



Peregrine SENIOR LIVING AT CRIMSON RIDGE

1&3 Treeline Drive • Rochester, NY 14612 • (585) 720-9330



Honoring Our First Responders

America's first responders are on the front lines working to save lives and protect communities across the nation every day. Crimson Ridge is recognizing the hard work and life-saving sacrifices of fire service, law enforcement and emergency medical services personnel in the Greece area by providing lunch to-go on July 12th from 1:00-3:00pm.



July/Aug/Sept 2019



20 Years in the Community

Many west-side Rochester residents can recall when the Crimson Ridge campus was being built and will find it hard to believe that 2019 marks 20 years of the campus' opening. To us, it feels like just the beginning.

The Crimson Ridge campus hosts both Assisted Living and Memory Care facilities which allow our residents the comfort and consistency of aging in place.

Latoya Campbell is the longest-standing employee at Crimson Ridge and has been with the community for over 17 years. "Prior to Crimson Ridge, I had worked in health care for years. The reason that I have stayed here for so long is because of Peregrine's mission," Latoya explained. "The Peregrine Way philosophy that we follow does not only include taking care of the residents, but encourages us to really empower them to thrive and be fulfilled with purpose. It's a different approach to senior care that I enjoy being a part of."

Peregrine Senior Living at Crimson Ridge is looking forward to providing unsurpassed care for many more years to come!

Stay Safe in the Heat

When temperatures rise, we need to take precautions to prevent heat exhaustion and heat stroke. These conditions are caused by the body overheating and can be potentially dangerous, especially for older adults. Follow these tips to stay safe and cool this summer:

Hydrate. Even if you don't feel thirsty, sip on water or juice throughout the day, and eat hydrating fruits and vegetables. Avoid caffeinated beverages, which can contribute to dehydration.

Dress appropriately. Wear lightweight, loose-fitting clothing in light colors. When outdoors, keep your head cool with a wide-brimmed hat or umbrella.

Take a break. On hot and humid days, it's best to avoid strenuous physical activity, including exercise, even if you're indoors. Rest often and take it slow.

Watch for symptoms. If you or someone else shows signs of heat exhaustion, which can lead to heat stroke, seek medical help right away. Symptoms can include heavy sweating; cold, damp skin; weak, rapid pulse; nausea; dizziness; and headache.



Celebrating Summer Outdoors



Although this summer took longer than expected to arrive, residents at Crimson Ridge Senior Living are thrilled to be utilizing the gardens, courtyard patios, and front porches in our community.

Crimson Ridge recognizes and embraces the importance of having accessible outdoor areas for our residents to be able to soak up the sun, breathe the fresh air, and enjoy their favorite seasons in Rochester.

Patio-Front Apartments



Crimson Ridge Meadows is one of the few assisted living communities in the Rochester area to have patio-front room accommodations available. Do you know someone who is and has always been an outdoor person? An apartment with a patio may be the perfect fit for them!

Chats on the Patio



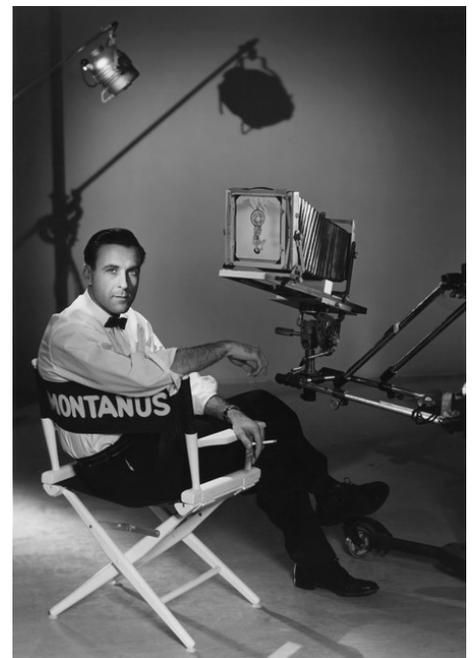
Summer days are made for sitting outside and sipping a refreshing glass of iced tea. Join us for a cool beverage and neighborly chat as we relax on the patio. See the activities calendar for dates and times.

Legendary Photographer Among Us



From photographing under the seas to the top of mountain ranges, Neil Montanus traveled the globe, photographing the world's most beautiful and exotic locations and its most famous people. His work quickly propelled him to one of Kodak's top photographers. His adventures and world travels were included in hundreds of articles in local, national and international media outlets.

We are lucky to know Neil as one of our residents here at Crimson Ridge, and we're fortunate to have his son, Jim, speak about all of his father's accomplishments this spring.



To learn more about Montanus Photography, visit www.montanusphotography.com.

A Warm Welcome



Crimson Ridge Gardens Memory Care welcomes Alyssa Stevens as

our new Marketing Director! Prior to Crimson Ridge, Alyssa started her career in senior living directly after graduating college.

"I enjoy working with this population because I get to make a difference in someone's life," Alyssa said. *"I get to help families feel relief and comfort knowing that their loved one is going to get the absolute best care they deserve."*

When asked what she thought was different about Crimson Ridge, Alyssa alluded to the tight-knit, home-like atmosphere of the community

and The Peregrine Way difference. *"The goal of every individual in this community is the ultimate success and happiness of the residents. The Peregrine Way philosophy allows us to encourage our residents to continue to grow and succeed throughout their stay here with us. Crimson Ridge will do anything to make sure the residents come first—no matter what."*

If you'd like to stop in and introduce yourself to Alyssa, her office is located at Crimson Ridge Gardens in the town square.

