



555 Chestnut Ridge Road
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WOODCLIFF LAKE
HEALTH & REHABILITATION CENTER

July 2018

Administrator:

Yaron Engelstein

Medical Director:

Joseph Kasper

DON:

Myra Sanchez

ADON:

Gloria Barreiro

Nurse Practitioner:

Keri Pippo

Nursing Unit Managers:

Rosalita Roasol (2nd Floor)

Ellen Gomomit (3rd Floor)

Director of Rehabilitation:

Lauren Hegyi

Social Services:

Victoria Woods

Stephanie Kasner

Admissions:

Alexandra Smolarova

Celeste Li

Director of Recreation:

Komal Patel

Director of Housekeeping:

Doug Simpson

Director of Dietary:

Mhel Magboo



RUBY

Thank you, Ruby, for visiting us and putting a smile on all of our faces. You showed us some great tricks, and we look forward to your next visit!



America's Favorite Flavors

Scooped in a dish, on a cone or in a sundae, ice cream is often a crowd-pleaser no matter how it's served or topped. According to a survey of ice cream retailers across the U.S., the top-selling flavors of this cool and creamy treat are vanilla, chocolate, cookies and cream, mint chocolate chip and chocolate chip cookie dough.

A Cool Tip

To cool off in the summer heat, grasp a cold water bottle. Chilling your palms helps circulate the blood and lower your body's core temperature.

Brainteaser

Question: I'm a house with two boarders, sometimes one, but on rare occasions three. Break my walls, eat my boarders, then throw away the rest of me. What am I?

Answer: An in-shell peanut.

All-Stars on Deck

For the first time in nearly 50 years, the star players from the MLB's American and National leagues will compete in the nation's capital when Washington, D.C., hosts the 2018 All-Star Game. The annual Midsummer Classic is set for July 17 at Nationals Park.

July Events Highlights

On Tuesdays, we feature live musical entertainment in the main dining room at 2:30 PM. Every Friday, we have pet therapy in resident rooms and common areas. On Saturday mornings at 9:30 AM, we have an art class in the main dining room.

"Ya We All Shine on, Like the Moon, and the Stars, and the Sun" ~John Lennon



Health & Wellness

Trivia Whiz

The Extraordinary Eagle

Chosen for its majestic appearance and representation of freedom, the bald eagle has been the national symbol of the United States since 1782.

Adult bald eagles have bright white plumage on their heads that contrasts with their dark body feathers, creating their "bald" appearance.

The bald eagle lives only in North America, with nesting sites in Canada, the U.S. and northern Mexico.

While hunting prey, eagles can dive as fast as 100 mph. In normal flight, they travel about 30 mph.

Female bald eagles are slightly bigger than males and can be 3 feet tall with a wingspan up to 8 feet.

Their enormous nests, called aeries, are 5 to 6 feet in diameter and 2 to 4 feet deep.



Healthy Eating-Fruit Smoothies!

We had a healthy eating group and made fruit smoothies for a refreshing afternoon snack. We used all of our favorite fruits including bananas, strawberries and blueberries! We look forward to celebrating the upcoming summer months, including many more healthy eating groups!

Best Berry

Raspberries are one of the best berries for a healthy heart. Rich in antioxidants called polyphenols, they also are loaded with vitamin C and fiber, which can help reduce the risk of stroke. Raspberries are in season starting in late May, so now is the perfect time to enjoy this tasty fruit.



An American Symbol

With his white hair, beard and patriotic top hat and tailcoat, Uncle Sam is an iconic symbol of America.

The character is linked to New York meat packer Samuel Wilson, a well-liked businessman nicknamed Uncle Sam. During the War of 1812, he supplied barrels of beef to the U.S. Army. When soldiers saw "U.S." stamped on his barrels, indicating United States property, they assumed the letters stood for Uncle Sam, and

the name became synonymous with the U.S. government.

