



FOR IMMEDIATE RELEASE

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S.A.S.S – Soup & Sandwich Social for Seniors

New Program launches for Seniors: Fun, Food, and Friends.

Rhinebeck, NY - Brookmeade Community announces the launch of their new program, S.A.S.S (Soup and Sandwich Social for Seniors), aimed at providing a fun and healthy activity for seniors. S.A.S.S addresses common issues that occur as we age which is missing nutritious meals, proper hydration and having opportunities for socialization.

The first event will take place on April 6th, 2023 from 11:30 am to 1 pm at The Pavilion at Brookmeade Community, located at 34 Brookmeade Drive, Rhinebeck NY 12572. The event is free for seniors in the community, and RSVP can be done by emailing info@brookmeadecommunity.org.

S.A.S.S provides seniors with a fun and social event, along with proper nutrition and hydration, offering complimentary soup and half sandwiches for seniors. The April 6th menu includes a choice of either Cream of Asparagus or Minestrone soup and either BLT or Chicken Salad Sandwiches. The menu is prepared by Brookmeade Community's Culinary Institute of America trained Executive Chef, ensuring that seniors are receiving high-quality and nutritious meals.

Studies have shown that seniors who socialize regularly and maintain a healthy and nutritious diet have better cognitive and physical health outcomes, and are less likely to miss meals. S.A.S.S is designed to combat the common issues seniors' face, such as isolation, by providing a social outlet, healthy meal options, and a great time with their friends and neighbors.

"We want seniors to come out, enjoy great food, and spend time with others from the community," said Karen Zobel, CEO & Community Administrator of Brookmeade Community. "S.A.S.S is a program designed to promote socialization, health, and wellness. It is an

opportunity for seniors to meet new friends and reconnect with old ones while enjoying a delicious meal prepared by our chef."

The first event will be sponsored by the Brookmeade Community Foundation, with donations welcomed. The program will continue on a monthly basis, and interested sponsors and those interested in becoming a volunteer server can contact info@brookmeadecommunity.org to learn how they can get involved.

"We are excited to launch S.A.S.S and provide seniors in our community with an opportunity to socialize and connect with their friends, neighbors and loved ones through a fun activity," said Brian Zeidan, Program Director of Meadow's Adult Day Healthcare Program. "We understand the importance of combating isolation and promoting proper nutrition and hydration among seniors, and we are committed to serving our community in this way."

For more information on S.A.S.S and other programs offered by Brookmeade Community, please email info@brookmeadecommunity.org or follow their Facebook page: Brookmeade Community.

About Brookmeade Community

Brookmeade Community is a not for profit healthcare community, offering a variety of services including Meadows for Skilled Nursing and rehabilitation, The Terraces for Assisted Living, Arbor Ridge for independent living, and Meadows Adult Day Healthcare program for those that need daytime assistance. Brookmeade Community is committed to providing exceptional care and services to seniors in the community.

S.A.S.S

Soup And Sandwich Social for Seniors

THE COMMUNITY AT
BROOKMEADE

This Event is Sponsored by Brookmeade Foundation

April 6th, 2023
11:30am-1:00pm

Choice of: Soup & 1/2 sandwich
Cream of Asparagus OR
Minestrone Soup
and
BLT OR
Chicken Salad Sandwich



R.S.V.P

✉ info@brookmeadecommunity.org

📍 34 Brookmeade Dr, Rhinebeck, NY

*Menu subject to change without notice * no substitutes

S.A.S.S meets the first Thursday of every month from 11:30am-1:00pm