



*Dellridge Health
and Rehabilitation Center*

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

June 2018



Special Events for June

Tuesday June 05, - 12:00pm

Barbeque W/Johnny Jake

Saturday June 16, 2:00pm -

Russ Martone Helps us Honor Dear Ol' Dad

Friday June 29, 6:45pm - Peter

Holmgren Performs At Wine & Cheese Happy Hour



Happy Nursing Assistants Month

June is National Nursing Assistants Month! This is an important event every year that takes place in June. We are so thankful to our Nursing Assistants. They perform a vast variety of duties, small and large. Not only can they provide assistance to a patient, but they also provide comfort, a shoulder, an ear, and a hand. They are an integral part of our organization, and without them, we would not be what we are—a five-star facility with excellent customer service

feedback and a reputation that is known throughout Bergen County. I am so proud of all our assistants and the professionalism they bring to Dellridge. I hope everyone knows how lucky we are to have a staff that shines above all others. They are truly gems and sparkle in our eyes.

Fondly,

Anne-Marie Gauntlett, LNHA



Family Council Meeting

Come to our Family Council Meeting

Thursday 06/21/2018

2:00pm

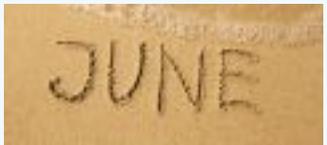
Library

Learn, contribute, find out, let us know what help we can use to make Dellridge the best it can be.

Agenda:
Safety Issues
Cultural Diversity in the Workplace
Improving Quality in Care Committee
Resident's Reach-Meeting each person's potential



June



Barbeques and parties to honor Dear Ol' Dad

Reminiscing of all the good times we have had

Kids are very happy their favorite time of year

No more pencils no more books vacation time is here

Days are getting hot it's time for a dip in the pool

Can't think of a better way of trying to keep cool

Such a happy season there's so much we can do

June you wonderful month we're so happy to see you

The Dellridge Poets



Fashion Show

The very talented students in the Paramus High School fashion class once again came to Dellridge to show off their beautiful creations. The students have been working on their projects throughout the school year and all of their hard work certainly paid off. They modeled everything from Summer linen dresses to cute cotton crop tops. Our residents really enjoyed the show. Thank you Ms. Lavin and all of your wonderful students.



Mother's Day

"All that I am or hope to be, I owe to my MOTHER."

....Abraham Lincoln

Residents and family members helped us honor Mom at Dellridges annual Mother's Day celebration. They enjoyed assorted desserts, the music of Candace G. and best of all spending time with all the special ladies they call Mom.





A Sweet Mission

One airman's kind gesture in the midst of the Cold War grew into a heartwarming military operation.

In June 1948, the Berlin Airlift began. For the next 15 months, as part of Operation Vittles, Allied forces flew in needed food and supplies to the Allied-occupied parts of Berlin, under siege after the Soviet Union blocked all road, rail and barge traffic into the areas.

Gail Halvorsen, a U.S. Army Air Corps pilot flying in cargo, stopped one day to talk to some German children who had gathered at the fence of Tempelhof Air Base. He offered them the two sticks of chewing gum he had in his pocket. Their delight in the treat gave him an idea. He asked his crew to donate their candy rations, and the next day, he dropped parcels filled with the sweets using handkerchiefs as parachutes.

Because he wiggled the wings of his plane as a signal to the kids below, Halvorsen became known as Uncle Wiggly Wings. After word of the candy bomber's goodwill spread, his commanders created Operation Little Vittles, and donations of candy poured in from America. By the end of the airlift, 23 tons of candy had been dropped.

Halvorsen received many awards for his generosity, which is still remembered today. There are numerous schools in Germany named for him.

Essential Exercise Types

Exercising regularly provides an abundance of health benefits, and varying activities is the key when it comes to physical fitness. Here are four types of exercise that experts say should be part of a well-rounded routine. Be sure to consult a doctor before starting a new exercise program.

Endurance. Also called cardiovascular or aerobic exercise, these activities target the heart, lungs and circulatory system by increasing your heart rate and breathing. Walking, dancing and swimming are examples of endurance exercises.

Strength. Muscle mass often declines with age, and strength training builds it back. This type of exercise makes you stronger, relieves joint pain and improves balance. Common forms of strength training include lifting weights, using resistance bands and doing arm curls and leg lifts.

Balance. Maintaining good balance is essential to preventing falls. Balance exercises often focus on the lower body. Tai chi, standing on one foot, and walking heel to toe in a straight line can improve balance.

Flexibility. Movements that stretch your muscles help you stay flexible and limber, making it easier to perform everyday activities, such as bending to tie your shoes. Stretching exercises and yoga improve flexibility.



Wit & Wisdom

"All you need is the plan, the road map, and the courage to press on to your destination."
—Earl Nightingale

"A great accomplishment shouldn't be the end of the road, just the starting point for the next leap forward."
—Harvey Mackay

"Throughout the centuries there were men who took first steps down new roads, armed with nothing but their own vision."
—Ayn Rand

"The road to enlightenment is long and difficult, and you should try not to forget snacks and magazines."
—Anne Lamott

"If you see 10 troubles coming down the road, you can be sure that nine will run into the ditch before they reach you."
—Calvin Coolidge



*Dellridge Health
and Rehabilitation Center*

532 N Farview Ave.
Paramus, NJ 07652

The Dellridge Team



Administrator-----Anne-Marie Gauntlet, LNHA
Nursing Director-----Moirra 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 Magboo
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-----Eleanor Toto
Maintenance Director-----Howard Chimento
Housekeeping Director-----Wayne Bullock