

THE  
**ESPLANADE**  
 CHESTNUT RIDGE  
 LUXURY ASSISTED LIVING

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

**November 2008**



**Management Team**

Executive ..... Gail Spencer  
 Director  
 Marketing ..... Debbie Corwin  
 Resident Rel ..... Karin Greenberg  
 Wellness RN ..... Stacey Clapp  
 Wellness LPN ..... Pam Giddens  
 Activities ..... Denise Rieser  
 Office Mgr. .... Cynthia Richman  
 Food Service ..... Matt Pallone  
 Maintenance ..... Bill O'Connor  
 Business ..... Milana Kirshensteyn  
 Regional Mgr. .... Jodi Gittleman

**Community Culture Series -  
 Hosted By the Esplanade  
 at Chestnut Ridge**

Join us on  
**Sunday, Nov. 2,  
 at 3 p.m.**

as Pianist ITAY GOREN performs at The Esplanade. Itay was born in Haifa, Israel. From an early age, his love of music led him into a broad range of musical activities as a performer, composer and arranger. While a student at the music high school in Ran'anana, he wrote many compositions, including a ballet, and made arrangements for symphony orchestra and television productions. During the three years of his military service, Itay produced numerous programs for the army band and gave over three hundred performances throughout Israel—on the battlefield as well as on ceremonial state occasions.

Recent performances include Beethoven's *Choral Fantasy* with the New Jersey Chorale, Liszt's *Eb Major Piano Concerto* with the De.vi.sion Orchestra of New York and a special concert celebrating the 250th anniversary of Mozart's birth. We are thrilled to have Itay perform at the Esplanade.

The Community Culture Series is our way to give back to the community. These programs will be open to the public. It is our hope that during this holiday season, we can give thanks to all those who support our community throughout the year. Please join us. RSVPs are always appreciated.

**VISIT US ONLINE!**

View our activities calendar to see how we **Embrace the Esplanade Lifestyle.**  
[www.EsplenadeChestnutRidge.com](http://www.EsplenadeChestnutRidge.com)

**Holiday Shopping  
 Opportunities**

Get a jump start on your holiday shopping. On Wednesday, Nov. 5, J&B Originals will host a pocketbook and jewelry sale. Then on Dec. 5 we will have our Annual Esplanade Holiday Sale. There will be great deals and lots of bargains to choose from.



**HAPPY THANKSGIVING!**

We'd like to say a big "THANK YOU" to all our residents and families for choosing the **Esplanade Lifestyle!** Each and every day, we are grateful you have joined our community. THANK YOU for choosing the Esplanade and for becoming our extended family!  
 HAPPY THANKSGIVING!



## News & Views



### MARK YOUR CALENDARS to VOTE on NOV. 4

On Election Day, we will elect a president/vice president, 33 senators, 11 governors and 435 representatives. You can make a difference. Take time to vote!

All through the months leading up to the elections, Activity Leader, Scott Dellay, has been holding candidates forums for our residents to debate the issues and explore the parties' campaigns. Our residents are aware of the current issues, and you can be sure their vote will make a difference on Election Day.

### VETERANS, WIDOWS OF VETERANS AND SENIORS

Are you facing high out-of-pocket medical expenses? Are you considering assisted living or home care? You should know about public and private options for payment.

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

**Please Join us on Veterans Day Tuesday, Nov. 11 from 7-8 p.m.**

Our speaker, Barbara Steinberg, is a Certified Financial Planner, a Registered Financial Gerontologist and a specialist in Elder Care Financial Planning.

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



### Veterans Day

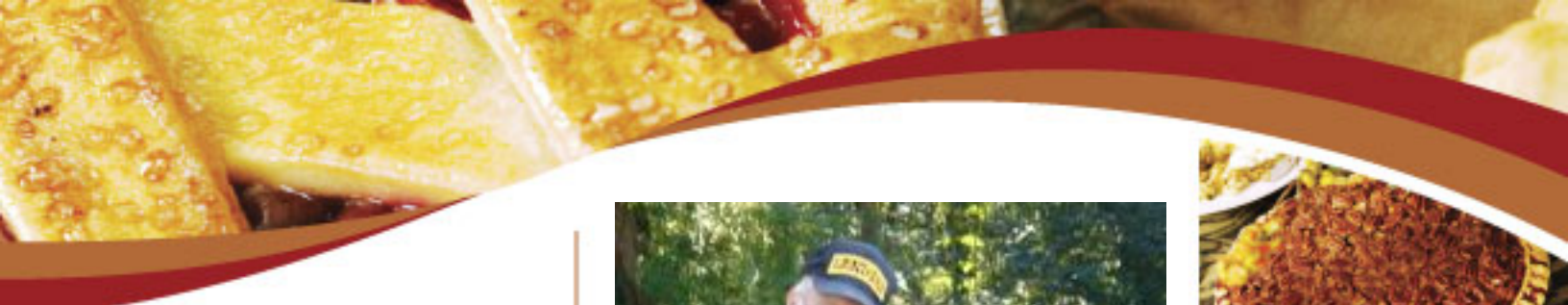
### New York State Senator Congratulates Our Volunteers

