



*Dellridge Health  
and Rehabilitation Center*

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

## December 2018

### Special Events for December

- Monday December 03, 2:00pm  
- Hanukkah Party W/Russ Martone
- Tuesday December 04,  
10:30am- Windsor School  
Performs
- Tuesday December 04, 2:00pm  
- Dellridge's Annual Holiday  
Cookie Swap
- Friday December 07, 2:00pm -  
Family Council Meeting
- Saturday December 08,  
9:30am - 1st Presbyterian Carolers  
perform
- Saturday December 08,  
2:00pm - Boy Scout Caroling
- Tuesday December 11, 7:00pm  
- Maranatha Singers Perform
- Friday December 21, 6:45pm -  
celebrate The Holidays W/Allan  
Speers
- Monday December 31, 1:30pm  
- Countdown To New Year's Party  
W/Johnny Jake



### A Letter From the Administrator

As the holidays quickly approach, as they seem to do each year, we take the time to reflect on the year of changes, as well as new beginnings. People caring about other people is the most essential piece to the success of any nursing facility. You can have the fancy decor, pretty lobby and grand pianos, but truly it won't matter if you don't have the staff members in the best positions providing the best possible care. So at this time of year, I ask that you thank them and appreciate their efforts. They not only take care of their own family, but they also take care of yours.

Anne-Marie Gauntlett, LNHA



### Word for December: Joy

When skies are gray and cold winds whip through the trees, we gather inside for laughter and good cheer. Merriam-Webster dictionary defines "joy" as "a source or cause of delight," and December delivers with holiday festivities, family dinners and finding the right gift for that special someone. Get wrapped up in the magic of the season and help bring a little joy to the world.



## Health & Wellness

Now that the holiday season is here, we are asking all family members to give nursing at least four to five business days' notice if you plan to take your loved one out. It is very important to notify us as to when and how long you will be taking them out, as we need to make sure we obtain the appropriate medication. Thank

you for your cooperation in this matter, and I wish you all a healthy, happy holiday season.

Moira Gutbrod, RN, DON





## December



Sleigh bells ring, the most wonderful time of the year

Gatherings and parties with those we hold so dear

Kids are all excited; they're waiting for you know who

Shopping, baking, decorating, oh so much we must do

Weather's very chilly was that a snowflake that I saw

Garland and wreaths are adorning every front door

A joyous time of year filled with wishes come true

December we love you and we're happy to see you



### Elegant Dining

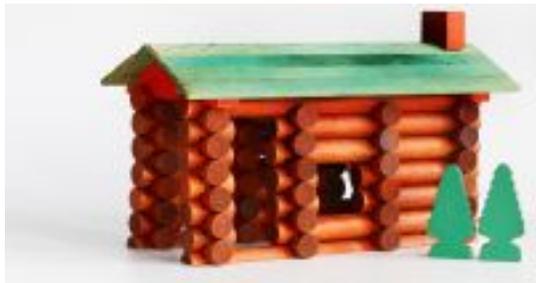
Dellridge held its annual Elegant Dining affair on Tuesday November 06, 2018. Residents and their guests dined on mixed salad greens in a Parmesan-crust bowl, either a braised pork chop or poached salmon with a horseradish sauce and dill sauce, sautéed green beans and oven brown potatoes. The grand finale was a delicious slice of Tiramisu. As always Russ Martone entertaining helped make the evening a great success.



### Museum of Natural History at Dellridge

The residents of Dellridge got to see, touch and hear about birds of the wild. Lisa Bresloff, who works at the Museum of Natural History in New York City, presented an informative program on the wild birds. She brought the stuffed birds from the museum and the residents were able to see them up close while Lisa explained a little bit about each bird. The residents found the program very interesting and really enjoyed it. Thank you so much, Lisa, for doing such a wonderful activity with our residents.





### The Legacy of Lincoln Logs

Invented over a century ago, Lincoln Logs are a classic symbol of childhood play and continue to delight youngsters today.

The toy construction set was created in 1916 by John Lloyd Wright, the son of celebrated architect Frank Lloyd Wright. The younger Wright, also an architect, was inspired by one of his father's building projects, a hotel in Japan that was constructed with interlocking timber beams.

To evoke the nostalgia of America's pioneer spirit, Wright is said to have named the toy after President Abraham Lincoln and his fabled boyhood log cabin. Lincoln Logs encouraged kids to create their own structures with miniature notched redwood logs.

Lincoln Logs were an instant success and continued to thrive during World War II, since the redwood used to make the original log pieces was not among the many materials that were rationed. In the 1950s, commercials for the toy aired during the frontier-themed TV shows "Davy Crockett" and "Pioneer Playhouse," further bolstering sales.

More than 100 million sets of Lincoln Logs have been sold since their invention.

### Wrapping It Up

With designs for every occasion, wrapping paper adds a festive, personal touch to a present. Using decorative paper to wrap gifts is a custom that was created by accident.

Cloth, newspaper or brown packaging paper was most commonly used to wrap presents before colored tissue paper became popular in the early 1900s.

During a busy holiday season in 1917, brothers Joyce and Rollie Hall ran out of tissue paper at their Kansas City, Mo., greeting card store. They scrambled to find a substitute and offered their customers sheets of colorful, patterned paper that was used to line envelopes. Selling at 10 cents a sheet, the paper was a hit and sold out.

Based on this demand, the Halls—whose store grew to become the Hallmark Cards company—started printing and selling their own decorative paper and promoting its use as gift wrap. Ribbons, bows and other embellishments soon followed, and people began dressing up presents in creative ways.

Wrapping paper often reflects current trends. In the 1960s, whimsical designs and bright colors were fashionable. Gift wrap with cartoon characters, sports teams and other pop culture icons debuted in recent decades. Gift bags were introduced in 1987 and are now the top-selling product for packaging presents.



### Wit & Wisdom

"Giving is not just about making a donation. It is about making a difference."  
—Kathy Calvin

"You get more joy out of the giving to others, and should put a good deal of thought into the happiness you are able to give."  
—Eleanor Roosevelt

"The purpose of life is to discover your gift. The work of life is to develop it. The meaning of life is to give your gift away."  
—David Viscott

"At the end of the day it's not about what you have or even what you've accomplished. ... It's about who you've lifted up, who you've made better. It's about what you've given back."  
—Denzel Washington

"Success is finding satisfaction in giving a little more than you take."  
—Christopher Reeve



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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