



555 Chestnut Ridge Road  
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**WOODCLIFF LAKE**  
HEALTH & REHABILITATION CENTER

## September 2018

**Administrator:**

Edward Friedman

**Medical Director:**

Joseph Kasper

**DON:**

Myra Sanchez

**ADON:**

Gloria Barreiro

**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



## Out & About



### Outing - "Mamma Mia"

During our last outing, we went to watch the movie "Mamma Mia!" We loved the movie, especially all of the music scenes.

We recommend the movie to anyone looking for a fun-loving, romantic comedy.



### Fall Into September

The first day of fall, also called the autumnal equinox, arrives Sept. 22. It's one of two days during the year (the other being the first day of spring) that brings nearly equal hours of day and night, about 12 hours. For us in the Northern Hemisphere, the days will then grow shorter as the sun starts rising later and setting earlier.

### Brainteaser

Question: Five sisters are busy in a room. Kate is reading a book. Marie is knitting. Emma is playing chess. Julia is writing a letter. What is the fifth sister doing?

Answer: She's playing chess with Emma.

### Flu Shot Tip

Before you get a flu shot this season, you may want to watch a comedy or listen to your favorite music. In a study of older adults, researchers found that being in a good mood when getting the vaccine boosted its protection against the illness months later.

### September 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.

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



## Trivia Whiz

### A Bunch of Grape Facts

Plump and portable, grapes are a healthy grab-and-go snack and a favorite ingredient in jams, jellies and beverages.

Grapes date back to at least 6000 B.C. in the region near the Caspian Sea.

Wild grapes were a part of Native American diets. European settlers introduced cultivated varieties to America in the 1600s.

Botanically classified as a berry, the round fruit comes in a range of colors, including red, green, black, purple, blue, pink and yellow.

Grapes grow on vines in large clusters. On average, there are 75 to 100 grapes in a bunch.

More than 72 million tons of grapes are produced each year worldwide.

Viticulture is the scientific study of grapes.



### Woodcliff Craft Club!

We have been busy this summer painting and drawing! We made bird feeders to put on the patio to enjoy bird watching when we go outdoors. We also painted birdhouses, windmills and flower boxes to brighten up our rooms and common areas.



### Virgo: Aug. 23 To Sept. 22

People born under the sign of Virgo, Aug. 23 to Sept. 22, have a methodical approach to life and are always paying attention to details. They are also very intelligent, have an excellent memory and are good at problem-solving. Virgos like animals and nature, although they don't tend to get involved in a lot of outdoor activities. Some people might find Virgos overly critical and emotionally detached, but that is because they are thinking rather than feeling. The Virgo qualities of honesty, loyalty and determination, however, can make them wonderful people to have as friends. Although they might try to analyze your life, just remember they are trying to be helpful, not controlling.

## Just for Fun

### Remember When: Letter Jackets

There was a time when nothing symbolized school spirit more than the iconic letterman jacket. The tradition began in 1865, when members of Harvard University's baseball team had the letter H sewn onto their knit sweater uniforms. Other teams followed, and by the 1930s, proud high school and college athletes across the country were sporting cardigans and later, wool jackets that displayed their school initial.



# With Sympathy

## Memorial Service

We had a Memorial Service hosted by Valley Hospice. We were able to remember our friends by talking about happy memories we have of them. We tied colored strings on the wreath to symbolizes the ones we have lost. Thank you, Valley Hospice, for putting on this wonderful event for us.



## WHEN TOMORROW STARTS WITHOUT ME

When tomorrow starts without me,  
And I'm not there to see;  
If the sun should rise and find your eyes  
All filled with tears for me;  
I know how much you love me,  
As much as I love you,  
And each time that you think of me,  
I know you'll miss me too  
So when tomorrow starts without me,  
Don't think we're far apart,  
For every time you think of me,  
I'm right here, in your heart.

- David Romano

We had a beach party to end the summer off right! We had a great time singing along to our favorites with Mary Taylor. We welcome fall!



## Wit & Wisdom

"Knowledge is the treasure of a wise man."  
—William Penn

"The possession of knowledge does not kill the sense of wonder and mystery. There is always more mystery."  
—Anais Nin

"Thought is the wind, knowledge the sail, and mankind the vessel."  
—Augustus Hare

"To acquire knowledge, one must study; but to acquire wisdom, one must observe."  
—Marilyn vos Savant

"Knowledge is love and light and vision."  
—Helen Keller

"Let us tenderly and kindly cherish, therefore, the means of knowledge. Let us dare to read, think, speak and write."  
—John Adams

# September 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>September</h1>						1
2	<b>Labor Day</b> 3	4 Entertainment With Mary Taylor in the Main Dining Room at 2:30PM	5 Labor Day BBQ All Floors at 12PM	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 
<b>Grandparents Day</b> 9 Entertainment With Scott in the Main Dining Room at 2:30PM	10 Rosh Hashanah Service in the 2nd Floor Long Hall Dining Room at 4:30PM	11	12	13 Catholic Service in the Main Dining Room at 2:00PM	14 Shabbat Service in the 2nd Floor Short Hall Dining Room at 10:30AM	15
16	17 	<b>Yom Kippur</b> 18	19	20 Catholic Service in the Main Dining Room at 2:00PM	21 Shabbat Service in the 2nd Floor Short Hall Dining Room at 10:30AM	<b>Autumn Begins</b> 22
23/30	24	25 Entertainment With Lisa A. 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

## "This Month In History"

### SEPTEMBER

**1902:** Considered the first sci-fi movie, "A Trip to the Moon" is a sensation when it's first shown in Paris. French filmmaker Georges Melies pioneered the genre with his 14-minute silent feature.

**1919:** The American Legion is established by Congress as a patriotic veterans organization.

**1921:** In Atlantic City, N.J., 16-year-old Margaret Gorman is crowned the first Miss America.

**1930:** Newspaper readers are introduced to the characters Blondie and Dagwood when the comic strip "Blondie" debuts.

**1957:** The Brooklyn Dodgers play their last game at Ebbets Field, and the New York Giants play for the last time at the Polo Grounds. Both MLB teams moved to California.

**1964:** "Fiddler on the Roof" opens on Broadway. The classic musical would go on to win nine Tony Awards.

**1970:** "Monday Night Football" premieres. The first game broadcast had the Cleveland Browns hosting the New York Jets.

**1981:** Sandra Day O'Connor becomes the first female U.S. Supreme Court justice.

**1995:** Dozens of music legends help celebrate the opening of the new Rock & Roll Hall of Fame in Cleveland.

**2009:** After 57 years, the daytime soap opera "Guiding Light" airs its final episode. It was the longest-running TV drama in American history.

**2016:** Watch your step! A giant fossilized dinosaur footprint, believed to be 130 million years old, is discovered on a beach in Australia.