



555 Chestnut Ridge Road
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January 2019

WOODCLIFF LAKE
HEALTH & REHABILITATION CENTER

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

Just for Fun



We had such a great time baking delicious warm cookies for the holidays and we made our own gingerbread houses to display in the dining room. We enjoyed the treats as the smell of cookies filled the air!



A New Start

“A new year ... a fresh, clean start! It’s like having a big white sheet of paper to draw on!”
—Bill Watterson

Small and Sweet

A fresh fruit to enjoy this month is the kumquat, which looks like a miniature oval-shaped orange. This tiny member of the citrus family is typically in season now through April. Kumquats have an intense sweet-tart flavor and are eaten whole—skin, seeds and all.

Exercise With a Friend

Exercising regularly can help you fight off seasonal colds. But if you need motivation to get moving, get a little help from a friend. Working out with a companion provides encouragement to stick with the commitment and helps take your focus off the physical exertion.

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

In Praise of Penguins

They've been featured in movies and are a main attraction at many zoos and aquariums. Here's a peek into the world of the penguin.

There are at least 17 species of penguins, and they all live in the Southern Hemisphere.

The smallest species is the little blue penguin, which is about 16 inches tall. The largest, the emperor penguin, stands 4 feet tall.

They are flightless birds, but penguins are great swimmers and spend much of their lives in water.

Penguins hunt for fish during underwater dives that can last up to 20 minutes. Insulating feathers help penguins stay warm in the water.

Penguin nesting areas are called rookeries and may contain thousands of pairs of birds.

How the World Celebrates the New Year

In the U.S., the New Year is often ushered in with parties, fireworks and a midnight kiss. The rest of the world revels in a variety of traditions.

Spain. At the stroke of midnight, people in Spain eat 12 grapes, one for each month of the year ahead, for good luck.

Russia. In the country's region of Siberia, divers plunge into icy lakes to place a New Year tree, or *yolka*, beneath the water's surface, symbolizing a new beginning.

Germany. Germans give a sweet greeting to Jan. 1 by eating the jelly doughnut known as a *Berliner*, *Pfannkuchen* or *Krapfen*.

Japan. All across this Asian nation, the sound of cities ringing in the New Year can be heard at midnight, when bells chime 108 times as a cleansing ritual.

Colombia. Those hoping for travel

adventures in the coming year will carry an empty suitcase with them, a custom in Colombia and other Latin American countries.

Greece. Symbolizing renewal, onions are hung on doorways as a good luck token.

Brazil. To bring prosperity and good luck, Brazilians wear white on New Year's Eve and toss white flowers and candles into the ocean.

Turkey. At midnight, people here sprinkle salt on their doorsteps, which is believed to bring peace and good fortune.

Romania. For protection in the new year, many dress up as bears and perform a dance to scare away bad luck.



Thanksgiving Day!

We had a wonderful meal & great live entertainment! We spent the day with family & friends. Thank you to the Dietary department for a great event!



Arts and Crafts



Thank You

Holidays at Woodcliff Lake Health & Rehab!

We had a great time spending the holidays with our family and friends here at Woodcliff Lake Health & Rehab. A special thank you to all of our wonderful volunteer groups that came in to make our holiday cheerful and festive. We appreciate everything you do for us. Happy New Year from the staff and residents at Woodcliff Lake Health & Rehab!



Wit & Wisdom

“Even though the future seems far away, it is actually beginning right now.”
—Mattie Stepanek

“There will come a time when you believe everything is finished. That will be the beginning.”
—Louis L’Amour

“Do not wait until the conditions are perfect to begin. Beginning makes the conditions perfect.”
—Alan Cohen

“You will never win if you never begin.”
—Helen Rowland

“Begin somewhere; you cannot build a reputation on what you intend to do.”
—Liz Smith

“Nobody can go back and start a new beginning, but anyone can start today and make a new ending.”
—Maria Robinson

January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		New Year's Day 1 Entertainment With Mary Taylor in the Main Dining Room at 2:30PM	2	3 Catholic Service in the Main Dining Room at 2:00PM	4 Shabbat Service in the 2nd Floor Short Hall Dining Room at 10:30AM	5 Art Class With Faith in the Main Dining Room at 9:30AM
6	7 	8 Entertainment With Van Martin in the Main Dining Room at 2:30PM	9	10 Catholic Service in the Main Dining Room at 2:00PM	11 Shabbat Service in the 2nd Floor Short Hall Dining Room at 10:30AM	12 Art Class With Faith in the Main Dining Room at 9:30AM
13	14	15 Entertainment With George Romana in the Main Dining Room at 2:30PM	16	17 Catholic Service in the Main Dining Room at 2:00PM	18 Shabbat Service in the 2nd Floor Short Hall Dining Room at 10:30AM	19 Art Class With Faith in the Main Dining Room at 9:30AM
20 	MLK Day 21 Woodcliff Lake Middle School BINGO in Main Dining Room at 10:30AM	22 Entertainment With Jimmy Walsch in the Main Dining Room at 2:30PM	23	24 Catholic Service in the Main Dining Room at 2:00PM	25 Shabbat Service in the 2nd Floor Short Hall Dining Room at 10:30AM	26 Art Class With Faith in the Main Dining Room at 9:30AM
27	28	29	30 Catholic Service in the Main Dining Room at 2:00PM	31	<i>January</i>	

"This Month In History" JANUARY

1906: The sport of football is forever changed when a new game rule makes the forward pass a legal play.

1912: New Mexico joins the union as the 47th state.

1924: The first Winter Olympics are held in Chamonix, France.

1943: Franklin D. Roosevelt becomes the first U.S. president to travel by airplane while in office. He flew to Morocco to meet with

British Prime Minister Winston Churchill.

1955: Singer Marian Anderson takes the stage at the Metropolitan Opera in New York City. She was the first African-American to perform a leading role with the company.

1968: Country music star Johnny Cash records a live album by playing two concerts at California's Folsom State Prison.

1972: U.S. President Richard M. Nixon orders the development of a "new type of space transportation system," the space shuttle program.

1986: The first national Martin Luther King Jr. holiday is observed.

1994: A magnitude 6.7 earthquake strikes the San Fernando Valley region of Los Angeles.

2000: Celebrations worldwide mark the turn of the new millennium.

2011: Wikipedia, a popular internet encyclopedia, celebrates its 10th anniversary.

2015: At age 17, Lydia Ko of New Zealand becomes the youngest golfer in history to be ranked No. 1 in the world.