





## E-mail

### Get on Our “E” List

We want to make sure we have all our family members’ e-mail addresses to ensure you receive all up-to-the-minute news, including our monthly newsletter and activities calendar. If you haven’t already supplied us with your email address or would like to add other friends and family to our email list, please call Debbie Corwin, Director of Community Relations at (845) 620-0606. It’s a great, easy and convenient way to share this information with anyone who uses a computer!

### Something’s Brewing

If you’d like information about *The Esplanade Lifestyle*, why not stop by and get informed while enjoying a delicious cup of freshly brewed coffee! Cream or sugar, anyone?

## Spirituality at The Esplanade

Every Saturday at 4 p.m., Activity Leader Scott Dellay leads a Bible Study. Please note that this is a nondenominational class and all religions are invited. Join us for fellowship and a great discussion.

You are also welcome to join us each Friday at 4 p.m. for Sabbath Services capably led by Executive Director Gail Spencer. Gail incorporates music and song into this participatory service. The residents enjoy their visits to services at Beth Haverim Shir Shalom as well. Rabbi Joel Mosbacher, Cantor David Perper and the members of this congregation have been very warm and welcoming to us. We are also visited by the Chabad in Chestnut Ridge. The residents enjoy their time with Rabbi Ehrenreich and his children.

Volunteers from the Church of the Presentation in Upper Saddle River, N.J., offer communion each Sunday at

11 a.m. This program is coordinated by Millie Stellatos. We would like to thank Millie along with her dedicated group of volunteers which includes: Zenia Chung, Tom and Carolyn Farley, Pat and Ellie Tolve, Iona and Phil Alemeida and our own resident family member Jack Kreisemer. Church of the Presentation also offered a Christmas Mass and carolers this past month.



The adult choir from Beth Haverim Shir Shalom.

## Rockland Business Association’s Prospective Member Breakfast

We are pleased to once again host the Rockland Business Association’s Prospective Member Breakfast on **Friday, Jan. 9, at 8:30 a.m.**

The RBA is a not for profit membership organization with more than 1,000 member businesses. Their mission is to educate, inform and provide beneficial services to members and actively represent, promote and support the business community of Rockland County. The RBA serves the entire Rockland County business community as well as many firms in The Hudson Valley and New Jersey wishing to do business in Rockland.

## Just Hop on the Bus, Gus!

Our bus is on the move! Whether it’s shopping trips to the malls and favorite stores or errand trips to the post office, banks and dry cleaners—there is something for everyone! Our scenic rides are great for residents who want to reminisce through neighborhoods where they once lived. Monthly highlights include lunch outings, trips to local museums and other attractions. Our bus can be seen all throughout Bergen and Rockland Counties and most recently in the Big Apple!





## LAUGHTER YOGA COMES TO THE ESPLANADE!

Believe it or not, *Belly Laugh Day* is on Jan. 24. Our residents were way ahead of schedule when Dr. Well-Being brought her "Laughter Yoga" to the Esplanade in December, just in time for the jolly holiday season!

Dr. GJ Peister, better known as "Dr. Well-Being," shared her *Laughter Club* with our residents. *Laughter Yoga* is a form of recreation that creates sustained laughter. Sustained laughter is powerfully healing and uplifting. Practicing *Laughter Yoga* creates a great sense of well-being and improved health on all levels. As the saying goes, "*laughter is the best medicine!*"



Residents Hilda L., Rose G. and Bernadyne R. enjoy a laugh and a half during our Laughter Club.



Residents Ann K. and Mena L. agree that laughter is good for the soul.

## The ABCs of Estate Planning

We are delighted to host Carolyn Strassberg, LLC, on **Tuesday, Jan. 27, at 7 p.m.** for an informative presentation on Estate Planning.

Estate planning is the best way to ensure that your assets will be distributed according to your wishes when you die. It also helps streamline transfers of your assets to your beneficiaries and minimizes tax consequences. Elements of an estate usually include a will, trusts, power of attorney and insurance.

One important aspect of estate planning is making sure you provide family members with details on how you'd like them to handle medical affairs if you become incapable of making your own decisions. Incapacity can strike anyone at any time, so adults over 18 should consider having at least a durable power of attorney and an advanced medical directive.

Estate planning offers great peace of mind and is a smart way to protect your assets and health. For further information or to R.S.V.P. for this seminar, please call (845) 620-0606.

## Be a Blood Donor

January is National Blood Donor Month. Blood is often in short supply during the winter, especially in the month of January, as a result of holidays, travel schedules, inclement weather and illness. So this is a good time to donate your blood to help save someone's life. To find out more about where you can go locally to donate blood, visit [www.aabb.org](http://www.aabb.org).



## Happenings



### To Our Residents and Staff

Jan. 8 - Frank S.

Jan. 12 - Louna E.

Jan. 17 - Nan C.

Jan. 17 - Carmella T.

Jan. 23 - Amoce P.

Jan. 24 - Evelyn G.

Jan. 26 - Ingrid B.



Betty G.

Carmela G.

Kay M.

## Resident Resolutions ... Staying Fit!



Residents of The Esplanade benefit from a wide array of exercise options.

Are you one of the countless people who made a New Year's resolution to lose weight or get in shape this year? If so, take advantage of our community's many exercise options. We have a wide array of classes to choose from. Here at The Esplanade, we offer Chair Aerobics, Tai Chi, Walking Clubs, Exercise for the Soul, Wii Fitness, Strength Training, Dancercise, Movement and Meditation and Laughter Yoga. Our physical therapist is available to tailor a personalized program for each resident. Exercise classes are held at 10 a.m. most mornings including the weekends.

New research from the University of Pittsburgh shows that older adults who only diet to control their weight and never exercise end up losing so much muscle mass that it limits their daily activities. When study participants combined a good diet with exercise, however, it nearly completely prevented any loss of lean muscle mass.

To ensure you'll be able to do all of today's activities tomorrow and into the future, make sure you incorporate regular exercise into your routine. Whether it's walking or doing some chair exercises, it is important to engage in some kind of regular physical activity each day.

**Esplanade at Chestnut Ridge**  
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