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**WOODCLIFF LAKE**  
HEALTH & REHABILITATION CENTER

## August 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



## Out & About



### Ridgewood Duck Pond

We had a great time at our outing last month to Ridgewood Duck Pond! We brought a picnic lunch and enjoyed the afternoon with great company. We look forward to our next outing!



### Fair Fun

Across the country, summertime fun may include a trip to a state fair. You'll find America's largest in Dallas, where the Texas State Fair draws more than 3 million people every year. The title of the nation's first goes to the Great New York State Fair, held annually in Syracuse since 1841.

### Sole Support

If your favorite pair of shoes lacks proper arch support, it can lead to pain in your feet, knees and back. Doctors say you can add support to your footwear with over-the-counter orthopedic inserts or insoles.

### Life Is Like a Box of Crayons

"We could learn a lot from crayons; some are sharp, some are pretty, some are dull, while others bright, some have weird names, but they all have learned to live together in the same box."  
—Robert Fulghum

### Frozen Custard Capital

You'll find more frozen custard in Milwaukee than anyplace else on the planet. Although the cool, creamy treat was invented on New York's Coney Island in 1919, the Wisconsin city now has the highest concentration of frozen custard shops in the world.

### August 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**



## Trivia Whiz

### Tenpin Tidbits

A popular pastime all year long, the sport of bowling is recognized every August on the second Saturday of the month, National Bowling Day.

The sport may have been around as early as 3200 B.C., as evidenced by Egyptian artifacts.

Bowling balls can weigh 10 to 16 pounds, and have two or three finger holes.

Regulation bowling pins are 15 inches tall and made of hard maple wood.

In the game's triangular setup of 10 pins, the pin that stands in the center is known as the kingpin.

Bowling three strikes in a row is called a "turkey."

In 1947, bowling lanes were built inside the White House as a birthday present for President Harry S. Truman.

### Refreshing Watermelon

Sweet and juicy, watermelon is a taste of summer. The refreshing snack is 92 percent water, so it can quench your thirst and cool you off when the temperature soars.

Watermelon is usually considered a fruit, but it has some properties of a vegetable. It is a member of the gourd family and related to cucumbers, squash and pumpkins. Therefore, some say it can be classified as both a fruit and a vegetable.

What is not debatable is the nutrition packed into watermelon. Its ripe red color comes from high levels of lycopene, an antioxidant that has been linked to a decreased risk of heart disease and cancer, and may protect the skin from sun damage. Watermelon is also a good source of potassium and vitamins A, B-6 and C.

More than 1,200 varieties of watermelon are grown worldwide. While most types have a deep green

rind and red or pink flesh, some varieties have an orange, yellow or white interior. Usually sliced into wedges or cubed, watermelon can also be served up in salads and blended into juices or smoothies. Every part of the melon can be eaten, even the rind and seeds.



### Surf-Inspired Sounds

In the early '60s, American pop music was all about the sun, sand and surfing the waves. Cruise through your surf music memories by remembering these epic acts:

*The Beach Boys.* With classics such as "Surfin' Safari," "Surfer Girl" and "Surfin' U.S.A.," this still-beloved group defined the vocal surf music genre with its songs about cool cars, California

girls and sunny vibes.

*Jan and Dean.* Often collaborating with the Beach Boys, this duo performed the same style of tight harmonies and falsetto vocals, heard in the hits "Surf City" and "The Little Old Lady From Pasadena."

*Dick Dale and the Del-Tones.* Called "King of the Surf Guitar," Dale is considered the pioneer of instrumental surf music. His style of playing the electric guitar produced a sound that mimicked crashing waves. The group appeared in the 1963 film "Beach Party" and is known for the tunes "Let's Go Trippin'" and "Misirlou."

*The Surfaris.* In 1962, a group of California teens recorded one of the best-known instrumental tracks of all time, "Wipe Out," featuring a memorable guitar riff and drum solo.



# Arts and Crafts



# Thank You



## Happy CNA Week!!!

We would like to thank you for your continued dedication and loyalty to our residents! Happy CNA Week!

# WOW!



## Wit & Wisdom

“Watch a child play, and you will see real power. They are fearless.”  
—Gray Scott

“Play keeps us vital and alive. It gives us an enthusiasm for life that is irreplaceable. Without it, life just doesn’t taste good.”  
—Lucia Capacchione

“It is a happy talent to know how to play.”  
—Ralph Waldo Emerson

“We are never more fully alive, more completely ourselves, or more deeply engrossed in anything than when we are playing.”  
—Charles Schaefer

“Play is our brain’s favorite way of learning.”  
—Diane Ackerman

“The supreme accomplishment is to blur the line between work and play.”  
—Arnold J. Toynbee

## August 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday				
August			1	Catholic Mass in the Main Dining Room at 2:00PM Pet Therapy in the Main Dining Room at 2:30PM	2	3	Shabbat Service in the 2nd Floor Short Hall Dining Room at 10:30AM	4		
5	6	7	Beach Party With Mary Taylor in the Main Dining Room at 2:30PM	8	9	10	Shabbat Service in the 2nd Floor Short Hall Dining Room at 10:30AM	11		
12	13	14	Entertainment With Deb Delucca in the Main Dining Room at 2:30PM	15	16	17	Shabbat Service in the 2nd Floor Short Hall Dining Room at 10:30AM	18		
19	20	21		Entertainment With Mike Gintella in the Main Dining Room at 2:30PM	22	23	Catholic Service in the Main Dining Room at 2:00PM	24	25	Shabbat Service in the 2nd Floor Short Hall Dining Room at 10:30AM
26	27	28	29	30	Catholic Service in the Main Dining Room at 2:00PM	31	Shabbat Service in the 2nd Floor Short Hall Dining Room at 10:30AM			

## “This Month In History”

### AUGUST

**1909:** The U.S. military enters the aviation age when the Army purchases its first airplane, the Wright Military Flyer, built by the Wright brothers.

**1910:** Chicago engineer Alva J. Fisher receives a patent for his electric motor-powered washing machine. The washer was sold under the brand name Thor.

**1939:** Business tycoon and pilot Howard Hughes receives the

Congressional Gold Medal for “advancing the science of aviation.”

**1942:** The Battle of Guadalcanal begins. It was the first major Allied offensive in the Pacific during World War II.

**1957:** With teens dancing to the day’s hit music, “American Bandstand,” hosted by Dick Clark, starts broadcasting nationwide.

**1962:** Spider-Man makes his debut in the comic book “Amazing Fantasy” issue No. 15, published by Marvel Comics.

**1970:** Introduced by Neil Diamond at a club in Hollywood, singer Elton John performs his first show in the U.S.

**1981:** The IBM Personal Computer goes on sale with a price tag of \$1,565.

**1993:** Parisian officials welcome the 150 millionth visitor to the Eiffel Tower since it opened in 1889.

**2001:** Astronomers announce the discovery of the first solar system outside our own when they identify two planets orbiting a star in the Big Dipper constellation.

**2008:** China’s capital city of Beijing hosts the Summer Olympic Games.

**2017:** In a rare coast-to-coast total solar eclipse, the moon’s shadow sweeps across 14 U.S. states.