



THE
ESPLANADE
CHESTNUT RIDGE
LUXURY ASSISTED LIVING



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

November 2009



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
Activity Leader Scott Dellay
Maintenance John Menary
Office Mgr. Cynthia Hastings
Business Milana Kirshensteyn
Regional Mgr. Jodi Gittleman



Thanksgiving Feast at the Esplanade

Our residents and invited guests will enjoy a scrumptious Thanksgiving Feast prepared by the Esplanade Chefs beginning at 12 p.m. Reservations required for guests. Seating is limited.

Harvest Salad with Raspberry Vinaigrette

Oven Roasted Turkey with Apricot

Dressing and Cranberries

Creamed Sweet Potatoes

Green Beans Almondine

Cornucopia of Assorted Pies:

Apple, Pumpkin, Coconut

Custard and Mincemeat

Thanksgiving Greetings

This Thanksgiving, at tables across the country, friends and families will sit down and enjoy a bountiful meal together like the one we have planned at The Esplanade at Chestnut Ridge. Yet, the holiday means more than having a delicious dinner. It's also a day to express thanks—to be thankful for our freedom, our loved ones and our lives, as well as mindful of the ways we are blessed, not just on Thanksgiving, but each and every day of the year.

The residents and staff of the Esplanade want to wish you all the best that Thanksgiving has to offer.



**SAVE the DATE:
WEDNESDAY, DEC. 16,
6-8 p.m. RESIDENT/FAMILY
HOLIDAY PARTY**



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, Nov. 12, 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.

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.Esplenade
ChestnutRidge.com



Who We Are

SOPHIA HEFTLER, RN, CMC and CALA, is the founder of Distinctive Care Geriatric Care Management located in Ridgewood, NJ.

DEBBIE CORWIN, CALA, is the Director of Community Relations at the Esplanade at Chestnut Ridge, located on the border of Rockland and Bergen Counties.

BARBARA STEINBERG, CFP and CFG, is the founder and Managing Member of BLS Eldercare Financial Solutions in Lincoln Park, NJ.

JOANN MANOLE, CALA, is the Director of Marketing for Family of Caring Health Care System with facilities in Paramus, NJ and Woodcliff Lake, NJ.



ELDERCARE EDUCATORS - Panel of Eldercare Experts Offering Free Lectures to Help You Navigate Through the Maze of Services Available to Seniors

When you find yourself in the role of caregiver for an elderly loved one, where do you turn for help and guidance? Without training or experience, how do you find the resources available to provide you with assistance? How do you prevent your caregiving role from becoming emotionally, physically and financially

Some of the questions they can help you answer are:

- How do I find out what services are available and how do I access them?
- 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?

overwhelming? You have questions ... where do you find answers?

To help guide you through the maze of options, four eldercare professionals from various backgrounds and specialties, Sophia Heftler, Debbie Corwin, Barbara Steinberg and Joann Manole, 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. They can help you find the most appropriate services as well as determine the best setting for your loved one.

Eldercare Educators are available to help you begin this journey. Their seminars will provide you with the guidance and information you need to overcome the challenges you are facing. This community service is provided for Rockland and Bergen County organizations and businesses at no charge.

**The next Eldercare Educators seminar will take place on
Tuesday, Nov. 10
6:30-7:30 p.m.
Dellridge Health and Rehabilitation
532 Farview Avenue
Paramus, NJ 07652**

Please call 888-ECE-7760 to R.S.V.P. or to schedule an Eldercare Educators presentation.

“How to Have Difficult Conversations With Your Loved One”

Please join us on
Nov. 17
at 6:30 p.m.
as we welcome

Amy Fuchs, Eldercare Consultant,
as our guest speaker.

Ms. Fuchs will discuss ways in which you can approach your loved one about difficult topics. Some topics to be discussed are Advanced Directives, Health Care Proxies, Living Wills and Long Term Care Planning.

Do not wait until it becomes an emergency, start planning now.

Ms. Fuchs is an Eldercare Consultant and Licensed Clinical Social Worker with more than 10 years of experience working with seniors and their families.

For more information on Amy Fuchs, please visit her website at:
www.TheElderExpert.com



Continuing Education Units at the Esplanade

The Esplanade at Chestnut Ridge is delighted to once again host a CEU course for our professional colleagues on Monday, Nov. 23 from 9 to 10 a.m. Our guest presenter, **Mr. Benjamin W. Pearce**, is the author of numerous books and is the President and Chief Executive Officer of Potomac Homes.

Mr. Pearce's seminar, "*Aromatherapy: Essential oils as natural therapeutic agents*," will include information on:

- How essential oils can be used to benefit one's physical, spiritual and psychological well-being
- How aromatherapy increases sensory stimulation, and encourages self esteem
- How aromatherapy can assist with positive associations with touch, remote memory and Activities of Daily Living
- Different types of oils and their benefits
- Different ways essential oils can be absorbed or applied.

For more information about this CEU, please call 845-620-0606.



Happenings



A very Happy Birthday to our residents:

Mary A.....2nd
Tom M.....4th

...and to our staff and volunteers:

Ilva C.....2nd
Carol P.....7th
Edmonde Z...13th
Marie J.....17th
Benji M.....19th
Meg B.....21st
John M.....26th
Carlene B.....28th

Welcome New Residents

A very warm welcome to:

David K.

Euphemia G.

VETERANS, WIDOWS OF VETERANS AND SENIORS



Our speaker, Barbara Steinberg, (pictured above) is a Certified Financial Planner, a Registered Financial Gerontologist and a specialist in Eldercare Financial Planning. For more information about Ms. Steinberg's services, please visit her website at www.blseldercare.com

The Esplanade at Chestnut Ridge is sponsoring a free seminar about a VA Benefit that helps pay for long-term care.

**Please join us on Veterans Day
from 7 to 8 p.m.
Wednesday, Nov. 11**

If you answer yes to the following questions, then you should attend:

- Is the veteran 65 or older?
- Was the veteran on active duty for at least 90 days?
- Does s/he have an honorable discharge?
- Did the veteran serve at least one day during the

following periods?

- a. 4/6/1917–11/11/1918
- b. 12/7/1941–7/26/1947
- c. 6/27/1950–1/31/1955
- d. 2/28/1961–5/7/1975 (in Vietnam)
- e. 8/5/1990–Present

Please call 845-620-0606 to R.S.V.P. for this program.

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