



555 Chestnut Ridge Road  
Woodcliff Lake, NJ 07677  
(201) 391-0900

**WOODCLIFF LAKE**  
HEALTH & REHABILITATION CENTER

## December 2018

### Administrator:

Yael Herman

### Medical Director:

Joseph Kasper

### DON:

Myra Sanchez

### Nurse Practitioner:

Keri Pippo

### Nursing Unit Managers:

Rosalita Roasol (2nd 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



### Veterans Day!

The residents and staff at Woodcliff Lake Health and Rehab would like to thank our brave men and women for their service. We celebrated with a pinning ceremony followed by some music and dessert. We would also like to thank Ruby our pet therapy dog for coming and celebrating this day with us.



### Picking a Pear

Pears are a popular winter fruit. When picking one out for eating, experts say to check the neck. Press your thumb or finger against the area around the pear's stem. If the fruit gives slightly, it's ready to eat. If it's hard, it's not ripe, and if it's too squishy, it's overripe.

### Avoid This to Stay Healthy

Doctors say habits such as rubbing your eyes and scratching your nose can increase your risk of catching a cold or the flu. Because your hands can transfer viruses into your body by way of the eyes, nostrils and mouth, avoid touching your face.

### 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

### Notin' but Net

Invented in December 1891, the game of basketball has bounced its way through history to become one of the world's most popular sports.

The first basketball hoops were peach baskets, and balls had to be retrieved after every "basket."

Dribbling was not part of the game's original rules. Players could only throw the ball to each other.

Basketball became an Olympic event at the 1936 Summer Games in Berlin.

The National Basketball Association was created in 1946.

The bumps on a basketball are called pebbles.

A warm basketball bounces higher than a cold basketball.

During a pro game, a player may run as much as 3 miles.

The free-throw line on a court is also called the "charity stripe."



### Demarest Farm Outing!

We had a great time at Demarest Farm at our last outing! We had warm apple cider donuts and coffee outside on the patio. We then went to visit the petting zoo and saw so many different types of animals including goats, chickens, pigs and bunny rabbits. We had a great time and look forward to

our next outing!



### Bingo Has a Jackpot of Benefits

Prized for its fun, ease and excitement, bingo is a go-to game. And every player comes out a winner, since this amusement has several health benefits:

*It can enhance coordination.* Bingo can be a fast-paced game, requiring players to search for a number, mark their card and keep up with the caller. This repetitive action exercises hand-eye coordination and quick reflexes. Keeping track of several cards at once

intensifies the action.

*It engages the brain.* Staying alert, listening for information, remembering it and identifying a match on a card are skills that engage cognitive functions and short-term memory. A study found that bingo players performed better on tests of mental speed and accuracy.

*It's social.* Games are usually played with a group of people. The setting provides opportunities to talk with others and meet new friends. Such social interactions have been shown to be essential in maintaining a happy, healthy life and increasing longevity.

*It's fun!* It's been said that laughter is the best medicine, and laughing is often part of the game's fun and easygoing nature. There's also the anticipation of shouting out "Bingo!"



### Vanilla Makes You Merry

While the smell of vanilla baking in holiday treats may tempt your sweet tooth, it can also stir up happy memories and a good mood. Scientists know that when the nose detects an odor, it is processed by sensory receptors that are connected to the parts of the brain that control memory and emotions. For many, the scent of vanilla often triggers pleasant recollections and is commonly used to promote a sense of relaxation and well-being.

# Thank You

We would like to thank our wonderful staff for putting on a great Elegant Dining event for us! The food, dessert and live entertainment was fantastic. We look forward to all of the upcoming holidays and look forward to celebrating with family and friends here at Woodcliff Lake Health and Rehab.



## Wit & Wisdom

“Giving is not just about making a donation. It is about making a difference.”  
—Kathy Calvin

“You get more joy out of the giving to others, and should put a good deal of thought into the happiness you are able to give.”  
—Eleanor Roosevelt

“The purpose of life is to discover your gift. The work of life is to develop it. The meaning of life is to give your gift away.”  
—David Viscott

“At the end of the day it’s not about what you have or even what you’ve accomplished. ... It’s about who you’ve lifted up, who you’ve made better. It’s about what you’ve given back.”  
—Denzel Washington

“Success is finding satisfaction in giving a little more than you take.”  
—Christopher Reeve

## December 2018

| Sunday  | Monday   | Tuesday   | Wednesday         | Thursday  | Friday  | Saturday  |
|---|--|---|-------------------|---|---|---|
| December  |  |   |                   |   |   | 1<br>Art Class With Faith in the Main Dining Room at 9:30AM |
| Hanukkah Begins 2   | Valley Chabad Hanukkah Program In the 2nd Floor Long Hall Dining Room at 4:00PM 3    | Entertainment With Mary Taylor in the Main Dining Room at 2:30PM 4                      | 5                 | Catholic Service in the Main Dining Room at 2:00PM 6                                  | Shabbat Service in the 2nd Floor Short Hall Dining Room at 10:30AM 7  | Art Class With Faith in the Main Dining Room at 9:30AM 8    |
|  9 | Girl Scout Chorus in the Main Dining Room at 3:15PM 10                               | Entertainment With Scott in the Main Dining Room at 2:30PM 11                           | 12                | Catholic Service in the Main Dining Room at 2:00PM 13                                 | Shabbat Service in the 2nd Floor Short Hall Dining Room at 10:30AM 14 | 15  |
| 16  | 17   | 18  | 19                |  20 | Winter Begins 21<br>Santa Visit in the Main Dining Room at 2:30PM     | Art Class With Faith in the Main Dining Room at 9:30AM 22   |
| 23/30   | 12/31/18 24/31<br>New Year's Eve With Peter & Mike in the Main Dining Room at 2:30PM | Christmas 25<br>Luncheon and Entertainment With John in the Main Dining Room at 12:00PM | Kwanzaa Begins 26 | 27  | Shabbat Service in the 2nd Floor Short Hall Dining Room at 10:30AM 28 | Art Class With Faith in the Main Dining Room at 9:30AM 29   |

### “This Month In History” DECEMBER

**1907:** On New Year’s Eve, a ball decorated with 100 lightbulbs is lowered down a flagpole over New York City’s Times Square. The ball drop has been featured in the annual celebration ever since.

**1918:** In the first official visit by a U.S. president to Europe, Woodrow Wilson travels to France for World War I peace negotiations.

**1924:** Astronomer Edwin Hubble announces his discovery of the existence of galaxies outside the Milky Way. The Hubble Space Telescope was named in his honor.

**1941:** America enters World War II after the Japanese attack on Pearl Harbor, Hawaii.

**1962:** The first observance of Kwanzaa takes place in Los Angeles. The seven-day holiday celebrates African heritage.

**1970:** Congress authorizes the creation of a new dollar coin depicting President Dwight D. Eisenhower.

**1982:** Gabriel Garcia Marquez is awarded the Nobel Prize in

literature. The Colombian writer is best known for his 1967 novel “One Hundred Years of Solitude.”

**1990:** British computer scientist Tim Berners-Lee demonstrates his information-sharing system that would become the World Wide Web.

**2001:** Italy’s Leaning Tower of Pisa reopens to the public after 11 years and \$27 million in work to fortify its famous lean.

**2017:** “Star Wars: The Last Jedi,” the eighth installment in the space fantasy series, premieres. The film’s \$1 billion in ticket sales made it the year’s highest-grossing film.