



*Dellridge Health
and Rehabilitation Center*

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

October 2018



Special Events for October

- Monday, October 01, 1:30pm - Book & Needle Singers Perform
- Monday, October 08, 2:00pm - Celebrate Columbus Day W/ Russ Martone
- Friday, October 19, 6:45pm - Wine & Cheese Happy Hour W/ Allan Speers
- Wednesday, October 31, 1:30pm - Halloween Party W/ Johnny Jake



A Letter From the Administrator

October is upon us and our main fundraising efforts turn to the Alzheimer's Association, for which we raise money every year at this time.

JOIN US on Sunday, Oct. 28 to walk toward an end to this awful disease. With the help of the Alzheimer's Association, we can help to find a cure for this progressive disease as well as bring awareness and support to others who are affected by Alzheimer's.

Won't you plan to donate just

a dollar to our Forget-Me-Not fundraiser in the Front Lobby of Dellridge, which will be given to the organization dollar for dollar and will help support our efforts? Even better, come walk with us on this eventful day: Sunday, Oct. 28! More information can be obtained by either calling us directly at (201) 265-5600 x350 or from the information display located in the Front Lobby at Dellridge.

Anne-Marie Gauntlet, LNHA



"In the entire circle of the year there are no days so delightful as those of a fine October. "

—Alexander Smith

Health & Wellness

Our flu vaccine will be available to residents and staff in the upcoming weeks. Residents who have allergies that preclude

administration will not receive the vaccine.

In addition, those residents who are currently on antibiotics will be given the flu shot at a later date. Should you have any questions or concerns, please feel free to contact the nursing staff.

Moira Gutbrod, RN
Director of Nursing



October



Pumpkin is the flavor and there's a chill in the air

Fresh picked apples baking smell them everywhere

Witches and Goblins are seen on all the streets

Children are waiting to go collect their sweets

There's costumes to sew, oh what will we wear

Let's carve a jack o'Lantern hope it gives a scare

A delightful month filled with tricks and treats and more

October we're so happy you're here you're worth waiting for

-The Dellridge Poets



Friends & Family Barbeque

Barbeque season came to an end at Dellridge with our annual Friends & Family event. Residents, family members and graduates of Dellridge's rehab program joined us for a Luau themed party. Extreme temperatures kept us indoors, but barbeque was still on the menu. George Romano strummed his guitar and sang hits from the '60s and '70s. Delicious food, great music, and the company of friends & family, all helped to make it a wonderful celebration.



Music Therapy

Music Therapy provides opportunities for memory recall and positive changes in mood and emotional states. Some residents who have lost the ability to speak have been known to hum along with songs. Music has been shown to reduce anxiety and stress while increasing relaxation. Music therapy also helps to increase social activity, and encourage movement as residents clap and tap their feet to the music.

Jessica Perl, BS, MT-BC, has been providing music therapy to the residents of Dellridge for many years. Twice a month on Wednesday evenings you will hear Jessica's guitar and see the smiling faces of residents as they reminisce and sing along to all of their favorite songs.





Sweets in Military Service

Providing energy, calories and a little taste of home, candy served America's fighting forces during World War II. Sample some of the treats included in troops' field rations:

Chocolate bars. The military knew that chocolate could provide soldiers with needed calories in an emergency, but melting was a problem. The Hershey Chocolate Co. solved the problem by producing special 4-ounce ration bars, which had a high melting point, but were hard, dense and bitter.

M&M's. After the U.S. entered the war, the chocolate candy with a hard sugar shell was made exclusively for the military since it was heat-resistant in tropical weather and its original cardboard tube package was easy to carry. After the war, GIs were hooked on the tiny treats.

Tootsie Rolls. These hearty, chewy, chocolate-flavored candies could withstand a variety of climates, so the military put them on the front lines with American troops.

Life Savers. Ads from the era explained that "some soldier, sailor or Marine is enjoying it somewhere," and that rolls of the hard "candy with the hole" could be hard to come by. More than 20 million boxes of Life Savers were supplied to the military. Other candymakers donated their sugar rations to keep the sweet in production.

Chewing gum. Ration kits also included gum to help quench thirst and release tension. Soldiers chewed tablet and stick varieties from brands such as Wrigley's, Dentyne and Chiclets.



Wit & Wisdom

"The game of life is a lot like football. You have to tackle your problems, block your fears, and score your points when you get the opportunities."

—Lewis Grizzard

"My favorite memories were with my dad, throwing a football around when he came home from work. As long as kids are having fun, that's the biggest deal at the end of the day."

—Andrew Luck

"Football is unconditional love."

—Tom Brady

"Football teaches you hard work. It takes a lot of unspectacular preparation to have spectacular results in both business and football."

—Roger Staubach

"I want little girls to grow up knowing they can do anything, even play football."

—Jen Welter



Preserving the Redwoods

Northern California's coast is home to the world's tallest trees, the towering redwoods. To protect these majestic wonders, Redwood National Park was dedicated Oct. 2, 1968.

Author John Steinbeck called the redwoods "ambassadors from another time." They flourished in the region for millions of years until they began to be logged as Americans settled the West in the 1800s. Local efforts to save the redwood groves from being axed started in the early 1900s and led to the creation of three state parks. By the time the federal government purchased the bordering forests to create Redwood National Park, 90 percent of the giant trees had been cut down.

Spanning nearly 132,000 acres, the park contains prairies, woodlands, rivers and nearly 40 miles of Pacific coastline, but the stunning redwoods are its star attraction. The area's mild temperatures, abundant rainfall and rich soil contribute to the trees' massive heights of 300 feet or more. Many of the redwoods are 500 to 700 years old.

The park is home to diverse species of animals, including elk, black bears, bald eagles, coyotes and mountain lions.



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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 Director-----Jeff Boccia, MSW
Social Worker-----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