



555 Chestnut Ridge Road  
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(201) 391-0900

April 2019

WOODCLIFF LAKE  
HEALTH & REHABILITATION CENTER

**Administrator:**

Yael Herman

**Medical Director:**

Joseph Kasper

**DON:**

Bernadette Albinson

**Nurse Practitioner:**

Keri Pippo

**Nursing Unit Manager:**

Rosalita Roasol (2nd Floor)

**Director of Rehabilitation:**

Lauren Hegyi

**Social Services:**

Victoria Woods

Stephanie Kasner

**Admissions:**

Alexandra Smolarova

Celeste Li

**Director of Recreation:**

Komal Thottukadavil

**Director of Housekeeping:**

Doug Simpson

**Director of Dietary:**

Mhel Magboo



**Happy Administrators Week!!!**

On behalf of the residents and staff at Woodcliff Lake Health and Rehab, we would like to wish you a Happy Administrators Week! We appreciate all that you do for us every day.



**Feathering Their Nests**

Constructing a cozy nest for their eggs is a springtime rite that many birds are now undertaking. The most common type is the classic cup-shaped nest. Experts say birds take several days to gather and skillfully weave together twigs, grass, cobwebs, mud and other materials they find to build these intricate structures.

**Positive Thought**

“You are perfectly cast in your life. I can’t imagine anyone but you in the role. Go play.”  
—Lin-Manuel Miranda

**Going ‘Four’ It**

This year, the season’s top teams in college hoops will face off in Minneapolis. The Final Four NCAA Division I men’s basketball semifinals will be played April 6, and the championship game on April 8.

**Winter Wardrobe Storage Tip**

When hanging up your winter coat for the season, protect it with a garment bag fashioned from a pillowcase. Cut a small slit in the center of the sewn end of a clean pillowcase. Slip the hanger through the hole and pull the case down over your coat.

**Event 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.

**“Yeah We All Shine on, Like the Moon, and the Stars, and the Sun” ~ John Lennon**



## Trivia Whiz

### Right as Rain

Don't let April showers dampen your enthusiasm to learn all about rain!

Each minute, 1 billion tons of rain falls on the Earth.

Nimbostratus and cumulonimbus are the two most common types of rain clouds.

Falling at an average speed of 14 mph and from an average cloud height of 2,500 feet, a raindrop takes about two minutes to hit the ground.

Grass looks greener after a shower because rain contains nitrogen, which is a natural fertilizer.

Scientists have studied fossilized raindrop imprints in 2.7 billion-year-old rock formed from volcanic ash.

In hot, dry regions, rain sometimes evaporates before it hits the ground. The scientific term for this is virga, but it is also commonly called "phantom rain."

# Employee Spotlight



**Employee Anniversary Party 2019!!!**



We made some delicious matzo ball soup! It smelled great and warmed us up. We talked about our own favorite soup recipes to try next time.

## Featured Photo





### Crunchy Carrots

Famous for their crunch and their bright orange color, carrots are one of the most popular produce picks.

Wild carrots grew in Asia at least 3,000 years ago, but they weren't the vegetable we know today. In hues of purple, green, yellow and white, they were tough and bitter, and used mainly for medicinal purposes. Edible orange carrots are thought to have been developed by the Dutch in the 1600s. European settlers brought carrot seeds to Colonial America for cultivating.

Carrots are a root vegetable, and because they grow underground, they absorb nutrients from the soil. Along with fiber and vitamin C, carrots are packed with beta carotene, an antioxidant that the body converts into vitamin A, needed for healthy eyes, skin and immunity. The natural sugar content in carrots provides a subtle sweet flavor to dishes, even desserts such as carrot cake.

Although carrots come in many colors and sizes, baby-cut carrots make up nearly 70 percent of carrot sales. Developed in 1986, these snack staples are simply full-grown carrots that have been cut and peeled into 2-inch pieces.

### Hit Ideas at the Ballpark

With baseball season in full swing, touch base with this look at some ballpark traditions.

*Presidential pitches.* It was 1892 when Benjamin Harrison became the first U.S. president to attend an MLB game. But in 1910, William H. Taft started the custom of sitting presidents throwing out a ceremonial first pitch.

