

LOCAL NEWS



STATEN ISLAND ADVANCE PHOTOS

The Esplanade's luxurious dining room. The senior residence is located at 1415 Richmond Ave., Bulls Head.

BEA VICTOR / *As we are*

Esplanade: Independent living without the hassles

Seniors have freedom, with none of the worries that accompany household management

Have you had it? Already tired from the shoveling? Memory a little hazy? Concerned that you are not getting to pay the bills in a timely manner?

Has taking care of the house become a burden — when painting needs doing, the roof is leaking, the furnace needs replacement, there are holes in the driveway or the windows are leaking, allowing that cold air to come in?

Eyes not as bright as they used to be? Finding the shopping, cooking and cleaning just a little too much?

Maybe it is time to sit down and do a little arithmetic. See if you might be able to consider giving up the house and moving into another environment geared for those 55 years of age or older.

On the other hand, are you the child, worried about the parents who live too far away so that when they need help, you cannot get to them in a timely manner?

Perhaps the parent has had a fall or surgery and cannot be left alone in his/her/their own home for a while. Maybe home rehabilitation nearby who would be the better solution for everyone.

Are you tired and really need to get away from caretaking for your dear parent(s) but you cannot leave him/her on their own?

You might want to look into some respite care for your loved ones — or if you need a respite yourself — you might want to look into The Esplanade.

It describes itself as Lux-



Resident Blanche Trincone is all smiles after receiving a beauty treatment. Ladies living at the Esplanade Independent Senior Residence were treated to a day of beauty this spring by the Paul Mitchell School for future professional cosmetologists.

ury Senior Residences. The motto is: "We like to think of our residences as a new home where seniors can enjoy all the freedom of an independent lifestyle, with none of the worries that accompany household management."

Patrice Fisco, director of marketing, was kind enough to spend some time with me, proudly showing off the facility.

I met the gracious administrator, Sandy DiToro, and charming Megan Coleman, director of resident relations, during the course of my visit.

The philosophy held by the owners and the staff is: "We like to think of our res-



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idences as a new home where seniors can enjoy all the freedom of an independent lifestyle, with none of the worries that accompany household management."

Call 718-698-5000 or go to the Website: www.esplanadeSI.com.

Need a home health aid? That can be arranged.

The Esplanade is located at 1415 Richmond Ave., Bulls Head, at what used to be called the Staten Island Hotel.

Completely renovated, it is a warm, inviting residence and offers so many niceties! For example: Respite Care, which can be from a few days to a few months.

There are studios for a single person or larger apartments for two, each appropriately fitted to accommodate handicapped should that be a need.

If individuals prefer to bring their own furniture that is OK, too. The studios and the apartments provide large TV screens, telephone, Life Alert, bathroom and kitchenette.

There are security cameras on each floor. It appears that frequently, residents do not care to go to meals such as breakfast or attend exercise or other classes.

Should that occur, staff calls to check on the individual to make certain he/she is OK.

We stopped by the

beauty parlor, passed the laundry rooms on each floor (no extra charge for use of the machines), heard of the daily housekeeping services, saw the facilities for the Home Health Agency available for residents, had lunch in the spacious dining room, where choices are offered and learned that special heart healthy diets are always available — for example, low sodium, diabetic, gluten-free, etc.

There are the usual sorts of available activities, such as physical exercise, Tai Chi, a library, arts & crafts and celebrations and trips to take.

One of the tenants, Albina Lichinchi, was kind enough to speak with me.

"I owned my own house. It just got to be too much. I was getting upset a lot. I have always been a free spirit. I did not want to lose my independence. My sister told me about this place.

"I finally decided I had to do what I had to do! I have been here for three months. I'm so glad I made the decision!"

A gentleman, Ken Zimmer, who moved in with his wife, commented: "We have been here for three or four months. It is surprising! It was not as hard a change as I thought it would be. We have two large rooms and a beautiful view."

Change is not easy. Sometimes, it is the best thing to do; sometimes it is not.

Make an appointment and stop by. You might be glad you did.

Bea Victor's *As we are* column appears on the news pages of the Sunday Advance, as well as on-line at www.silive.com.

