

  
**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)

## September 2009



### The Management Team at the Esplanade at Chestnut Ridge

Executive Dir. .... Gail Spencer  
 Marketing ..... Debbie Corwin  
 Wellness RN ..... Meg Borders  
 Wellness LPN ... Stephanie Dragon  
 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

### Zoom? No, Zumba!

Do you want to combine aerobics with Latin music? Zumba may be for you. Zumba is a 60-minute workout intertwined with dancing to sculpt, tone, burn calories and work the entire body. We have a seat saved for you on Wednesday, Sept. 15, at 10:30 a.m., for our Esplanade Zumba class! As of 2008, more than 20,000 trained instructors were teaching. For more information, go to [www.Zumba.com](http://www.Zumba.com).



Milana leads Zumba Class.



### Honoring Our Heroes

Our world changed drastically on Sept. 11, 2001. That day, many Americans lost loved ones, security and, perhaps, a little hope. But from the wreckage of buildings and lives, we found the courage to unite and to share our strength with our neighbors. While September will always be a month of remembrance, it's also a time to give thanks for the men and women who risked their lives to help others, for the neighbors who were there in our time of need and for ourselves for having the heart to hope once again.

### 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, Sept. 10, at 7 p.m.** This group is open to the greater community. For more information, please 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.EsplanadeChestnutRidge.com](http://www.EsplanadeChestnutRidge.com)





## New Programs



Residents will be going to Yankee Stadium on Sept. 26. New York Yankees vs Boston Red Sox.



Residents enjoyed a trip to the celery farm in Allendale, NJ.

### OPERATION ESPLANADE!



Support the residents of the Esplanade at Chestnut Ridge as they join forces with West Nyack Post Office's "Adopt a Platoon" program. We invite you, your family and friends to donate cards, letters and care packages to lift the morale of our troops as they serve far from home. Call Linda for more information!

## Welcome, Rabbi Friedman

Rabbi Gerald Friedman from Temple Beth-Sholom in Park Ridge, NJ, will be conducting Shabbat services at the Esplanade at Chestnut Ridge twice a month. He has been active in Jewish affairs since 1965 when he received his ordination from Yeshivas Kol Yaakov - Me'or Torah. In addition, he received his degree in comparative literature from Brooklyn College in 1964 and earned a Master's of social work at New York University in 1972.

Rabbi Friedman earned numerous awards and recognitions from the Federation of Jewish Philanthropies of New York, the Institute for Jewish Life and Senior Director status by National Hillel, plus a National Citation for Program Excellence for Jerusalem 3000. His professional experience has run the gamut from Hebrew school teacher to Instructor of Adult Jewish Education to Program Director of

Jewish Ys and Centers, to Director, Hillel Foundation and Jewish Chaplain, University of Florida, for 21 years.

At Brooklyn College, he met and fell in love with Dora Geld, a Hebraist, Israeli folk dancer and theater major. Rabbi and Dora Friedman moved to Gainesville, Florida, where he became the Jewish chaplain and she an Instructor of Hebrew Studies at the university, which grew into the Hebrew BA program. Together they brought to the university and surrounding communities a full array of religious, cultural, intellectual and social programs.

Please feel free to join us at 1:30 p.m., on Sept. 18, for a pre-Rosh Hashanah service and Sept. 25, at 10 a.m., for a pre-Yom Kippur service.

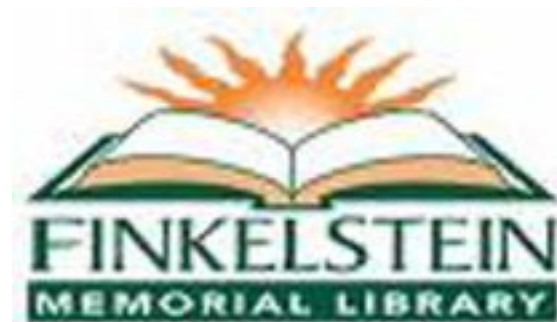
## Highlights of the Beginning Chapter of the Esplanade at Chestnut Ridge's Book Club

The first meeting of our new book club led to some unique ways to keep our avid readers happy with a steady source of reading materials. Our beautiful library will feature 50 large-print books from the Finkelstein Library on a rotating basis.

