

THE
ESPLANADE
 CHESTNUT RIDGE
 LUXURY ASSISTED LIVING

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

June 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



We are delighted to have
Emily Finer, LCSW-R
Social Worker at the New City
Community Based Outpatient
Clinic(CBOC) join us on
Tuesday, June 21 at 11:30 a.m.
for a special Men's Luncheon.
 Residents and invited guests will
 hear Ms. Finer talk about health
 care services available to eligible
 Veterans.
 For more information, please call
 Debbie Corwin at (845) 620-0606.

BoomerFest: It's a HIT!

The feedback from last month's BoomerFest has been exceptional! More than 70 vendors from Rockland and Bergen counties participated, and some 400 people, mostly "Baby Boomers" attended this "one-stop shop" expo.



Executive Director Gail Spencer educated attendees about the three Promenade Senior Living communities.

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 9, 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.EsplenadeChestnutRidge.com or visit our *family* at www.PromenadeSenior.com



Goodfellas



ESPLANADE FATHERS AND GRANDFATHERS-- WE SALUTE YOU!!

You know the saying: "the way to a man's heart is through his stomach...", so, what better way to celebrate the men in our community than by having a special, hearty and delicious meal prepared by Ed Kling, our Food Service Director, and his wonderful staff for our Father's Day Dinner?! You deserve it!

HAPPY FATHER'S DAY, EVERYONE!
Here's looking at YOU!



MORE THAN A FEW GOOD MEN!



Important Veterans Info

One of the things we enjoy most about publishing our monthly newsletter is that it allows us the opportunity to educate the greater community about local programs and services.

The VA Hudson Valley Health Care System is proud to provide health care services to eligible Veterans at their two main campuses at Montrose and Castle Point and at local community-based clinics, including the New City clinic located at 345 North Main Street in New City. The VA's mission is to provide exceptional health care that improves the health and well-being of the Veterans who honorably served our nation.

At the New City clinic, Veterans can receive primary care from a physician, optometry services, mental health counseling, podiatry, nutritional counseling, social work services and help from a pharmacist to manage medications. The VA is committed to providing patient-centered, integrated health care to Veterans in a comfortable, easily accessible setting. Specialty care is provided at the two hospital facilities and Veterans are able to take advantage of a wide network of VA facilities to meet their needs.

If you are a Veteran and would like to take advantage of these services, please contact the eligibility clerk at (845) 831-2000 x5103. If you have questions about the services provided, please call Emily Feiner, LCSW at (845) 831-2000 x7412.



FOR YOUR iPhone

Another reason we enjoy publishing our monthly newsletter is that we're able to share useful information to those of us who are caregivers for our loved ones. Here's some great info for iPhone users...

New iPhone apps are emerging frequently as invaluable caregiver tools. Caregiver Apps is the only iPhone and iPad app dedicated to identifying the very best among this fast-growing breed -- apps that help to manage a caregiver's day-to-day activities: track medications, illnesses or appointments or get expert advice. Caregiver Apps replaces the need to be at home at your computer doing health-related research.

Caregiver Apps provides a forum for peer-recommended reviews for those who want to post comments about their experience with a particular caregiver app. This community resource helps everyone learn how to apply these apps to their own caregiver situations.

By periodically checking Caregiver Apps on your iPhone, you will be able to easily track the latest and best caregiver apps.



CELEBRATE!



Happy Birthday

To our Residents:

Jean A. - 16th
Lillian D. - 22nd
Carmel M. - 23rd
Bea O. - 28th

...and to our Staff:

Marie V. - 5th
Lauren S. - 8th
Shelly R. - 11th
Valerie A. - 15th
Matt I. - 18th



We wish a very warm welcome to our new residents:

Julia G.
Rhoda B.
Jean C.
Ruth W.

Thanks for joining us at
The Esplanade at
Chestnut Ridge!

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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