


THE
ESPLANADE
CHESTNUT RIDGE
LUXURY ASSISTED LIVING


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

February 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

FAMILY COUNCIL

If you have a family member residing at the Esplanade at Chestnut Ridge, we invite you to join us on **Thursday, Feb. 11, from 6:30-7 p.m.** for our *Family Council*, a group specifically for family members of our residents. This forum is an open discussion group facilitated by our Executive Director, Gail Spencer. It is 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 in hopes that it becomes a valuable resource for our families. Please R.S.V.P. to Cynthia if you plan to attend. After our *Family Council*, please join us for our monthly *Friends and Family Caregiver Support Group*, facilitated by our on-site social worker, Judy Tamaroff.

GO RED FOR WOMEN

February is National Heart Month, and the American Heart Association focuses on women and heart disease. Wear Red Day, the first Friday in February, is designated to increase awareness of cardiovascular diseases that claim the lives of nearly 500,000 women each year.

We invite our residents, families and staff to wear red on Friday, Feb. 5.



February PAN Meeting

The next PAN (Professionals in Aging Networking) meeting will take place on Wednesday, Feb. 3, at the Esplanade at Chestnut Ridge.

For more information about PAN, please contact Karen Treacy at (845) 364-2771 or Lew Eliacopoulous at (845) 353-6000.

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, Feb. 11, 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.

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.EsplanadeChestnutRidge.com



COMMUNITY

If you've been reading our monthly *Newsletters*, you've probably noticed by now that one of the many things we pride ourselves on is that we really try hard to be a resource to the greater community. We offer free seminars here at The Esplanade at Chestnut Ridge all the time, and our guest speakers have included Geriatric Care Managers, Elder Law Attorneys, Social Workers, Financial Planners and Geriatric Psychiatrists, just to name a few.

Our goal is to constantly educate the public about local services available that many people are not aware of, such as the wonderful Respite Program, offered through the Office for Aging in Rockland County.

This month, we are highlighting **INFOROCK**.

InfoRock

Rockland County operates an information and referral service under the name **Information Rockland-NY Connects (InfoRock)**. InfoRock-NY Connects serves as our county's hotline for health and human services inquiries such as:

- Food, Shelter, Financial Assistance
- Senior Programs
- Health Programs
- Long-Term Care
- Family Planning
- Adult Protection
- Children & Family Support Services
- Mental Health Programs
- Child Care
- Counseling & Crisis Service
- Employment & Training
- Advocacy & Legal Services
- Home Care
- Immigration
- Prescription Discount Plan

NY Connects is a statewide program that provides information and assistance to all individuals in need of long-term care services, regardless of age, income or payment source.

NY Connects provides information on local long-term care services, including (but not limited to):

- **Home Delivered Meals**
- **Transportation**
- **Respite Care**
- **Friendly Visiting**
- **Counseling and Support**

This service is part of Rockland's continuing effort to make access to services and government agencies user friendly and responsive to residents.

InfoRock-NY Connects call specialists have knowledge regarding the many services provided by county government and local community agencies. This results in fast and accurate responses to critical health and human service inquiries and puts information into the hands of those who need it, when they need it.

InfoRock serves as the "Point of Entry" for NY Connects, an initiative launched by New York State Office for the Aging and New York State Department of Health.
(continued below)

InfoRock is Rockland's best resource to get connected to health and human service information.

Get Connected Today!!!

**Call InfoRock at: (845) 364-2020
Between 8 a.m. and 5 p.m.
Monday through Friday**

**Or Visit InfoRock's Website at:
WWW.INFORMATIONROCKLAND.COM**





**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 from various backgrounds and specialties, 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 Marketing for Family of Caring Health Care System with facilities in Paramus, NJ, and Woodcliff Lake, NJ) have teamed up to form **Eldercare Educators.**

Their mission is to utilize their expertise regarding aging and available services 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?
- 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 businesses at no charge.

**The next Eldercare Educators seminar will take place on
Thursday, Feb. 18
6:30 p.m.**

**Dellridge Health and Rehabilitation
532 Farview Avenue
Paramus, NJ 07652**

Please call 888-ECE-7760 to R.S.V.P. or to schedule a presentation.



CELEBRATE!

**Happy
Birthday**



To Our Residents:

Arthur N. - 3rd
Daniel C. - 4th
Carmella G. - 8th
Rose G. - 11th
Ann K. - 12th
Euphemia G. - 14th
Esther S. - 16th
Lucille R. - 19th
Jean O. - 24th
Lydia I. - 25th
Hilda L. - 27th

**Welcome
New
Residents**

We warmly welcome:

John K.
Erwin M.

We're delighted you
joined our family!

SUPER BOWL SUNDAY - FEB. 7



Esplanade at Chestnut Ridge residents Carmella, Bob and Dot are gearing up for the Super Bowl!

Who needs to go to Dolphin Stadium in Miami Gardens, Florida, to watch Super Bowl XLIV in person, when we'll be having our own Super Bowl party right here at the Esplanade at Chestnut Ridge?

As we go to press with this newsletter, the two teams competing for the championship have not yet been determined, but our local NY Jets are still in the running. (Yes ... many of us are still keeping our fingers crossed!)

No matter which teams play or who your favorite team is, all are welcome to come and join our residents as they watch the big game on the big screen in our media room.

Kickoff time is approximately 6:28 p.m.

Hey ... it's been pretty cold in Florida lately anyway, so come on in, feel the warmth of our community, and feel free to SCREAM FOR YOUR TEAM!

LET'S GO, JETS!!!!

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