



*Dellridge Health  
and Rehabilitation Center*

532 N Farview Ave. • Paramus, NJ 07652  
Phone: (201) 265-5600 • Fax: (201) 261-3164

## December 2017



### Special Events for December

Friday, December 01, 2:00pm -

Family Council Meeting

Saturday, December 02,

9:45am - 1st Presbyterian Carolers  
Perform

Saturday, December 02,

2:00pm - Tree Trimming Party

W/Johnny Jake

Friday, December 08, 2:00pm -

Dellridges Annual Holiday Cookie  
Swap

Thursday, December 14,

2:00pm - Celebrate Hanukah

W/Russ Martone

Friday, December 22, 6:45pm -

Holiday Wine & Cheese

W/Wishing On Stars

Sunday, December 31, 3:30pm

- New Year's Eve Countdown

W/Christine



### A Letter From the Administrator

As the holidays quickly approach, as they seem to do each year, we take the time to reflect on the year of changes, as well as new beginnings. People caring about other people is the most essential piece to the success of any nursing facility. You can have the fancy decor, pretty lobby and grand pianos, but truly it won't matter if you don't have the staff members in the best positions providing the best possible care. So at this time of year, I ask that you thank them and appreciate their efforts. They not only take care of their own family, but they also take care of yours.

Anne-Marie Gauntlett, LNHA



### Word for December: Joy

When skies are gray and cold winds whip through the trees, we gather inside for laughter and good cheer. Merriam-Webster dictionary defines "joy" as "a source or cause of delight," and December delivers with holiday festivities, family dinners and finding the right gift for that special someone. Get wrapped up in the magic of the season and help bring a little joy to the world.



# Health & Wellness



Now that the holiday season is here, we are asking all family members to give nursing at least four to five business days' notice if you plan to take your loved one out. It is very important to notify us as to when and how long you will be taking them out, as we need to make sure we obtain the appropriate medication. Thank

you for your cooperation in this matter, and I wish you all a healthy, happy holiday season.

Moira Gutbrod, RN, DON





## December



Everyone's very busy there's so much we have to do

Baking cookies, shopping, decorating just to name a few

Wreaths to hang and trees to trim excitement's in the air

Children know who's coming misbehave they do not dare

Weather's very chilly it's coats and mittens time of year

People warm and friendly the holiday season is now here

You're the best month of all, oh yes it's very true

December we are so happy and excited to finally see you

-----The Dellridge Poets



### Elegant Dining

Dellridge held it's annual Elegant Dining Affair on Tuesday, October 24. Residents and their family members all sat down together for a delicious dinner served by Mel Magaboo and the Dellridge Dietary staff. Russ Martone was on hand to entertain and helped to make the evening a great success.



### Veterans Day

Veterans Day is a day set aside to honor all of our veterans who honorably served in wartime and peacetime. That is exactly what we did at Dellridge on Friday, November 10. Ray and Nancy helped honor our veterans with a wonderful performance including some nostalgic music from WW2 and, of course, a lot of patriotic songs.

**With Respect, Honor and Gratitude, Dellridge thanks all of our Veterans.**



## Virtual Reality for Seniors

The words “virtual reality” may sound like something out of the future, but this technology is actually being used to return to the past as well as to experience life in the present.

Virtual reality, or VR, refers to a computer-generated, interactive three-dimensional environment. Through the use of a headset or goggles, a person can see and experience a virtual world from every angle.

VR is often associated with video games, but it has practical uses as well, such as helping to train pilots and surgeons. Researchers are now finding ways for VR to benefit the lives of seniors.

A VR headset allows the wearer to go anywhere in the world—snorkeling above a coral reef, hiking in a national park, even skydiving—without ever leaving his or her chair. Other experiences can include concerts, museum tours and family events, such as reunions, that the VR user is unable to attend in person. With VR, seniors can also revisit their pasts by taking a virtual stroll through their hometown or returning to a favorite vacation spot.

Along with enjoyment, the use of VR can offer seniors therapeutic benefits, including improved mood and reduced anxiety. In one study, MRIs showed increased brain activity after a VR session. The technology has been used as a comforting tool for dementia patients and to treat chronic pain.

## Old-Fashioned Festive Fare

Whether carried on by culinary tradition or celebrated in story and song, some foods from years past remain part of the season’s festivities:

*Chestnuts.* The lyrics of a sentimental holiday song describe “Chestnuts roasting on an open fire.” Roasted chestnuts have been a common street food for centuries in Europe and Asia. The brown nuts are heated over a flame or in an oven. Once cooled, peeling the hard shell reveals a meaty, sweet-tasting nut.

*Sugarplums.* The beloved Sugar Plum Fairy rules the Kingdom of Sweets in Tchaikovsky’s popular ballet “The Nutcracker.” A long-ago luxury, this confection from the 17th to 19th centuries was not actually a sugared plum as the name suggests, but a type of small, hard-sugar candy that resembled the fruit’s shape.

*Figgy pudding.* The word pudding is a generic term for dessert in Britain, where a figgy pudding topped with a holly sprig ends a holiday meal. The dome-shaped, moist spice cake, loaded with dried fruit, is also called plum pudding and was most popular in the 15th to 19th centuries.

*Wassail.* The song “Here We Come A-Wassailing” refers to the tradition of caroling as well as the mulled drink that accompanied the singers. Similar to spiced cider, numerous recipes for wassail have been quenching winter thirsts as far back as the Middle Ages.



## Wit & Wisdom

“What life expects of us is that we celebrate.”  
—José Eduardo Agualusa

“Don’t fear the future or regret the past, but celebrate the present.”  
—Tim Mann

“The most beautiful things are not associated with money; they are memories and moments. If you don’t celebrate those, they can pass you by.”  
—Alek Wek

“We reveal to ourselves and others what is important to us by the way we celebrate.”  
—Noël Piper

“It’s always good to remember where you come from and celebrate it. To remember where you come from is part of where you’re going.”  
—Anthony Burgess



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## The Dellridge Team



Administrator-----Anne-Marie Gauntlet, LNHA  
Nursing Director-----Maira Gutbrod, RN  
Asst. Nursing Director-----Roslyn Coppa, RN  
Admission Director-----Susan Sosnicky  
Business Office Manager-----Gary Abel  
Clinical Services Dir.-----Georgette Bieber, RN  
Dir. of Recreation----Dawne Gonzales, ADC/MC,CDP  
Dietary Supervisor-----Mel Magboo  
Dietitian-----Ann Reilly, RD  
MDS Coordinator-----Deidre Abbatiello, RN  
Rehabilitation Director-----Lisa Vanhorn, OT  
Social Services Director-----Jeff Boccia, MSW  
Social Worker-----Anne Riley, CSW  
Unit-A Supervisor-----Edna Minetto, RN  
Unit-B Supervisor-----Tracy Nicklus, LPN  
Receptionist/Front Desk-----Eleanor Toto  
Maintenance Director-----Howard Chimento  
Housekeeping Director-----Wayne Bullock