



  
**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 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

### Your Grandparents

The Sunday after Labor Day is Grandparents Day, a time to remember with special affection the importance of grandparents in our lives. On this special day, take time to visit your grandparents, send them a card or give them a call. It will brighten their day to know that you care.



Resident Mary S. enjoys four generations!

### Medical Travel Specialists to Speak at the Esplanade at Chestnut Ridge

Are you concerned about taking your senior loved ones on a cruise or other vacation? If so, please join us at The Esplanade at Chestnut Ridge as we welcome

**Linda Cutrupi, a partner in  
 Mainly Meetings Travel and  
 Angela Morfogen,  
 marketing specialist with  
 Interim Healthcare**

**for an informative presentation on  
 Wednesday, Sept. 21 at 6:30pm.**

The program will address how seniors and those with health or physical limitations can join their families and friends on cruises, land tours or other vacations.

To R.S.V.P. for this event, please call 845-620-0606.

For more information about Mainly Meetings Travel and Interim Healthcare, see page 2.

### 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. 8, 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.



From our family to yours during this holiday season and always...

### 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.

[www.EsplanadeChestnutRidge.com](http://www.EsplanadeChestnutRidge.com) or visit our *family* at [www.PromenadeSenior.com](http://www.PromenadeSenior.com).



## Helping Seniors Enjoy Travel Despite Health Issues

"Seniors may be hampered by illness or physical disability but often can still enjoy travel opportunities with family and friends," says Linda C. Cutrupi, a partner in Mainly Meetings Travel based in Englewood Cliffs, NJ. She emphasizes the importance of planning ahead. Her travel agency does the advance work necessary to make travel opportunities possible.

Working closely with individual seniors, organizations and residences, Mainly Meetings Travel has developed a network of service providers and an approach to working with cruise lines and resorts that takes into account the senior's needs and the resources available.

"Sometimes all it takes is finding a rental motorized scooter for a senior, or

ensuring that the client has an accessible cabin," Cutrupi noted. "It gets a bit more involved if we need to arrange for a service or an aide so the family caregiver gets a break."

Travel to special places is a wonderful experience for families with senior relatives. Mainly Meetings Travel enables loved ones to participate in vacations that bring generations together.

For more information, please call 201-568-2146 or visit them online: [www.MainlyMeetingsTravel.com](http://www.MainlyMeetingsTravel.com)

**mainly**meetingstravel



Interim Healthcare has joined forces with Mainly Meetings Travel to make sure that your loved one can enjoy traveling safely by providing trained personnel to actually accompany clients if they need assistance.

"My mission in partnering with Mainly Meetings Travel was to ensure safety for seniors who may not otherwise be able to travel," says Angela Morfogen, Marketing Specialist with Interim Healthcare. "It's important for grandparents to be able to safely enjoy vacations with their grandchildren."

With over 300 offices nationwide, Interim Healthcare's licensed home

health care agency strives to provide the best possible care and quality of life to its clients. They provide daily care to people of all ages from the pediatric to geriatric population. They have licensed staff of RNs, LPNs, physical, occupational and speech therapists as well as certified Home Health Aides, Live-Ins, Personal Care Aides and Companions. All staff are screened, competency tested, skill matched, background checked, bonded and insured to provide the best possible care to clients in need of their services. Their nurses provide such services as high tech IV therapy, wound/ostomy care, lab draws, tracheotomy and ventilator care.

To contact their Nanuet branch, please call 845-425-2655 or visit them online: [www.Interimhealthcare.com](http://www.Interimhealthcare.com).

### SURPRISE!!!



Imagine Debbie's surprise when she walked into work on her milestone birthday to be greeted by everyone at the Esplanade!

"I just couldn't believe my eyes! The doors opened and there's my 87-year-old mother along with all our wonderful residents and staff, each holding a long-stemmed rose for me and singing "Happy Birthday!" Words can't begin to describe how emotional that was for me," says Debbie. "Thank you, everyone, for making my big 5-0 so incredibly special!"



