

April 2010



**The Management Team  
 at The Esplanade at  
 Chestnut Ridge**

Executive Dir. .... Gail Spencer  
 Marketing ..... Debbie Corwin  
 Wellness RN ..... Meg Borders  
 Wellness LPN ..... Pam Giddens  
 Res. Care ..... Janette Mollineau  
 Wellness ..... Karin Greenberg  
 Food Service ..... Ed Kling  
 Activity Dir. .... Linda O'Donnell  
 Maintenance ..... John Menary  
 Office Mgr. .... Cynthia Hastings  
 Business ..... Milana Kirshensteyn  
 Regional Mgr. .... Jodi Gittleman



**Intergenerational Programs**

Twenty-two fourth graders from the Edith A. Bogart School in Upper Saddle River continue to visit our residents on a monthly basis. Activities shared between residents and students include arts and crafts projects, sing-a-longs and "getting to know you" visits. This month, the students and our residents will plant seedlings together. Thanks to Grace Sala for bringing her exceptional program to The Esplanade!



**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.

[www.EsplenadeChestnutRidge.com](http://www.EsplenadeChestnutRidge.com)

**Eldercare Educators**

will speak on  
**Tuesday, April 13, 6:30 p.m., at  
 Woodcliff Lake Health and  
 Rehabilitation Center  
 555 Chestnut Ridge Road  
 Woodcliff Lake, NJ  
 Call (888) ECE-7760 to R.S.V.P.  
 or if you'd like more information  
 about this program.**

**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 8, at 7 p.m.** This group is open to the greater community. For more information and to R.S.V.P., call (845) 620-0606.



## MEALS ON WHEELS: "MUCH MORE THAN A MEAL!"

### COMMUNITY

#### SAVE THE DATE! Meals On Wheels upcoming programs include:

- **Golf Challenge** – Thursday, May 6, at 8:30 a.m. at the Philip R. Rotella Memorial Golf Course. Cost \$250 per golfer.
- **Senior Wellness Walk & Expo** – Tuesday, June 15, from 10 a.m. to 3 p.m. at the Rockland Community College Field House. Cost is \$10 per walker. Exhibit tables are \$150 for businesses and \$75 for nonprofits.
- **Harvest Moon Gala** – Sunday, Oct. 17, at the Woodcliff Lake Hilton.
- **Meals on Wheels Thanksgiving Walk** – Sunday, Nov. 21, at Rockland Lake Park.

Meals on Wheels has been serving the Rockland community for the past 35 years. In 2009, the Agency delivered its 8 millionth meal. Each day, Meals on Wheels delivers meals to more than 500 homebound individuals who are shut-in due to illness, physical handicap or advanced age and who cannot shop or cook for themselves. This vital service enables many seniors to remain independent and in their own homes. The meals are prepared and packaged in the Agency's commissary. Each meal meets the required daily allowance for good nutrition. The meals are delivered by a corps of dedicated volunteers who deliver "much more than a meal." The volunteer is often the only person a homebound individual connects with on a daily basis.

The Agency also operates two social model adult day care programs. The Bobbi Lewis Center, located in Nanuet, provides a nurturing environment for clients diagnosed with Alzheimer's disease and cognitive disorders. Their caregivers receive much-needed respite and support. The Intergenerational Adult Day Care Center serves clients who are physically limited and/or suffer from mild short-term memory loss. The program offers creative opportunities for ongoing interactions between seniors and preschool-aged children. The center is co-located with the Rockland Worksite Day Care Center in Pomona. Meals on Wheels is the sponsor of SeniorNet, a computer learning center for adults. The program

Seniors who participate in the Agency's senior centers program often call their center "a home away from home."

