



THE
ESPLANADE
CHESTNUT RIDGE
LUXURY ASSISTED LIVING

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

August 2011

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
Maintenance Benji Magboo
Wellness Karin Greenberg
Food Service Ed Kling
Activity Dir. Nilly Landa
Office Mgr. Cynthia Hastings
Business Milana Kirshensteyn
Regional Mgr. Jodi Gittelman



Christmas in July Celebrated Esplanade Style



Executive Director, Gail Spencer, with Resident, Frank B.

Christmas in July refers to Christmas-themed celebrations held in July. In the northern hemisphere, people throw parties during July that mimic Christmas celebrations, bringing the

atmosphere of Christmas but with warmer temperatures.

In the southern hemisphere, where July falls in winter, *Christmas in July* events have a winter Christmas theme.

Here at The Esplanade, we had a beach-themed celebration with a tree adorned in seashells and our parlor transformed with ocean waves and sand sculptures. Our residents are great sports and had a jolly good time!



Entertainment for the big event - Mary Stella with our Mrs. Claus, Activities Director, Nilly Landa.

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, Aug. 11, at 7 p.m.** This group is open to the greater community. Please call (845) 620-0606 for more information or to R.S.V.P.



What would Christmas be without Santa's little elves?! (Julia G., Lucille T. & Jean A.)

VISIT US ONLINE!

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

www.EsplanadeChestnutRidge.com or visit our *family* at www.PromenadeSenior.com.



LOL

A little humor never hurt anyone ... enjoy these Text Codes for Seniors!

- ATD – At the Doctor’s
- BTW – Bring the Wheelchair
- BYOT – Bring Your Own Teeth
- CBM – Covered by Medicare
- CUATSC – See You at the Senior Center
- GGPBL – Gotta Go, Pacemaker Battery Low
- GHA – Got Heartburn Again
- IMHO – Is My Hearing-Aid On?
- LMDO – Laughing My Dentures Out
- LOL – Living on Lipitor
- LWO – Lawrence Welk’s On
- OMMR – On My Massage Recliner
- ROFL ... CGU – Rolling on the Floor Laughing ... Can’t Get Up!
- TTYL – Talk to You Louder
- WTP – Where’s the Prunes?
- WWNO – Walker Wheels Need Oil



NJ Crossword Puzzle Prodigy Visits the Esplanade

We are thrilled to welcome New Jersey’s crossword puzzle prodigy,

Ben Pall

on Wednesday, Aug. 10, at 3:30 p.m. in the Esplanade Parlor.

Ben is the youngest person to create a puzzle for The New York Times. We are delighted to have him share his story with us.

Crossword puzzles are a favorite

pastime of our residents. We hold a group crossword program each Saturday at 11 a.m. with Esplanade Activity Leader, Scott D.

By age 5, Ben was helping his mother in her daily ritual of solving the Times crossword puzzle. Though most of the clues were too sophisticated for the kindergartner, Ben loved to study the way the words intersected and intertwined in pure symmetry.

By age 12, Ben was solving much of the crossword on his own and was ready to turn the tables.

“I decided I wanted to make my own,” Ben says.

At 14, the Bergen County boy had become the youngest person to ever have a crossword puzzle published in The New York Times.

Hospice Residence Update

This past September United Hospice of Rockland broke ground at The Joe Raso Hospice Residence and now the shell of the Residence is in full view. Pictures of the residence are proudly displayed on the UHR Facebook page. Please take a peek and get a preview of what we anticipate will be a very beautiful setting for hospice patients and their families. There will be 10 private suites, two of which will be dedicated to caring for patients needing hospice level of care. All suites will offer overnight accommodations for family members. There will be a “great room” for reading, watching TV, playing games or listening to music; private areas for meetings, gatherings, prayer, meditation and contemplation; specially designed bathroom facilities,

dining options catered to the needs of each patient; music, pet, massage and horticultural therapies; outdoor areas to accommodate wheelchairs and beds including gardens, paths and a patio. It will definitely fill an important gap for families who are unable to care for loved ones at home, or for individuals who have medical needs beyond the capacity of communities like ours.



Are You a CAREGIVER?

Did you ever ask yourself ... “**Am I a CAREGIVER?**” Well, according to the *Next Step In Care* website, you are a caregiver if you:

- Take care of someone who has a chronic illness or disease.
- Manage medications or talk to doctors and nurses on someone’s behalf.
- Help bathe or dress someone who is frail or disabled.
- Take care of household chores, meals, or bills for someone who cannot do these things alone.

Since so many of our readers are caregivers, we want to make sure you know about a very informative website: www.NextStepInCare.org. This site has numerous informative Guides for Caregivers, including:

- **The First Step in Care: Becoming a Family Caregiver** — One in five adults in the U.S. is a family caregiver. Are you one?
- **Your Family Member’s Personal Health Record** — An easy way to keep track of your family member’s medical history.
- **Medication Management** — A guide to understanding medications and preventing mistakes.
- **Emergency Room (ER) Visits** — When you should take your family member to the ER and what happens when you get there.

- **Advance Directives** — Making sure you know your family member’s treatment preferences and have the legal right to honor them.
- **Hospice and Palliative Care** — What does this mean for you, the family caregiver?
- **Leaving the Hospital and Going Where?** - Your family member is in the hospital. Where does your family member go next? To help with discharge planning, this guide describes the options for post-hospital care.
- **Admission to Inpatient Rehabilitation (Rehab) Services** — How rehab differs from hospital care, and what to expect when your family member goes to rehab.
- **Rehab-to-Home Discharge Guide** — Preparing for discharge and what you need to know.
- **When Short-Term Rehab Turns into a Long-Term Stay** — Why going home may not be possible, and how to help your family member adjust to a long stay.
- **A Guide to Home Care: A Family Caregiver’s Guide** — What you can (and can’t) expect from home care.
- **A Family Caregiver’s Planner for Care at Home** — An easy-to-use organizer for care at home - who is coming, and what will they do?
- **When Home Care Ends** — Putting services and help in place when home care ends.

If you come across any helpful caregiver websites, please let us know so we may share them with our readers.

If you are a caregiver in need of support, give us a call. Maybe we can help.



CELEBRATE!

A very happy birthday to our residents:

Bernardyne R. - 5th
Juliana H. - 12th
Myrna C. - 16th
John K. - 19th
Jeanne E. - 27th
Dan D. - 27th
Emma A. - 31st

and to our employees:

Fay T. - 4th
Lenes H. - 4th
Greg C. - 6th
Abner S. - 8th
Terri W. - 17th
Pam G. - 21st
Louise J. - 24th

Welcome
New Residents

Celeste N.
Dan D.
Miriam N.
Sol N.
Marion G.

Welcome to
The Esplanade at
Chestnut Ridge!

Find the Perfect Fit



- 55+ HOUSING
- INDEPENDENT LIVING
- ASSISTED LIVING
- MEMORY CARE

*(Pictured: Resident Lil
with her daughter Debbie,
Director of Community Relations)*

THE PROMENADE
AT BLUE HILL

ASSISTED LIVING
MEMORY CARE
PEARL RIVER, NY
845.735.6846

THE ESPLANADE
AT CHESTNUT RIDGE

ASSISTED LIVING
CHESTNUT RIDGE, NY
845.620.0606

THE PROMENADE
AT TUXEDO PLACE

55+ SENIOR HOUSING
ASSISTED LIVING
TUXEDO PARK, NY
845.351.0000

WWW.PROMENADESENIOR.COM



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