

# Advanced

SUBACUTE AND REHABILITATION CENTER

685 Salina Road • Sewell, NJ 08080

## OUR STAFF

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### Director of Activities

Lisa Forman

### Activity and Events Coordinator

Mary Rhein

### Environmental Services Director

Dwight Collins

### Maintenance Director

Darin Hendrick

### Assistant Maintenance Director

Jesse Rowen

## Welcome

We welcome Chad Kubat, the new Director of Dietary.

## January 2019



### Perk Up With a Cup

An estimated 1.6 billion cups of coffee are consumed worldwide each day. Along with the taste, a cup of joe is a favorite for the caffeine buzz it produces. This natural stimulant gets the body's central nervous system percolating within about 15 minutes, and the effects can last up to six hours. Coffee has also been shown to boost mood and memory.

### Make a Difference on MLK Jr. Day

Martin Luther King Jr. Day, Jan. 21, is a federal holiday and also a national day of service. Consider spending some time volunteering and helping out in your community.

### Birthday Rewards

Many national chain restaurants will treat you to a free food item or beverage on your birthday if you're a member of their rewards program. Check their websites in advance for offers.

### A New Start

"A new year ... a fresh, clean start! It's like having a big white sheet of paper to draw on!" —Bill Watterson

## How the World Celebrates the New Year

In the U.S., the New Year is often ushered in with parties, fireworks and a midnight kiss. The rest of the world revels in a variety of traditions.

*Spain.* At the stroke of midnight, people in Spain eat 12 grapes, one for each month of the year ahead, for good luck.

*Russia.* In the country's region of Siberia, divers plunge into icy lakes to place a New Year tree, or *yolka*, beneath the water's surface, symbolizing a new beginning.

*Germany.* Germans give a sweet greeting to Jan. 1 by eating the jelly doughnut known as a *Berliner*, *Pfannkuchen* or *Krapfen*.

*Japan.* In this Asian nation, the sound of cities ringing in the New Year can be heard at midnight, when bells chime 108 times as a cleansing ritual.

*Colombia.* Those hoping for travel adventures in the coming year will carry an empty suitcase with them, a custom in Colombia and other Latin American countries.

*Greece.* Symbolizing renewal, onions are hung on doorways as a good luck token.

*Brazil.* To bring prosperity and good luck, Brazilians wear white on New Year's Eve and toss white flowers and candles into the ocean.

*Turkey.* At midnight, people here sprinkle salt on their doorsteps, which is believed to bring peace and good fortune.



## Know Your Oats

Eating a bowl of oatmeal can be a comforting, heart-healthy breakfast. The different processing methods for this whole-grain food create a variety of oats to choose from.

*Steel-cut.* Whole oat kernels, called groats, are chopped into coarse pieces to make steel-cut oatmeal, also known as Irish oatmeal. This type is the least processed, so it takes up to 30 minutes to cook and has a chewy texture.

*Scottish.* Groats are stone-ground into small, fine pieces to make Scottish oatmeal, which is thick and creamy like porridge.

*Old-fashioned.* Also called rolled oats, these are the most commonly used in oatmeal and are made by steaming groats and flattening them between rollers into flakes. Old-fashioned oats are often used in baked goods.

*Quick.* These are another form of rolled oats, but are steamed longer and rolled thinner. They make a fast breakfast since their smooth, thin flakes cook in just one minute.

*Instant.* Usually sold in single-serve packets, the oats in instant oatmeal have been fully cooked during processing and then dehydrated.

## Dine and Be Kind

January is Be Kind to Food Servers Month. Show your appreciation to these hardworking individuals by following these tips when dining out:

*Be upfront with special requests.* If you have food allergies or dietary restrictions, or if your group would like to split the bill, let your server know before you place your order.

*Make eye contact.* Looking at your waiter shows respect and, along with speaking clearly, can help minimize the chances of a mistaken order.

*Learn your server's name.* Use your server's name, and avoid whistling or snapping your fingers when you are trying to get his or her attention.

