

**June 2009**



Executive Dir. .... Gail Spencer  
 Marketing ..... Debbie Corwin  
 Wellness RN ..... Meg Borders  
 Wellness LPN ..... Pam Giddens  
 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

**Greetings From Gail**

Slip on your favorite flip-flops and sunglasses because summer is well on its way! As vacation season begins, we hope everybody has the opportunity to find a little well-deserved relaxation time and catch some good rays, too!

Summer is a great time in our community and if there is anything we can do to make it even greater, don't hesitate to let us know. Our courtyard is all ready and set for all our residents, family and friends to enjoy the outdoors and we're looking forward to our monthly BBQ's!

On behalf of the staff at The Esplanade, let me be the first to wish you all a happy summer and a Happy Father's Day to all of our dads and grandfathers!



**Red Hat Society**

What's the deal with all those women in red and purple? Good question! They belong to the Red Hat Society, a group of women who believe in fun after fifty, enthusiasm for wherever life takes them next, and a general right to be silly—they've earned it! Our group at The Esplanade is in full swing. Watch for all of our upcoming events.



**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, June 11, 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.EsplanadeChestnutRidge.com](http://www.EsplanadeChestnutRidge.com)



## Memory Loss: Tip of the Month to Improve Your Memory

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? Can't remember the name of the personal trainer you liked at the gym? 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!

### STAY MENTALLY ACTIVE

Just as physical activity helps keep your body in shape, mentally stimulating activities help keep your brain in shape — and memory loss at bay. Do crossword puzzles. Read a section of the newspaper that you normally skip. Take alternate routes when driving. Learn to play a musical instrument. Volunteer at a local school or community organization.

## Project S.E.E.

We are excited to introduce a new program at the Esplanade. Project S.E.E., or Senior Environmental Experiences, is a series of educational programs funded by the National Science Foundation. These stimulating and thought-provoking modules will introduce us to the natural history, ecosystem structure and future of the Meadowlands. "Why is the road to Giant Stadium called Paterson Plank Road and who were in the 4,000 coffins moved to construct Exit 15X on the NJ Turnpike???" Learn the answers to these and other interesting questions that pertain to the history in our own backyard.

## CELEBRATE!



A very Happy Birthday to our residents:

- Lillian D. - 22nd
- Carmel M. - 23rd
- Viola K. - 25th
- Rita K. - 30th

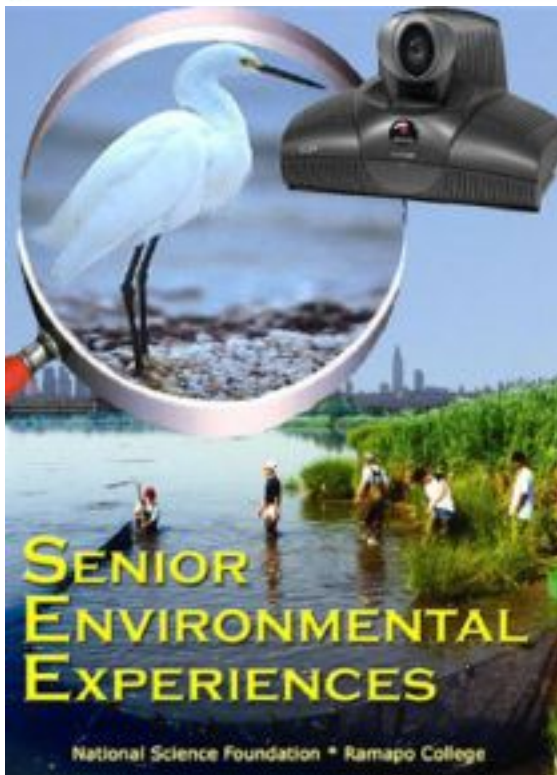
and to our staff:

- Marie V. - 5th
- Matt I. - 18th

Welcome  
**New**  
Residents

The Esplanade warmly welcomes our new residents:

- Phil L.
- Fanny G.



Dr. Angela Cristini will be leading these groups. Dr. Cristini received her Ph.D. in Biology from the City University of New York. She is a Professor of Biology and is the Executive Director of Special Programs including the Meadowlands Environment Center and the Masters of Educational Technology. Dr. Cristini has grants in science education from the National Science Foundation and the New Jersey Department of Education including her current project connecting older adults to the Meadowlands Environment Center using live Internet conferencing. Our first modules will be held on June 4, 18 and 25 at 1:45 p.m. The second and third modules will be held in September and October. All are welcome to attend.



### **The Esplanade at Chestnut Ridge Showing Appreciation to Rockland County's Office for the Aging at Respite Reunion Luncheon**

Rockland County residents who have participated in the county's Caregiver Respite Program, along with their family members, finally had the opportunity to meet and personally thank Marilyn Wekar and June Molof from the Rockland County Office for the Aging on April 28 for their assistance in providing them with one week of respite care.

The Caregiver Respite Program allows participants to stay at a licensed adult home or senior residence for one week, allowing respite for their caregiver. The County's highly successful, free program is meant to serve as a break in the daily routine for both the participant and their caregiver. Participants must be residents of Rockland County and at least 60 or older to qualify for the respite program.



Respite Program Participants

In addition to providing respite for the family member, it is also a great way for a senior to experience what life would be like living in a senior community. This year alone, two program participants have made a permanent move to the Esplanade at Chestnut Ridge.

Debbie Corwin, Director of Community Relations, presented certificates of appreciation to Ms. Wekar and Ms. Molof for their valuable contributions benefiting the county's residents and their families, "The Esplanade at Chestnut Ridge and the Promenade at Blue Hill are honored to partner with the Office for the Aging by being able to provide a private room in a warm, safe environment where seniors can get the personal care they need while enjoying daily activities that enrich the mind, body and spirit."



## **Respite**



Marilyn Wekar and June Molof from Rockland County's Office For the Aging

The festivities continued after the delicious luncheon as past participants stayed to join our residents in enjoying live entertainment featuring music of the '40s, performed by Manhattan's own Mike Trombetta.

The Caregiver Respite Program is one of the best kept secrets around and we take great pride in helping promote this wonderful program to the greater community. For additional information about the program, please contact Marilyn Wekar at the Rockland County Office for the Aging at (845) 364-3444.

## IS A REVERSE MORTGAGE RIGHT FOR YOU?



Reverse mortgages are aptly named because the payment stream is "reversed." Instead of making monthly payments to a lender, as with a regular mortgage, a lender makes payments to you.

For those of you who may have questions about reverse mortgages and if you might benefit from one, please join us at the Esplanade at Chestnut Ridge as we welcome to our community

**Gaynelle Dorsey**  
**at 6:30 p.m. on**  
**Tuesday, June 16, 2009.**

Ms. Dorsey, Reverse Mortgage Loan Officer with Bank Of America, will discuss the unique characteristics of reverse mortgages, who qualifies and things you should consider if you are thinking about obtaining a reverse mortgage.

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

**Esplanade at Chestnut Ridge**  
**168 Red Schoolhouse Road**  
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**(845) 620-0606**  
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