



# PROMENADE

## AT CHESTNUT RIDGE

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

August 2018



### Our Management Team at Promenade Chestnut Ridge

Executive Dir. .... Gail Spencer  
 Marketing ..... Debbie Corwin  
 Wellness RN ..... Michelle Hoke  
 Case Mg ..... Marcia Saunders  
 Res Care Mg ..... Narline Thadal,  
 Maintenance ..... Benji Magboo  
 Food Service ..... Michael Logan  
 Life Enrichment ..... Nilly Landa  
 Office Mgr. .... Cynthia Hastings



### Caregiver Respite

Are you or is someone you know trying to plan a last-minute getaway before the summer is over, but you just can't leave a senior loved one without having peace of mind that they will be well taken care of? Well, this is the perfect time for you to reach out Rockland County's OFA and Promenade at Chestnut Ridge to get some support! In fact, you can even plan a nice "stay-vacation" and get the support you deserve for being a caretaker for your aging loved one.

The Rockland County Office for the Aging Respite Program is a free caregiver program that pays for a free weeklong stay at a assisted-living facility. A new home care component to the program allows an individual to remain in their home with an aide for a specific period of time. This respite program allows for a

break in the daily routine for both the adult providing assistance to an older person and for the older person him/herself.

This program is available for individuals 60 and older that reside in Rockland County. The Office for the Aging has been able to utilize some of the funding available under Title III E of the Older Americans Act to create this service program to give needed support to caregivers.

The costs are completely paid by the caregiver program. The program does ask for an evaluation of the experience and affords the participant an opportunity to make a voluntary donation.

For additional information please contact The Rockland County Office for the Aging at (845) 364-3444 or call Promenade Director of Community Relations, Debbie Corwin, at (845) 620-0606.

### VISIT US ONLINE!

To view our activities calendar online or for more information about Promenade Senior Living communities, please visit:

[www.PromenadeSenior.com](http://www.PromenadeSenior.com)

If you'd like to receive our calendars by mail, please call Debbie Corwin at (845) 620-0606.

### Association for the Visually Impaired

Promenade at Chestnut Ridge hosts AVI meetings on the first & third Thursday of every month. The Association for the Visually Impaired provides support with case management, orientation and mobility training. Call AVI for more info: 845-574-4950.

### PROMENADE 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, August 9, at 7:30 p.m.**  
 This group is open to the greater community. For more information or to RSVP, call (845) 620-0606.



## Outdoor Fun

If you like the outdoors, check out these senior discounts:

### Golden Park Program

Through the Golden Park Program, obtain free access on weekdays to New York State parks and arboreta for those 62 and older just by showing a valid New York State driver's license or non-driver's ID card.

### America the Beautiful - The National Parks and Federal Recreational Lands Pass

Lifetime pass for U.S. citizens or permanent residents who are 62 years or older that provides access to federal recreation sites. This \$10 lifetime "Senior Pass" has replaced the "Golden Age Passport" and may be obtained from any National Park Service facility that charges a fee. For more information, or to obtain a pass by mail, visit the America the Beautiful website.

## Senator David Carlucci's Seventh Annual Senior Fair

This year's Senior Fair takes place  
**Thursday, August 23, 2018**  
**10:00 AM to 2:00 PM**  
**Rockland Community College**  
**Field House**  
**145 College Road in Suffern, NY**

The goal for this event is to highlight businesses, services and organizations within Rockland County and the surrounding areas that look to support and enhance the lives of the senior citizen population in our community. Vendors at this event will include businesses, non-profit agencies as well as cultural, educational and historical groups from the area.

Once again, Promenade at Chestnut Ridge is delighted to participate in this fair. We will have information about all of our Promenade communities on hand and we will be happy to answer any questions you may have. If you plan on

attending the fair, please stop by our Promenade Senior Living table and say hello. We'd love to see you there!



## Celebrate National Senior Citizens Day on August 21

Various events and activities are held across the United States in recognition of **National Senior Citizens Day**. President Ronald Reagan signed Proclamation 5847 in 1988, declaring August 21 as National Senior Citizens Day.

This day was created as a day to support, honor and show appreciation to our seniors and to recognize their achievements. Their valuable contributions to our communities create better places to live.

