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**WOODCLIFF LAKE**  
HEALTH & REHABILITATION CENTER

**June 2019**

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# Out & About



### Rita's Ice Outing!

We had a great time during our outing last month. We went to Rita's Ice and enjoyed some yummy cold treats. We look forward to visiting again!



### Wildlife Weather-Watchers

If a meteorologist isn't available, look to animals to forecast when storms are brewing. According to weather lore, birds will fly low, frogs croak louder than usual, cows can become restless, and ants build up their mounds when bad weather is on the horizon.



### Ready, Set, Summer!

Get ready to enjoy the sun-drenched glow of summertime. The summer solstice is Friday, June 21, and signals the official start of the season. It will bring the longest stretch of daylight and the shortest night of the year in the Northern Hemisphere.

### Honoring Old Glory

In 1916, President Woodrow Wilson officially established June 14 as Flag Day. It honors the day in 1777 when the first version of the flag, featuring 13 stars and 13 stripes, was adopted as the nation's official flag.

### 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.

### Sweet Tea Twist

Summer's warm temperatures may have you reaching for a refreshing glass of iced tea. If you like sweetened tea, swap out sugar for slices of fresh fruit or a splash of fruit juice for a healthier drink.

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



## Trivia Whiz

### 'Berry' Healthy Fruits

Juicy berries are a refreshing summer treat. Enjoy these berries that are ripe for the eating:

**Strawberries.** This summer staple often tops surveys as America's favorite berry. Strawberries are packed with vitamin C and a good source of fiber.

**Blueberries.** Plump, round blueberries have a high concentration of antioxidants, earning their status as a super food.

**Raspberries.** At 8 grams per cup, raspberries are one of the fruits highest in fiber. Red varieties are the most popular.

**Blackberries.** Their deep, glossy color is a good indicator of their nutritional content. Blackberries are loaded with disease-fighting antioxidants, manganese and vitamins C and K.



### Woodcliff Gardening Club!

We had a great time planting flowers to make our patios nice and bright. We are ready for summer and to see our flowers bloom!



### Happy Nurses Week!!!

Thank you to our wonderful team of nurses here at Woodcliff Lake Health and Rehab!!! We appreciate you and everything you do for us.



## A Lot of Hoopla

In the late 1950s, a circular piece of plastic became the object of a fad that captivated the country. What was it? The Hula-Hoop!

The idea for it was not new. Since ancient times, people have used dried grapevines and reeds to construct hoops, which they twirled around their waists, rolled along the ground with sticks, and tossed to each other in games of catch. Native Americans used hoops to practice hunting skills and to perform storytelling dances.

Skip ahead to the 20th century, when gym classes in Australia had schoolchildren spinning bamboo hoops around their waists for exercise. That caught the attention of American toy company Wham-O, which then designed a brightly colored plastic version, priced at \$1.98. It called the toy the Hula-Hoop, using a name that had been around because of hooping's resemblance to the Hawaiian hula dance.

Wham-O passed out free hoops and gave playground demonstrations, sparking a Hula-Hoop craze in 1958. Kids and adults swiveled the hoops on their hips, necks and limbs. In just four months, 25 million Hula-Hoops were sold.

Many people still hula-hoop for fun and exercise, and classes and competitions are held all over the world. The Hula-Hoop was inducted into the National Toy Hall of Fame in 1999.

## Foods That Help Protect Your Skin

Along with using sunscreen, research suggests that what you eat can also play a role in preventing sun damage. Include these foods in your diet for a dose of added protection.

*Watermelon and tomatoes.* The red color of these fruits comes from lycopene, an antioxidant that promotes healthy skin and can shield against the sun's harmful ultraviolet rays. Cooked tomatoes offer the most lycopene.

*Cantaloupe and carrots.* These orange fruits and vegetables have high levels of beta carotene, which may help boost the skin's ability to defend against sunburn.

