



  
**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)

**October 2009**



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

**Avoid Swine Flu With Simple Tips**

Risk of contracting the Swine Flu (or H1N1 virus), as well as the seasonal flu, is growing. You can protect yourself by following a few simple, common-sense precautions:

- *Wash your hands.* It is the most effective way to protect yourself. Suds up for 15-20 seconds.
- *Use antibacterial cleansers.*
- *Avoid touching your face, and take care of yourself.* Eat healthfully and get plenty of sleep.
- We ask that you please refrain from visiting if you are experiencing any flu-like symptoms.

Nyack Hospital Community Outreach will once again be providing the flu clinic at The Esplanade. The clinic will be held on Oct. 23 from 10:30 a.m.-12 p.m.



Our Campaign has started and we are thrilled with all the donations we have received so far from our residents, staff and the general public. Since so many of you have asked us for suggestions as to what to donate, we've decided to have a recommended *Item of the Month*.

The recommended item to donate in October is  
**POWDERED DRINK MIXES.**

Cards, letters and care packages are also always welcome, as well as monetary donations to help pay for shipping these items to our soldiers.

If you would like to donate items as part of our "Adopt a Platoon" program, please call us at 845-620-0606.



**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, Oct. 8, 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.

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## 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.

To schedule an Eldercare Educators presentation, call 888-ECE-7760.

**Please join us as we host the next Eldercare Educators seminar on Thursday, Oct. 22 6:30-7:30 p.m.**

**The Esplanade at Chestnut Ridge**  
Refreshments will be served.  
Please call 888-ECE-7760 to R.S.V.P.



## Keep an Eye on the Grandkids— Even From Thousands of Miles Away

Hearing the voices of your grandchildren on the phone is great, but seeing their faces is even better. For grandparents who want to witness their grandchildren growing up but can't be there in person due to distance or other difficulties, the problem may be solved.

Skype has introduced a new avenue for launching communication links between grandparents and their grandchildren. How? By providing videoconferencing via a computer Internet connection. The firm doesn't charge any fees to download their software but it will cost you and your grandchild's family about \$30 each to install a web cam. The price is worth it, however, if the telephone and e-mail are no longer providing the intimate connection for which you long.

Nearly one half of American grandparents live more than 200 miles from their grandchildren, according to AARP. Although you'll find no substitute for the real thing (what can replace a *real* hug, after all?), it doesn't mean you can't blow kisses to each other, share a laugh or make some funny faces. With Skype you can interact as face-to-face as possible without being in the same room.

If you are interested in learning more about this new technology here at The Esplanade, contact Linda O'Donnell, Activities Director.



## Happenings

### October Birthdays



A very Happy Birthday

to our residents:

Alice L.....7th

Jane Y.....10th

Dorothy M.....11th

Mary M.....15th

Barnet S.....21st

Ying L.....29th

... and to our staff and  
volunteers:

Margarette J..7th

Marsha W.....8th

Mary B.....10th

Gail S.....14th

Karin G.....15th

Evins M.....23rd

Pearl L.....30th



## The Esplanade to Showcase at the B-to-B Expo

The Esplanade at Chestnut Ridge will be joining many participating businesses and organizations when they showcase their services at the

**2009 B-to-B Expo**

**Thursday, Oct. 8**

**Noon-5 p.m.**

**Park Ridge Marriott, Park Ridge, NJ**

This Expo is presented by the  
Rockland Business Association.

Our caring staff will be on hand answering questions about our family owned and operated community. You are welcome to visit us here anytime, but if you are at the Expo, please stop by and say hello. You may even find out something about our community that you never knew.



## Welcome New Residents

A warm welcome to  
Dorothy S.  
Rose E.

and to our County  
Respite guest  
Gertrude M.

## Esplanade Congratulates Volunteer Don Rosenthal

A picture is worth a thousand words.  
Our Residents faces say it all.



The Esplanade at Chestnut Ridge is proud to congratulate RSVP award recipient **Don Rosenthal** "Spirit of the Year"

We are thrilled to have you as a volunteer of our community. Our residents, families and employees just adore you!

Thank you, also, to all the wonderful RSVP members who have given their time so graciously throughout the year. We appreciate all you do for us!

Embrace the Esplanade Lifestyle... Where our residents maintain the level of independence they desire while receiving the care they need.

- Family owned community
- Spacious, fully furnished apartments
- Daily Lifestyle Activities to enrich mind, body & spirit
- RN Director of Wellness Program
- Licensed by NYSOAH

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The residents and staff at the Esplanade at Chestnut Ridge are thrilled to have RSVP member Don Rosenthal as a full-time volunteer here in our community. For two years now, Don has never been at a loss for bringing smiles to the faces of everyone he meets. We would like to congratulate him on being awarded the Spirit of the Year award at last month's RSVP annual luncheon.

We asked Don why, with all the volunteer opportunities available to him in Rockland County, he chose to volunteer at the Esplanade. Here's what he had to say:

"... Did you ever hear the expression, 'God put me on this earth for a reason?' Well, that's the way I feel. I love talking to the residents and like to make them happy. I really enjoy talking about the 'good old days'."

Don's favorite part of the day is when he walks around the dining room and helps serve coffee and juice to the residents. "It's a great place. I just love the people here ... not just the residents, but the staff as well. Even my dog, Cody, loves spending time here!!"

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