We were proud to support the 35th annual RSVP Volunteer Recognition Luncheon. Our volunteers continue to be honored for their countless hours of service to our community. Once again this year, volunteer Don Rosenthal was one of ten volunteers to earn the esteemed *Highest Number of "Impact" Hours Served* recognition. Plaques, certificates and awards were presented to all. Pictured on right is New York State Senator Thomas P. Morahan taking a moment to congratulate our volunteers. Pictured from left to right are Denise Rieser, Activity Director, who works closely with RSVP to provide the volunteers meaningful opportunities at our community and works with our

residents to find fulfilling volunteer placement sites to meet their interests; Debbie Corwin, Director of Community Relations, New York State Senator Thomas P. Morahan, and volunteer Pearl Lowy. Seated are volunteers Don and Carol Rosenthal.

On behalf of the residents, families and staff at the Esplanade, we extend our gratitude to all our wonderful volunteers. THANKS FOR ALL YOU DO!





Seated are residents Dora Goncharov, Jean Ohrynowicz, Esther Schikler and Hilda Levine. Standing behind them is Mayor Jerome Kobre.

### The Mayor of Chestnut Ridge Visits Our Residents

Mayor Jerome Kobre, Mayor of Chestnut Ridge, enjoyed a beautiful day with our residents at Chestnut Ridge Day. A picture perfect day set the scene for our outing. The town celebrated with birthday cake for all. We were entertained by a magician and visited by zoo animals that kept us young at heart. The residents enjoyed meeting their neighbors and being part of this wonderful celebration.



Residents Bob Coyne and Peter Higgins share a picture with Activity Leader Scott Dellay.



Resident Peter Higgins with a miniature llama.



Resident Dora Goncharov had the animals eating out of the palm of her hand!

### SAVE THE DATE: LONG-TERM HEALTH CARE INSURANCE SEMINAR—TUESDAY, NOV. 18

Please join us at The Esplanade at Chestnut Ridge when we welcome John Heath and Jerry Darringer of Genworth Financial as they speak about about the benefits of Long-Term Care Insurance. This is an educational, interactive seminar focusing on the importance of adequate planning to help protect your family and retirement portfolio. Unfortunately, many people are unaware of the benefits of long-term care insurance and often they find out when it is too late—after something has happened and their health status has changed.

To reserve your space, please call (845) 620-0606.



## Happenings



### To Our Residents, Staff and Volunteers

- 2nd Mary Agruso
- 2nd Ilva Cherubin
- 4th Gaetano Mazzeo
- 7th Carol Parr
- 13th Edmonde Zamor
- 17th Marie Joseph
- 27th Alex Ramirez
- 28th Carlene Barnaby



- Arthur Neuman
- Sally Weinberg
- Charles Lunin
- Cristina Vetrano
- and to our*
- Rockland County**
- Respite Program**
- Resident**
- Gertrude Marksman

**Are you interested in obtaining Continuing Education Units?  
If so, please join us for our upcoming seminar  
“Everyday Ethical Dilemmas in Long-Term Care Settings”  
Presented by Barbra London  
MSW, LCSW, LHNA, Senior Vice President of Freedom Eldercare**

3.0 CEUs for Social Workers, CALA, LNHA, RN and LPN

3.0 contact hours have been approved through the NJSNA, an accredited approver of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.

In our society, ethics refers to the principles that define and guide our behavior as right, good or proper. Through increased longevity of the geriatric population, critical life and death health choices are being made every day. Ironically, most elderly people are challenged for long periods of time about everyday ethics in how they are treated by professionals and the long-term care settings in which they practice. This course will explore ethical principles such as self-determination, autonomy, paternalism and informed consent as witnessed in everyday life. Participants will engage in techniques of ethical decision-making, conflict resolution and the rights of the geriatric individual.

**Registration: 8:30 a.m.**

**Presentation: 9 a.m.–12 p.m.**

**~Continental Breakfast will be served~**

**Please R.S.V.P. by Nov. 6**

**(845) 620-0606**

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## **Laughter Yoga at the PAN Meeting**



The next Professionals in Aging Networking (PAN) meeting will be held on **Wednesday, Nov. 5, at 9 a.m.**

This network has grown to include professionals who serve seniors in Rockland and surrounding counties. We have been the host to these meetings over the past three months. It has been our pleasure to host these meetings and to showcase our community to our professional colleagues. For our third meeting, we will be welcoming Dr. GJ Peister, better known as “Dr. Well-Being,” who will be sharing her Laughter Club with us. She has shown the healing power of laughter. Laughter Yoga is a form of recreation that creates sustained laughter. Sustained laughter is powerfully healing and uplifting. Practicing Laughter Yoga creates a great sense of well-being and improved health on all levels. For more information about the PAN meetings, please contact Karen Treacey at (845) 364-2771 or Lew Eliacopoulous at (845) 353-6000.