



555 Chestnut Ridge Road
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March 2019

WOODCLIFF LAKE
HEALTH & REHABILITATION CENTER

Administrator:

Yael Herman

Medical Director:

Joseph Kasper

DON:

Myra Sanchez

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 MLK DAY



Martin Luther King Jr. Day!

Thank you to Woodcliff Middle School for coming in and talking to us about MLK. We loved visiting with you and look forward to your next visit!



What's Cooking



Wearing of the Green

If you wear green this month to celebrate St. Patrick's Day, you may find yourself more relaxed. Green symbolizes nature, and many people find the color has a calming effect.

Useful Umbrellas

With spring's rainy weather, it's fitting that March is National Umbrella Month. Originally invented in ancient China to provide shade from the sun, umbrellas served as women's fashion accessories in Europe before they were used as protection from rain.

Be Neighborly

Make it a beautiful day in your neighborhood by celebrating Won't You Be My Neighbor Day on March 20, the birthday of Fred Rogers. The day honors the legacy of the beloved host of the children's TV series "Mister Rogers' Neighborhood."

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

Stuffed With Oreo Facts

The Oreo is the world's best-selling cookie. Indulge in these facts about the iconic treat:

- Oreos debuted in March 1912.
- A classic Oreo has a specific cookie-to-creme ratio: 71 percent crunchy cookie and 29 percent creamy filling.
- The Double Stuf variety actually has 1.86 times more creme filling than the original cookie.
- About 40 billion Oreos are produced worldwide each year. Lined up, they would circle Earth about five times.
- It takes 59 minutes to make one Oreo.
- Half of Oreo eaters say they pull apart the cookie before eating it or dunking it in milk.



Arts and Crafts



As the Wind Blows

The month of March is known for its blustery winds, but some places face windy weather all year long. Here are some of the windiest:

Wellington, New Zealand. The nickname "Windy Wellington" fits this city, considered the windiest in the world. Nearly constant winds blow at an average of 17 mph, and the strongest gust recorded there was 154 mph. Dozens of wind turbines around the harbor city help generate electricity.



Woodcliff Lake Art Club— Making Birdhouses & Jewelry Dishes

Mount Washington, N.H. Numerous weather patterns collide over this mountain, the tallest in the northeastern U.S., resulting in regular hurricane-force winds. A 231-mph wind blast at the summit in 1934 held the world record for more than six decades.

Cape Denison, Antarctica. The continent's dome shape creates fierce downslope winds along its coasts, including Cape Denison, where gales average 50 mph and often top 150 mph.

Punta Arenas, Chile. This South American city has ropes strung between some of its buildings so pedestrians can brace themselves during extreme winds, which can reach 80 mph.



Pigs in Pop Culture

Intelligent, cute and pleasantly pink, pigs are beloved barnyard animals. Go hog wild with this roster of popular oinkers:

Porky Pig. Sporting a suit jacket and bow tie, this animated star with a sweet stutter and shy demeanor was created in 1935. Porky closes nearly every Looney Tunes cartoon with his signature line, "That's all, folks!"

Piglet. He's Winnie-the-Pooh's best friend in author A.A. Milne's classic series. Despite his small size and fearful personality, Piglet always musters the courage to help Pooh and the gang from the Hundred Acre Wood.

Miss Piggy. This diva hams it up on "The Muppet Show" stage, never missing an opportunity to showcase her beauty, vocal chops, karate skills and devoted affection for Kermit the Frog.

Wilbur. Since his debut in E.B. White's 1952 book "Charlotte's Web," Wilbur has captured the hearts of readers of all ages. Among his many fans is the spider Charlotte, whose plan to save Wilbur's bacon is the focus of the classic tale.

Babe. After he's won by a farmer at a county fair, this polite and clever piglet is adopted by a border collie and learns to herd sheep. Based on Dick King-Smith's 1983 tale, the 1995 movie "Babe" was a surprise hit.

Olivia. In her picture book debut in 2000, this spunky little pig in the red dress was introduced by author Ian Falconer with a simple description: "She is good at lots of things." Olivia's curious nature appeals to children worldwide.