*Remember the golden rule.* Treat your server how you would like to be treated. Say "please" and "thank you," and if something isn't right, be polite when voicing a complaint.

*Tip with respect.* A 15 to 20 percent tip is customary at restaurants. If a coupon or other discount is applied, you should tip according to what the full price of the meal would have been.





### Therapy in Art

Creating art, whether it's with paint, pencils, wood or another material, can be a fun, rewarding activity. Let these benefits of art therapy paint a picture:

*Relieves stress.* Participating in art activities can be soothing and relaxing. Focusing on a project often boosts positive feelings and has been shown to lower anxiety and depression.

### Word Search Success

A fun way to exercise the brain, expand one's vocabulary or just pass the time, word searches are one of the most popular types of puzzles.

The earliest puzzle resembling a word search can be found in "Everybody's Illustrated Book of Puzzles," published in 1890 in London. Titled "Proverbs Within a Maze," the puzzle featured a grid of letters, and readers were instructed to wind their way through the puzzle to find hidden sayings.

The American word search as we now know it first appeared in 1968, when Norman E. Gibat created a puzzle for a want-ad digest that he published for

*Increases cognitive skills.* From selecting materials to choosing a color scheme, many decisions are made during the creative process, stimulating the brain. Artistic endeavors can also trigger memories from long ago.

*Promotes self-expression.* Art is a nonverbal outlet for communicating and sharing with others. Making something by hand is a personal experience that lets people express their thoughts and feelings.

*Sharpens motor skills.* Small movements such as brushing paint across a canvas or sanding a piece of wood improve dexterity and hand-eye coordination.

businesses in Norman, Okla. Calling it an "Oklahoma anagram," he designed a grid of jumbled letters containing the names of 34 towns. The game was an instant hit, with readers demanding more and local teachers using it as a student activity.

Gibat's puzzle design eventually spread across the country. Word searches became a staple in newspapers, puzzle books and classrooms.



### Wit & Wisdom

"Even though the future seems far away, it is actually beginning right now."

—Mattie Stepanek

"There will come a time when you believe everything is finished. That will be the beginning."

—Louis L'Amour

"Do not wait until the conditions are perfect to begin. Beginning makes the conditions perfect."

—Alan Cohen

"You will never win if you never begin."

—Helen Rowland

"Forgiveness says you are given another chance to make a new beginning."

—Desmond Tutu

"The beginning is the most important part of any work."

—Plato

"Begin somewhere; you cannot build a reputation on what you intend to do."

—Liz Smith

"The way to get started is to quit talking and begin doing."

—Walt Disney

"Begin at the beginning and go on till you come to the end; then stop."

—Lewis Carroll



## “This Month In History” JANUARY

**1906:** The sport of football is forever changed when a new game rule makes the forward pass a legal play.

**1912:** New Mexico joins the union as the 47th state.

**1924:** The first Winter Olympics are held in Chamonix, France.

**1943:** Franklin D. Roosevelt becomes the first U.S. president to travel by airplane while in office. He flew to Morocco to meet with

British Prime Minister Winston Churchill.

**1955:** Singer Marian Anderson takes the stage at the Metropolitan Opera in New York City. She was the first African-American to perform a leading role with the company.

**1968:** Country music star Johnny Cash records a live album by playing two concerts at California’s Folsom State Prison.

**1972:** U.S. President Richard M. Nixon orders the development of a “new type of space transportation system,” the space shuttle program.

**1986:** The first national Martin Luther King Jr. holiday is observed.

**1994:** A magnitude 6.7 earthquake strikes the San Fernando Valley region of Los Angeles.

**2000:** Celebrations worldwide mark the turn of the new millennium.

**2011:** Wikipedia, a popular internet encyclopedia, celebrates its 10th anniversary.

**2015:** At age 17, Lydia Ko of New Zealand becomes the youngest golfer in history to be ranked No. 1 in the world.