



THE
ESPLANADE
CHESTNUT RIDGE
LUXURY ASSISTED LIVING



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

May 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

Esplanade to Exhibit at the Alzheimer's Association's Spring Conference

Please stop by our exhibit at the Alzheimer's Spring Conference on **May 7 from 8:30 a.m.-2:30 p.m.** at the Holiday Inn in Suffern, NY.

The theme for this year's conference is ***When The Diagnosis Is Alzheimer's or Related Dementia: Help for the Journey.*** There will also be workshops covering a variety of topics that are of interest to both family and professional caregivers. Some of the topics that will be covered include Montessori-based activities for the dementia patient, understanding legal and financial issues, and a panel discussion focusing on early stage Alzheimer's and/or dementia.

Older Americans Month

Every year since 1963, the President has designated May as a time to recognize the value of our more mature citizens. This commemoration is an opportunity to acknowledge the contributions of all seniors, both past and present.

With Americans living longer and more productive lives, the observance takes on even more significance. Today's seniors make a tremendous difference within their families' lives as well as within their communities. The Esplanade would like to express our appreciation for all of the older residents in our community. We know that you have many life lessons to share and much wisdom to impart to the rest of us. ***Thank you for choosing to call The Esplanade at Chestnut Ridge your home!***

SENIOR AWARENESS DAY May 21, from 8 a.m.-2 p.m. Cultural Arts Theatre, RCC, Suffern, NY

Join many of the organizations providing services to older adults as they celebrate *Older Americans Month* with workshops and activities promoting good health and well-being.

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, May 21, 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.
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CELEBRATE!



A very Happy Birthday to our residents:

- James B. - 6th
- Muriel M. - 11th
- Martin S. - 11th
- Avis B. - 12th
- Ernie A. - 20th

and to our staff:

- Iris Q. - 3rd
- William O. - 5th
- William D. - 17th
- Fabienne J. - 22nd
- Monique M. - 26th
- Cheryl S. - 30th



The Esplanade warmly welcome our new residents:

- Kamila A.
- Antoinette A.
- Charles G.
- Amado S.

Dr. Dang to Lecture on Depression and Dementia in the Elderly on May 14 at 6:30 p.m.

Dr. Jagdish "Jack" Dang is a board certified psychiatrist living in Montville, NJ, who has practiced medicine for nearly 40 years. He has worked as a clinician, an administrator, a faculty member of a medical school, chairman of the department of psychiatry in a hospital, and director of psychiatry at several nursing homes. He has received many awards for his community, civic and professional endeavors.

Born in the northwest part of undivided India that became part of Pakistan after the partition in 1947, the author was 7 years old when his family became refugees fleeing back to India. In 1966, shortly after graduating medical school in India, and having never left home, he came alone to America.

Dr. Dang is a distinguished life fellow

of the American Psychiatric Association. He writes the popular column "Ruminations" that appears in the Journal of the New Jersey Psychiatric Association.

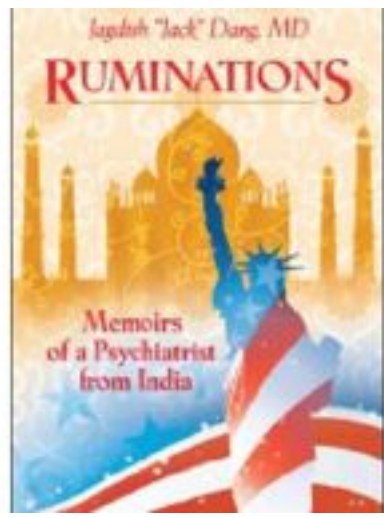


"Ruminations: Memoirs of a Psychiatrist From India"

A memoir that reads like a novel, this remarkable book chronicles Dr. Dang's unlikely path from refugee in India to respected psychiatrist and community leader in northern New Jersey. His family's desperate escape from ethnic cleansing after the partition of India in 1947, their life in a refugee settlement of Delhi, his own trials with serious illness, his shyness, his arduous studies in medical school—all are described vividly, with refreshing candor. His struggles with culture shock after emigrating to the United States are often hilarious, and the story of his search for a bride glows with poignant charm.