Welcome, Alyssa; we are happy to have you on the team!

Resident of the Month



Vinny Young

Turning 65 this year, our beloved resident, Vinny Young, was born November 6th, 1954. Vinny was blessed with two sons, Shannon

and Zachary, and now is blessed with seven grandchildren. His mother, Patricia, and sister, Kathy, are also very involved in Vinny's life and visit daily.

Vinny spent over 20 years working at Kodak, where he worked many different jobs and mastered electrical repairs. He also applied his talents at home where he built and designed his own house!

Vinny kept very busy with other hobbies as well.

He had a Chevy Camaro that he was very proud of and loved to show off. He and his sons spent many winters riding around on their snowmobile, and in the summers they spent their time boating at the lake. Vinny also took drum lessons for many years and is a talented drummer. His love of music is well-known at Crimson Ridge to this day.

At Crimson Ridge, Vinny is very involved in daily activities and one of our best trivia players to date. His sense of humor and smile light up the room, and we are lucky to have him! Cheers to you, Vinny!

Wit & Wisdom

"Every day is a great day to give love, spread joy and sparkle!"
—Sheri Fink

"Charisma is a sparkle in people that money can't buy. It's an invisible energy with visible effects."
—Marianne Williamson

"Use each moment to make another's eyes sparkle and to warm a heart."
—Doreen Virtue

"Enthusiasm is the sparkle in your eyes, the swing in your gait, the grip of your hand, the irresistible surge of will and energy to execute your ideas."
—Henry Ford

"Stay close to those who sing, tell stories, and enjoy life, and whose eyes sparkle with happiness."
—Paulo Coelho

"Don't let the insecurities of others dull your sparkle. Shine like the star you are born to be."
—Karen Civil

"Everybody loves things that sparkle."
—Philip Treacy

"Any woman can look her best if she feels good in her skin. It's not a question of clothes or makeup. It's how she sparkles."
—Sophia Loren

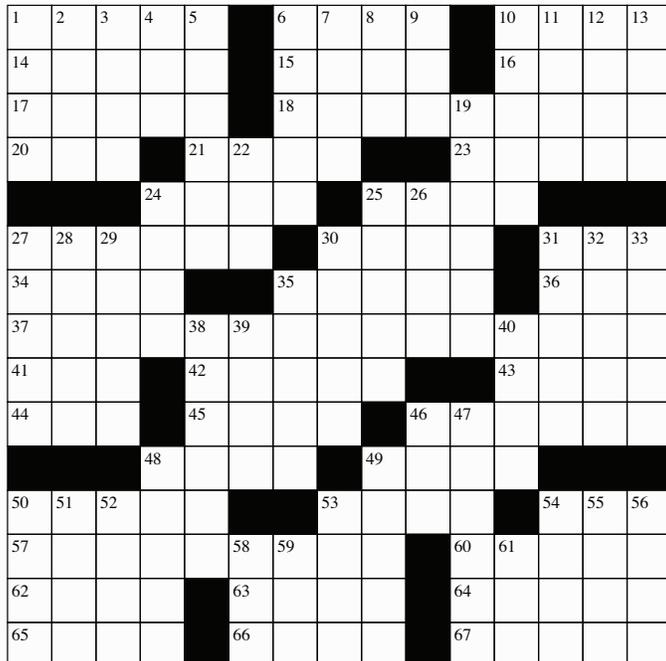


1&3 Treeline Drive
Rochester, NY 14612



John Q. Public
or Current Resident
12345 Sample Address
City, ST 00000

Crossword Puzzle



ACROSS

1. Tomato jelly
6. Cuts off
10. Exhibition
14. Minute
15. Simple
16. Stringed instrument
17. Mixer speed
18. School figure
20. Canonized femme: abbr.
21. Fills with wonder
23. Fix
24. More than
25. Otherwise
27. Loft
30. Came to earth
31. Huck's friend
34. Drifting
35. Tobacco pipe
36. Spanish year
37. 1951 Bob Hope movie
41. Diver's danger
42. Louis XVI's lady
43. Philosopher Descartes
44. Vets' titles: abbr.
45. Climbing plant
46. Seeds
48. Relinquish
49. Compensated
50. Less risky
53. Baseball legend Willie
54. Take a chair

DOWN

1. Vipers
2. Sooty matter
3. Reduce
4. ___-de-France
5. Sever
6. Biblical outcast
7. Boatman's items
8. Fraternity letter
9. Like word: abbr.
10. Slippery matter
11. Extravagant promo
12. Algerian port
13. Unite by heating
19. Island leader
22. Rainy
24. Televangelist Roberts
25. Slur over
26. One not to be trusted
27. Like a secured apartment complex
28. One of Jacob's 12
29. Feels dizzy
30. Mr. Palmer

31. Snatcher
32. Cat-__-tails
33. Fashions
35. Carried
38. Barbecue leftovers
39. Hotel employee
40. Nudge
46. State
47. Weapon
48. Stop
49. Sticky stuff
50. Command to Fido
51. Opera song
52. Tumbled
53. Pere's partner
54. Long story
55. Turkey's neighbor
56. Earth tones
58. Native American
59. Modern music style
61. Dander

