



555 Chestnut Ridge Road
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(201) 391-0900

WOODCLIFF LAKE
HEALTH & REHABILITATION CENTER

May 2019

Administrator:

Yael Herman

Medical Director:

Joseph Kasper

DON:

Carrie Ann Proctor

Nurse Practitioner:

Keri Pippo

Nursing Unit Manager:

Rosalita Roasol (2nd Floor)

Director of Rehabilitation:

Cyril Sanciangco

Social Services:

Victoria Woods

Stephanie Kasner

Admissions:

Alexandra Smolarova

Celeste Li

Director of Recreation:

Komal Thottukadavil

Director of Housekeeping:

Kim Jones

Director of Dietary:

Mhel Magboo



One Minute Chef



Chocolate Mousse Day!

In celebration of National Chocolate Mousse Day we made delicious chocolate mousse for our afternoon snack. We topped it with whipped cream and enjoyed our sweet treat!

Team Member Spotlight



Congratulations!

Congratulations on your retirement, Doug! The Woodcliff Lake Team wishes you the best.

Pick Red Peppers

If you're heading to the farmers' market, consider picking up some red bell peppers. While all peppers are nutritious, red ones pack more antioxidants than green, yellow and orange varieties because they have matured on the vine longer.

A Better Gardening Grip

When trimming spent blooms and leaves or cutting stems for a floral arrangement, be sure to hold gardening shears so that your wrist is in a straight position. This gives you the strongest grip and helps prevent sore joints.

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

Green and Glorious

Emerald, the birthstone for May, represents honesty, loyalty and friendship. Here are some more fun facts about this dazzling jewel:

Emerald is one of four recognized precious gemstones. The others are ruby, sapphire and diamond.

The oldest emeralds ever discovered are almost 3 billion years old.

The deeper an emerald's green color, the more valuable it is.

Emeralds can chip and crack easily. This makes the stones more expensive to set into jewelry, since extra care is involved.

Emerald is the traditional gift for a 55th wedding anniversary.

Actress Elizabeth Taylor owned an emerald necklace that sold in 2011 for \$6.5 million.

Dip Into Guacamole

Paired with tortilla chips, guacamole is often dished up at restaurants and parties. Though its popularity has risen in recent decades, the history of the dip can be traced back hundreds of years.

The Aztecs, who lived in central Mexico beginning in the 14th century, were the first to combine mashed avocados, tomatoes, chili peppers, onions and salt, naming the concoction *ahuacamolli*, which means "avocado sauce." After avocado trees were brought to California in the late 1800s, guacamole eventually made its way to tables across the U.S.

Traditional recipes have not changed much since the Aztecs' invention. Regional variations and personal preferences result in nearly endless flavor combinations, with bacon, corn and mango just a few of the ingredients that can add a taste twist. Guacamole is most often eaten

as a dip for chips and vegetables, but it's also used as a condiment on tacos, burritos, burgers, sandwiches and salads.

With avocados as its base, guacamole can be a nutritious food. Research shows the healthy fats in the green fruit can help improve cholesterol levels, and nearly 20 vitamins and minerals are packed in the super food.



Outdoor Safety Tips

Sunshine and warm temperatures lure many of us outdoors this time of year. Keep these safety tips in mind when you head outside:

Stay out of the sun. If possible, avoid the sun when it's at its hottest, from 10 a.m. to 4 p.m. Instead, plan outdoor activities for the early morning or evening, when it's cooler. If you do go out during the heat of the day, try to stay in shaded areas.

Use sunscreen. Protect your skin by slathering on sunscreen with a sun protection factor of 30 or higher every two hours. Reapply it more often if you are swimming or perspiring.

Dress appropriately. To help stay cool, wear lightweight, loose-fitting clothing in light colors. A wide-brimmed hat and sunglasses will provide added sun protection.

Stay hydrated. Drink plenty of water and decaffeinated beverages throughout the day, and don't wait until you are thirsty to reach for a glass. Fruits and vegetables are also good sources of fluids.

Keep cool. Run a small towel under cool water, wring it out and drape it around your neck or on top of your head if you are in the heat.



Wit & Wisdom

"A flower cannot blossom without sunshine, and man cannot live without love."
—Max Muller

"Challenge yourself, grow, blossom, and become who you were meant to be."
—Carolyn Aronson

"When the flower blossoms, the bee will come."
—Srikumar Rao

"Any human anywhere will blossom in a hundred unexpected talents and capacities simply by being given the opportunity to do so."
—Doris Lessing

"I like to think of thoughts as living blossoms borne by the human tree."
—James Douglas

"Roses do not bloom hurriedly; for beauty, like any masterpiece, takes time to blossom."
—Matshona Dhlwayo



May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>May</i>			1	2 Catholic Service in the Main Dining Room at 2:00PM	3 Shabbat Service in the 2nd Floor Short Hall Dining Room at 10:30AM	4 Art Class With Faith in the Main Dining Room at 9:30AM
5	6	7 Entertainment With Mary Taylor in the Main Dining Room at 2:30PM	8	9 Catholic Service in the Main Dining Room at 2:00PM	10 Shabbat Service in the 2nd Floor Short Hall Dining Room at 10:30AM	11 Art Class With Faith in the Main Dining Room at 9:30AM
12 Mother's Day Entertainment With Rich Stillman in the Main Dining Room at 2:30PM	13 	14 Entertainment With George Romano in the Main Dining Room at 2:30PM	15 AARP Driving Course in the Main Dining Room 9-5PM	16 Catholic Service in the Main Dining Room at 2:00PM	17 Shabbat Service in the 2nd Floor Short Hall Dining Room at 10:30AM	18 Art Class With Faith in the Main Dining Room at 9:30AM
19	20	21	22	23 Catholic Service in the Main Dining Room at 2:00PM	24 	25
26	27 Memorial Day Entertainment With Peter & Mike in the Main Dining Room at 2:30PM	28	29	30 Catholic Service in the Main Dining Room at 2:00PM	31 Shabbat Service in the 2nd Floor Short Hall Dining Room at 10:30AM	

"This Month In History"

MAY

1914: Woodrow Wilson issues a presidential proclamation officially establishing the Mother's Day holiday in America.

1926: Ford Motor Co. adopts a five-day, 40-hour week for its automotive factory workers. Other companies would follow Ford's lead.

1935: Under the glow of 600 lights, Crosley Field, home of the Cincinnati Reds, hosts Major League Baseball's first night game.

1959: Perry Como, Ella Fitzgerald, Henry Mancini and the Kingston Trio are among the winners at the first Grammy Awards ceremony.

1963: Jim Whittaker becomes the first American to reach the summit of Mount Everest, the world's tallest mountain.

1977: With the opening words "A long time ago in a galaxy far, far away ..." the space odyssey film "Star Wars" premieres in U.S. theaters.

1986: At age 54, Bill Shoemaker crosses the finish line as the oldest jockey to win the Kentucky Derby. He was riding Ferdinand, a colt who was considered a long shot.

1998: An estimated 76 million viewers tune in to watch the finale of the hit TV sitcom "Seinfeld."

2003: Bob Hope Day is declared in 35 states as the man known as "Mr. Entertainment" celebrates his 100th birthday.

2014: TV journalist and talk show host Barbara Walters retires after more than 50 years in front of the camera.

2018: "The Rivals," a painting by Mexican artist Diego Rivera, sells for a record \$9.76 million. It is the highest-priced Latin American work of art ever sold at auction.