



THE  
**ESPLANADE**  
CHESTNUT RIDGE  
LUXURY ASSISTED LIVING



168 Red Schoolhouse Road • Chestnut Ridge, NY 10977 • (845) 620-0606  
www.EsplanadeChestnutRidge.com

**April 2009**



**Oh, the Places You'll Go!**

Today is your day ...  
You're off to Great Places!  
You're off and away!

We salute Cynthia Hastings, Office Manager at The Esplanade at Chestnut Ridge!

Our residents are on the move each week. We alternate between lunch outings, local errands, shopping trips, local theatre, trips to Radio City Music Hall, classical musical performances at William Patterson College and a variety of other sites of interest. Let's not forget the occasional trip just down the street for a cup of coffee and a donut at DiPiero's Farm! Wherever our bus takes us, a good time is had by all!

**Administrative Professionals Day**

On Administrative Professionals Day, the Wednesday during Administrative Professionals Week (the last full week in April), we recognize the hard work and day-to-day contributions that our office manager and receptionists provide to our community. We appreciate their ability to make tasks run smoothly—we wouldn't be able to do it without them!

- Executive Director ..... Gail Spencer
- Marketing ..... Debbie Corwin
- Wellness RN ..... Meg Borders
- Wellness LPN ..... Pam Giddens
- Resident Rel ..... Karin Greenberg
- Res. Care ..... Janette Mollineau
- Food Service ..... Ed Kling
- Activities ..... Scott Dellay
- Maintenance ..... Bill O'Connor  
John Menary
- Office Mgr. .... Cynthia Richman
- Business ..... Milana Kirshensteyn
- Regional Mgr. .... Jodi Gittleman

**Barbara Steinberg to Speak About VA Benefits on April 23 at 6:30 p.m.**

The Esplanade at Chestnut Ridge will once again sponsor a free presentation by Barbara Steinberg about a VA benefit that helps pay for long-term care. For more information, please see enclosed flyer.

**ESPLANADE FRIENDS AND FAMILY SUPPORT GROUP**

The next meeting of our Support Group, facilitated by our on-site social worker, Judy Tamaroff, will be on Thursday, April 16, at 7 p.m. This group is open to the greater community. For more information, please call (845) 620-0606.

**VISIT US ONLINE!**

View our activities calendar online to see how we *Embrace the Esplanade Lifestyle*. If you'd like to receive our activities calendar by mail, please call us at (845) 620-0606.  
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## Volunteers



Don and Carol Rosenthal



Pearl Lowy enjoys card club Tuesdays and Thursdays.



Jack Kreismer



Liz Burak calls BINGO on Wednesdays and Fridays at 1:15 p.m.



### The Many Faces of Jack!

Jack Kreismer, a resident-relative and volunteer, wears many hats. He is our Santa during the holidays, a murder suspect in our production of "Murder in Swingland," he offers communion on Sundays representing Church of the Presentation and has hosted our game shows with Scott during social hours. He's an accomplished author and always

makes us smile. Thanks, Jack!

### We Salute Our Volunteers!

National Volunteer Week reflects the power that volunteers have to "inspire by example"—volunteers both encourage those they help and motivate others to serve!

National Volunteer Week was created in 1974 when President Richard Nixon signed an executive order to establish the week as an annual celebration of volunteering. We will celebrate all *OUR* volunteers during the month of April, culminating in a formal Volunteer Appreciation Program on April 21 at 6:30 p.m. We will recognize our RSVP volunteers, community volunteers and student groups as well as our resident volunteers. THANKS FOR ALL YOU DO!!!



Volunteer Don Rosenthal brings his dog for pet therapy every other Saturday.



Music by Vinson Hill Mondays at 3 p.m.



Volunteer Pearl L. enjoying the card club.



Resident Lucille G. enjoys Don's daily hugs.

