

June 2008

Hudson Park Apartments

1 Alexander Street
Yonkers, NY 10701
914-969-1386
info@hudsonpark.net
www.hudsonpark.net

Staff

Joan Cummings
Property Manager

Randy Trubow
Assistant Manager

Linda Padilla
Leasing Manager

Eleanor O'Donnell,
Elaine Alden, Gina Cruz,
Julie Kountz,
Leasing Consultants

Mike McFadden
Service Manager

Edmundo Medina, Chris O'Connor
Service Technicians

Tyrone Baker, Michael Harden
Porters

Danny Delgado
Painter

Aoubacar Mureza
Lead Concierge

Racquel Hernandez
Hospitality Receptionist

Mary Clanton, Fidel Cosbert,
Moses McCallop,
Vanessa Evangelista, Tamba Saidykhan,
Rosa Vives, Banna Jabby, Ven Messam,
Raquel Ali
Concierges

Office Hours

Monday, Tuesday, Wednesday, Friday

9 a.m.-6 p.m.

Thursday

9 a.m.-7 p.m.

Saturday

10 a.m.-5 p.m.

Sunday

12 p.m.-5 p.m.

Attention Clermont Residents

No more walking to The Phoenix to drop off your rent! For your convenience, we have installed a secure drop box at your concierge desk.



Hudson Park APARTMENTS

Health and Fitness with Dr. Wayne

Are You Managing with Your Stress?

Guidelines for Dealing with Stress

All events in life precipitate a reaction. How people react or respond to situations differ. Coping is an attempt to manage or deal with stress. Dealing successfully with stress may require using a variety of techniques. Because stress-related responses are based primarily on mental perceptions, coping strategies are often necessary.

Following are guidelines for effectively dealing with potential harmful stress:

1. Schedule time effectively. Practice good time management techniques by using time wisely. This means taking time out for yourself every day and scheduling work when you are usually at your peak ability.

2. Set priorities. Know what is important to you. Do not attempt to work on four or five project simultaneously. Keep your efforts focused on one or two major items.

3. Establish realistic goals. Goals must be achievable. Do not establish impossible expectations and then become frustrated when they are not accomplished quickly as you would like. Write down long-range goals and establish checks for keeping yourself on track.

4. See yourself as achieving the goals. Visualize yourself as being successful. Go over in your mind what it will look and feel like to accomplish your goal.

5. Give yourself a break. Take time every day to exercise and relax.

6. Smile and laugh as often as possible.

Next month, relaxation techniques.

If you have any questions or comments, please e-mail me at: Wellness4all@yahoo.com.

Be well!

Dr. Wayne

A Father in Any Language

German children call him *Vater*, French *enfants* use the word *Père*, and Spanish-speaking tots cry out “¡Padre!” or “¡Papá!” No matter the children’s parent language, their regard for their fathers is the same. They admire him, imitate him, and believe that there is no man on earth quite as special.

Here at Hudson Park Apartments, we also believe that our resident dads are without equal, whether their children are newborn babies, mature adults, or somewhere in between. On Father’s Day, Sunday, June 15th, we hope you realize just how important you dads are, and we wish you the very best of days!

Those Lovable Pets

At Hudson Park Apartments, some of our favorite residents have four legs! We just love to see them roaming around our community — well, as long as they are attached to the end of a leash and are controlled by their owners — and did we mention that they shouldn’t leave anything behind? Very quickly, a lovable animal can turn into a community nuisance without the proper supervision of its respective two-legged resident. Please remember that we think the world of you, and we also enjoy your pet, but our policies are designed to keep everyone happy!

All Reservations

Effective immediately all reservation requests for the Social Rooms and Guest Suites will have to go through our Hospitality Receptionist, Raquel Hernandez. She can be reached at The North River Concierge Desk.

We're Glad You Found Us

The road map to convenient living can be confusing. Some communities make promises they can't keep, while others pretend to be something they're not. Since your compass was set to excellence, you found the perfect place to live. We welcome those people who are new to our community, and we encourage you to sit back and enjoy the experience. You're home at last. Of course, some of you found us a long time ago and recognized a wonderful thing immediately. We're glad we've met and even exceeded your residential expectations. Thank you for your continued confidence in us and for renewing your lease for another great year in our community. Whether you are a new, current, or renewing resident, we wish you a wonderful June and a great summer season!

Update Your Key Fobs

Calling all Clermont and Phoenix residents: Please visit The North River concierge desk to have your key fobs programmed for the new building so you will have access to the new Social Room and Gym.

Parking and Storage

Please be sure that your car has a Hudson Park Parking decal. All cars with a decal and/or parking incorrectly will be booted.

In addition, we will be auditing all storage cages. If you are occupying a storage cage, please contact the Leasing Office to make sure your cage is registered with us. All unregistered cages will be subject to its items being removed.

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
Rent Due					Rent Late	
8	9	10	11	12	13	14
15	16	17	18	19	20	21
Father's Day					Summer Begins	
22	23	24	25	26	27	28
29	30	<h1>June 2008</h1>				