



*Dellridge Health  
and Rehabilitation Center*

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

**January 2019**



**Special Events for January**

- Friday, January 11, 2:00pm - The Music Of Candace G. Brightens Up A Cold Winter's Day
- Monday, January 14, 2:00pm - Johnny Jake Performs
- Friday, January 25, 6:45pm - George Romano Performs For Wine & Cheese Happy Hour



**A Letter From  
the Administrator**

January reflections are, as we always say, a new start, a new beginning—a fresh perspective. In this time of hustle and bustle, so much time passing without acknowledgement, we take the opportunity to pause. Remembering our holidays past and with the spirit of a new year, make it different, inventive, purposeful and meaningful. Happy New Year to all!

Anne-Marie Gauntlett, LNHA



**Seasonal ABCs**

- R is for Ready for success
- E is for Erasing doubt
- S is for Steadfast commitment
- O is for Overcoming Obstacles
- L is for Limitless possibilities
- V is for Very determined
- E is for Excitement for the future



**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

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**







## January



Pop the Champagne, raise our glasses to cheer  
 May happiness and blessings fill our New Year

Weather is so chilly;  
 yes, I think it will snow  
 Sleigh rides and skating, a cup of hot cocoa

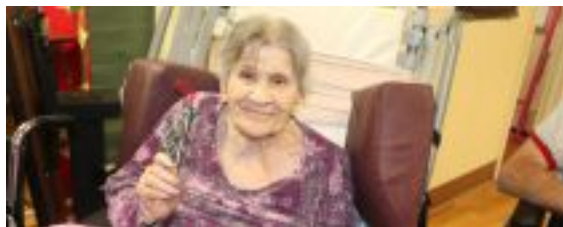
We look to the future as the year now is new

January, we are so very happy to see you  
 -----The Dellridge Poets



### Garfield Boy Scouts Visit

Once again, the Boy Scouts of Garfield made a visit to Dellridge for the holiday season. The Boy Scouts brought beautiful holiday ornaments that they had made for the residents. As they handed them out and greeted each resident, they sang some songs and spread some joy. Our heartfelt thanks to the Boy Scouts of Garfield.



### Quilting With Norma

The word quilt comes from the Latin *culcita* meaning a stuffed sack, but it came into the English language from the French word *cuilte*. The origins of quilting remain unknown, but historians do know that quilting, piecing, and appliqué were used for clothing and furnishings in diverse parts of the world in early times.

Norma Abate held a quilting seminar for the residents of Dellridge on Friday, November 30. Norma brought in some of the beautiful quilts she has made to display as she explained the art of quilting. The residents were able to see and feel the quilts while they listened to Norma outline the process. Thank you, Norma, for another wonderful presentation.







## Know Your Oats

Eating a bowl of oatmeal can be a comforting, heart-healthy breakfast. The different processing methods for this whole-grain food create a variety of oats to choose from.

*Steel-cut.* Whole oat kernels, called groats, are chopped into coarse pieces to make steel-cut oatmeal, also known as Irish oatmeal. This type is the least processed, so it takes up to 30 minutes to cook and has a chewy texture and slightly nutty flavor.

*Scottish.* Groats are stone-ground into small, fine pieces to make Scottish oatmeal, which is thick and creamy like porridge.

*Old-fashioned.* Also called rolled oats, these are the most commonly used in oatmeal and are made by steaming groats and flattening them between rollers into flakes. Old-fashioned oats are often used in baked goods, such as cookies and muffins.

*Quick.* These are another form of rolled oats, but are steamed longer and rolled thinner. They make a fast breakfast since their smooth, thin flakes cook in just one minute.

*Instant.* Usually sold in single-serve packets with added flavors such as brown sugar, cinnamon and various fruits for sweetness, the oats in instant oatmeal have a soft texture. They have been fully cooked during processing and then dehydrated.



## Wit & Wisdom

“Even though the future seems far away, it is actually beginning right now.”  
—Mattie Stepanek

“There will come a time when you believe everything is finished. That will be the beginning.”  
—Louis L’Amour

“Do not wait until the conditions are perfect to begin. Beginning makes the conditions perfect.”  
—Alan Cohen

“You will never win if you never begin.”  
—Helen Rowland

“Begin somewhere; you cannot build a reputation on what you intend to do.”  
—Liz Smith

“Nobody can go back and start a new beginning, but anyone can start today and make a new ending.”  
—Maria Robinson



## Word Search Success

A fun way to exercise the brain, expand one’s vocabulary or just pass the time, word searches are one of the most popular types of puzzles.

The earliest puzzle resembling a word search can be found in “Everybody’s Illustrated Book of Puzzles,” published in 1890 in London. Titled “Proverbs Within a Maze,” the puzzle featured a grid of letters, and readers were instructed to wind their way through the puzzle to find hidden sayings.

The American word search as we now know it first appeared in 1968, when Norman E. Gibat created a puzzle for a want-ad digest that he published for businesses in Norman, Okla. Calling it an “Oklahoma anagram,” he designed a grid of jumbled letters containing the names of 34 towns. The game was an instant hit, with readers demanding more and local teachers using it as a student activity.

Gibat’s puzzle design eventually spread across the country. Known by various names such as word find, word seek and search-a-word, word searches became a staple in newspapers, magazines, puzzle books and classrooms.





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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