*Vitamin C-rich foods.* Peppers, papaya, kiwifruit, broccoli, strawberries and oranges are packed with vitamin C, good for fighting free radicals. Exposure to the sun's radiation can cause these molecules to form and damage cells in the body.

*Salmon and tuna.* Fish rich in omega-3 fatty acids have been shown to guard against sunburn and skin changes that can lead to cancer. Mackerel and sardines are also good sources of omega-3s.

*Dark chocolate.* Studies show that the antioxidants in dark chocolate can help fight sun damage and improve skin hydration. Look for chocolate containing at least 70% cacao.

*Green tea.* Two cups of green tea a day provide compounds that act as a natural defense against the sun's rays.



## Wit & Wisdom

"There are no rules of architecture for a castle in the clouds."  
—G.K. Chesterton

"How sweet to be a cloud, floating in the blue!"  
—A.A. Milne

"Let's build us a happy little cloud that floats around the sky."  
—Bob Ross

"You must not blame me if I do talk to the clouds."  
—Henry David Thoreau

"Human minds are more full of mysteries than any written book and more changeable than the cloud shapes in the air."  
—Louisa May Alcott

"The seasons do not push one another; neither do clouds race the wind across the sky. All things happen in their own good time."  
—Dan Millman

# June 2019

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



						1	Art Class With Faith in the Main Dining Room at 9:30AM
2	3	4 Entertainment With Mary Taylor in the Main Dining Room at 2:30PM	5 Memorial Service With Valley Hospice in the Main Dining Room at 2:30PM	6 Catholic Service in the Main Dining Room at 2:00PM	7 Shabbat Service in the 2nd Floor Short Hall Dining Room at 10:30AM	8	
9	10	11	12	13 Catholic Service in the Main Dining Room at 2:00PM	14 	15	Art Class With Faith in the Main Dining Room at 9:30AM
<b>Father's Day</b> 16 Entertainment With Deb Delucca in the Main Dining Room at 2:30PM	17 	18	19	20 Catholic Service in the Main Dining Room at 2:00PM	<b>Summer Begins</b> 21 Shabbat Service in the 2nd Floor Short Hall Dining Room at 10:30AM	22	Art Class With Faith in the Main Dining Room at 9:30AM
23/30	24	25 Entertainment With Grace in the Main Dining Room at 2:30PM	26	27 Catholic Service in the Main Dining Room at 2:00PM	28 Shabbat Service in the 2nd Floor Short Hall Dining Room at 10:30AM	29	Art Class With Faith in the Main Dining Room at 9:30AM

## "This Month In History" JUNE

**1886:** Grover Cleveland becomes the first U.S. president to be married in the White House. He wed Frances Folsom in a small ceremony in the Blue Room.

**1905:** The world's first nickelodeon, an early version of a movie theater, opens in Pittsburgh. Customers paid a 5-cent admission to see short silent films and live entertainment.

**1925:** Walter P. Chrysler founds his own auto company, the Chrysler Corp.

**1938:** The design of the modern-day ballpoint pen is patented by inventor Lazlo Biro in Britain.

**1942:** U.S. forces win a decisive victory against Japan at the Battle of Midway in the Pacific theater during World War II.

**1962:** Ray Charles' version of the country song "I Can't Stop Loving You" tops the pop music chart. It was one of the biggest hits of the singer's career.

**1970:** Army officers Anna Mae Hays and Elizabeth P. Hoisington are the first women in the U.S. military to be promoted to the rank of general.

**1993:** Ruth Bader Ginsberg is nominated to serve as an associate justice of the U.S. Supreme Court.

**2002:** The Los Angeles Lakers win their third straight NBA championship, and team center Shaquille O'Neal is named the most valuable player.

**2016:** "Hamilton," the Broadway musical about founding father Alexander Hamilton, wins 11 Tony Awards out of its record-breaking 16 nominations.

**2018:** A colt named Justify wins horse racing's Triple Crown. He was the 13th horse in history to earn the coveted title.