



*Dellridge Health
and Rehabilitation Center*

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

January 2018



Special Events for January

- Monday, January 01, 2:00pm - Welcome New Year's Party
- Friday, January 05, 6:45pm - Wine & Cheese W/Allan Speers
- Tuesday, January 16, 2:00pm - Candace G. Brightens up a Cold Winter Day
- Thursday, January 25, 2:00pm - Ray & Nancy Take Us Down Memory Lane



A Letter From the Administrator

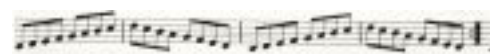
January reflections are, as we always say, a new start, a new beginning—a fresh perspective. In this time of hustle and bustle, so much time passing without acknowledgement, we take the opportunity to pause. Remembering our holidays past and with the spirit of a new year, make it different, inventive, purposeful and meaningful. Happy New Year to all!

Anne-Marie Gauntlett, LNHA



Memorable Melody: 'Auld Lang Syne'

Millions around the globe ring in the New Year by singing this Scottish folk song. The title translates to "Old Long Since," and the lyrics refer to remembering friends and days gone by. The ballad was passed down orally until poet Robert Burns wrote down the words and added new verses in the 1780s. Popular bandleader Guy Lombardo started the song's holiday tradition in 1929, when he played it at the stroke of midnight during a New Year's Eve broadcast from New York City.



Protect Our Residents, Protect Our Staff

While your intentions may be good, please do not visit if you are sick. Last year, one of our residents had a visitor who, unfortunately, was sick. As a result, we had to close the dining room, limit activities and alter

diets for those residents who became ill. Fortunately, no one had to be hospitalized.

Our residents and patients are the frail and elderly, or those recently compromised by surgery or a medical condition. Please do not put them in jeopardy or be offended if we ask you to leave because you appear to be ill. We

are trying our best to keep our residents from becoming ill, as well as our staff, as they are needed to care for your loved ones.

Stay Well or Stay Home
Moira Gutbrod, RN, DON





January



A toast of champagne as the New Year rings in
 Good Luck we hope it brings us, so let it begin

Hot cocoa and mittens, oh it's freezing outside

Children build snowmen let's go on a sleigh ride

Short winter days and long cold winter nights

But the new fallen snow creates beautiful sights

A new beginning we welcome with so much cheer

January we greet you and are so happy you are here

The Dellridge Poets



1st Presbyterian Carolers

Once again, the 1st Presbyterian Carolers brought their beautiful voices to Dellridge and helped our residents get in the spirit of the season with song. Every holiday season, the Carolers come by to sing all of the holiday favorites. After the show, the youngest carolers passed out beautiful homemade ornaments to the residents. Thank you so much 1st Presbyterian church for always adding such joy to our holidays.



Annual Holiday Cookie Swap

It wouldn't be the holidays without Dellridges annual cookie swap.

Holiday cookies so delightful and sweet

Baked with love a special seasons treat

They sprinkled some sugar and added some cheer

For the Dellridge cookie swap was finally here

They brought 2 dozen cookies and an empty tin

Knowing someone else's delicious cookies is what they would win.





Fun Challenges for the Year Ahead

Is there a novel you've wanted to read or a hobby you'd like to learn? The new year is the perfect time to set some goals you'll enjoy aiming for. Here are some ideas:

Reading resolution. Select a number of books or pages you want to read this year, and track your progress. Alternatively, you could challenge yourself to read 10 books set in 10 different countries or try genres outside of your usual picks.

Daily doodles. Find a list of drawing prompts online or create your own (you could do a week of zoo animals, a week of flowers, and so on), then capture your creativity in a sketchbook. Experiment with using different media, such as colored pencils or chalk pastels.

Meaningful mail. Set a schedule for sending handwritten notes a few times each month. Whether a friend, grandchild or another person in your life, the recipient is sure to smile when reading your words.

Expanded interests. There's always a new hobby to master, from watercolor painting and origami to learning how to play poker or chess. Or take part in a new type of fun exercise, such as line dancing or laughter yoga.

The Benefits of Digital Games

Video and computer games are no longer just child's play. Surveys say more than 41 million Americans over the age of 50 play video games regularly, with 40 percent playing daily. While these types of games are entertaining, research shows they offer other benefits, too.

Like other muscles in the human body, the brain needs regular workouts to stay in shape. A variety of digital games, from puzzles and word games to role-playing adventures, have been shown to increase cognitive abilities. Many games engage the brain by using skills such as multitasking, memory, critical thinking and hand-eye coordination. With regular play, these brain functions can become stronger and sharper.

Some games can provide physical exercise as well. Most of today's popular gaming consoles offer games that require players to move their bodies to take part in virtual versions of sports and activities, providing cardiovascular benefits and helping improve balance.

Digital gaming also helps seniors stay socially engaged. Much like bridge and bingo, gaming get-togethers offer good-natured competition with friends and neighbors. Lots of games can be played online with people all over the world and are a fun way to stay in touch with grandchildren and other relatives.



Wit & Wisdom

"The new year stands before us, like a chapter in a book, waiting to be written. We can help write that story by setting goals."
—Melody Beattie

"Set your goals high, and don't stop till you get there."
—Bo Jackson

"What you get by achieving your goals is not as important as what you become by achieving your goals."
—Zig Ziglar

"Life's up and downs provide windows of opportunity to determine your values and goals. Think of using all obstacles as steppingstones to build the life you want."
—Marsha Sinetar

"Your goals are the road maps that guide you and show you what is possible for your life."
—Les Brown



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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-----Allison Larose, 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