



THE
ESPLANADE
 CHESTNUT RIDGE
 LUXURY ASSISTED LIVING

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

May 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
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 Regional Mgr. Jodi Gittleman



**Promenade Senior Living:
 Affordable Housing Options
 to Meet Your Needs**

*Rooted in Tradition...
 Our family tree continues
 to branch out*

Please visit us at
www.PromenadeSenior.com

For more information about our affordable options for seniors please call:

Caryn Bergen Director of Community Relations (845) 735-6646 180 Vantage Blvd. Memorial Drive Deer Park, NY	Debbie Corwin Director of Community Relations (845) 620-2606 168 Red Schoolhouse Rd. Chestnut Ridge, NY	Hindy Quinn Director of Community Relations (845) 353-8888 40 Howard Road Tuxedo, NY
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THE PROMENADE AT BLUE HILL THE ESPLANADE AT CHESTNUT RIDGE THE PROMENADE AT TUREDO PLACE

**CEUs SPONSORED BY
 THE ESPLANADE AT
 CHESTNUT RIDGE**

We are pleased to once again host Continuing Education Units for our professional colleagues. Our next CEU seminar for Social Workers, CALA/LNHA and RN/LPN will be:

“Transitions: Toward a Successful Adjustment”

presented by **Barbra London, MSW, LCSW, LNHA**

Senior Vice President for Freedom Eldercare

**Tuesday, May 18
 9:30-11:30 a.m.**

Registration begins at 9 a.m.

R.S.V.P. is required.

Please call (845) 620-0606 to register.



Family and Friends

are invited to our

Mother's Day Social - May 9
 3:30 p.m. with Mike Trombetta

Memorial Day BBQ - May 31
 Frankie Keene from
 12 to 1:30 p.m.

Banjo Rascals from 2 to 3 p.m.
 R.S.V.P.s are recommended

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.EsplenadeChestnutRidge.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, May 13, 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.



Osteoporosis

See Back Page for Seminar Info

Osteoporosis is a disease that causes bones to become thin and break (fracture) easily. You cannot feel or see your bones getting thinner. Although you can break a bone in any part of your body, the most common broken bones are in the spine, wrist and hip.

Fractures in the spine may cause pain, a loss of height and stooped posture. Wrist fractures are common and can be painful and interfere with your usual activity. Hip fractures most often occur in older adults as a result of a fall and surgery is usually required. A hip fracture is serious and the results can be devastating including reduced quality of life and loss of independence. Complications from hip fracture can increase the risk of dying.

The good news is that osteoporosis and broken bones do not have to be a normal part of aging. Osteoporosis is easily diagnosed and can be treated to reduce the consequences of the disease.

Actions to Promote Strong Bones for Life:

- **Eat a Varied, Nutrient-rich Diet** including several servings of fruits and vegetables each day.
- **Get a BMD test**—A simple bone mineral density test (BMD test) can diagnose osteoporosis. Women over age 65 and men over age 70 are considered to be at risk for osteoporosis. Therefore, Medicare usually covers the cost of the BMD test. Speak to your health care provider about getting a prescription for this very important test.
- **Consume 1200 mg (milligrams) of calcium every day.**

Consuming enough calcium each day is important, otherwise your bones will break down to provide the calcium your body needs. If you are over 50, you need 1200 mg of calcium each day. By eating three or more generous servings of calcium rich foods, you can reach this goal.

- **Get enough Vitamin D.** Vitamin D helps your body absorb calcium and may increase muscle strength to help prevent falls in older adults. People over age 50 need to get 800 to 1000 IU (international units) of vitamin D daily. Most older adults need to take vitamin D as a supplement since it is difficult to get enough vitamin D from food.

- **Be physically active every day.** Physical activity can help prevent bone loss, improve posture, promote balance, increase muscle mass to cushion bones in the event of a fall, and improve overall health.
- **Avoid smoking.** For information about how to quit smoking contact Put It Out Rockland at (845) 364-2651 or visit www.putitoutrockland.com.
- **Avoid too much alcohol.**
- **Take safety precautions to prevent falls.** Most broken bones occur as a result of a fall. If someone has been diagnosed with osteoporosis, they can fracture a bone more easily in a fall.

