

THE  
**ESPLANADE**  
 CHESTNUT RIDGE  
 LUXURY ASSISTED LIVING

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

**January 2012**



**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

**Professionals in Aging Networking (PAN)**

Esplanade at Chestnut Ridge will be hosting PAN meetings on  
**Wednesday, Jan. 4, 2012**  
**Wednesday, Feb. 1, 2012**  
**from 9 to 10:30 a.m.**

This network has grown to include professionals who serve seniors in the greater community.

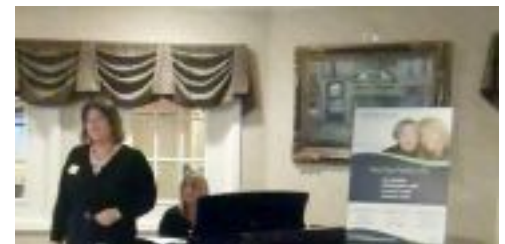
We'd like to thank PAN members for their incredibly generous donations last month during our food drive, and also thank Martha Robles from Catholic Community Services of Rockland for her truly inspirational presentation.

Here are just a few comments from last month's PAN meeting:

"It was a wonderful year-end meeting—good information about an important organization, great food, beautiful music from Debbie and Gail and warm holiday spirit all around. Thank you!" -KRC-

"I want to thank you again for hosting a really moving meeting yesterday. It was touching enough that you were collecting food and then opening up your place to the community as a drop spot. Then having Martha speak and give us a real perspective to what is happening to people in our own community was moving. And then you two, to perform this carol, was simply over the top, really. It is hard to believe that yesterday was called work, as it was filling and comforting and most of all, loving." -KM-

For more information about PAN, please contact Karen Treacy at (845) 591-6486.



**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, Jan. 12, 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.



To view us performing "Do They Know It's Christmastime?" and other videos, please visit:  
[www.youtube.com/promenadesenior1](http://www.youtube.com/promenadesenior1).

**VISIT US ONLINE!**

View our activities calendar online to see how we *Embrace the Esplanade Lifestyle:*  
[www.esplanadechestnutridge.com](http://www.esplanadechestnutridge.com) or visit our *family* at [www.PromenadeSenior.com](http://www.PromenadeSenior.com)  
 If you'd like to receive our calendars by mail, please call (845) 620-0606.



# Health & Wellness

## CHEERS



Thanks to the community groups who spread holiday cheer to us this season!

With our tagline, "Conveniently located on the Rockland/Bergen County Border," The Esplanade at Chestnut Ridge truly gets the best of both worlds. We pride ourselves in being an integral resource to several counties in New York and New Jersey. We enjoy close proximity to the Garden State Parkway, The Palisades Parkway, The New York State Thruway and the Tappan Zee Bridge, making for easy travel to and from New York and all around New Jersey. It is in this spirit that we are proud to be a health care sponsor at the Ridgewood New Jersey Chamber of Commerce Health Fair "REALISTIC RESOLUTIONS 2012."

The day will include a health fair from 5 to 7 p.m. with screenings, such

as blood pressure, body fat analysis and much more! Representatives from service providers and local businesses will be on hand to provide free information on helping you start your New Year healthy. Chair massage, reflexology, door prizes and discounts will be available!

Amanda Arlauskas, from the Biggest Loser, will be the keynote speaker beginning at 7 p.m. Amanda was the season 8 runner-up as well as the America's choice contestant.

Please plan on supporting this event which will be held on

**Jan. 19, 2012, from 5 to 8 p.m.**

Ridgewood YMCA/YWCA  
of Bergen County

112 Oak Street, Ridgewood, NJ.

We hope to see you there!

## SENIOR CARE IS A FAMILY AFFAIR

What better way to explain this than by having all our residents' families together to celebrate the holidays? We pride ourselves on opening our home to our residents and their families each and every day. Our annual resident/family holiday party is something we look forward to all year. Watching the way our wonderful staff enjoy celebrating the holidays with our residents is quite unique. Look at all the fun we're having!

If you've never been to our community, we invite you to come in for a visit and feel the warmth of The Esplanade.

Pictured here are generations worth of memories. Enjoy!





**ELDERCARE EDUCATORS-  
Panel of Eldercare Experts  
Offering Free Lectures to Help  
You Navigate Through the  
Maze of Services Available  
to Seniors**

When you find yourself in the role of caregiver for an elderly loved one, where do you turn for help and guidance? Without training or experience, how do you find the resources available to provide you with assistance? How do you prevent your caregiving role from becoming emotionally, physically and financially overwhelming? You have questions ... where do you find answers?

To help guide you through the maze of options, four eldercare professionals and specialists, Sophia Heftler (RN, CMC, CALA, founder of Distinctive Care Geriatric Care Management in Ridgewood, NJ), Debbie Corwin (CALA, Director of Community Relations at The Esplanade at Chestnut Ridge), Barbara Steinberg (CFP and CFG, Founder and Managing Member of BLS Eldercare Financial Solutions in Lincoln Park, NJ) and Joann Manole

(CALA, Director of Business Development at BergenCare Home Care) have teamed up to form **Eldercare Educators.**

Their mission is to utilize their expertise so that you can understand your choices and make informed decisions. They can help you find the most appropriate services as well as determine the best setting for your loved one. Some of the questions they can help you answer are:

- How do I find out what services are available and how do I access them?
- How do I determine the most appropriate option for care?
- How do I go about hiring someone to help with care in their home?
- What are the various housing options for seniors?
- What recovery and rehabilitation options are available after a surgery or traumatic injury?
- What can I afford with my assets and how can I protect them?
- What government benefits are available for eldercare?

Eldercare Educators are available to help you begin this journey. Their seminars will provide you with the guidance and information you need to overcome the challenges you are facing. This community service is provided for Rockland and Bergen County organizations and business at no charge.

**The next Eldercare Educators seminar  
will take place on  
Tuesday, Jan. 17  
5 p.m.  
Dunroven Health Care Center  
221 County Rd.  
Cresskill, NJ**

Please call Debbie Corwin at (845) 620-0606 for more information or to schedule a future presentation.



**CELEBRATE!**



**Happy Birthday  
to our residents:**  
Evelyn G. - 24th  
Edward G. - 26th  
Lillian B. - 27th

**Happy Birthday  
to our staff:**  
Louna E. - 12th  
Nan C. - 17th  
Carmella T. - 17th  
Ed K. - 17th  
Amonce P. - 23rd



We'd like to warmly welcome our new residents:

**Sara B.  
Sanford G.  
Joseph Z.**

# 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](http://WWW.PROMENADESENIOR.COM)

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