

June 2010



The Management Team

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
 Office Mgr. Cynthia Hastings
 Business Milana Kirshensteyn
 Regional Mgr. Jodi Gittleman

**The Best Word of Mouth:
Friends and Family**

We are delighted to have so many referrals come from within *our family*. Just last month, Pat, the daughter of one of our residents, was talking about the wonderful care her mother receives at The Esplanade at Chestnut Ridge while she was at her gym. A few days later, her workout buddy, Judy, called us, came in for a tour, and moved her mother here. Judy said Pat's word was good enough for her and she didn't even want to explore other options. Needless to say, their mothers have become fast friends, and Pat's mother will receive a referral award. It's our way of saying "thank you."

For more information on our *Friends and Family Referral Program*, please contact Debbie Corwin, Director of Marketing at (845) 620-0606.

**Stay Mentally Active to
Help 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? 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! Just as physical activity helps keep your body in shape, mentally stimulating activities help keep your brain in shape — and memory loss at bay.



Terry M. "works out" in our library!

ELDERCARE EDUCATORS

Sophia Heftler, Debbie Corwin, Joann Manole and Barbara Steinberg have formed this panel of eldercare experts offering free lectures to help you navigate through the maze of services available to seniors. Please refer to p.3 for information on their next seminar.

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

**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 10, 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.



COMMUNITY

IT'S NEVER TOO LATE TO TAKE CHARGE OF YOUR HEALTH!!

The Rockland County Health Department offers three FREE programs. These classes are offered a few times a year at libraries, worksites, faith-based centers, senior centers and assisted living and senior housing buildings.

The Esplanade at Chestnut Ridge is delighted to say we have hosted these programs for our residents and the greater community, and we are happy to continue to host these valuable classes.



A MATTER OF BALANCE: MANAGING CONCERNS ABOUT FALLS

A Matter of Balance is a program that:

- Reduces the fear of falling
- Increases activity levels for older adults
- Teaches adults how to avoid falls
- Sets realistic activity goals
- Reduces the risk of falling by changing the environment
- Teaches easy exercises to increase strength and balance

Trained leaders offer eight, two-hour sessions once a week for groups of 10-12 people. The program serves adults, 55 years and older, who can walk and are able to problem-solve.

Happy Father's Day, Dad!

"Any man can be a father but it takes someone special to be a dad."
—Anne Geddes

LIVING WELL WITH CHRONIC DISEASE

Living Well, a nationally recognized program developed by Stanford University, can help people better manage their long-term health problems like arthritis, asthma, and diabetes, and lead active, fulfilling lives. Living Well is a two-hour workshop given once a week for six weeks.

Program topics include:

- Physical activity and healthy eating
- Skills to deal with fatigue, pain, anxiety, and stress
- Working well with health care providers
- Managing medications and making treatment decisions
- Positive thinking and setting goals
- Using your mind to manage symptoms

TAI CHI PROGRAM

The Arthritis Foundation Tai Chi Program® can help improve the quality of life for people with arthritis using Sun style Tai Chi, one of the four major known styles of Tai Chi. This style includes gentle and flowing steps and exercises that may improve movement, breathing and relaxation. The steps don't require deep bending or squatting, which makes it easier and more comfortable to learn.

The eight-week, 45-minute to one-hour sessions consist of 12 movements, six basic and six advanced, a warm up and a cool down. Once becoming familiar with the 12 movements, the program is designed to provide a continual challenge.

If you are interested in more information, please call:
(845) 364-2500
www.rocklandsteps.org

C. Scott Vanderhoef, County Executive

Joan H. Facelle, MD, MPH,
Commissioner of Health



Sunny With a Chance of Smiles

National Daylight Appreciation Day is June 21.

**Eldercare Educators to Speak
at Friedwald Center -
Tuesday, June 22**



The next Eldercare Educators seminar will take place:

**Tuesday, June 22, at 6:15 p.m.
Friedwald Center for
Rehabilitation & Nursing
475 New Hempstead Road
New City, NY**

Light dinner at 5 p.m.

Reservations are required.

Please call (888) ECE-7760 to R.S.V.P.

Friedwald Center

... is committed to the attainment of each resident's highest level of function through nursing, medicine, rehabilitation and all other available means. They offer:

- Certified Ventilator Unit
- State of the Art Telemetry System to ensure that our ventilator residents are continuously monitored
- 24-Hour Respiratory Therapy
- Tracheotomy Care
- Intensive Rehabilitative Therapy specializing in Short-Term Rehabilitation
- Physical, Speech and Occupational Therapy
- Wound Care Management

- IV Therapy
- Respite Care
- EKG and Laboratory Services
- Adult Day Care Community Based
- Medical and Recreational Program with Daily Transportation
- Courtesy Transportation available
- Experienced Nursing Team
- All Dietary Needs Accommodated
- Attention Paid to all Cultural and Religious Affiliations

Their staff is knowledgeable and trained to provide post acute rehabilitation services for people with:

- Strokes
- Traumatic Brain Injury
- Brain Tumors
- Spinal Cord Disorders
- Post Coma
- Multiple Sclerosis
- Parkinson's Disease
- Balance and Gait Disorders
- COPD, and related Respiratory Disorders
- Cardiac
- Arthritis/Rheumatoid Disorders



Their rehabilitation department is staffed with two physical therapists, one physical therapy assistant, one occupational therapist, one occupational therapy assistant, two rehab aides, a speech therapist three days per week and a physiatrist (specialist in physical medicine) is available one day per week. The rehabilitation center employs state-of-art equipment.



CELEBRATIONS



Happy Birthday

To our Residents:

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

...and to our Staff:

- Marie V. - 5th
- Lauren S. - 8th
- Shelly R. - 11th
- Matt I. - 18th

**Welcome
New Residents**

A very warm welcome to our new residents:

- Bernice F.
- Rose R.

We're thrilled to have you here!

Wishful Thinking

Audacity to Hope
Day is June 4.

SENIOR WELLNESS WALK & EXPO - TUESDAY, JUNE 15



The second annual Senior Wellness Walk & Expo to benefit Meals on Wheels Programs and Services of Rockland will be held on Tuesday, June 15, from 10 a.m. to 3 p.m. at the Rockland Community College Field House.

Seniors who attend their five Senior Centers will be "*Going the Distance*" to raise funds for the program that means so much to them. Members of the Rockland community are invited to join them for an informative, fun-filled day.

The day's events begin at 10 a.m. and feature a walk-a-thon, informative lecture on medication management, exhibitor tables and entertainment.

The Esplanade at Chestnut Ridge will once again proudly support this special event. Please join us and make sure to stop by our exhibitor's table and say hello!

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