

On the Prom

Spring Edition

Promenade Towers Quarterly

April 2011

New Amenity at Promenade Towers



Demolition Phase for the New Fitness Room

Residents at Promenade Towers enjoy amenities not found in most condominiums in our city. One is our heated swimming pool, a popular spot on a warm summer day. Another is our condo library with a collection of books, movies and magazines and a computer with Internet access. Get ready for an exciting new amenity. Soon we will have a first-class fitness room.

Because of noise that can be heard in first-level units, it has been determined that keeping exercise equipment in the Community Room is unacceptable. The new fitness room will be next to the Office, in the unit that was the previous maintenance man's apartment.

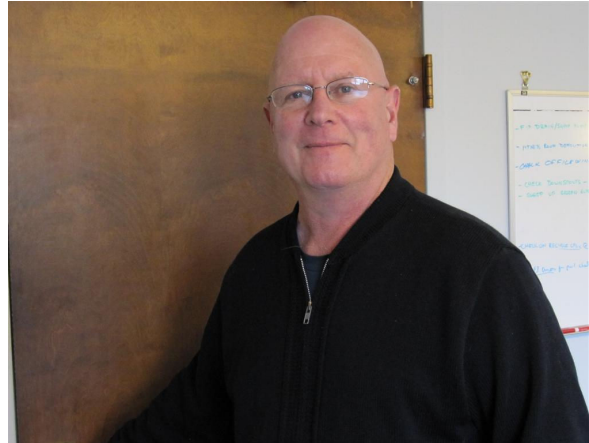
Joe Coyne, our maintenance custodian, and volunteers Einar Juhlin, Mark Rockwood (pictured above) and John Rastl began the demolition phase in February, removing walls, doors and cabinets. When the project is complete, the renovated unit will have new recessed lighting, rubber-type flooring and a glass entrance door like the inside door to the mailroom.

Plans for exercise equipment include treadmills, an elliptical, a recumbent bike, a universal-type weight machine and dumbbells with an adjustable bench. Mats will be available for a separate area that will be reserved for stretching, yoga, Tai chi and other exercise.

Owners and residents at the January Board meeting unanimously agreed that this new amenity will not

only be a benefit for residents, but also will add to the overall value of each unit.

Joe Coyne Joins Our Management Team



Joe Coyne—our new Maintenance Custodian

In January, Joe Coyne joined Office Administrator Pauli Daniels as a member of the Promenade Towers management team. Joe, who will be working here part-time, worked for the U.S. Post Office for 36 years and is a Navy veteran.

Joe owns a home in Portland and a cottage on the lake in Sebago and says his parents lived here on Munjoy Hill on St. Lawrence Street when he was born. "This is the ideal job," he says. "It's what I did at the Post Office—building maintenance," and adds that another reason he likes the job is "I like people." If you see Joe in the building sometime, say "hi." He'll be glad to meet you.

Know Your Neighbors Contest

Einar Juhlin and Cynthia Widdows were the only readers who recognized Karen Winslow in the photo in last edition's contest. The prize went to Cynthia who won the drawing. Does the pretty blonde girl in this picture look familiar to you? Call or email your guess to Judith Rastl (775-1190 or jrastl@earthlink.net).



Quarterly Profile



Mahesh Pandey - #147

When Mahesh Pandey was searching for a condo, his realtor asked him what he was looking for. He told her he wanted a place with a pool and a gym. “You’re not going to get that in Portland,” she said. After a year-long search, Mahesh bought his Promenade Towers condo that looks out on Casco Bay. “The view just blew me away,” he said, and contrary to what his realtor told him, he got what he was looking for. He enjoys our pool, and he’s looking forward to working out in the new fitness room.

Mahesh, a physician, moved to Portland from New York in 2007. He said, “I did my residency in internal medicine and my fellowship training in hematology and oncology at Nassau University Medical Center in East Meadow, New York on Long Island”. He works now at St. Mary’s Hospital in Lewiston, Maine and specializes in oncology and hematology.

Mahesh was born in India and lived in the Philippines and Pakistan when his father worked in the Indian Embassy in those countries. “In 1999 after I graduated from medical school in India,” he said, “I came to D.C. where my parents were living then and my father was working in the Embassy.”

Mahesh speaks Hindi, English, Bengali and Spanish. He said he learned Spanish in New York because it was important there for his profession. He’s studying French now, preparing for a trip to Quebec. He likes to travel and goes to New York every three months or so and often to Boston with friends. Some of the other U.S. cities he’s visited include San Diego, Tucson, Chicago and Miami.

Here in Portland he appreciates our Eastern Promenade location with the tennis courts across the street. He says he’s still learning tennis, but that his neighbor, Jerry Donahue, has helped him improve his game. “He made me go through drills,” said Mahesh, “and work on my serve. Obviously, he made me run around a lot.” He said Jerry taught him not just about techniques, but about the history of the game. Mahesh likes our location, not just for the tennis courts, though, but also because the Old Port is close by and says, “One of my favorite restaurants in the Old Port is Havana South.”

Travel and being with friends are things Mahesh finds time for when he has a few days off. He goes to work early in the morning and doesn’t get home until late in the evening. When asked what he likes about his work, he said, “In some ways it’s providing dignity in situations that seem hopeless.” He talks about how his patients, like celebrities he’s read about who have cancer, continue to work and go on with their lives while undergoing treatment. “I see how all of us are vulnerable to the same things.” When talking about working with his patients, Mahesh says, “My work changed my life.”

Front Door Access System

A new entry access system has been installed at our front entrance. The new system replaces the outdated phone system that has been causing us problems the past few months. Visitors would arrive to find it out of order. The system would then be reset, but that was only a temporary fix.

The new system, unlike the old one, allows more than one phone number for a unit. This system also allows phone numbers other than those with area code 207, a welcome change for many of our residents who have cell phones with other area codes.



Hello to New Neighbors

Welcome to new residents: Michael Payne & Amanda McEvoy; Jeff & Lesa von Munkwitz-Smith; and Brittany Crossman