

THE
ESPLANADE
CHESTNUT RIDGE
LUXURY ASSISTED LIVING

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

August 2008



Management Team

Executive Gail Spencer
Director
Marketing Debbie Corwin
Resident Rel Karin Greenberg
Wellness RN Stacey Clapp
Wellness LPN Pam Giddens
Activities Denise Rieser
Office Mgr. Cynthia Richman
Food Service Matt Pallone
Maintenance Bill O'Connor
Business Milana Kirshensteyn
Regional Mgr. Jodi Gittleman



All New Family Council

On July 10, we launched a brand new group specifically for family members of our residents. This new monthly forum, our *Family Council*, is an open discussion group facilitated by our Executive Director, Gail Spencer. It's a great way to learn about what's going on in our community. Gail will also gladly answer any questions you may have. We look forward to expanding this group and hope it becomes a helpful resource for all our families. The forum will meet the second Thursday of the month from 6:30 to 7 p.m. Our next Family Council meeting will be on Aug. 14.

Friends and Family Support Group

The next Friends and Family Support Group, facilitated by our social worker, Judy Tamaroff, will meet from 7 to 8 p.m. on Aug. 14. Please R.S.V.P. if you'd like to attend: (845) 620-0606.

BEST KEPT SECRET!!

Did you know that you may be eligible to stay in our community for one week with expenses paid for by the county? One of the wonderful services provided by Rockland County's *Office for the Aging* is their Respite Program. This is a fantastic opportunity to take a vacation, knowing your loved one will be well taken care of. Additional days may be added for a daily fee. If you would like more information, please call Marilyn Wekar at (845) 364-3444.



County Respite resident Ken Guest shares his musical talents during social hour.



Residents taking a rest from the dancing frenzy of "The Chicken Dance." A visit from the Chicken himself made this a most memorable and enjoyable morning.



Our Newly Decorated Lobby

Visit Us Online

If you are enjoying this newsletter and would like to see previous issues, please note that you may now access them on our website: www.EsplanadeChestnutRidge.com

Just click on the "Newsletter" link and see how we **Embrace the Esplanade Lifestyle.**



Join Us!



National Assisted Living Week ~ Sept. 7-13

National Assisted Living Week celebrates the exceptional involvement of families, providers, volunteers, and individuals from the local community who foster a truly caring spirit. The week also spotlights the crucial role assisted living facilities play in helping our nation's elderly to live as independently as possible while enjoying a meaningful quality of life.

Join us at the Esplanade at Chestnut Ridge for our week-long celebration of Assisted Living Week.

ESPLANADE FITNESS CORNER

Exercise may help prevent osteoporosis. For individuals with osteoporosis, exercise may reduce your risk of spinal problems and broken bones. Exercise increases muscle strength, improves balance and can help maintain or improve posture. If you're unsure of which exercises may be appropriate for you, ask your doctor. Exercise classes vary daily and include walking, senior fitness, dancercise, stretching, deep breathing and balance training.



MATTER OF BALANCE

Do you have concerns about falling? The Rockland County Department of Health's *Matter of Balance Program* is designed to help reduce the fear of falling and increase the activity levels of older adults who have concerns about falling.

We are pleased to host this class to our residents and the local community. This class is ideal for those who are concerned about falls, have sustained a fall in past, restrict activities because of concerns about falling, are interested in improving flexibility, balance and strength and those who are age 60 or older, ambulatory and able to problem solve.

For more information or to register contact the Department of Health at (845) 364-2501.



The Life Line Screening will be held at Esplanade at Chestnut Ridge on Thursday, Aug. 14. They provide non-invasive, completely painless screenings using Doppler ultrasound technology. They will offer:

- **Stroke Screening/Carotid Artery**
- **Atrial Fibrillation Screening**
- **Abdominal Aortic Aneurysm Screening**
- **Peripheral Arterial Disease Screening**

Pre-registration is required by calling (800) 636-0418.

Classes at the Esplanade will be on the following Thursdays from 1:30 to 3:15 p.m.: Sept. 4, 11, 18, 25 and Oct. 2, 9, 16, 23. Complimentary lunch will be served at 12:30 p.m.



Welcome New Residents

Lillian DeVoe
Max Davis
Alice Laskoski
Pauline Bykowsky
Ann Seidel

... and to our
Rockland County
Respite Program Residents

Lorraine Jones
Eleanor Vilardi
Al Binder
Ken Guest

Happy Birthday

8/1 - Elizabeth Bardsley
8/11 - Diane Heidelberger
8/12 - Julianna Holpert
8/19 - Sal Pizzolo
8//20 - Olga Milazzo
8/26 - Morris Ribbler
8/28 - Tom Doherty
8/31 - Emma Ackerman

Celebrate the Generations on Grandparent's Day

Oftentimes, a holiday can become merely a day of cards and flowers, but on National Grandparents' Day (Sept. 7), thank your grandkids for the adoration that they show you by giving them a special gift back—their family history!

Perhaps the most cherished gifts that you will come to appreciate are family stories told firsthand. After all, if you don't pass down the family's heritage, who will?

There are several ways to go about recounting the past. One of the best ways is by writing down your memoirs. Include information about your grandparents and parents, including where they lived, what they did for a living, how they met and even quirky traits they had. In addition, write about your life, and include both happy and trying times so your grandkids will get a sense of who you really are. Tell of your younger days when you and your spouse were courting. The more thought that you put into it, the more future generations will get out of it. We welcome you to share these stories with us on Sept. 7.



Resident Hilda Levine Celebrating Three Generations



Meeting Space

Hold Your Meeting at the Esplanade

One of the many great things about the Esplanade at Chestnut Ridge is the spacious common rooms we have to offer. One way we can "give back" to the greater community is to allow local groups to meet in *our* community. We have hosted meetings for the Association for the Visually Impaired (AVI), the Rockland Business Association (RBA) and the Professional Aging Network (PAN). If you would like us to host your next meeting, please contact Debbie Corwin, Director of Community Relations, at (845) 620-0606.



Esplanade at Chestnut Ridge Is Getting a Makeover!



Luxury Suite

Over the next few months, there will be some exciting changes here at the Esplanade. If you've visited our community recently, you may have noticed the brand new 52" flat screen television in our media center. At any time of day, you may find groups of residents watching and enjoying their favorite program or ball game together on the beautiful big screen! Soon, we will be remodeling some of our community areas.

With all this change, however, some things always stay the same. Our commitment to exceptional care is just one of them.

When you Embrace the Esplanade Lifestyle, you can take comfort in knowing you and your family will receive the warmth and caring that only comes from a family-owned community. For over 50 years, the Scharf and Laufer families have embraced a tradition promoting dignity, respect and individuality for the elderly. Our residents maintain the level of independence they desire while receiving the care they need.

If you'd like to stop by for a private tour of our community, please call Debbie Corwin at (845) 620-0606.

Meet Your Neighbors

Wouldn't it be nice to get to know your neighbors next door, across the hall, upstairs or at our daily socials? Sometimes all it takes is a nod and a beautiful smile to make someone feel special. Try it ... it's well worth it! It's a great way to take that first step towards making new friends, and you never know what you may have in common.

Housewarming Party

There's nothing like spending time with life-long friends. Our caring staff is more than happy to throw a Housewarming Party for our residents, so they may invite their hometown friends and neighbors to show off their beautiful new home. Our private dining room is the perfect setting for your private party!

Just let us know when and how many guests you'd like to invite ... we'll take care of the rest!



Residents Peter Higgins, Evelyn Gillman and Ivan Been