (one of whom is a Marine) and five grandchildren. In her spare time, she loves to do crafts!

Thanks, Robbie, for all that you do!



Activities

February Highlights

- 2 Groundhog Day
- 3 Super Bowl Sunday Party
- 4 Silverado Steppers
- 5 Chinese New Year Trivia
- 6 Baby Steps
- 6 Cocktail Party with Kevin
- 8 Sing Along with Zylophone
- 12 Lincoln's Birthday
- 13 Afternoon of Beauty w/Mary Kay
- 14 Valentine's Day Sweetheart Lunch
- 18 Presidents Day
- 21 Cocktail Party with Rick
- 22 Sing Along with Zylophone
- 28 February Birthday Party w/Chris



Celebrate the Year of the Pig

Chinese New Year in 2019 is on Tuesday, the 5th of February.

According to the Chinese 12-year animal zodiac cycle, the Chinese year beginning in 2019 is the year of the Pig. Each Chinese zodiac year begins on Chinese New Year's Day.

Pig years are believed to be the most unlucky for people born in previous years of the Pig.

Chinese New Year can begin anytime between late January and mid-February.



Special Day!



Stephanie Romm and the Bronx Express

Celebrate Valentine's Day

This year, Valentine's Day will be an extra-special event as the Promenade holds our Sweetheart Luncheon. An elegant menu is planned with service in the dining and banquet rooms.

Prior to that, on Feb. 13th, join representatives from Mary Kay Cosmetics as they host an Afternoon of Beauty.

Entertainment will be provided by Stephanie Romm and the Bronx Express. See you there!





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