


THE ESPLANADE
 CHESTNUT RIDGE
 LUXURY ASSISTED LIVING


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

January 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
 Activity Leader Scott Dellay
 Maintenance John Menary
 Office Mgr. Cynthia Hastings
 Business Milana Kirshensteyn
 Regional Mgr. Jodi Gittleman

Residents Entertain Guests in Our Beautiful New Private Dining Room



Moving into our community is no excuse to stop entertaining. In fact, we encourage our families to reserve our private dining room for special occasions and family get-togethers. Food may be brought in or we can prepare your meals for you. Reservations are required.

We are also delighted to host a *Housewarming Luncheon* for residents so they can invite some

friends for lunch and show off their new home. There's nothing like having friends from "the old neighborhood" come by for a visit!

Just give us a call if you'd like to reserve our private 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, Jan. 14, 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.

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Best Wishes for a Happy New Year!

We wish you and your family a Happy New Year filled with love, laughter and good health!

Free Seminars for the Greater Community Hosted at the Esplanade at Chestnut Ridge in 2009 ... More to Come in 2010!

In addition to our Friends and Family Support Group, this year we have hosted the following seminars, presented by attorneys, social workers, financial planners, nurses and physicians—all of which were free and open to the general public:

- The ABC's of Estate Planning
- The Sandwich Generation: How to Provide the Best Care for your Teenagers and Aging Parents
- Eldercare Planning: How to Avoid a Crisis
- Living Well With Chronic Conditions
- Healthcare Decisions and Advanced Directives
- Veterans Benefits
- Depression and Dementia in the Elderly

- Eldercare Educators
- How to Have Difficult Conversations with Your Loved One
- Everything You Need To Know About Medicaid

... and continuing education courses for nurses and social workers on:

- Traumatic Brain Injury
- Aromatherapy

We look forward to 2010 and welcome your ideas on programs and topics you would like us to offer.

Please contact Debbie Corwin if you would like to suggest a seminar topic or if you would like to speak to our community.

Let Us Host Your Next Meeting

In addition to all the wonderful seminars we provide to the greater community, we are also delighted to share our beautiful, comfortable home with your group. It is our pleasure to invite organizations throughout Rockland County to use our community as their meeting site.

The Esplanade at Chestnut Ridge has been host to the PAN (Professionals in Aging Network), AVI (Association for the Visually Impaired), Rockland County Department of Health's Matter of Balance and Living With Chronic Conditions programs, Lifeline Screening, RBA (Rockland Business Association) and other county agencies. We have a choice of rooms

available, depending on the number of attendees in your group. We can comfortably accommodate over 50 people, and our culinary chefs can work with you to create a menu to meet your needs.

If you'd like to have us host your gathering, please call Debbie Corwin.



COMMUNITY

Esplanade at Chestnut Ridge Hosts PAN Meetings - Jan. 6 and Feb. 3

Executive Director Gail Spencer and Director of Community Relations Debbie Corwin are active members of Rockland County's PAN (Professionals in Aging Networking) group and are once again delighted to host three consecutive meetings. These monthly meetings are for professionals who serve the senior population in Rockland and surrounding counties. We are proud to showcase our community to our professional colleagues. For more information about PAN, please contact Karen Treacy at (845) 364-2771 or Lew Eliacopoulous at (845) 353-6000.



Matthew Fromowitz is a Senior Mortgage Advisor specializing in Commercial and Residential mortgage financing as well as Reverse Mortgages.

Reverse Mortgage Seminar With Senior Mortgage Advisor - Matthew Fromowitz

Please join us on
Thursday, Jan. 21,
6:30-7:30 p.m.,

for an informative presentation on
REVERSE MORTGAGES
with our special guest
MATTHEW FROMOWITZ
Senior Mortgage Advisor

A reverse mortgage (or lifetime mortgage) is a loan available to seniors, and is used to release the home equity in the property as one lump sum or multiple payments. The homeowner's obligation to repay the loan is deferred until the owner dies, the home is sold, or the owner leaves (e.g., moving into an assisted living or skilled nursing facility).

Matthew has helped many seniors

who do not realize that if they are 62 years or older and a homeowner they never have to make another mortgage payment and supplement their income at the same time. A Reverse Mortgage has multiple benefits for seniors: There are no payments on the mortgage for as long as the borrower lives in the home; the proceeds can be used for any reason; ownership of the home remains in the borrower's name, not the lender's; proceeds from a reverse mortgage are not taxable and after the estate repays the lender, the remaining equity is paid to the borrower's heirs.

A reverse mortgage can benefit seniors who are burdened by the cost of living, taxes, prescriptions and do not have an income or who simply want to enhance their lives as well as their family's by using money received from their reverse mortgage to purchase, for example, a vacation home. There are no income or medical requirements that seniors must have in order to qualify.

Matthew will answer questions such as:

- **What is a reverse mortgage?**
- **Who is eligible?**
- **How much money can someone receive?**
- **What are some of the benefits and myths?**
- **What type of interest rate options are there?**
- **How can the loan proceeds be provided?**
- **What are the costs involved with a reverse mortgage?**

If you have asked yourself any of these questions, this seminar is for you!

For further information or to R.S.V.P. for this seminar, please call (845) 620-0606.



Celebrate!



Happy Birthday to our residents ...

Evelyn G. - 24th
Lillian B. - 27th

and to our staff ...

Louna E. - 12th
Carmella T. - 17th
Ed K. - 17th
Nan C. - 17th
Amoce P. - 23rd
Ingrid B. - 26th



Our staff and residents wish a very warm welcome to our newest residents:

Florence C.
Rose P.
Vinnie D.

We're glad you joined our family!

ARE YOUR PARENTS LIVING SAFELY IN THEIR OWN HOME?

If your parents are getting older, you want to make sure they're taking care of themselves and staying healthy. Admittedly, it's difficult to monitor the health of your aging parents from miles away. Sometimes your parents won't admit they need help around the house. Other times, they may not realize they need help. Here are five questions to ask to help you gauge whether your aging parents could use some help:

- 1) Have your parents lost weight?**
- 2) Are they safe in their home?**
- 3) Are they taking care of themselves?**
- 4) How are their spirits?**
- 5) Are they having difficulty getting around?**

Talk with your parents if you have any concerns about their health and safety. Knowing that you're concerned about their health may be all the motivation your parents need to see their doctor. In talking with your parents, you might decide that it's time for them to get some help around the house. Home-care service workers can help with small tasks, such as errands and cleaning. Or it may be time to consider a long-term care facility, such as an assisted-living community.

If your parents aren't willing to listen to your concerns or if they dismiss your claims, you can take other measures. Call your parents' doctor for guidance. Some signs of medical problems aren't easily spotted in a doctor's office, and your concerns may help the doctor understand what to look for in your parents on their next visit.

For more information to help you determine whether your parents would benefit from living the *Esplanade Lifestyle*, please call Debbie Corwin, Director of Community Relations. She would be happy to answer any questions about our community or schedule a tour at your convenience.

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