Wit & Wisdom

"No winter lasts forever; no spring skips its turn."
—Hal Borland

"Spring, when the Earth tilts closer to the sun, runs a strict timetable of flowers."
—Alice Oswald

"In winter, I plot and plan. In spring, I move."
—Henry Rollins

"One swallow does not make a summer, but one skein of geese, cleaving the murk of March thaw, is the spring."
—Aldo Leopold

"Despite the forecast, live like it's spring."
—Lilly Pulitzer

"With the coming of spring, I am calm again."
—Gustav Mahler

"Springtime is the land awakening. The March winds are the morning yawn."
—Lewis Grizzard



Aim to Be Welllderly

With today's seniors living longer, there's a determined focus on vibrant, healthy aging. Welllderly Week, the third week in March, encourages seniors to embrace growing older.

What does it mean to be "welllderly"? The term refers to older adults who focus on health span rather than life span, seeking optimal wellness for as long as possible. They take proactive steps to lead fulfilling, engaged lives without fixating on their age. Thriving, not just living, is the goal.

A number of lifestyle choices contribute to being welllderly. Regular physical activity is key, and it can be as simple as stretching, walking and gardening. A healthy, balanced diet fights illness and helps the body function at its best. Staying socially and mentally engaged are crucial to emotional well-being, as is maintaining a strong sense of purpose. Gratitude, humor and joy are also traits of the welllderly.

A good balance of optimism and realism is also important for healthy aging. Growing older is a part of life, but those who strive to nourish their body and mind can truly be welllderly.

March 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1 style="font-size: 4em; margin: 0;">March</h1>						1 <small>Art Class With Faith in the Main Dining Room at 9:30AM</small>
3	4	5 <small>Entertainment With Mary Taylor in the Main Dining Room at 2:30PM</small>	6 <small>Ash Wednesday</small>	7 <small>Catholic Service in the Main Dining Room at 2:00PM</small>	8 <small>Shabbat Service in the 2nd Floor Short Hall Dining Room at 10:30AM</small>	9 
Daylight Saving 10	11	12 <small>Entertainment With Randy Accardi in the Main Dining Room at 2:30PM</small>	13	14 <small>Catholic Service in the Main Dining Room at 2:00PM</small>	15 <small>Shabbat Service in the 2nd Floor Short Hall Dining Room at 10:30AM</small>	16
17 <small>St. Patrick's Day Entertainment With Peter & Mike in the Main Dining Room at 2:30PM</small>	18	19	20	21 <small>Purim Group With Valley Chabbad in the 2nd Floor LH Dining Room at 4:00PM</small>	22 <small>Shabbat Service in the 2nd Floor Short Hall Dining Room at 10:30AM</small>	23 <small>Art Class With Faith in the Main Dining Room at 9:30AM</small>
24/31	25	26 <small>Entertainment With Scott G. In the Main Dining Room at 2:30PM</small>	27	28 <small>Catholic Service in the Main Dining Room at 2:00PM</small>	29 <small>Shabbat Service in the 2nd Floor Short Hall Dining Room at 10:30AM</small>	30 <small>Art Class With Faith in the Main Dining Room at 9:30AM</small>

“This Month In History” MARCH

1912: With a troop of 18 girls, Juliette Gordon Low founds the American Girl Guides in Savannah, Ga. The organization is now known as the Girl Scouts.

1921: To protect the mineral-rich thermal waters of central Arkansas, Congress establishes Hot Springs National Park.

1939: March Madness is born when the first NCAA men's basketball championship tournament is played.

The University of Oregon won the title over Ohio State University.

1941: The superhero Captain America first appears in a comic book.

1958: Perry Como's hit song “Catch a Falling Star” is awarded the first gold record by the Recording Industry Association of America after selling 1 million copies.

1964: The TV quiz show “Jeopardy!” debuts.

1974: The price of a U.S. first-class postage stamp is raised from 8 cents to 10 cents.

1990: Track and field Olympian Jesse Owens is posthumously awarded the Congressional Gold Medal by President George H.W. Bush.

2000: Julia Roberts is paid \$20 million to play the title role in the movie “Erin Brockovich.” The record salary made her the highest-paid actress at the time.

2007: Italian sports car manufacturer Ferrari celebrates its 60th anniversary.

2018: Box office ticket sales make “Black Panther” the highest-grossing superhero film in U.S. history.