*Concession stands.* Chicago's Wrigley Field, home of the Cubs, is the birthplace of permanent concession stands, which started in 1914 with a single kiosk that offered hot dogs, peanuts and popcorn.

*Numbered uniforms.* Dating back to 1916, teams had struck out with wearing small numbers on their uniform sleeves. Then in 1929, the New York Yankees had more visible 12-inch numbers sewn onto the backs of players' jerseys so fans could identify them. Other MLB teams followed their lead.

*Organ music.* The first chords of live organ music to be played at an MLB ballpark sounded out at Wrigley Field in April 1941.

*Night games.* On May 24, 1935, the lights were turned on for big league baseball's first night game, held at Crosley Field, then home of the Cincinnati Reds.

*Foul balls.* The owner of the Chicago Cubs, Charlie Weeghman, was the first team owner to allow fans to keep foul balls hit into the stands, starting in 1915. Most ballparks had ushers retrieve the balls so they could be put back into play.



### Wit & Wisdom

"Humor is such a wonderful thing, helping you realize what a fool you are but how beautiful that is at the same time."  
—Lynda Barry

"I realize that humor isn't for everyone. It's only for people who want to have fun, enjoy life, and feel alive."  
—Anne Wilson Schaef

"A person without a sense of humor is like a wagon without springs. It's jolted by every pebble on the road."  
—Henry Ward Beecher

"Like a welcome summer rain, humor may suddenly cleanse and cool the earth, the air, and you."  
—Langston Hughes

"It is the ability to take a joke, not make one, that proves you have a sense of humor."  
—Max Eastman

# April 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Entertainment With Mary Taylor in the Main Dining Room at 2:30PM	3	4 Catholic Service in the Main Dining Room at 2:00PM	5 Shabbat Service in the 2nd Floor Short Hall Dining Room at 10:30AM	6 Art Class With Faith in the Main Dining Room at 9:30AM
7	8 	9	10	11 Catholic Service in the Main Dining Room at 2:00PM	12 Shabbat Service in the 2nd Floor Short Hall Dining Room at 10:30AM	13 Art Class With Faith in the Main Dining Room at 9:30AM
Palm Sunday 14	15	16 Entertainment With Deb Delucca in the Main Dining Room at 2:30PM	17	18 	19 Shabbat Service in the 2nd Floor Short Hall Dining Room at 10:30AM	20 Art Class With Faith in the Main Dining Room at 9:30AM
Easter 21 Easter Luncheon ALL FLOORS 12:00PM	22	23 Entertainment With Van Martin in the Main Dining Room at 2:30PM	24 Passover Luncheon ALL FLOORS at 12:00PM	25 Catholic Service in the Main Dining Room at 2:00PM	26 Shabbat Service in the 2nd Floor Short Hall Dining Room at 10:30AM	27
28	29	30 Entertainment With Rhonda in the Main Dining Room at 2:30PM	<i>April</i>			

## "This Month In History" APRIL

**1912:** Considered the first movie palace, the Strand Theatre opens in New York City. The lavish building could seat nearly 3,000 people.

**1924:** The first book of crossword puzzles is published.

**1935:** Congress votes to establish the Works Progress Administration. The WPA created jobs for out-of-work Americans during the Great Depression.

**1947:** A two-lane bowling alley built inside the White House is unveiled. It was an early birthday present for President Harry S. Truman.

**1956:** World heavyweight champion Rocky Marciano retires from boxing undefeated.

**1969:** At the 41st Academy Awards ceremony, Katharine Hepburn and Barbra Streisand tie for best actress. Hepburn won for "The Lion in Winter" and Streisand for "Funny Girl."

**1976:** Barbara Walters is named the first female co-anchor of a network evening news program. She teamed with Harry Reasoner on ABC.

**1983:** Alice Walker wins the Pulitzer Prize for her novel "The Color Purple."

**1993:** The U.S. Holocaust Memorial Museum is dedicated in Washington, D.C.

**2008:** Pop star Beyoncé Knowles weds rapper Jay-Z in New York City.

**2011:** In the largest outbreak ever recorded, more than 300 tornadoes hit 15 states in the southern and eastern U.S.

**2018:** Prince Louis, the third child of England's Prince William and his wife, Catherine, is born in London.