



# PROMENADE

## AT CHESTNUT RIDGE

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

### March 2019

THE WARMTH OF FAMILY  
 THE VIBRANCY OF COMMUNITY  
 THE LOVE OF HOME

#### 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 Thadal  
 Maintenance .... Benji Magboo  
 Food Service .... Michael Logan  
 Life Enrichment .... Nilly Landa  
 Office Mgr. .... Cynthia Hastings  
 Reception .... Janice Wessner



Sylvia S. with the heart pillow she made

Residents enjoyed another special Valentine's Day at Promenade! After a delicious lunch in our beautifully holiday-decorated dining room, residents were treated to entertainment by Karen Beals.



A few good men! Pals Jeff C. & John C.

#### The Promenade Family Is Growing!

Have you been to our website lately? We are happy to announce that Promenade at University Place in Albany is now open and serving the seniors of Albany. Promenade at University Place joins our other communities in Rockland & Orange Counties.

PROMENADE AT UNIVERSITY PLACE (ALBANY)

PROMENADE AT BLUE HILL

PROMENADE AT CHESTNUT RIDGE

PROMENADE AT TUXEDO PLACE

PROMENADE AT MIDDLETOWN

RESIDENCES AT TUXEDO PLACE

PROMENADE SENIOR DAY PROGRAMS ▶

For more information about Promenade Senior Living, please visit our website:  
[www.PromenadeSenior.com](http://www.PromenadeSenior.com)



Residents are looking forward to watching the *March Madness* College Basketball games!

#### 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.





## RESOURCES

Office for the Aging's Satellite Office Team can help answer questions about:

- Long Term Care (NY Connects)
- Home Energy Assistance
- Health Insurance Information
- In-Home Services
- Caregiver Respite
- ....AND MORE!

This month, they will be at the following libraries:

Wed., March 13,  
11:30am – 2:30pm  
Finkelstein Memorial  
Library  
24 Chestnut St, Spring  
Valley, NY

Friday, March 22,  
10:30am – 1:30pm  
Suffern Free Library  
210 Lafayette Ave,  
Suffern, NY

Monday, March 25,  
6:30pm – 8:30pm  
New City Library  
220 N. Main Street,  
New City, NY

## PHARMACOGENETICS (PGx)

### • What is Pharmacogenetics (PGx) Testing?

Pharmacogenetics is the relationship between a patient's unique genetic makeup and their response to certain medications. Genetic mutations can cause either higher or lower rates of metabolism for known drugs.

### • PGx - Capstone Diagnostics ADR is the 4th leading cause of death in the United States.

According to the FDA, each year, approximately 4.5 million Americans visit their doctors or the emergency room due to Adverse Drug Reactions (ADR).

### • PGx - Capstone Diagnostics Why are the results important?

Testing will specify how quickly your body metabolizes, or filters, any given drug. Some patients are rapid metabolizers, flushing medication so quickly from their system that their body does not benefit from the

### About Capstone Diagnostics

Capstone Diagnostics is an independent, state-of-the-art laboratory in Atlanta, Georgia. They provide a leading-edge genetic testing lab that utilizes improved and expanding technologies. Their mission is to partner with healthcare providers to provide insights that optimize their ability to provide the most effective prescriptive path, paving the way for enlightened customized healthcare.

Medication decisions are vital to the health of our residents, and Promenade at Chestnut Ridge is pleased to be among Capstone's partners so we can better serve our residents. Medication decisions are vital to the health of our residents and we are delighted to be using this state-of-the-art technology.

medication. Poor metabolizers, on the other hand, can be harmed because the normal dose of medicine is too much for their body to metabolize. This test provides a physician vital information that is needed when prescribing medication. This means the right drug for the right patient at the right dose, ultimately optimizing the patient's drug therapy outcome.



### Professionals in Aging Network

PAN (Professionals in Aging Network) is a group of professionals who work for, or with, the elderly population in and around Rockland County.

PAN monthly meetings typically feature a guest speaker or panel focusing on educational topics of interest.

Promenade at Chestnut Ridge has been hosting PAN meetings for over eleven years. It's a great way to learn about services for seniors, a great way to network, and a great way for our professional partners to learn how to work together in order to best serve our seniors.

TJ Giordano, Sales Representative with Capstone Diagnostics, will be the guest speaker at this month's PAN meeting.

## Rivertown Magazine



**RESIDENTS AT THE PROMENADE AT CHESTNUT RIDGE LIVE A VIBRANT LIFE**

### Extra, Extra Read All About It!

We are so proud of our feature in this month's Rivertown Magazine. If you haven't seen it here yet, here is a glimpse-- courtesy of Rivertown. Better yet, go online to [www.rivertownmagazine.com](http://www.rivertownmagazine.com) and go to pages 64-66 to read all about us!

Promenade Senior Living has been advertising in Rivertown Magazine for the past 8 years. We believe in the importance of supporting publications that have so much to offer residents in the community.

They have a brand new look this month, and Promenade at Chestnut Ridge is delighted they featured our community!

Pictured on the front cover (above, left to right,) are residents Rosalind W. and Bernice G.

**T**here's not an attempt to make the residents and the staff of Promenade at Chestnut Ridge, located on Hill Top Boulevard here in Chestnut Ridge. The chestnut ridge 55+ and many of the staff have been there for decades. Debbie Corwin, Director of Community Relations, for the past 10 years says, "My work is unique. We and the residents live 24 hours a day. It's not a hobby, it's a passion. I've been here for 10 years now and I love every minute of it."

Promenade at Chestnut Ridge offers a warm and inviting community atmosphere and care to assist the staff with all requirements from morning to night. From order to care and safety, residents are always welcome to visit at any time. When a resident is unable to visit, we offer a variety of services. When a resident is unable to visit, we offer a variety of services. When a resident is unable to visit, we offer a variety of services. When a resident is unable to visit, we offer a variety of services.

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Promenade at Chestnut Ridge is proud to complete another exciting year for the staff and residents. "There's nothing better than the staff and residents."

When it comes to the quality of care, residents and staff are always looking for ways to improve. Debbie Corwin, Director of Community Relations, says, "We are always looking for ways to improve. We are always looking for ways to improve. We are always looking for ways to improve. We are always looking for ways to improve."

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I will always be grateful for all of the hard work, dedication and compassion of you and the staff here on Hill Top. We were truly very fortunate to find Promenade at Chestnut Ridge.

Ben & Ruth S. Patricia T. Anne Marie H.

Pictured above: Debbie Corwin, Director of Community Relations, showcasing our beautiful activity board; our newly decorated media room; our amazing *Dream Wellness Team* of Marcia S., Michelle H., Karen G. and Narline S.; residents being entertained by The Music Makers; and Executive Director Gail Spencer enjoying the holidays with resident Nettie P.



## Celebrate!

Happy Birthday



- to our residents:
- Anna C. - 11th
  - Sidney G. - 17th
  - Sherry S. - 24th
  - John M. - 24th
  - Veronica G. - 25th
  - Alba I. - 25th
  - Betty B. - 31st

- and to our staff:
- Natacha B. - 1st
  - Narline T. - 7th
  - Gerdeline L. - 12th
  - Gertrudes M. - 17th

**Welcome**  
New Residents

We warmly welcome our New Residents:

**Ben & Ruth S.  
Patricia T.  
Anne Marie H.**

We're so glad you joined our community!

# PROMENADE *Senior Living*

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



## *Find the Perfect Fit*

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**VISIT US ON THE WEB AT [PROMENADESENIOR.COM](http://PROMENADESENIOR.COM)**



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