Meals on Wheels operates five centers located throughout the county in Nanuet, Garnerville, Nyack, Spring Valley and Sparkill. Those who attend enjoy the camaraderie of their peers, recreational and educational activities, a nutritious lunch, exercise, shopping, entertainment and trips. Door-to-door transportation is provided. Hours of operation are 9 a.m. to 3 p.m., Monday-Friday.

is administered by volunteers who provide hands-on instruction. Class size is limited to eight and sessions run twice a week for eight weeks. Modest fees are charged for the classes. Meals on Wheels is a County Contract Agency operating with funding from the federal Older Americans Act, New York State, the Office for Aging, the County of Rockland, United Way, towns and villages, fees for services, grants and private contributions.

If you'd like more information on any programs or upcoming events sponsored by Meals On Wheels, please call (845) 624-6325.





### Irish Eyes Are Smiling ...

Owner of the Verlin School of Irish Dancing in Pearl River, Ellen Riordan Ross (a.k.a. "Miss Ellie"), and her students delighted our residents with an Irish step dance program at our community. Both solo and group dances were performed. Their costumes were absolutely gorgeous! An informative question and answer period followed the performance. The young ladies and gentleman of the Verlin School regularly attend local, state, regional and national championships, and the school sends several students to compete in the World Championships in Ireland every spring.



### DELICIOUS!

Residents love to celebrate their birthdays at The Esplanade at Chestnut Ridge during our daily social hour. For a small fee, our Food Service Director will be delighted to order a personalized sheet cake for you to share with your family and friends. For information on ordering a birthday cake or reserving our Private Dining Room for your special occasion, please call (845) 620-0606.



## CELEBRATIONS



### HAPPY BIRTHDAY

To our residents:

- Stanley H - 6th**
- Margaret B. - 9th**
- Lucille G. - 10th**
- Dora G. - 13th**
- Fanny G. - 19th**
- Virginia M. - 25th**
- Jennie S. - 26th**
- Roman G. - 26th**

and to our staff:

- Cynthia H. - 1st**
- Moe H. - 2nd**
- Jess P. - 19th**
- Irma S. - 22nd**
- Abner S. - 24th**

### HAPPY ANNIVERSARY!

We wish a very Happy Anniversary to  
**Rita and Stan Harrison**  
and  
**Carmel and Warren Marr**

**CONTINUING EDUCATION UNITS SPONSORED BY  
THE ESPLANADE AT CHESTNUT RIDGE**

**We are pleased to continue to host  
Continuing Education Units  
for our professional colleagues.**

**Our next 2.0 credit CEU seminar for  
Social Workers, CALA/LNHA and RN/LPN will be**

**“A GOOD WAY TO GIVE BAD NEWS”**

**presented by JANET PINCU, MSW, LCSW, CALA,  
Senior Director of Client Services for  
Freedom Eldercare**

**DATE: Wednesday, April 14**

**TIME: 9:30–11:30 a.m.**

**REGISTRATION BEGINS: 9 a.m.**

**R.S.V.P. is required.**

**Please call (845) 620-0606 to register.**

**PROFESSIONAL NETWORKING  
HOSTED BY THE ESPLANADE AT CHESTNUT RIDGE**

**We will be hosting April’s monthly meeting for  
Seniors Blue Book, a.k.a. Seniors Resource Guide Book**

**DATE: Thursday, April 29**

**TIME: 9:30–11 a.m.**

**The group holds monthly meetings with senior-oriented  
presentations. Meetings are usually held at local senior  
housing locations and members or outside consultants  
make informative presentations about topics important  
to seniors and adult children.**

**The purpose of this group is to promote local  
networking of senior-oriented businesses.**

**To attend on a regular basis or to host an event, an  
individual or company must be an advertiser.**

**If you would like to attend a meeting  
or would like further information,  
please call Brian Eckert at (973) 560-0064.**

Esplanade at Chestnut Ridge  
168 Red Schoolhouse Road  
Chestnut Ridge, NY 10977  
(845) 620-0606  
[www.EsplanadeChestnutRidge.com](http://www.EsplanadeChestnutRidge.com)