



  
**THE**  
**ESPLANADE**  
**CHESTNUT RIDGE**  
 LUXURY ASSISTED LIVING

168 Red Schoolhouse Road • Chestnut Ridge, NY 10977 • (845) 620-0606  
[www.EsplanadeChestnutRidge.com](http://www.EsplanadeChestnutRidge.com)

**March 2010**



**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  
 Wellness ..... Karin Greenberg  
 Food Service ..... Ed Kling  
 Activity Dir. .... Linda O'Donnell  
 Maintenance ..... John Menary  
 Office Mgr. .... Cynthia Hastings  
 Business ..... Milana Kirshensteyn  
 Regional Mgr. .... Jodi Gittleman

**OUR FAMILY IS BRANCHING OUT!**

Promenade Senior Living LLC is pleased to announce the "arrival" of another senior community in Tuxedo, New York. The new addition to our family is called *The Promenade at Tuxedo Place*. *The Promenade at Tuxedo Place* joins two other Promenade Senior Living "siblings"—our very own *Esplanade at Chestnut Ridge* and *The Promenade at Blue Hill* in Pearl River.

For more than 40 years, the Laufer family has been dedicated to providing seniors with life-enriching housing and offering supportive service options. Their family-owned and professionally operated communities enable residents to enjoy their retirement years to the fullest, while providing peace of mind for their loved ones.

*The Promenade at Tuxedo Place* is located in the quaint, historical community of Tuxedo, NY, and offers assistive living suites for seniors and a host of services and amenities.

*The Residences at Tuxedo Place* offer adults age 55 and over affordable one- and two-bedroom apartments overlooking the mountainside, a short walk from the Tuxedo train station.

For additional information, or to schedule a tour, please call Mindy Quinn at (845) 351-0000, or visit [www.PromenadeSenior.com](http://www.PromenadeSenior.com).

On behalf of the staff and residents at The Esplanade at Chestnut Ridge and The Promenade at Blue Hill, we warmly welcome you to the family!

**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.

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*Esplanade... Rooted In Family Traditions*

**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, March 11, 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.



## RESOURCES

### **GIMME A BREAK! TRY OFA'S RESPITE PROGRAM**

The Office for the Aging has a highly successful caregiver respite program. This program pays for a weeklong stay in a licensed adult home, senior residence or nursing home for individuals 60 and older. There is no cost to the family at all. This program allows a break in the daily routine for both the adult providing assistance to an older person and for the older person him/herself. The participant has a private room, meals and personal assistance as needed during the weeklong stay.

Anyone interested in additional information on this useful program is invited to contact Marilyn Wekar at the Rockland County Office for the Aging at (845) 364-3444.



Marilyn Wekar from the Office for the Aging and Debbie Corwin, Director of Community Relations at the Esplanade at Chestnut Ridge

### **OFFICE FOR THE AGING**

There are over 46,500 people in Rockland over the age of 60. The special needs of this population are the primary concern of the Rockland County Office for the Aging. Their mission is to serve the senior population of Rockland by promoting a comprehensive and coordinated system of needed services in a high quality, ethical, courteous, timely and cost-effective manner.

The Rockland County Office for the Aging is a planning, coordinating and grant-making agency funded by the

### **Pardon Our Appearance ...**

We are pleased to announce the completion of our newly renovated dining room and private dining room. By now, we hope you have had the opportunity to see how beautiful it is!

We encourage our families to dine in our private dining room, especially to celebrate important occasions like family birthdays. For information about ordering birthday cakes, please call us at (845) 620-0606.



Newly renovated private dining room

Rockland County Legislature, the New York State Office for the Aging and the Older Americans Act.

The Rockland County Office for the Aging provides a variety of programs, either through its own efforts or through sub-contractors. The programs are designed to maintain maximum independence in the home and provide for employment and volunteer activities. Advocacy by and for the elderly, both generally and with specific agencies, is a prime activity. The goal is a comprehensive and coordinated county-wide system of services. Priorities for the year are outlined in the Annual Plan of the Office for the Aging.

