



*Dellridge Health
and Rehabilitation Center*

532 N Farview Ave. • Paramus, NJ 07652
Phone: (201) 265-5600 • Fax: (201) 261-3164

April 2019



Special Events for April

Monday, April 01, 2:00pm - Russ Martone Performs

Friday, April 12, 6:45pm - Wine & Cheese Happy Hour W/ George Romano

Saturday, April 20, 2:00pm - Easter Party W/ Christine

Friday, April 26, 6:45pm - Wine & Cheese Happy Hour W/ Janice



Celebrate the Earth

Earth Day is April 22. Celebrate by building a bird feeder, picking up litter at an area park or making a commitment to recycle more year-round.



A Letter From the Administrator

April - Spring has sprung! We welcome you back to Dellridge, where soon we will have the outdoor parties and barbecues forthcoming. Look out for these special days and try to find some time to come and visit us on the warm weather days.

Anne-Marie Gauntlett, LNHA



Word for April: Rejuvenate

The new growth of the season debuts this month, splashing color and life into parks, lawns and gardens everywhere. While the fresh air rejuvenates, or "gives new vigor," to our surroundings, the attitude in April makes us feel like kids again. Suitably, the Latin root of "rejuvenate" means



Word for April: Showers

This month's weather forecasts tend to include a lot of "showers." Defined by www.M-W.com as "a fall of rain of short duration," these springtime storms leave many of us singing, "Rain, rain, go away." However, because Mother Nature bombards us with downpours in April, she'll be "showering" us with May flowers in no time.



"young." May all of the new activity put a little spring in your step.





April



Here come the rain showers for Spring is in the air

Oh yes, before long they'll be flowers everywhere

Weather's not so chilly, longer days it does bring

Listen in the morning you will hear the birds now sing

Easter bunny is coming put your baskets where he'll see

Colorful eggs, jelly beans, chocolate what will it be?

A delightful time of year so much to look forward to

April, you fabulous month, so happy to finally see you.

—The Dellridge Poets



Clifton Little School Visits

Clifton Little School visited Dellridge on Tuesday, March 05. Our residents really enjoyed interacting with the young students as they did an art project with them. Before they left, the kids put big smiles on our residents' faces by joining together and singing a few songs. Thanks so much to Clifton Little School, you really made our day.



Candace G. Performs

There's nothing like the music of Candace G. to warm up a cold winter's day. That's exactly what she did on Saturday, March 09. Candace sang all of the residents' favorites, plus a few Irish songs as a warm up to St. Patrick's Day. It was a great way to spend a chilly Saturday afternoon.





Crunchy Carrots

Famous for their crunch and their bright orange color, carrots are one of the most popular produce picks.

Wild carrots grew in Asia at least 3,000 years ago, but they weren't the vegetable we know today. In hues of purple, green, yellow and white, they were tough and bitter, and used mainly for medicinal purposes. Edible orange carrots are thought to have been developed by the Dutch in the 1600s. European settlers brought carrot seeds to Colonial America for cultivating.

Carrots are a root vegetable, and because they grow underground, they absorb nutrients from the soil. Along with fiber and vitamin C, carrots are packed with beta carotene, an antioxidant that the body converts into vitamin A, needed for healthy eyes, skin and immunity. The natural sugar content in carrots provides a subtle sweet flavor to dishes, even desserts such as carrot cake.

Although carrots come in many colors and sizes, baby-cut carrots make up nearly 70 percent of carrot sales. Developed in 1986, these snack staples are simply full-grown carrots that have been cut and peeled into 2-inch pieces.

Hit Ideas at the Ballpark

With baseball season in full swing, touch base with this look at some ballpark traditions.

Presidential pitches. It was 1892 when Benjamin Harrison became the first U.S. president to attend an MLB game. But in 1910, William H. Taft started the custom of sitting presidents throwing out a ceremonial first pitch.

Concession stands. Chicago's Wrigley Field, home of the Cubs, is the birthplace of permanent concession stands, which started in 1914 with a single kiosk that offered hot dogs, peanuts and popcorn.

Numbered uniforms. Dating back to 1916, teams had struck out with wearing small numbers on their uniform sleeves. Then in 1929, the New York Yankees had more visible 12-inch numbers sewn onto the backs of players' jerseys so fans could identify them. Other MLB teams followed their lead.

Organ music. The first chords of live organ music to be played at an MLB ballpark sounded out at Wrigley Field in April 1941.

Night games. On May 24, 1935, the lights were turned on for big league baseball's first night game, held at Crosley Field, then home of the Cincinnati Reds.

Foul balls. The owner of the Chicago Cubs, Charlie Weeghman, was the first team owner to allow fans to keep foul balls hit into the stands, starting in 1915. Most ballparks had ushers retrieve the balls so they could be put back into play.



Wit & Wisdom

"Humor is such a wonderful thing, helping you realize what a fool you are but how beautiful that is at the same time."
—Lynda Barry

"I realize that humor isn't for everyone. It's only for people who want to have fun, enjoy life, and feel alive."
—Anne Wilson Schaef

"A person without a sense of humor is like a wagon without springs. It's jolted by every pebble on the road."
—Henry Ward Beecher

"Like a welcome summer rain, humor may suddenly cleanse and cool the earth, the air, and you."
—Langston Hughes

"It is the ability to take a joke, not make one, that proves you have a sense of humor."
—Max Eastman



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The Dellridge Team



Administrator-----Anne-Marie Gauntlet, LNHA
Nursing Director-----Maira Gutbrod, RN
Asst. Nursing Director-----Roslyn Coppa, RN
Admission Director-----Susan Sosnicky
Business Office Manager-----Gary Abel
Clinical Services Dir.-----Georgette Bieber, RN
Dir. of Recreation----Dawne Gonzales, ADC/MC,CDP
Dietary Supervisor-----Mel Magaboo
Dietitian-----Allison Larose, RD
MDS Coordinator-----Deidre Abbatiello, RN
Rehabilitation Director-----Lisa Vanhorn, OT
Social Services-----Anne Riley, CSW
Unit-A Supervisor-----Edna Minetto, RN
Unit-B Supervisor-----Tracy Nicklus, LPN
Receptionist/Front Desk-----Verde Aydin
Maintenance Director-----Howard Chimento
Housekeeping Director-----Wayne Bullock