## Six-Week Program Offered at the Esplanade at Chestnut Ridge

The Chronic Disease Self-Management Program is a six-week workshop given two and a half hours, once a week by the Rockland County DOH, beginning April 13 at 9 a.m. People with different chronic health problems attend together. Workshops are facilitated by two trained leaders, one or both of whom are non-health professionals with chronic diseases themselves.

Subjects covered include: 1) techniques to deal with problems such as frustration, fatigue, pain and isolation, 2) appropriate exercise for maintaining and improving strength, flexibility and endurance, 3) appropriate use of medications, 4) communicating effectively with family, friends and health professionals, 5) nutrition, and 6) how to evaluate new treatments. Each participant in the workshop receives a copy of the companion book, *Living a Healthy Life With Chronic Conditions*, 3rd Edition, and an audio relaxation tape, "Time for Healing."

It is the process in which the program is taught that makes it effective. Classes are highly participative, where mutual support and success build the participants' confidence in their ability to manage their health and maintain active and fulfilling lives.

## Respite Reunion April 28

A free caregiver respite program is available in Rockland County. The program pays for a week-long stay in a licensed adult home for individuals 60 and older. The Esplanade has been a *home away from home* for many Rockland County families because of this wonderful program.

We are inviting all our past county respite residents as we honor Marilyn Wekar and the Rockland County Office for the Aging to attend our

### Respite Reunion Luncheon April 28 at noon followed by Musical Entertainment at 1:30 p.m.

Marilyn has been quoted saying that people had a difficult time believing that a week stay in a lovely, safe and secure environment is totally free. The older participant has a private room in a licensed facility, meals and personal assistance as needed during the week stay. This allows the caregiver time for herself or himself to go away or to just relax. The costs are completely paid by the caregiver program. The program does ask for an evaluation of the program and affords the participant an opportunity to make an absolutely voluntary donation.

Anyone interested in additional information on this useful program is invited to contact Marilyn Wekar at the Rockland County Office for the Aging at (845) 364-3444. To join us at our luncheon, contact Debbie Corwin at The Esplanade at Chestnut Ridge, (845) 620-0606.



Marilyn Wekar and Debbie Corwin



## Happenings



HAPPY BIRTHDAY  
To our residents ...

9th- Eileen E.  
10th - Lucille G.  
13th- Dora G.  
13th- Kay M.  
18th- Pauline B.  
24th- Irene H.  
25th- Frances B.  
25th- Virginia M.  
26th - Jennie S.

... and our employees  
and volunteers

1st- Cynthia Hastings  
2nd- Moe Harris  
7th- Don Rosenthal  
7th - Lenora Cousins  
8th- Lenes Hilaire  
18th Jodi Gittelman  
22nd- Irma St. Louis

# Welcome

A very warm  
welcome to

**Audrey Jordan**

## Planning for Your Future - Advance Directives



All adults can benefit from thinking about what their health care choices would be if they were unable to speak for themselves. These decisions can be expressed in an Advance Directive so that others are clear about one's wishes.

In recognition of **National Health Care Decisions Day** on April 16, please join us at 3:30 p.m. as we welcome Sonia Crannage, Attorney at Law, to The Esplanade at Chestnut Ridge. Ms. Crannage will talk about your future health care decisions and help you complete your Advance Directives.

Advance Directives come in two forms: "Healthcare Power Of Attorney" documents the person you select to be your voice for your health care decisions if you cannot speak for yourself, and a "Living Will" documents what kinds of medical treatments you would or would not want at the end of life.

United Hospice of Rockland is pleased to present "**VESTA**," a wonderful play about an ordinary family's struggle with end-of-life issues. Performances are:

**April 16, 7 p.m. Dominican College**

**April 18, 2 p.m. Suffern Library**

**April 22, 1:15 p.m. JCC-Y/AARP**

For more information or to reserve tickets, please contact Mimi Hoffman at (845) 634-4974 or by e-mail at [mhoffman@hospiceofrockland.org](mailto:mhoffman@hospiceofrockland.org).

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