As a team, members will sort through magazines and paperbacks that can be retired, making room for new items. We will also rotate our shelves on a regular basis so that we all get to see what is on the 3rd and 4th shelves. Our weekly hour and a half meetings will include each member telling the group about the book they are

presently reading. This will expose the rest of us to new authors and genres. We will also have a 15-minute segment with one of our residents reading poetry or a short story aloud to the group.

Some authors popular among our residents are: James Patterson, Eileen Goudge, Nelson DeMille, Agatha Christie, David Baldacci and Nora Roberts.





NATIONAL ASSISTED LIVING WEEK

**“Traditions of the Heart”**

National Assisted Living Week always begins on Grandparents Day, the first Sunday after Labor Day. It provides a fabulous opportunity to bring together the residents, families, employees and volunteers within the assisted living community to celebrate our elders and the services they are provided.

The memories and heritage of senior citizens are priceless and extremely important to preserve. If we are willing to listen, we can learn much from their experiences and use them to enrich our own lives, as well as future lives and generations to come.

Spend some time with a loved one or volunteer at a senior community during National Assisted Living Week and make sure to thank the selfless staff members who work with seniors for their tireless care and consideration.

This year’s theme, “Traditions of the Heart,” states that some

traditions are common with small variations from person to person and family to family. Other traditions are more unique, stemming from family events of the past or long-forgotten geographically-specific superstitions, religions or climates. We all have them, and they have influenced who we are and how we live our lives. The passing on of traditions keeps us connected with our family and history. Traditional crafts, foods, games and music are things to be treasured. Who doesn’t remember sitting down with family members to play Monopoly or Scrabble or learning a grandparent’s secret recipe? Remember the special food served to you when you were sick or enjoying a treasured holiday? Sharing stories and history is what this week is all about. Join us this week as the following themes will be celebrated each day.

**Esplanade at Chestnut Ridge Assisted Living Week Events**

**Theme: Traditions of the Heart**

Sunday: Grandparents Day

Kickoff at the Chestnut Ridge Day “Fall in Love with Chestnut Ridge Picnic,” noon–5 p.m.

**6 P.M. JOIN US FOR BANJO RASCALS AT THE ESPLANADE ALL ARE WELCOME!**

Monday: Traditional Fun and Games

Game tournaments, Scrabble, Monopoly, Checkers, Rummy, Yahtzee, Card Games

Tuesday: Traditions of working w/ your hands

Flower Arranging, Balsa Wood Airplane Glider Competitions, Herb Garden

Wednesday: Musical Traditions

Name that Tune Competition

Mary Stella performs at night, 6 p.m.

Thursday: Culinary Traditions:

Milkshakes and Malts  
Resident Recipes Served

Friday: Recording History and Tradition

Family Photos Displayed. Classic Movies from the ‘30s/’40s/’50s will be shown in the media center.



**Celebrations!**



A very Happy Birthday to our residents:

- Marie F.....6th
- Robert C..... 15th
- Ann C..... 17th
- Charles G.....19th
- Lillian N.....22nd

... and to our employees:

- Annie G..... 1st
- Fern L.....22nd
- Janette M. ....26th
- Ashley D.....29th

**Welcome New Residents**

A warm welcome to

- ...
- Polly M.
- Marie J.
- David K.

... and our County Respite Guests:

- Ed Z.
- Jeanne K.
- Jonathan S.
- Phyllis K.
- Eleanor V.

## ESPLANADE SALUTES THE GREAT WORK OF RSVP AND OUR VOLUNTEERS



Janet Sainer, a pioneer in the field of aging and intergenerational programs, developed the concept of using senior volunteers. In 1969, the Retired Senior Volunteer Program was created as a volunteer program of the Administration on Aging under an amendment to the Older Americans Act. The name was changed to the Retired and Senior Volunteer Program in 1993. Janet Sainer is referred to as the 'Grandmother of RSVP.'

In 1973, Rockland Community College received approval to operate a Retired and Senior Volunteer Program, becoming the first community college in the country to sponsor the program. RSVP of Rockland County now has more than 800 members actively assisting non-profit agencies and county government, providing services to more than 100,000 residents. Last year RSVP members served more than 125,000 hours. The Esplanade is a proud recipient of outstanding volunteers from the community. We are delighted to support the RSVP as they hold their annual recognition luncheon on Sept. 23. If you plan on attending, please stop by our table and say "hello"!

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