



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

WOODCLIFF LAKE

HEALTH & REHABILITATION CENTER

February 2019

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 Thottukadavil

Director of Housekeeping:

Doug Simpson

Director of Dietary:

Mhel Magboo

Food Facts



National Apricot Day!

We had a great time celebrating National Apricot Day! We made bread during our cooking club and enjoyed it with some apricot preserves. We learned different ways to use

apricots and shared our favorite recipes. We look forward to our upcoming baking clubs!



Choice of Chocolates

Truffles, cordials, nutty, creamy or crunchy ... There are many sweet choices when it comes to a box of Valentine's Day chocolates. The most popular pick according to surveys is the classic caramel.



Heart-Smart Snacks

Give your heart some love this month by choosing healthy snacks. Dark chocolate, nuts and popcorn may seem indulgent, but they contain antioxidants and other nutrients that are good for your ticker.

**Happiness Helper:
Turn Up the Tunes**

Amp up your attitude by tuning in to some happy, fast-paced songs. Research shows that up-tempo music can help lift your mood, build self-confidence and pump up your motivation and endurance when exercising.

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

Spiritual Corner

Trivia Whiz

A Floral Favorite

With more than 100 million of them grown for Valentine's Day alone, the rose is one of the most popular flowers in America.

There are at least 100 different species and thousands of varieties of roses. Hybrid tea roses make up the majority of the roses found in shops and home gardens.

President George Washington was the first U.S. rose breeder.

Technically, a rose's thorns aren't true thorns; they're actually prickles.

It's a tradition to convey a message by using a rose's color. For example, red is associated with romance, pink signifies gratitude, and yellow expresses friendship.

The rose is America's national flower, as well as the official flower of four states: Georgia, Iowa, New York and North Dakota.

We had a Memorial Service hosted by Valley Hospice. We were able to remember our friends by talking about happy memories we have of them. We tied colored strings on the wreath to symbolize the ones we have lost. Thank you Valley Hospice for putting on this wonderful event for us.



Happy New Year!!!

We had a great time ringing in 2019! We wish everyone a happy, healthy year ahead.



The Super Bowl of Car Racing

While much of the country is in the cold grip of winter, a speedway in Florida heats up this month for the "Super Bowl of stock car racing," the annual Daytona 500.

Since the early 1900s, automobile racing on beach courses had been popular in the Daytona Beach area. Bill France Sr. was a former driver and race promoter there who saw great potential in the sport and founded NASCAR, the National Association for Stock Car Racing, in 1948. He proposed and then oversaw construction of a permanent racetrack, Daytona International Speedway.

The first Daytona 500 was held Feb. 22, 1959. It was a close one, with officials taking three days to review photos of the finish before declaring Lee Petty the winner.

Today, the Daytona 500 is the first and most prestigious event of the NASCAR season. Drivers make 200 laps around the 2.5-mile course, racing a total of 500 miles. The winner earns a prize of more than \$1.5 million.

One of the most-watched sporting events, the race draws more than 100,000 fans to the speedway, and 20 million more tune in for the live TV broadcast.

Tea Traditions Around the World

Legend has it that tea was discovered in China nearly 5,000 years ago when a tea leaf fell into an emperor's cup of hot water. Since then, the world has enjoyed the beverage in endless ways.

India. Tea stalls here serve masala chai, a brew of black tea, milk, sugar and warm spices such as cardamom, ginger and cinnamon.

Morocco. Green tea steeped with mint and heavily sweetened with sugar is the traditional drink in this North African country.

Taiwan. Bubble tea was invented here in the 1980s. Made in many flavors, its base is cold tea, milk, a sweetener and a scoop of chewy tapioca balls, which give the drink its name.

Argentina. The tea of choice in this South American nation is *yerba mate*, an herbal tea served in a hollow gourd and sipped through a straining straw.

Tibet. Yak butter and salt are churned with black tea to make a creamy beverage that provides energy for those living in the high altitudes of the Himalayan mountains.

Hong Kong. This culture's popular "panty hose tea" is named after the stocking-shaped cloth that's used to filter black tea, which is then poured into condensed or evaporated milk.

Pakistan. People here sip a pink drink called noon chai, a mixture of tea that includes pistachios, almonds, spices and a pinch of baking soda.



Wit & Wisdom

"Use what talents you possess; the woods would be very silent if no birds sang there except those that sang best."
—Henry Van Dyke

"I would like to be remembered as someone who did the best she could with the talent she had."
—J.K. Rowling

"We are told that talent creates its own opportunities. But it sometimes seems that intense desire creates not only its own opportunities but its own talents."
—Eric Hoffer

"Above everything else I've done, I've always said I've had more guts than I've got talent."
—Dolly Parton

"It is the combination of reasonable talent and the ability to keep going in the face of defeat that leads to success."
—Martin Seligman

February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Shabbat Service in the 2nd Floor Short Hall Dining Room at 10:30AM	2 
3	4 Chinese New Year Chinese New Year With Mary Taylor in the Main Dining Room at 2:30PM	5	6	7 Chinese New Year Luncheon at 12PM ALL FLOORS	8 Shabbat Service in the 2nd Floor Short Hall Dining Room at 10:30AM	9 Art Class With Faith in the Main Dining Room at 9:30AM
10	11	12	13 	14 Valentine's Day Valentine's Day Ball With John Baragone in the Main Dining Room at 2:30PM	15 Shabbat Service in the 2nd Floor Short Hall Dining Room at 10:30AM	16 Art Class With Faith in the Main Dining Room at 9:30AM
17 Presidents Day	18 Entertainment With Anthony D'anna in the Main Dining Room at 2:30PM	19	20	21 Catholic Service in the Main Dining Room at 2:00PM	22 Shabbat Service in the 2nd Floor Short Hall Dining Room at 10:30AM	23 Art Class With Faith in the Main Dining Room at 9:30AM
24	25 Entertainment With Rich Stillman in the Main Dining Room at 2:30PM	26	27	28 Catholic Service in the Main Dining Room at 2:00PM	<h1>February</h1>	

"This Month In History" FEBRUARY

1887: The first official Groundhog Day is celebrated in Punxsutawney, Pa., starting a tradition of the town's groundhog, named Phil, forecasting spring's arrival.

1913: Imposing a federal income tax, the 16th Amendment to the U.S. Constitution takes effect.

1936: With the mission of conservation, the National Wildlife Federation is formed.

1940: College basketball is televised for the first time.

A New York station broadcast the Pittsburgh vs. Fordham game from Madison Square Garden.

1955: "Sincerely" by the McGuire Sisters tops the pop music chart.

1963: Julia Child's pioneering cooking show "The French Chef" premieres on PBS.

1971: Wanting to do something special during the Apollo 14 mission to the moon, astronaut Alan Shepard hits two golf balls on the lunar surface.

1986: Pulitzer Prize winner Robert Penn Warren is named the first U.S. poet laureate.

1998: At the Winter Olympics in Japan, 15-year-old American Tara Lipinski wins the ladies' figure skating title, becoming the youngest gold medalist in Winter Games history.

2002: The newly created Transportation Security Administration begins overseeing air travel security.

2011: Celebrated author Maya Angelou is awarded the Presidential Medal of Freedom, the nation's highest civilian honor.

2018: The Philadelphia Eagles win their first Super Bowl title after defeating the New England Patriots 41-33.