Political cartoonist Thomas Nast popularized the image of Uncle Sam in the 1870s, drawing him with chin whiskers and a suit adorned with stars and stripes. In 1916, artist James Montgomery Flagg created the most well-known portrait of the national symbol. A stern-faced Uncle Sam, his finger pointing at the reader, first appeared on a magazine cover. The next year, the image was used with the caption "I Want You for U.S. Army" on World War I recruitment posters. More than 4 million copies of the poster were printed. Versions of Flagg's Uncle Sam were also used during World War II.

In 1961, Congress passed a resolution recognizing Samuel Wilson as Uncle Sam's namesake.

Home & Garden



Woodcliff Lake planting project



Mr. & Mrs. Glotzbier's 59th Wedding Anniversary!

We had a great time celebrating the 59th Wedding Anniversary of Mr. & Mrs. Glotzbier with family and friends! We had a beautiful ceremony, where the happy couple renewed their wedding vows. The ceremony was followed by a reception with fun music and great company.



Wit & Wisdom

"Hope is like the sun, which, as we journey toward it, casts the shadow of our burden behind us."
—Samuel Smiles

"How glorious a greeting the sun gives the mountains!"
—John Muir

"The sun lay like a friendly arm across her shoulder."
—Marjorie Kinnan Rawlings

"Far away in the sunshine are my highest aspirations. I may not reach them, but I can look up and see their beauty, believe in them, and try to follow where they lead."
—Louisa May Alcott

"Remember even though the outside world might be raining, if you keep on smiling the sun will soon show its face and smile back at you."
—Anna Lee

July 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1	2	3	Independence Day Entertainment With Peter in the Main Dining Room at 2:30PM	4	5 Catholic Mass in the Main Dining Room at 2:00PM Pet Therapy in the Main Dining Room at 2:30PM	6 Shabbat Service in the 2nd Floor Short Hall Dining Room at 10:30AM	7
8	9	10 Entertainment With Mary Taylor in the Main Dining Room at 2:30PM	11	12 Rosary Service in the Main Dining Room at 2:00PM	13 	14	
15	16 	17 Entertainment With Danielle Varga in the Main Dining Room at 2:30PM	18	19 Rosary Service in the Main Dining Room at 2:00PM	20 Shabbat Service in the 2nd Floor Short Hall Dining Room at 10:30AM	21	
22	23	24 Entertainment With Lisa A. In the Main Dining Room at 2:30PM	25 Caribbean BBQ With Family At 12PM	26 Rosary Service in the Main Dining Room at 2:00PM	27 Shabbat Service in the 2nd Floor Short Hall Dining Room at 10:30AM	28	
29	30	31	JULY				

“This Month In History”

JULY

1904: The ice cream cone debuts at the World’s Fair in St. Louis.

1913: Alfred Carlton Gilbert is granted a patent for the Erector Set. His invention became one of the most popular toys of all time.

1922: A new sport is invented on a lake in Minnesota when 18-year-old Ralph Samuelson skis on water using two planks of wood.

1930: Congress creates the Veterans Administration.

1946: The new flag of the Philippines is raised over Manila after the U.S. grants the Asian nation full independence.

1957: John Glenn, then a major in the U.S. Marines, sets a new transcontinental speed record, flying a jet from California to New York in 3 hours, 23 minutes.

1963: To help speed up mail delivery, the Postal Service begins implementing the ZIP code system.

1976: Bicentennial celebrations are held all over the U.S. to celebrate the 200th anniversary of the signing of the Declaration of Independence.

1981: President Ronald Reagan announces he will nominate Sandra Day O’Connor to be the new associate justice of the U.S. Supreme Court. She was the first woman to serve on the court.

1999: The U.S. women’s soccer team wins the World Cup, defeating China in front of a record crowd at the Rose Bowl in California.

2005: NASA’s space probe Deep Impact slams into a comet as part of a mission to learn more about the solar system.

2015: Star ballerina Misty Copeland becomes the first African-American principal dancer of the prestigious American Ballet Theatre.