## LOCAL EVENTS

The Esplanade is proud to be part of **Bergenfest Party and Expo.**

Perhaps you've seen our ads in Bergen Health & Life Magazine. Now they have asked their readers to let them know where the best places to shop, eat and enjoy the town are—and boy, did you speak up!

Thousands of votes poured in for categories including must-have margaritas, romantic eateries and the most decadent desserts. Stop by our booth on September 22nd. Walk from table to table sampling the winning restaurants, learning more about our community and mingling with local celebrities.

### BERGENFEST PARTY & EXPO



Thurs. Sept 22 from 5pm - 9pm at The Estate at The Florentine Gardens in River Vale, NJ.

The Esplanade at Chestnut Ridge is proud to support the Village of Chestnut Ridge in their annual **Chestnut Ridge Picnic.** This fun-filled day is planned Sept 11, 12pm-5pm at Children's Park in the village.

The **R.S.V.P. Luncheon** will take place at the Pearl River Hilton on Sept 26th. Our community is fortunate to have volunteers who visit with our residents regularly and enrich our lives. Pearl Lowy and Carol Baretz are two such ladies who grace us with their presence each week. From card games to Pokeno, these ladies' visits are something we treasure and look forward to.

# FOREVER PROUD

NATIONAL ASSISTED LIVING WEEK

In observance of National Assisted Living Week®, September 11 - 17, we will host a series of events developed as a special opportunity to bring together residents, families, employees, volunteers and the surrounding community to celebrate "Forever Proud."

*Forever Proud*, a patriotic theme, was chosen because the first day of National Assisted Living Week begins on the 10th anniversary of 9/11. While we remember the fallen, we also recognize the pride we feel as American citizens and in our community. *Forever Proud* also addresses one's pride in work done well, family and friends, or a skill mastered. "Feeling proud about our citizenship, community participation, friends and families is a universal feeling," says Gail Spencer, Executive Director. "This weeklong celebration is a demonstration of the commitment assisted living professionals feel when providing care and services to residents in their communities."

National Assisted Living Week® is an annual celebration sponsored by the National Center for Assisted Living, Washington, D.C. and Empire State Association of Assisted Living. For more information on National Assisted Living Week®, visit [www.nalw.org](http://www.nalw.org). For more information on the programs sponsored at The Esplanade, please visit our website at [www.PromenadeSenior.com](http://www.PromenadeSenior.com) and look at our September activities calendar or call 845-620-0606 and request a hard copy.



## CELEBRATIONS



### HAPPY BIRTHDAY!

We wish a very Happy Birthday to our Residents:

- Anne C. - 7th
- Dorothy P. - 12th
- Robert C. - 15th
- Caroline G. - 16th
- Ruth W. - 18th

- and to our Staff:
- Annie G. - 1st
  - Yolette P. - 19th
  - Fern L. - 22nd
  - Janette. - 26th

## Welcome New Residents

The Esplanade at Chestnut Ridge would like to warmly welcome our new residents:  
Caroline G.  
Joe C.  
Isabel D.

# Find the Perfect Fit



- 55+ HOUSING
- INDEPENDENT LIVING
- ASSISTED LIVING
- MEMORY CARE

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

**THE PROMENADE**  
AT BLUE HILL

ASSISTED LIVING  
MEMORY CARE  
PEARL RIVER, NY  
845.735.6846

**THE ESPLANADE**  
AT CHESTNUT RIDGE

ASSISTED LIVING  
CHESTNUT RIDGE, NY  
845.620.0606

**THE PROMENADE**  
AT TUXEDO PLACE

55+ SENIOR HOUSING  
ASSISTED LIVING  
TUXEDO PARK, NY  
845.351.0000



[WWW.PROMENADESENIOR.COM](http://WWW.PROMENADESENIOR.COM)

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