Writing with insight and self-deprecating wit, Dr. Dang reveals

a great deal not only about himself and his family, but about the flawed social and healthcare systems of both countries, and how their cultures have changed during the past 60 years and interacted with each other. A book not to be missed!



INTRODUCING THE SENIOR STIMULUS PACKAGE AT THE ESPLANADE AT CHESTNUT RIDGE

At the Esplanade at Chestnut Ridge, we are committed to making quality assisted living more affordable for seniors moving to our community. With this in mind, we are pleased to announce our **Senior Stimulus Package**, designed to help bring seniors into the right environment for them, at a cost they can afford. These new initiatives are designed to address the financial concerns of many families in the current fiscal environment, as they seek the best senior living option for their loved ones.

Affordable Companion Program – At the Esplanade at Chestnut Ridge, we have redesigned our Companion Suites and outfitted them with brand new beech wood furniture, bed linens with matching window treatments, flat-panel televisions and a host of other amenities so that our residents feel right at home. Our residents enjoy all that our community has to offer, including a state-of-the-art home theater, three delicious meals prepared by our chef, and daily life-enriching activities. By sharing a Companion Suite, costs are dramatically reduced.

Pay Once Program – Many corporate-owned assisted living communities have been struggling in the current economic crisis; the effects of which leave the residents of these communities questioning potential additional costs and uncertainties. As a family-owned and operated community, we believe in working together and promoting peace of mind. Under our **Pay Once Program**, we will waive our community fee for anyone moving to the Esplanade at Chestnut Ridge from another assisted living facility. This is one way we can help ease some of the financial stress seniors face during these tough times.

Live Well Today: Pay Tomorrow

Due to the current fluctuations in the financial markets, we have all seen the value of our assets decline significantly. Senior citizens worry now about how they will pay for their retirement living in their golden years. At the Esplanade at Chestnut Ridge, we have created a flexible financing program that will allow residents to move in to the Esplanade without having to sell their homes, stock portfolios, insurance policies or other assets at depressed prices. The Esplanade will extend credit to those residents who qualify, thereby allowing seniors to make the right move for themselves today, and pay at a future date when the markets do recover. This is our way of helping seniors live their best lives, today.

To find out how our family can help your family, please call Debbie Corwin at (845) 620-0606.

“THE FUTURE DEPENDS ON WHAT WE DO IN THE PRESENT”- MAHATMA GANDHI



Stimulus

Bring the Troops Home Program

The Esplanade at Chestnut Ridge is proud to salute our Veterans, and therefore, is pleased to announce our **Bring the Troops Home Program**. As a licensed assisted living facility, Veterans who live at the Esplanade at Chestnut Ridge may be entitled to reimbursement of fees from the Federal Government, which when combined with other federal programs, makes living at the Esplanade at Chestnut Ridge virtually free of cost. Under our new program, the Esplanade will pay the fees of our partner financial advisors in order to ensure that every Veteran receives the maximum benefit they are entitled to. This way, our Veterans can live their best lives possible at the lowest cost possible.

My Loved One Needs Long Term Care ... How Can We Afford It?



Barbara Steinberg, founder of BLS Advisors LLC

Please join us on **Tuesday, May 19, at 6:30 p.m.** for a very informative seminar presented by Barbara Steinberg. Ms. Steinberg is a Certified Financial Planner and Registered Financial Gerontologist. She is bound by the highest ethical standards in the financial services industry. As a Registered Investment Advisor representative, Barbara has a fiduciary responsibility to do what is in the best interest of the client.

Topics will include:

- How much does long term care cost?
- Medicare – Does it pay for long term care?
- Medicaid – Does the government take my money?
- VA Benefits – Who is qualified to receive these?
- Reverse Mortgage Misconceptions
- Is Long Term Care insurance worth the price?
- Bridge Loans

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

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