To celebrate National Senior Citizens Day, spend time with the senior citizens you know and listen to their stories of wisdom and experience and gain from their hard-earned knowledge. Let them know that they are appreciated

and loved. It may also be a good day to volunteer at a retirement home and share your smile with those who may not otherwise get a visitor today.

Be sure not to miss the opportunity to celebrate with other senior citizens in Rockland County by attending and participating in this special event:

**National Senior Citizens Day**  
**Walk at the Palisades Center Mall**  
**Tuesday, August 21, 2018**  
**Palisades Center Mall, West Nyack NY**  
**10:00am - Noon**

If you are a senior citizen, check for special discounts and promotions that may be offered at stores and restaurants in your area.

Use #SeniorCitizensDay to post on social media.

## Services Available to Rockland County Seniors

Seniors living in Rockland County are fortunate to have many supportive services. For example, information and assistance is available to aid Rockland older adults in finding assistance with the following:

- Day-Care Programs
- Home-Delivered Meals (kosher and non-kosher)
- Transportation Options
- Housing Options
- Socialization
- Support Groups
- Legal Assistance
- Tax Aide Program
- Telephone Reassurance
- Other Special Services

For more information on these services, please contact **Rockland County Office for the Aging** at 845-364-2110.

## Alzheimer's Disease/Dementia Support

The Alzheimer's Association operates local programs and support groups for caregivers of those with Alzheimer's disease and related dementias. (845 639-6776)

## C.A.R.E. (Caring Adults Responding to Elderly Relatives)

An ongoing support group for caregivers. Meetings are held every Wednesday from 11 am to 12 noon and 6 to 7 pm at VCS, Inc. 77 South Main Street, New City, NY. CARE provides information, resources and alternatives for women and men concerned with issues associated with aging parents and relatives. Call

VCS Services for Older Adults and Their Families. (845) 634-5729 x319

### Caregiver Hotline/Resource Ctr.

Information and referrals for individuals who are caring for aging parents or relatives. Operated by VCS, Inc. (845) 634-5729 x319

### Geriatric Care Management

Program aimed at developing and implementing care plans for vulnerable seniors. Operated by Rockland Jewish Family Service. (845) 354-2121 x198

### Grandparents/Relatives Raising Children

Information and assistance for grandparents and other relatives assuming responsibility for children. Monthly support group which presents educational topics and sharing. Operated by VCS, Inc. (845) 634-5729 x319

### United Hospice of Rockland, Inc.

Provides care, hope, comfort and improved quality of life to individuals and their families facing serious illnesses. (845) 634-4974

### Next Step In Care

Helps family caregivers and health care providers work together to plan and implement safe and smooth transitions between care settings for chronically or seriously ill seniors.

### Outreach to Elders

One-on-one program for homebound seniors who would benefit from discussing age-related concerns with professionally trained volunteers. This is done in the comfort of their own home once a week for six to ten weeks. Operated by VCS, Inc. (845) 634-5729 x319

**Weekly meetings** - one hour of exercise by a physical therapist from Nyack Hospital. Caregivers have opportunities to share, discuss issues and receive assistance and support from others in a comfortable environment. Call Joan James at (845) 358-3128 for more information.



## CELEBRATE!



to our residents:  
**Reva K. - 3rd**  
**Julia M. - 7th**  
**Fred B. - 8th**  
**Elizabeth P. - 8th**  
**Elizabeth C. - 13th**  
**Harris M. - 14th**  
**Monel S. - 14th**  
**Sylvia S. - 15th**  
**Irving W. - 16th**  
**Shirley M. - 17th**  
**John C. - 20th**  
**Jeffrey C. - 23rd**  
**Bernice G. - 31st**

and to our staff:  
**Michel S. - 3rd**  
**Lenes H. - 4th**  
**Fay T. - 8th**  
**Eva M. - 17th**  
**Frantz L. - 18th**  
**Louise J. - 24th**



We warmly welcome our new residents:

**Harris M.**  
**Cecile B.**  
**Charles S.**

We're so glad you joined our family!

# PROMENADE *Senior Living*

Resident Lil with her daughter Debbie,  
Director of Community Relations, Promenade at Chestnut Ridge



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VISIT US ON THE WEB AT [PROMENADESENIOR.COM](http://PROMENADESENIOR.COM)



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