



555 Chestnut Ridge Road
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October 2018

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



Woodcliff Baking Club!

The smell of warm chocolate chip cookies filled the air during our baking club.



The Sweetest Day

For over 100 years, the third Saturday in October has been set aside as Sweetest Day. Several accounts say the holiday, originally called Candy Day, was the creation of the National Confectioners Association to encourage people to buy sweets for themselves and their loved ones, including “the boys overseas” during World War I. In the 1920s, candy retailers partnered with charity groups to provide treats and other small gifts to orphanages and hospitals. Today, the holiday is observed as an opportunity to show others how much you care with cards, presents and acts of kindness.

Brainteaser

Question: I’m around long before dawn, but by lunch I’m usually gone. You can see me summer, fall and spring—I like to get on everything. But when winter winds start to blow, then it’s time for me to go. What am I?

Answer: Dew.

Candy Corn’s Cousin

While candy corn is the classic sweet this time of year, its cousin, the candy pumpkin, is another popular choice. Fans who favor the confection say its squashy shape and larger size yield a creamy texture and intense flavor.

October Events 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.



Trivia Whiz

Pizza Across the Planet

Pizza is a popular food in the U.S., with pepperoni, sausage, mushrooms and onions the top picks for ingredients. See what pizza toppings make the cut in other countries:

Italy. Prosciutto, anchovies, eggplant, truffles and potatoes are among Italians' go-to choices.

Brazil. Green peas are often found on Brazil's pizzas, along with carrots, beets, raisins and quail eggs.

Japan. Seafood is a mainstay of this island nation, where pizza toppings include octopus, eel and seaweed.

Costa Rica. Coconut is the No. 1 pizza topping in this Central American country, and it's often paired with shrimp.

India. Here, the classic Indian dish of tandoori chicken is used as a topping for pizza.



Arts and Crafts



Woodcliff Lake Health and Rehab Art Club!

Sharing Stories

There are some stories we never forget, whether in the form of a favorite book or movie or family lore passed down from our ancestors. Storytelling not only helps us communicate and entertain, but also provides other benefits.

The human brain is hardwired to think in narrative form, which is why stories are so appealing. During storytelling, the brain becomes more active, especially in relation to a story's details. For example, hearing the description of a scent will engage the brain's sensory cortex. Touching elements of a tale can prompt the brain to release the hormone oxytocin, which can boost feelings of empathy, and a happy ending triggers dopamine, which can result

in optimism.

This sensory experience creates a bond between the storyteller and the listener, linking their experiences together and building trust. Hearing someone's life story helps the listener understand the narrator on a personal level, strengthening their relationship.

Often, the person telling a story feels an enhanced sense of pride and purpose by sharing their thoughts and memories. Storytelling has been shown to help improve self-esteem and reduce symptoms of depression.

In health care, patients with a new diagnosis may find that stories from others who have gone through the same experience are more helpful than reading data and statistics about their condition.

Just for Fun



Wit & Wisdom

"The game of life is a lot like football. You have to tackle your problems, block your fears, and score your points when you get the opportunities."

—Lewis Grizzard

"My favorite memories were with my dad, throwing a football around when he came home from work. As long as kids are having fun, that's the biggest deal at the end of the day."

—Andrew Luck

"Football is unconditional love."

—Tom Brady

"Football teaches you hard work. It takes a lot of unspectacular preparation to have spectacular results in both business and football."

—Roger Staubach

"I want little girls to grow up knowing they can do anything, even play football."

—Jen Welter

Thank You

Camp Shalom Visit!

Thank you Camp Shalom for coming in and putting on a great drama performance for us at Woodcliff Lake Health and Rehab. All of your costumes were beautiful and fit your characters perfectly. We loved your Wizard of Oz theme songs and look forward to your next visit!



October 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Entertainment With Mary Taylor in the Main Dining Room at 2:30PM	3	4 Catholic Service in the Main Dining Room at 2:00PM	5 Shabbat Service in the 2nd Floor Short Hall Dining Room at 10:30AM	6
7	Columbus Day 8 Pet Therapy With Ruby in the Main Dining Room at 2:30PM	9 Entertainment With Eric Lipper in the Main Dining Room at 2:30PM	10	11 Catholic Service in the Main Dining Room at 2:00PM	12 Shabbat Service in the 2nd Floor Short Hall Dining Room at 10:30AM	13 
14	15	16 Entertainment With Van Martin in the Main Dining Room at 2:30PM	17	18 Catholic Service in the Main Dining Room at 2:00PM	19 Shabbat Service in the 2nd Floor Short Hall Dining Room at 10:30AM	20
21 	22	23 Entertainment With Deb Delucca in the Main Dining Room at 2:30PM	24	25 Elegant Dining With Jordy in the Main Dining Room at 5:00PM	26 Shabbat Service in the 2nd Floor Short Hall Dining Room at 10:30AM	27
28	29	30	Happy Halloween! 31 Entertainment With Peter in the Main Dining Room at 2:30PM			

“This Month In History”

OCTOBER

1900: The U.S. Navy commissions its first modern submarine, the USS Holland, named for its designer, John Philip Holland.

1907: One of the world’s landmark hotels, the Plaza opens in New York City.

1915: Woodrow Wilson becomes the first U.S. president to attend a World Series game.

1929: The New York Stock Exchange crashes on what will later be known as “Black Tuesday.”

1935: Considered one of the first great American operas, George Gershwin’s “Porgy and Bess” premieres on Broadway.

1947: Air Force pilot Chuck Yeager flies an experimental plane and becomes the first person to break the sound barrier.

1950: Charles Schulz’s “Peanuts” comic strip debuts in several newspapers.

1962: The Beach Boys release their debut album, “Surfin’ Safari.”

1972: Called the “Match of the Century,” American Bobby Fischer wins the World Chess Championship by defeating Boris Spassky of the Soviet Union.

1986: The International Olympic Committee announces it will change its 70-year tradition and hold the Summer and Winter Games in different years.

1998: Comedian Richard Pryor receives the first Mark Twain Prize for American Humor.

2007: Alex Rodriguez signs a record 10-year, \$275 million contract with the New York Yankees. It was the richest deal in pro sports at the time.

2016: Singer-songwriter Bob Dylan is awarded the Nobel Prize for literature. He was the first songwriter to win the prestigious award.