



THE
ESPLANADE
CHESTNUT RIDGE
LUXURY ASSISTED LIVING

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

July 2009



The Management Team at the Esplanade at Chestnut Ridge

Executive Dir. Gail Spencer
Marketing Debbie Corwin
Wellness RN Meg Borders
Wellness LPN ... Stephanie Dragon
Resident Rel Karin Greenberg
Res. Care Janette Mollineau
Food Service Ed Kling
Activities Scott Dellay
Maintenance John Menary
Office Mgr. Cynthia Richman
Business Milana Kirshensteyn
Regional Mgr. Jodi Gittleman

Memory Loss: Tip of the Month to Improve Your Memory - Part II

Concerned about memory loss? Take heart. There's plenty you can do to improve your memory. Can't find your car keys? Forget what's on your grocery list? You're not alone. Everyone forgets things occasionally. Still, memory loss is nothing to take lightly. You can do simple things every day to improve your memory—starting today!

Last month we wrote about the importance of staying mentally active. We suggested doing "exercises" such as crossword puzzles and learning to play a musical instrument.

This month, we have two more tips to help improve your memory:

SOCIALIZE REGULARLY

Social interaction helps ward off depression and stress, both of which can contribute to memory loss. Look for opportunities to get together with loved ones, friends and others—especially if you live alone. When you're invited to share a meal or attend an event, go!

GET ORGANIZED!

You're more likely to forget things if your home is cluttered and your notes are in disarray. Jot down tasks, appointments and other events in a special notebook or calendar. You might even repeat each entry out loud as you write it down to help cement it in your memory. Keep to-do lists current, and check off items you've completed. Set aside a certain place for your wallet, keys and other essentials.



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, July 9, at 7 p.m.** This group is open to the greater community. For more information, please 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.EsplenadeChestnutRidge.com



The New “Power of Attorney” and Whether It’s Right for You

A new law has passed that will change the New York statutory short form Power of Attorney Sept. 1.



Please join us as we welcome
Carolyn J. Strassberg
Thursday, July 30, at 6:30 p.m.

This lecture will discuss whether the new document is right for you and whether you should update your current Power of Attorney. Ms. Strassberg will also teach us why everyone should have Power of Attorney, Health Care Proxy and Living Will documents.

Ms. Strassberg’s practice focuses on elder law, probate, guardianship and estate planning. Her goal is to protect her clients’ homes and their hard-earned assets so they can live with dignity and security. “Successful planning can make a huge difference to the quality of people’s lives.”

The Law Offices of Carolyn J. Strassberg, LLC work diligently to ensure that the legal needs of their clients are met and that they receive the best care possible. The law firm’s main objectives are to protect your hard earned assets, help seniors live their golden years with dignity and security, and ensure that young children are never without a guardian. The Law Offices of Carolyn J. Strassberg, LLC recognize that every client is unique, and we are committed to providing customized quality care in an efficient and cost-effective manner.

Carolyn J. Strassberg is admitted to practice law in New York, New Jersey, and Florida, as well as the Southern and Eastern District Courts of New York, and the District Court of New Jersey. Ms. Strassberg is a member of the National Academy of Elder Law Attorneys; New York State Bar Association, Elder Law and Estate Planning Sections; New Jersey State Bar Association, Elder Law Section; Rockland County Bar Association; Board Member of the Estate Planning Council of Rockland County; and Board Member of the Northern New Jersey Senior Networking group.

Celebrations



A very Happy Birthday to our residents ...

Terry M. 4
Kamila A. 6
Joan S. 9
Adele H. 10
Bette R. 13
Juanita C. 14
Ivan B. 21
Dora K. 25
Warren M. 31

... and to our staff and volunteers:

Liz B. 4
Donna B. 21
Debbie C. 26

Welcome New Residents

Margaret B.
Margaret C.
Murray W.

and to our
Rockland County
Respite Program

residents:
Angela R.
Marie G.

Esplanade at Chestnut Ridge Memorial Day BBQ

We couldn't have been more lucky with the weather on Memorial Day! Residents, family, friends and staff all enjoyed the beautiful, sunny day outside as they were treated to live entertainment and a delicious BBQ. A good time was had by all!



Max D. working on one of his many art projects

"Esplanade's Got Talent!" Adult School Registration – July 7

You've heard of "America's Got Talent?" Well, with such a diverse group of talented residents, we are delighted to kick off our new **Esplanade Adult School** featuring resident-run programs including "Art with Max." On Tuesday, July 7, at 1:15 p.m., our residents can sign up for as many groups as they'd like:

- Book Club / Books on Tape
- Card Club
- Gardening Club
- Computer Class
- Walking Group
- Scrabble Circle/Board Game Tournaments
- Knit-Knacks Club
- Destination: Travel
- Red Hat Society
- Lunch Bunch
- Men's Club



Ying L. discussing the Chinese culture



Join Us!

The Annual "CONCERT IN THE PARK"

Friday, July 10,
8 p.m.
at Veteran's
Memorial Park

Starring:
Tommy & Jan
Keith Sammut
Rusty Blade
Barry Wiesenfeld &
Verlin Irish Step
Dancers

Admission? FREE!!!
Courtesy of the
Orangetown
Parks and Recs
Bring your lawn chairs
and blankets ...
"Music Under the
Stars"



Residents enjoy a trip to Van Saun Park, a zoological park in Bergen County, NJ

Eldercare Survival Strategies

Please join us as we welcome

Sophia Heffler, RN, CALA

Tuesday, July 14, at 6:30 p.m.



Sofia Heffler – Certified Geriatric Care Manager

Ms. Heffler will discuss strategies to help you care for your aging parents, ranging from determining if your parents need your help, overcoming resistance to help, how to obtain the appropriate help and strategies to avoid caregiver burnout. She will also help identify sources to pay for long-term care. Ms. Heffler's experience provides her with a unique perspective on the aging process and the diversified needs of older individuals. Her role as a family caregiver also provides her with the knowledge and empathy to work with families who are dealing with the stress involved in assuming the responsibilities of being a caregiver.

Sophia Heffler, founder of Distinctive Care, a geriatric care management practice, is specialized in working with older adults for more than 16 years. She has had experience as director of nursing services at local nursing homes and served as executive director at assisted living facilities.

To R.S.V.P. for this event, please call (845) 620-0606.

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