The Office for the Aging can be reached at (845) 364-2110.



The next phase of our remodeling will commence in March. We are all looking forward to our newly designed Wellness Center, complete with brand new offices for our physicians, nurses and other wellness staff.

There will also be a lounge where residents can relax and wait in comfort if they have any health-related questions or concerns for our professional staff.



# United States<sup>®</sup> Census 2010

Completing your Census form is a safe and easy way to make a civic contribution and give something back to your community.

**What:** The Census is a count of everyone residing in the United States: in all 50 states, the District of Columbia, Puerto Rico and the Island Areas.

**Who:** All residents of the United States, regardless of immigration status, must be counted. This includes people of all ages, races, ethnic groups, citizens and non-citizens.

**When:** Every ten years, and the next Census occurs in 2010. Census questionnaires will be mailed or delivered to every household in the United States in March 2010. The questions ask you to provide information that is accurate for your household as of April 1, 2010.

**Why:** The U.S. Constitution mandates a head count of everyone residing in the United States. The population totals determine Congressional representation, funding in your community and helps inform decision makers about how your community is changing.

**How:** The Census Bureau will mail or deliver questionnaires to your house in March 2010. Households

that do not respond may receive a replacement questionnaire in early April. Census takers will visit households that do not return questionnaires to take a count in person.

## Why the 2010 Census is important to Senior Citizens:

Information from the Census will determine the distribution of funds nationally. Some examples of programs are:

- Food Stamps
- Medicare, Medicaid and Supplemental Security Income Programs
- Local agencies that assist with food, healthcare and legal services for seniors
- Public Transportation
- Planning for the location of hospitals, health service centers, retirement homes and senior housing
- Employment training, referrals and job counseling for economically disadvantaged seniors
- Prevention of Elder Abuse, Neglect and Exploitation Programs
- Advocacy for seniors on a state and local level

The more people who are counted in our community means more funding for senior citizens in our community.

## We must all help ... the Census Bureau cannot do it alone.

- We can serve as partners in getting the word out.
- We can do our part to help overcome resistance and lack of awareness about the census and how it benefits all of us.
- About \$85 million in taxpayer dollars are saved for every 1% increase in mail response.



## CELEBRATIONS



Happy Birthday to our residents:

Sophie W. - 9th  
James G. - 11th  
Dorothy S. - 15th  
Ann K. - 15th  
Emily D. - 21st  
Ted V. - 25th  
Antoinette A. - 30th

... and to our staff:

Milana K. - 13th  
Rose B. - 13th  
Marie Jean P. - 19th  
Lymena P. - 20th  
Sherly J. - 23rd

## Welcome

We warmly welcome our new residents

**Mary G.  
Sophie W.  
Violet M.**

... and our Rockland County Office for the Aging Respite Resident

**George D.**

## ELDERCARE EDUCATORS TO SPEAK ON MARCH 24



Eldercare Educators: Sophia Heftler (RN, CMC, CALA, founder of Distinctive Care Geriatric Care Management in Ridgewood, NJ), Debbie Corwin (CALA, Director of Community Relations at The Esplanade at Chestnut Ridge), Barbara Steinberg (CFP and CFG, founder and Managing Member of BLS Eldercare Financial Solutions in Lincoln Park, NJ) and Joann Manole (CALA, Director of Marketing for Family of Caring Health Care System with facilities in Paramus, NJ, and Woodcliff Lake, NJ)

To help guide you through the maze of options, four eldercare professionals have teamed up to form Eldercare Educators. Their mission is to utilize their expertise regarding aging and available services so that you can understand your choices and make informed decisions. Some of the questions they can help you answer are:

- How do I determine the most appropriate option for care?
- What are the various housing options for seniors?
- What recovery and rehabilitation options are available after a surgery or traumatic injury?
- What can I afford with my assets and how can I protect them?
- What government benefits are available for eldercare?

The Eldercare Educators will speak on

**Wednesday, March 24, at 6:30 p.m.**

**The Esplanade at Chestnut Ridge**

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

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