



*Dellridge Health  
and Rehabilitation Center*

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

## March 2019



### Special Events for March

Tuesday, March 05, 2:30pm -  
Mardi Gras Party

Saturday, March 09, 2:00pm -  
Candace G. Performs

Friday, March 15 - St. Patrick's  
Day Celebration W/Johnny Jake

Friday, March 22, 6:45pm -  
Wine & Cheese Happy Hour  
W/Rhonda



### A Letter From the Administrator

My favorite time of year!  
Shamrocks surround us; do a little  
jig and have a lot of corned beef  
and cabbage! But most of all, it  
starts getting nicer out—and  
lighter as well.

Soon we will be able to sit and  
converse outside once again,  
and those winter blues will be  
behind us. We have started an  
online newsletter with helpful tips  
and thoughts which you can  
peruse on our website. It's just  
another way for us to stay in  
touch with one another to ensure  
you are kept up-to-date on our  
developments and plans. Stay  
tuned—we have a lot going on  
at Dellridge!

Anne-Marie Gauntlett, LNHA



### Leprechaun Lore

The Irish fairy known as a  
leprechaun is a familiar figure  
during St. Patrick's Day  
celebrations. Here's more about  
this wee little man:

- Leprechauns are shoemakers, and legends say they can be detected by the tap-tap-tapping of a tiny cobbler's hammer.
- Nowadays leprechauns are said to always wear green, but early tales have them dressed in red.
- If a leprechaun is caught, he will offer three wishes in exchange for his freedom.

## Health & Wellness

If you plan to take your loved one out for the spring holidays, 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. Also remember that we are in the midst of the flu season, and our residents are extremely frail and

lack the ability to fight off infections, even the common cold, so we ask that if you are not feeling well, please do not visit. Thank you for your cooperation in this matter.

Moira Gutbrod, RN, DON





## March



The wearing of the green I hear bagpipes drawing near

Parades and celebrations for St. Patrick's Day is here

Weather sure is changing it's so different every day

It's Mardi Gras time Lent begins Easter's on its way

So much to look forward to this time of year does bring

Soon the flowers will begin to bloom and the birds will sing

Such a happy month Oh March we hold you dear

Because when we see you we know Spring is here

---The Dellridge Poets



## Chinese New Year

Chinese New Year is the most important of Chinese holidays. This year Chinese New Year began on February 05, coinciding with the new moon. The year 2019 is the year of the Pig in the Chinese zodiac. In honor of the occasion, Dellridge held its annual Chinese New Year celebration on Tuesday, 02/05. Our residents experienced the sights and sounds of China as they dined on a traditional Chinese cuisine lunch. Ray & Nancy joined the celebration by putting on a wonderful musical presentation.



## Love Your Heart

In honor of Heart Health Month, Cassandra Val, AGNP-C, held a Love Your Heart Wellness Forum for the residents of Dellridge. Cassandra explained how the heart works and how to keep your heart healthy. She discussed heart healthy diets and the importance of keeping active. At the end of the forum Cassandra asked the residents some questions and those who answered, to their delight, were presented with a beautiful rose and chocolate candy. Thanks to Cassandra for such an interesting and informative seminar.





## Pigs in Pop Culture

Intelligent, cute and pleasantly pink, pigs are beloved barnyard animals. Go hog wild with this roster of popular oinkers:

*Porky Pig.* Sporting a suit jacket and bow tie, this animated star with a sweet stutter and shy demeanor was created in 1935. Porky closes nearly every Looney Tunes cartoon with his signature line, "That's all, folks!"

*Piglet.* He's Winnie-the-Pooh's best friend in author A.A. Milne's classic series. Despite his small size and fearful personality, Piglet always musters the courage to help Pooh and the gang from the Hundred Acre Wood.

*Miss Piggy.* This diva hams it up on "The Muppet Show" stage, never missing an opportunity to showcase her beauty, vocal chops, karate skills and devoted affection for Kermit the Frog.

*Wilbur.* Since his debut in E.B. White's 1952 book "Charlotte's Web," Wilbur has captured the hearts of readers of all ages. Among his many fans is the spider Charlotte, whose plan to save Wilbur's bacon is the focus of the classic tale.

*Babe.* After he's won by a farmer at a county fair, this polite and clever piglet is adopted by a border collie and learns to herd sheep. Based on Dick King-Smith's 1983 tale, the 1995 movie "Babe" was a surprise hit.

*Olivia.* In her picture book debut in 2000, this spunky little pig in the red dress was introduced by author Ian Falconer with a simple description: "She is good at lots of things." Olivia's curious nature appeals to children worldwide.



## Wit & Wisdom

"No winter lasts forever; no spring skips its turn."  
—Hal Borland

"Spring, when the Earth tilts closer to the sun, runs a strict timetable of flowers."  
—Alice Oswald

"In winter, I plot and plan. In spring, I move."  
—Henry Rollins

"One swallow does not make a summer, but one skein of geese, cleaving the murk of March thaw, is the spring."  
—Aldo Leopold

"Despite the forecast, live like it's spring."  
—Lilly Pulitzer

"With the coming of spring, I am calm again."  
—Gustav Mahler

"Springtime is the land awakening. The March winds are the morning yawn."  
—Lewis Grizzard



## Aim to Be Welllderly

With today's seniors living longer, there's a determined focus on vibrant, healthy aging. Welllderly Week, the third week in March, encourages seniors to embrace growing older.

What does it mean to be "welllderly"? The term refers to older adults who focus on health span rather than life span, seeking optimal wellness for as long as possible. They take proactive steps to lead fulfilling, engaged lives without fixating on their age. Thriving, not just living, is the goal.

A number of lifestyle choices contribute to being welllderly. Regular physical activity is key, and it can be as simple as stretching, walking and gardening. A healthy, balanced diet fights illness and helps the body function at its best. Staying socially and mentally engaged are crucial to emotional well-being, as is maintaining a strong sense of purpose. Gratitude, humor and joy are also traits of the welllderly.

A good balance of optimism and realism is also important for healthy aging. Growing older is a part of life, but those who strive to nourish their body and mind can truly be welllderly.



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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