



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

August 2009



The Management Team at the Esplanade at Chestnut Ridge

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



Fox Rehabilitation will now be offering PT, OT and speech therapies at the Esplanade. Join us in welcoming the therapists who are here working with our residents:

Dori Schmidt, PT- Dori graduated from Ithaca College in 1984 with a degree in physical therapy. She was a supervisor at Rusk Institute/NYC Medical Center for seven years. Following that, she was a director of

physical therapy at Bellevue Hospital for two years. Dori also has nine years of home care experience. She has been with Fox Rehabilitation for four years and loves our proactive approach to therapy and the dedication to our residents!

Lynette Palestros, OT- She has her master's degree in occupational therapy and organizational psychology. She loves working with the geriatric population and is excited to begin working in the Esplanade at Chestnut Ridge! She is licensed in New Jersey and New York.

Fox Rehabilitation Mission: To believe in our therapists—to give them the autonomy to give the finest quality rehabilitation to the geriatric population with compassion and respect. To believe in our patients and their ability to achieve what they once thought impossible—optimal function to rehabilitate their lives.



Our residents watch in anticipation of our newly renovated dining room!

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. 13, 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. www.EsplenadeChestnutRidge.com



Take It Easy

National Relaxation Day is Aug. 15, so try the No. 1 suggestion on the *Woman's Day* list of Relaxation Tips: Drink green tea. According to the magazine, research suggests that antioxidants in green tea can help lower bad cholesterol, increase good cholesterol, and help protect against heart disease and stroke. Green tea also fights oral decay and can aid in weight loss, and there's some evidence that it may even protect against certain cancers. Make the tea good and hot and you'll build in extra downtime while waiting for it to cool. Join us on Saturday, Aug. 15, at 3 p.m. for our Green Tea Social.



Birdwatching at the Esplanade by Concierge Terri Wade

What would happen when Michael, owner of Custom Paradise Aviaries, placed two hanging straw nests in the aviary? Well, we soon found out ...

Our zebra finches soon started cozying up in the nest on the left—how cute! Then the female moved to the nest on the right—what, divorced already? Back and forth the finches would change residence—even the other finches would take turns occupying the nests. Poachers!

Soon, much to the residents joy and amazement, little open beaks begging to be fed appeared in the left nest. Four of them! WOW! It was soon discovered a fifth hatchling began peeping out of the right hand nest. Within a week or two the babies fluttered out of their protective nests and took their place in the community.

Michael decided to place a round, cup-type nest in the aviary. It wasn't

too long before hay appeared in the cup, shortly followed by two eggs. Appearing to be abandoned, however, the larger Java Rice finch started sitting on the eggs. These can't be his—he's a male—and single! Then the real mother finally claimed ownership of her eggs—the fancy Diamond Dove, of course.

After much twittering and babysitting by the residents, we were soon rewarded by the hatching of one of the eggs and now have a third dove in the aviary. Unfortunately, the second egg did not survive.

All eyes are watching what develops next. Considering their rate of proliferation, we may have to charge them rent!

Not Just for the Birds!

Numerous studies have shown the value of animals in the lives of senior citizens, and specifically seniors in luxury group environments, such as The Esplanade at Chestnut Ridge.

The quiet activity of our aviary stimulates the interest of our residents and helps create a positive, relaxing environment. Our aviary is a constant source of joy and amusement.

So if you need to relax and unwind a little bit, make sure to spend a few minutes visiting our aviary next time you're at The Esplanade. It's sure to bring a smile to your face!



The Aviary at the Esplanade at Chestnut Ridge



Our residents said the luncheon was *delicieux*.

Dining in Paris!

Our residents enjoyed a senior luncheon at Madeleine's Petit Paris. This fine dining restaurant and banquet facility serves light French cuisine. The restaurant is designed to resemble an elegant French country inn. It is conveniently located in the charming town of Northvale, NJ. We enjoyed the warm welcome of Chef Gaspard Caloz, his wife Madeleine, and their son Francois.



St. Anthony's Parish Players, a church-based theater group, entertained our residents with a wonderful production of *Kiss Me, Kate*. The troupe, which makes its home in St. Anthony's Church in Nanuet, NY, has put on one production—often a well-known musical—annually for more than 30 years.



The Shops at Riverside, Hackensack, NJ

Our residents enjoyed an afternoon at the Community Resource Council Health and Wellness Fair at the Shops at Riverside in Hackensack, New Jersey. Before the fair, they enjoyed shopping in Bloomingdale's. After the fair, they took a nostalgic step into Little Italy by posing for this picture in front of Maggiano's.



Celebrations



A very Happy Birthday to our residents:

Bernardyne R.5th
 Juliana H..... 12th
 Sadie G. 19th
 Olga M..... 20th
 Audrey J.....27th
 Emma A..... 31st

... and to our employees:

Fay T 4th
 Lenas H.4th
 Terri W 17th

Welcome New Residents

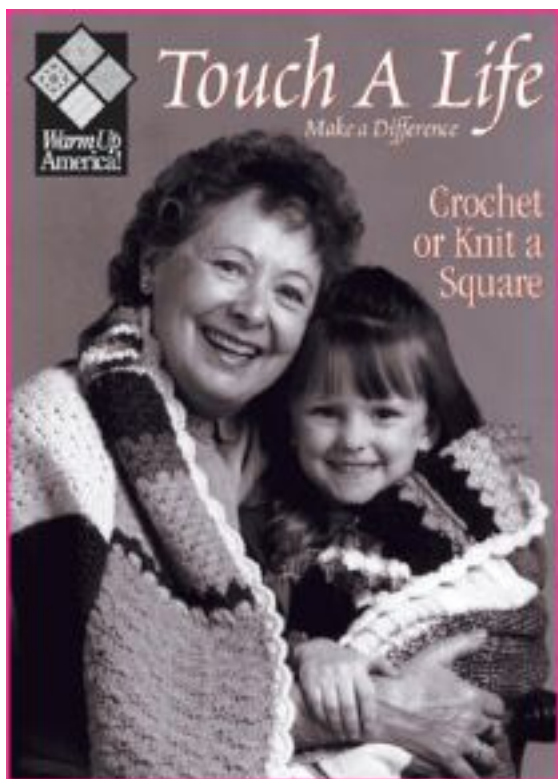
Welcome to our new residents:

Emily D.
 Lulu B.

...and to our Respite Residents:

Dan D.
 Ken G.
 Giovanni F.

Esplanade Residents Volunteer With Warm Up America!



Warm Up America! (WUA!) is an organization made up of volunteers who create handmade afghan blankets, clothing and accessories to help those in need. These items provide warmth and comfort to people who have lost their homes, fled abusive relationships or are being cared for in hospices, shelters, hospitals and nursing homes.

Activity Director Linda O'Donnell will lead this effort on consecutive Mondays: Aug. 3, 10 and 17 at 10:30 a.m.

How it works ...

Our residents and volunteers will donate their time to crochet and knit a 7" x 9" rectangle (or more). Sections are either joined by individuals or groups in a community and donated locally or sent to Foundation headquarters for joining and distribution.

The beauty of so many different participants is that a WUA! afghan resembles a patchwork quilt of many colors and textures, just as the participants and recipients represent the varied faces of America.

Please contact Activity Director Linda O'Donnell if you would like to join us in this worthwhile cause.

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