



*Dellridge Health
and Rehabilitation Center*

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

June 2019



Special Events for June

- Monday, June 03, 2:00pm - Johnny Jake Celebrates Summer
- Tuesday, June 11, 12:00pm - Hawaiian BBQ Lunch W/George Romano
- Sunday, June 16, 2:00pm - Father's Day Social On The Patio
- Friday, June 28, 2:00pm - Family Council meeting
- Friday, June 28, 6:45pm- Jeffrey Pierce 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
Friday 06/28/2019
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



Let's honor dear ol' Dad on his special day

Backyard barbeques that's his favorite way

Weather's getting hotter let's set up the pool

the sprinklers on the hose a great way to keep cool

Pack the picnic basket let's go to the park

We'll stay all day and catch fireflies in the dark

Kids are all excited for vacation time is near

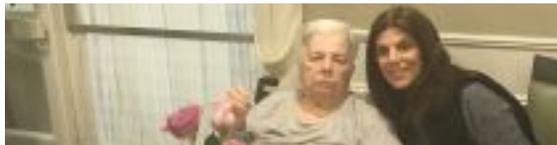
June you wonderful month we're so happy you're here.

The Dellridge Poets



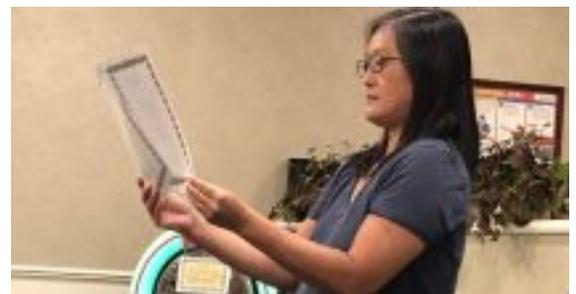
Mother's Day Celebration

Family and friends, the music of Russ Martone, and delicious pastries and cakes. What a great way to Celebrate "Mom." That's exactly what the residents of Dellridge did on Saturday May 11, as we held our annual Mother's Day Tea. A great time was had by all.



Flavian the Mind Reader

Flavian The Mentalist and Mind Reader performed at Dellridge's Wine & Cheese Happy Hour on Friday 05/03/2019. The residents and their family members were amazed at his talents. Flavian asked them to think of something and then was able to accurately tell them what they were thinking. Wow!



A Lot of Hoopla

In the late 1950s, a circular piece of plastic became the object of a fad that captivated the country. What was it? The Hula-Hoop!

The idea for it was not new. Since ancient times, people have used dried grapevines and reeds to construct hoops, which they twirled around their waists, rolled along the ground with sticks, and tossed to each other in games of catch. Native Americans used hoops to practice hunting skills and to perform storytelling dances.

Skip ahead to the 20th century, when gym classes in Australia had schoolchildren spinning bamboo hoops around their waists for exercise. That caught the attention of American toy company Wham-O, which then designed a brightly colored plastic version, priced at \$1.98. It called the toy the Hula-Hoop, using a name that had been around because of hooping's resemblance to the Hawaiian hula dance.

Wham-O passed out free hoops and gave playground demonstrations, sparking a Hula-Hoop craze in 1958. Kids and adults swiveled the hoops on their hips, necks and limbs. In just four months, 25 million Hula-Hoops were sold.

Many people still hula-hoop for fun and exercise, and classes and competitions are held all over the world. The Hula-Hoop was inducted into the National Toy Hall of Fame in 1999.

Foods That Help Protect Your Skin

Along with using sunscreen, research suggests that what you eat can also play a role in preventing sun damage. Include these foods in your diet for a dose of added protection.

Watermelon and tomatoes. The red color of these fruits comes from lycopene, an antioxidant that promotes healthy skin and can shield against the sun's harmful ultraviolet rays. Cooked tomatoes offer the most lycopene.

Cantaloupe and carrots. These orange fruits and vegetables have high levels of beta carotene, which may help boost the skin's ability to defend against sunburn.

Vitamin C-rich foods. Peppers, papaya, kiwifruit, broccoli, strawberries and oranges are packed with vitamin C, good for fighting free radicals. Exposure to the sun's radiation can cause these molecules to form and damage cells in the body.

Salmon and tuna. Fish rich in omega-3 fatty acids have been shown to guard against sunburn and skin changes that can lead to cancer. Mackerel and sardines are also good sources of omega-3s.

Dark chocolate. Studies show that the antioxidants in dark chocolate can help fight sun damage and improve skin hydration. Look for chocolate containing at least 70% cacao.

Green tea. Two cups of green tea a day provide compounds that act as a natural defense against the sun's rays.



Wit & Wisdom

"There are no rules of architecture for a castle in the clouds."
—G.K. Chesterton

"How sweet to be a cloud, floating in the blue!"
—A.A. Milne

"Let's build us a happy little cloud that floats around the sky."
—Bob Ross

"You must not blame me if I do talk to the clouds."
—Henry David Thoreau

"Human minds are more full of mysteries than any written book and more changeable than the cloud shapes in the air."
—Louisa May Alcott

"The seasons do not push one another; neither do clouds race the wind across the sky. All things happen in their own good time."
—Dan Millman



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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-B Supervisor-----Tracy Nicklus, LPN
Receptionist/Front Desk-----Verde Aydin
Maintenance Director-----Howard Chimento
Housekeeping Director-----Wayne Bullock