Treatment of osteoporosis

If you are diagnosed with osteoporosis or have had a fracture, speak to your health care provider to get a prescription for medication to reduce the risk for bone loss and broken bones.

NYSOPEP- Your Resource for Healthy Bones

The New York State Osteoporosis Prevention Education Program (NYSOPEP) is an educational initiative within the NYSDOH committed to helping build stronger bones for life by providing current evidence-based bone health education to the public and medical professionals. For more information, visit the NYSOPEP website: www.NYSOPEP.org or call the Helen Hayes Hospital NYSOPEP office at (845) 786-4772.

**Esplanade at Chestnut Ridge
Is a Proud Sponsor at the
Alzheimer's Association's
Spring Conference**

Please stop by our exhibit at the **Alzheimer's Association's Spring Conference on May 7 from 8:30 a.m. to 2 p.m. at the Stony Point Center, 17 Cricketown Road, in Stony Point, NY.**

The theme for this year's conference is **Alzheimer's Disease and Related Dementias: Caring Through the Stages.** Carmen Morano, Ph.D., LMSW will discuss "Managing Care Transitions for Persons with Alzheimer's Disease" and Dr. Peter Muir, will discuss "Medicine for the Soul: The Universal Power of Music." There will also be workshops covering a variety of topics that are of interest to both family and professional caregivers. Some of the workshops that will be offered include: "Thanks for the Memory: the Healing Power of Popular Song"; "When Time Matters Most: Managing the Needs of the Person in the Late Stage"; and "Managing Behaviors Through the Art of Communication."

For more information on this conference, please contact the Alzheimer's Association at 1-800-872-0994.



**St. Patty's Day Celebration
at the Esplanade!**



A special thanks to the NYPD Emerald Society Pipes and Drums, who graciously entertained us. Resident Margie B. had a *BLAST!*

**SENIOR AWARENESS DAY
TOMORROW IS HERE!**

Welcome to the Digital Age ...

Join the celebration of the 25th Annual **SENIOR AWARENESS DAY**

Tuesday, May 18

Cultural Arts Theatre

Rockland Community College

145 College Road

Suffern, N.Y.

8 A.M. - 2:30 P.M.

**The Keynote Speaker will be
noted psychohistorian**

DR. DAVID BEISEL

FREE registration

FREE refreshments

FREE exhibits

FREE Workshops include:

- Computer Basics
- Generations on Line
- Social Networking
- Preserving Your Assets
- ... and more!

For more information, call 364-2110

Co-sponsored by

Rockland County Office for the Aging
and

SUNY Rockland Community College



CELEBRATIONS



A very Happy Birthday to our residents:

- Frank B. - 3rd
- James B. - 6th
- Muriel M. - 11th
- Martin S. - 11th
- Ernie A. - 20th
- Erwin M. - 31st

and to our staff:

- Iris Q. - 3rd
- Lawrence S. - 10th
- Marie J. - 17th
- William D. - 17th
- Marc D. - 20th
- Fabienne J. - 22nd
- Monique M. - 26th
- Cheryl S. - 30th

**Welcome
New Residents**

A very warm welcome to our new residents:

- Frank B.
- Rita A.
- Horace M.

MAY IS NATIONAL OSTEOPOROSIS MONTH

Please join us on

Wednesday, May 26
at 6:30 p.m.

here at The Esplanade at Chestnut Ridge
for a very informative, free, interactive seminar on
STRONG BONES:

**PREVENTION, DIAGNOSIS AND
TREATMENT OF OSTEOPOROSIS**

presented by

Michelle Mosner, RD, CDN
and

Shari Silverstein, RN, MS

New York State Osteoporosis Prevention and Education
Program (NYSOPEP) Coordinators at
Helen Hayes Hospital

Reservations are required.

Please call (845) 620-0606 to R.S.V.P.

For more information on osteoporosis, please see page 2.



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