



*Dellridge Health
and Rehabilitation Center*

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

August 2018



Special Events for August

- Monday August 06, 10:00am- Windsor School Performs
- Wednesday August 08, 2:00pm- Summer Fun W/Russ Martone
- Monday August 13, 2:30pm - 5-Star Chorus Performs
- Friday August 24, 6:45pm - Wine & Cheese Happy Hour W/Allan Speers
- Monday August 27, 2:00pm - Ray & Nancy Perform



A Letter From the Administrator

As we settle into the dog days of summer, it is important to remember that our patients and residents are a bit compromised while here at Dellridge. Medications as well as treatments might affect each person differently during the hot weather. We ask that if you do intend to go outside, please wear sunscreen, which is available through the recreation department. Anyone on oxygen should refrain from outdoor activities due to the quality of air, and always remember to wear a hat or seek the shade in the back of the building when taking a walk around the building. We hope you enjoy your summer and be careful!

Anne-Marie Gauntlet, LNHA



Summer ABCs

- D is for Days of lounging around
- O is for the Ongoing heat
- G is for Green Grass
- D is for Drinking lots of water
- A is for All the yummy summer treats you can eat
- Y is for Yellow lemonade to cool you down
- S is for Sunscreen to protect you



“Ah, summer – that long anticipated stretch of lazy, lingering days, free of responsibility and rife with possibility. It’s a time to hunt for insects, master handstands, practice swimming strokes, conquer trees, explore nooks and crannies, and make new friends.”
– Darrell Hammond



Word for August: August

As a noun, the word “August” indicates the eighth month of the year. As an adjective, “august” means “inspiring reverence or admiration,” according to

Dictionary.com. With the sun beginning to set on the summer season, it’s the perfect time to reflect on people in your life whom you admire and revere. Better yet, tell them—either by email or in person. You’ll make their day, their week and maybe even their summer.



August



Dog days of summer lounging by the pool

Everybody is trying to find ways to keep cool

Boardwalk and beaches vacations down the shore

Barbeques and picnics that's what summer's for

Marshmallows toasting catching fireflies at night

I hear the ice cream truck can't wait to take a bite

Fun filled days and happy nights a great time of year

August you fabulous month we're so happy you are here

The Dellridge Poets



It's Not Just Ceramics

Art programs are very beneficial for our residents, and our ceramic program is one of the favorites. It helps maintain and in some cases improve current levels of functioning. These programs help with dexterity, cognitive skills and they are also a good way for them to socialize with their peers. As they work on their art projects the room is usually filled with laughter and conversation. Residents often times will reminisce about ceramic classes they took in the past. Diane, our ceramic instructor, held a ceramic class on Wednesday, July 11. Our residents showed off their artistic talents by making adorable garden bunnies.



In the Good Old Summertime

There's no better way to spend a summer afternoon than listening to the nostalgic music of Ray & Nancy. That's just what the residents of Dellridge did on Thursday, July 12. Under the Boardwalk, Summertime and Lazy, Hazy Days of Summer were just some of the tunes the residents enjoyed listening to and singing along with. A good time was had by all.



Stoves for Soldiers in the Heat of Battle

Those who have roughed it in the great outdoors know the value of a portable stove for cooking meals. This common camping tool first served soldiers in World War II.

In 1942, the U.S. Army needed compact stoves that men could carry in battle. The stoves had to be small, lightweight, weather-resistant and able to burn any type of fuel. The need was urgent, since the Army wanted 5,000 stoves to ship out to soldiers in just two months.

The Coleman Company, already in the business of making lanterns and portable stoves, responded to the call. Its solution was the Coleman Military Burner, also called the GI Pocket Stove. The cylindrical single-burner unit weighed just over 3 pounds but could boil water and heat rations in minutes. It operated on a cup of fuel and withstood temperatures ranging from minus 60 to 125 degrees, and its two-piece aluminum case doubled as cooking pots.

More than 1 million pocket stoves were produced and used by soldiers in the field, where it was considered an essential piece of noncombat gear.

After the war, Coleman marketed the pocket stove for use at home and for the growing hobby of recreational camping. The company then shifted its focus to multi-burner camp stoves and other outdoor supplies.

All Smiles for Kool-Aid

Fruity and fun, Kool-Aid has been a sweet summertime drink staple for more than 90 years.

Kool-Aid was developed in 1927 by Edwin Perkins, a Nebraska salesman and amateur chemist who invented a wide range of products. One of the most popular was Fruit Smack, a flavored drink concentrate that he sold as a syrup in glass bottles. To make it easier to transport, Perkins converted Fruit Smack into a powder and packaged it in paper envelopes.

He renamed the drink mix Kool-Aid and priced each packet at 10 cents. Available in six flavors—grape, lemon-lime, cherry, orange, raspberry and strawberry—Kool-Aid was a budget-friendly treat, since one packet made a 2-quart pitcher when mixed with water and sugar. During the Depression, Perkins knocked the price down to 5 cents, and sales skyrocketed.

In addition to its simplicity and affordability, Kool-Aid owes much of its enduring appeal to its jolly mascot, the Kool-Aid Man. A smiling pitcher was first used in Kool-Aid ads in the 1950s, but 1975 saw the creation of the giant walking, talking Kool-Aid pitcher, who came to thirsty kids' rescue by bursting through walls and shouting "Oh, yeah!"

Today, Kool-Aid is available in dozens of flavors. The drink mix is also used in dessert recipes and even as a dye for craft projects.



Wit & Wisdom

"Watch a child play, and you will see real power. They are fearless."
—Gray Scott

"Play keeps us vital and alive. It gives us an enthusiasm for life that is irreplaceable. Without it, life just doesn't taste good."
—Lucia Capacchione

"It is a happy talent to know how to play."
—Ralph Waldo Emerson

"We are never more fully alive, more completely ourselves, or more deeply engrossed in anything than when we are playing."
—Charles Schaefer

"Play is our brain's favorite way of learning."
—Diane Ackerman

"The supreme accomplishment is to blur the line between work and play."
—Arnold J. Toynbee



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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 Director-----Jeff Boccia, MSW
 Social Worker-----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