

Advanced

SUBACUTE AND REHABILITATION CENTER

685 Salina Road • Sewell, NJ 08080

September 2018

OUR STAFF

Administrator

Patricia Hedeman

Director of Nursing

Ana Carian

Director of Admissions

Kateri Dowe

Clinical Liaisons

Deb Irish

Tricia DiGiacomo

Medical Records

Kelly Skermont

Office Manager

Christine Filipski

Director of Social Services

Christina Ciccotta

Dietary Consultant

Kristi Kline

Director of Dietary

Chantina Hicks

Regional Activity Director

Marlon Zapanta

Director of Activities

Mary Rhein

Environmental Services Director

Dwight Collins

Maintenance Director

Darin Hendrick

Assistant Maintenance Director

Jesse Rowen

New Name

On Sept. 9, 1776, the Continental Congress declared the name of the new nation to be the United States of America, replacing the term "United Colonies."

Popular Pages: 'Tarzan of the Apes'

Edgar Rice Burroughs' most famous novel first appeared in The All-Story Magazine in 1912, introducing the character who would become a cultural icon and inspire radio, TV and film adaptations; comic books and action figures; and countless copycats. "Tarzan of the Apes" begins the tale of the English boy, orphaned in the African jungle and raised by apes. Tarzan's world changes when he encounters other humans, including the marooned American beauty Jane, and leaves the jungle to experience civilization. Burroughs followed up with over two dozen "Tarzan" adventures.

On the Menu: Cold-Brew Coffee

One of the world's favorite beverages, coffee boasts numerous health perks because of its antioxidants and essential nutrients. Now the cold-brew method of making it is gaining ground in restaurants and home kitchens. Cold-brew coffee involves steeping coffee grounds in room-temperature or cold water for 12 to 24 hours, resulting in a smooth blend that's around 60 percent less acidic than regular brewed coffee. Many find that the lower acid content is gentler on sensitive stomachs and that the taste is less bitter, requiring less cream and sugar to soften the beverage's signature bite. Cold-brew coffee can be served hot as well as over ice.

Go, Team!

With football season kicking off, what team are you rooting for? Chances are your favorite squad is named the Eagles, Tigers or Bulldogs. Those are the most common team names in U.S. amateur and pro sports.



A Bunch of Grape Facts

Plump and portable, grapes are a healthy grab-and-go snack and a favorite ingredient in jams, jellies and beverages. Bite into this bunch of grape facts:

- Grapes date back to at least 6000 B.C. in the region near the Caspian Sea.
- Wild grapes were a part of Native American diets. European settlers introduced cultivated varieties to America in the 1600s.
- Botanically classified as a berry, the fruit comes in a range of colors, including red, green, black, purple, blue, pink and yellow.
- Grapes grow on vines in large clusters, and on average, there are 75 to 100 grapes in a bunch.
- Concord grapes were developed in 1849 and named after the town in Massachusetts where they were first grown. Concord grapes are used in jams, jellies and juices.
- It takes about 4 pounds of grapes to make 1 pound of raisins.
- Nearly all of the fresh grapes consumed in the U.S. are grown in California.

Old-Time Jobs That Are New Again

Despite economic changes and advances in technology, many traditional jobs that began decades or centuries ago are seeing a boost in business.

Butcher. Before supermarkets were common, neighborhood butchers prepared fresh cuts of meat for customers. With many of today's consumers desiring locally sourced food, butcher shops are making a comeback.

Blacksmith. The ancient practice of forging objects from iron nearly faded away when machines began doing the work, but a trend in handcrafted metalwork has revived the trade.

Milkman. Many homes had fresh bottles of milk delivered to their door until grocery stores and refrigerators made the service nearly obsolete by the 1970s. The current farm-to-table movement has some farms offering home delivery of their milk and dairy products.

Cobbler. Shoemakers have been making footwear by hand for centuries, and specialty shops still cater to customers who want handmade goods or prefer to repair rather than replace a pair of shoes.



Canine War Heroes

Military working dogs have a long legacy of brave acts during combat. During National Service Dog Month in September, salute some of history's heroic canines:

Sallie. A Staffordshire bull terrier, Sallie was the mascot of the 11th Pennsylvania Volunteer Infantry during the Civil War. At the Battle of Gettysburg, she was separated from her unit and discovered three days later guarding wounded soldiers. A bronze statue of Sallie is part of a monument at the historic battle site.

Stubby. This stray bull terrier mutt gained fame for his courageous deeds in World War I. His sharp hearing and sense of smell warned Army troops of incoming shells and gas attacks. Stubby received numerous honors.

Chips. Trained as an Army sentry, Chips was a mix of German shepherd, collie and husky. He became the most famous military dog of World War II for his heroism at the 1943 invasion of Sicily, where he charged into gunfire to attack enemy soldiers, forcing their surrender.

Nemo. While serving as a sentry in the Air Force during the Vietnam War, this German shepherd showed great bravery when he and his handler were hit by enemy fire. Despite severe injuries, Nemo leaped at their attackers, giving the airman time to radio for reinforcements.

Multiple Generations, Many Perks

From mentoring children to chatting with a teenage food server, intergenerational relationships and encounters provide numerous benefits for all.

Many older adults say they feel more energized after spending time with young people, whether they're volunteering together, working on a craft, playing a game or just talking. Enjoying each other's company and giving advice can boost self-esteem and provide a sense of belonging. Research shows that seniors score better on memory tests and report higher life satisfaction after

interacting with younger generations.

These experiences are also rewarding for children and young adults. They thrive on receiving positive attention and nurturing support from older mentors, who can teach them valuable lessons.

Seniors can learn about new trends from their younger friends and family members, and in return pass along their history to the next generations.



The Hobby of Collecting

Stamps, coins, seashells, baseball cards, teddy bears ... there are countless objects that people collect as a hobby. Collecting enhances our lives in many ways:

Benefits the brain. People often create categories for items in their collections or arrange them in order, such as by size or date. This organizational thinking, focus and ability to recognize patterns is exercise for the brain.

Expands knowledge. Collecting a certain item may prompt you to learn more about that topic, leading you down new paths of discovery. For example, researching a coin can reveal lessons about art, history and geography.

Builds social connections. A common interest is a fast way to make friends. At clubs, conventions and online forums, you can find others who share the same passion.

Celebrates traditions. Often, collections are passed down through generations or continued from childhood. These types of collections provide nostalgia and comfort.

Wit & Wisdom

"Knowledge is the treasure of a wise man."

—William Penn

"The possession of knowledge does not kill the sense of wonder and mystery.

There is always more mystery."

—Anais Nin

"To acquire knowledge, one must study; but to acquire wisdom, one must observe."

—Marilyn vos Savant

"Science knows no country, because knowledge belongs to humanity, and is the torch which illuminates the world."

—Louis Pasteur

"Nature is the source of all true knowledge. She has her own logic, her own laws, she has no effect without cause nor invention without necessity."

—Leonardo da Vinci

"Studying whether there's life on Mars or studying how the universe began, there's something magical about pushing back the frontiers of knowledge."

—Sally Ride

"Let us tenderly and kindly cherish, therefore, the means of knowledge. Let us dare to read, think, speak and write."

—John Adams

