



*Dellridge Health
and Rehabilitation Center*

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

February 2019



Special Events for February

Tuesday, February 05, 2:00pm -
Celebrate Chinese New Year
W/Ray & Nancy

Thursday, February 14, 2:00pm -
Celebrate Valentine's Day
W/Russ Martone

Friday, February 22, 6:45pm -
Wine & Cheese Happy Hour
W/Candace G.



Protect Our Residents, Protect Our Staff

While your intentions may be good, please do not visit if you are sick. Last year, one of our residents had a visitor who, unfortunately, was sick. As a result, we had to close the dining room, limit activities and alter



Heart Health Month

In honor of American Heart Month

Dellridge will be hosting
Heart Healthy Wellness Forums
Friday, February 1

Wear Red for Women's Heart
Health Day

Heart Smart Diet Seminar

Presented By:

Allison La Rose, RD

11:00am - Atrium

&

Thursday, February 14

Love Your Heart Seminar

Presented By:

Cassandra Val, AGNP-C

11:00am - Atrium

I hope you will join us for these interesting and informative seminars.

Anne-Marie Gauntlett, LNHA



Seasonal ABCs

C is for Choosing the perfect pieces

H is for making your sweetheart Happy

O is for Opening the heart-shaped box

C is for the tasty Candy inside

O is for Offering to share

L is for saving some for Later

A is for Attempting to stay away

T is for Tasting just one more

E is for Eating every last morsell!



diets for those residents who became ill. Fortunately, no one had to be hospitalized.

Our residents and patients are the frail and elderly, or those recently compromised by surgery or a medical condition. Please do not put them in jeopardy or be offended if we ask you to leave because you appear to be ill. We

are trying our best to keep our residents from becoming ill, as well as our staff, as they are needed to care for your loved ones.

Stay Well or Stay Home
Moira Gutbrod, RN, DON





February



Chocolate and roses for your loved one so dear

Hats and mittens cold winter weather is here

Super Bowl Sunday who will win I haven't a clue

Long weekend Presidents Day we celebrate too

Skiing and skating and sleigh rides down the hill

Such Fun Winter activities oh what a thrill

A very short month with not so many days

February we love you in oh so many ways

The Dellridge Poets



Paramus H.S. Concert

The Christmas and Hanukkah season would not be the same without the beautiful music of Paramus High Schools Jazz band. Every year during the holidays as well as in the Spring Mr. Gizzy and his talented band bring their instruments and perform a beautiful concert for our residents. We can't thank them enough for taking time out of their busy schedules to bring us such happiness and joy.



Happy New Year

Johnny Jake stopped by Dellridge to help our Residents ring in the New Year on Monday, December 31, 2018. Johnny entertained by performing all of our favorite songs. Then he helped the residents countdown as the 2019 Ball dropped, sparkling cider corks popped and Auld Lang Syne played ringing in the New Year.





The Super Bowl of Car Racing

While much of the country is in the cold grip of winter, a speedway in Florida heats up this month for the "Super Bowl of stock car racing," the annual Daytona 500.

Since the early 1900s, automobile racing on beach courses had been popular in the Daytona Beach area. Bill France Sr. was a former driver and race promoter there who saw great potential in the sport and founded NASCAR, the National Association for Stock Car Racing, in 1948. He proposed and then oversaw construction of a permanent racetrack, Daytona International Speedway.

The first Daytona 500 was held Feb. 22, 1959. It was a close one, with officials taking three days to review photos of the finish before declaring Lee Petty the winner.

Today, the Daytona 500 is the first and most prestigious event of the NASCAR season. Drivers make 200 laps around the 2.5-mile course, racing a total of 500 miles. The winner earns a prize of more than \$1.5 million.

One of the most-watched sporting events, the race draws more than 100,000 fans to the speedway, and 20 million more tune in for the live TV broadcast.

Tea Traditions Around the World

Legend has it that tea was discovered in China nearly 5,000 years ago when a tea leaf fell into an emperor's cup of hot water. Since then, the world has enjoyed the beverage in endless ways.

India. Tea stalls here serve masala chai, a brew of black tea, milk, sugar and warm spices such as cardamom, ginger and cinnamon.

Morocco. Green tea steeped with mint and heavily sweetened with sugar is the traditional drink in this North African country.

Taiwan. Bubble tea was invented here in the 1980s. Made in many flavors, its base is cold tea, milk, a sweetener and a scoop of chewy tapioca balls, which give the drink its name.

Argentina. The tea of choice in this South American nation is *yerba mate*, an herbal tea served in a hollow gourd and sipped through a straining straw.

Tibet. Yak butter and salt are churned with black tea to make a creamy beverage that provides energy for those living in the high altitudes of the Himalayan mountains.

Hong Kong. This culture's popular "panty hose tea" is named after the stocking-shaped cloth that's used to filter black tea, which is then poured into condensed or evaporated milk.

Pakistan. People here sip a pink drink called noon chai, a mixture of tea that includes pistachios, almonds, spices and a pinch of baking soda.



Wit & Wisdom

"Use what talents you possess; the woods would be very silent if no birds sang there except those that sang best."
—Henry Van Dyke

"I would like to be remembered as someone who did the best she could with the talent she had."
—J.K. Rowling

"We are told that talent creates its own opportunities. But it sometimes seems that intense desire creates not only its own opportunities but its own talents."
—Eric Hoffer

"Above everything else I've done, I've always said I've had more guts than I've got talent."
—Dolly Parton

"It is the combination of reasonable talent and the ability to keep going in the face of defeat that leads to success."
—Martin Seligman



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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