

July 2011



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

The Sandwich Generation

A 2008 poll revealed that more than 20 million Americans are caring for their aging parents, as well as for their own children. The role of double-duty caregiver among the “sandwich generation” has attracted attention recently as it becomes more apparent that many families are struggling to make ends meet.

In light of this, events take place throughout the United States commemorating National Sandwich Generation Month during July. These events and the organizations behind them seek to heighten understanding of the unique needs of the sandwich generation and foster supportive communities. It also raises awareness for the various support services available to caregivers. It is important for these super caregivers to receive as much help and support as possible.

Office for the Aging Provides Caregiver Respite

The Esplanade at Chestnut Ridge is proud to partner with Rockland County’s Office for the Aging Caregiver Respite Program. This program allows participants to stay at a licensed adult home or senior residence for one week, allowing respite for the caregiver.

In addition to providing respite for the family member, it is also a great way for seniors to experience what life would be like living in a warm, safe environment in a private room and receive the personal care they need while enjoying daily activities that enrich the mind, body and spirit.

For additional information about this program, please contact Donna Scanlon at the Rockland County Office for the Aging at (845) 364-3444.

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 14, 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.



Promenade Senior Living is now on facebook! This is another great venue for us to bring you useful, timely information.

VISIT US ONLINE!

View our activities calendar online to see how we *Embrace the Esplanade Lifestyle*. If you’d like to receive our calendars by mail, please call us at (845) 620-0606. www.EsplanadeChestnutRidge.com or visit our *family* at www.PromenadeSenior.com



Celebrations



Happy Birthday To our Residents ...

- Terry M. - 4th
- Thea Z. - 6th
- Rose P. - 17th
- Ivan B. - 20th
- Dora K. - 25th
- Edward S. - 27th
- Bea O. - 28th

... and to our Staff:

- Donna B. - 2nd
- Ben L. - 2nd
- Liz B. - 4th
- Charelle S. - 5th
- Debbie C. - 26th



- Robert B.
- Albert S.
- Ben W.
- Ted N.
- Grace R.

Welcome to
The Esplanade at
Chestnut Ridge!



Kerry Mills has earned recognition in the field of Alzheimer's care as a former Regional Manager for the pioneering Hearthstone Alzheimer Care organization. In her 10-year career working with the elderly, eight of which were spent directly serving people with Alzheimer's, she has done everything from being executive director of several Alzheimer's facilities to developing programs that provide a meaningful lifestyle for those afflicted with this disease.

In addition to writing a training manual for personnel attending to the needs of people with Alzheimer's, Kerry successfully completed an assessment of dementia care in all hospitals, nursing homes, assisted living facilities, day care programs and home care agencies in the London, UK borough of Barnet. Her resultant

treatment proposal was accepted by England's NHS.

Because of her commitment to changing the strategies currently applied to people suffering with Alzheimer's, Kerry decided, in early 2011, to open her own company, **Engaging Alzheimer's**, and offer her unique talents and experience to families that have loved ones diagnosed with the disease as well as professional caregivers.

The Promenade Senior Living communities take great pride in constantly educating our staff with new trends regarding caring for seniors, and this summer, we are pleased to have Kerry teach us her unique and creative approach toward caring for our residents.



Happy Anniversary

During our annual Resident & Family Memorial Day BBQ, Executive Director Gail Spencer presented staff members Benji and Minda Magboo with bouquets of good wishes for their 35th wedding anniversary. Entertainers Alan and Eve played the Anniversary Dance as Benji and Minda danced to a round of applause from the residents, their families and our staff pictured below.





Independence



Happy Birthday, America

Celebrate your liberty! Display the flag. Wear red, white and blue. Sing patriotic songs. However you spend Independence Day, make sure you have some fun!



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

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