



THE  
**ESPLANADE**  
CHESTNUT RIDGE  
LUXURY ASSISTED LIVING



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

**October 2011**



**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  
Maintenance ..... Benji Magboo  
Wellness ..... Karin Greenberg  
Food Service ..... Ed Kling  
Activity Dir. .... Nilly Landa  
Office Mgr. .... Cynthia Hastings  
Business ..... Milana Kirshensteyn  
Regional Mgr. .... Jodi Gittelman



**Congratulations to Our Dementia Care Professionals**

Our staff attended a two-day training with Kerry Mills from Engaging Alzheimer's. After the first day, the staff could hardly wait for the second day. Kerry's remarkable professionalism and insights left them all wanting more. Those who attended walked away with a renewed interest and understanding of Alzheimer's and dementia that will only enhance the loving care they provide to our residents.



**Promenade Senior Living Goes to the Ball Game**

Thanks to Provident Bank, our residents enjoyed a delightful evening watching the Rockland Boulders. We were treated like VIPs in the bank's box seats. We had an impromptu tailgate party before the game and enjoyed our peanuts & crackerjacks while cheering on our team to victory.



**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. 13, at 7 p.m.** This group is open to the greater community. Please call (845) 620-0606 for more information or to R.S.V.P.



**VISIT US ONLINE!**

View our activities calendar online to see how we *Embrace the Esplanade Lifestyle*. If you'd like to receive our calendars by mail, please call us at (845) 620-0606. EsplanadeChestnutRidge.com or visit our *family* at PromenadeSenior.com.



## ACTIVITIES



Residents Jean A., Jennie S., & Anne C. pose for a picture with Ben Pall.

### NJ Crossword Puzzle Prodigy Visit

Our residents thoroughly enjoyed meeting NY Times crossword puzzle creator Ben Pall during his recent visit to the Esplanade. His charismatic presentation elicited many questions by our resident audience. This was truly a one-of-a-kind, fun program that could only be summarized in this 10-letter word: CROSSWORDS.



Ben Pall with resident Frank B.

## Strategies in Palliative Care for Nurses - Oct. 12 and 19

The Esplanade at Chestnut Ridge is proud to host a two-day Palliative Care course presented by

**Bonnie Walsh, R.N. CHPN  
United Hospice of Rockland**

Timely and effective pain and symptom management helps both the patient and the nurse. Benefits to the patient include reduction of suffering, improved quality of life and improved climate on a unit. For the nurse, there is increased job satisfaction, increased confidence in professional judgment and improved morale of the care team.

**To register for one or both days or for additional information, contact:  
Bonnie Walsh (845) 634-4974  
bwalsh@hospiceofrockland.org**

Breakfast and lunch will be provided by The Esplanade at Chestnut Ridge.

### Part I - 7.0 Contact Hours Provided by the Professional Nurse Association

**Wednesday, Oct. 12,  
8 a.m. - 4:30 p.m.**

Pain Management  
Principles of Hospice & Palliative Care  
Ethical/Legal Issues  
Cultural Issues

### Part II - 7.0 Contact Hours Provided by the Professional Nurse Association

**Wednesday, Oct. 19,  
8 a.m. - 4:30 p.m.**

Symptom Management: (respiratory distress, delirium, nausea, vomiting, agitation, constipation)  
Communication  
Grief  
The Dying Patient

## Grandparent's Day Celebration Sept. 11



Above: Jean & family. Below: Gladys & family.



Marion G. enjoying her great-grandchildren.



Above: Fay V. gets a hug. Below: our great-grandchildren sing for us.





Entertainment by the *Spencer "Von Trapp" Family*.



Residents Gladys and Jean secretly enjoying their moonshine.



Director Gail Spencer enjoying a toast with our *Gangster Men*.



Resident Rhoda B. sharing the spotlight with her two sons.



Activities Director Nilly serving our prominent citizens.

### Roaring '20s

Prohibition was the period in United States history in which the manufacture, sale and transportation of intoxicating liquors was outlawed. It was a time characterized by speakeasies, glamor and gangsters, and a period of time in which even the average citizen broke the law.

We remembered this period of history with our own *Roaring '20s* party. Residents drank moonshine out of cups disguised in paper bags served "legally" by our activities director, Nilly L. Gangster hats were worn, and the residents were treated to a wonderful dinner prepared by our Food and Beverage team. Music of the era was enjoyed courtesy of the *Spencer "Von Trapp" Family*. A picture is worth a thousand words, and boy, did we take a lot of pictures!



Our Team cooking up a delicious meal for our residents pictured below



## CELEBRATIONS

We wish a very happy birthday to our residents:

- Haskell L. - 10/12
- Mary G. - 10/14
- Robert B. - 10/16
- Rita A. - 10/23
- Kathryn M. - 10/30

and to our employees and volunteers:

- Margareth P. - 10/1
- Marsha W. - 10/8
- Gail S. - 10/14
- Karin G. - 10/15
- Pearl L. - 10/30



## Welcome New Residents

We warmly welcome our new residents and those who stayed for the OFA

- Respite Program:
- Roma D.
  - Barbara H.
  - Anna M.

# Find the Perfect Fit



- 55+ HOUSING
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- MEMORY CARE

*(Pictured: Resident Lil  
with her daughter Debbie,  
Director of Community Relations)*

**THE PROMENADE**  
AT BLUE HILL

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**THE ESPLANADE**  
AT CHESTNUT RIDGE

ASSISTED LIVING  
CHESTNUT RIDGE, NY  
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