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WOODCLIFF LAKE
HEALTH & REHABILITATION CENTER

December 2017

Department Managers

Administrator Yaron Engelstein
Med. Director Joseph Kasper
DON Amanda Furio
Nurse Practitioner

Keri Pippo

Admissions

Alexandra Smolarova

Christine Bonardi

Housekeeping ... Douglas Simpson
Maintenance

Clarence Cabaccang

Recreation Komal Patel

Rehab Lauren Hegyi

Dietary Mel Magboo

Social Services Maryann Hom

Stephanie Olsen

Medical Records Maria Laza

MDS Ruth Basilio-Dy

Receptionist Danielle Geer

2nd Fl. Unit Mgr

Rosalita Roasol

Business Office Manager

YenYen Chang



Out & About



We had a great time shopping at Target and then enjoyed warm, delicious pretzels at Wetzel

Pretzel! We are looking forward to our next outing.

A Festive Favorite

Curly and delicate, ribbon candy was created centuries ago by European confectioners, who molded long, sticky strips of candy around their thumbs to make festive, edible decorations for their shops. Today, automatic crimping machines are used to shape the sweets, which have become a traditional holiday treat in the U.S.

Post Office Peak

It's peak season for the U.S. Postal Service, which processes about 16 billion pieces of mail from Thanksgiving to New Year's Eve.



Staying Active With Arthritis

Doctors say light exercise can help manage arthritic joint pain, especially in the winter. Indoor walking and swimming, riding a stationary bike, yoga and tai chi are all good options.

From Bulbs to Blooms

The poinsettia may take center stage as the most popular holiday plant, but the amaryllis and paperwhites aren't far behind. These flowers are easy to grow indoors, make great gifts and provide seasonal cheer in shades of red, pink and white.

December Event Highlights

Tuesdays we feature live musical entertainment in the main dining room at 2:30 PM. On Saturday mornings, at 9:30 AM, we have an art class in the main dining room. Every Friday we have pet therapy in resident rooms and common areas.

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



Trivia Whiz

Preserving the Everglades

At the southern tip of Florida sits a complex system of wetlands, teeming with subtropical wildlife. Everglades National Park was established 70 years ago on Dec. 6, 1947.

At 1.5 million acres, it is one of the largest national parks in the U.S.

It was the first park founded to preserve plants and animals rather than geological features.

The American crocodile and alligator, Florida panther and West Indian manatee are among the park's more than 20 threatened or endangered animal species.

With its mix of fresh and salt water, nine different habitats are found in the Everglades' intricate ecosystem, ranging from marshes to forests.

Arts and Crafts



Woodcliff Lake Health & Rehab-Holiday Craft Club!



Annual Elegant Dining Event



Thank you to our wonderful Dietary Department for the amazing meal we had. We had a great time celebrating with our loved ones and truly enjoyed the whole event!

What's Cooking

1st Place-Dulce De Leche Cake!



Congratulations!

Congratulations Natalia on your winning dessert!

Rehab Department Bake Off!



Our wonderful Rehab Department had a fun festive bake off! We had a total of 13 delicious items all baked by the Rehab staff. They were judged on taste, presentation and festivity. Everyone did such a great job. The staff was more than happy to taste test all of the treats! Thank you to everyone that participated! 1st place was Natalia with a **Dulce de Leche Cake**, 2nd place was Michelle with a **Caramel Apple Cheesecake** and 3rd place was Tracy with a **Coffee Walnut Cake**.

Congratulations to our winners:

- 1st Place:** Natalia
- 2nd Place:** Michelle
- 3rd Place:** Tracy



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

December 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>December</h1>					1	2
3	4	5 Entertainment With Mary Taylor in the Main Dining Room at 2:30PM	6	7	8 Shabbat Service in the 2nd Floor Short Hall Dining Room at 10:45AM	9
10 	11 Girl Scout Chorus in the Main Dining Room at 3:15PM	12 Hanukkah Begins Entertainment With Rich Stillman in the Main Dining Room at 2:30PM	13 Hanukkah Service With Valley Chabbab in the 2nd Floor Long Hall Dining Room at 2:30PM	14 Hanukkah Luncheon All Floors at 12PM	15 Shabbat Service in the 2nd Floor Short Hall Dining Room at 10:45AM	16
17	18	19 Entertainment With Jimmy Walsh in the Main Dining Room at 2:30PM	20	21	22 Meet & Greet With Santa in the Main Dining Room at 2:30PM	23 
12/31/17 24/31 New Year's Eve Live Entertainment in the Main Dining Room at 2:30PM	25 Christmas Christmas Luncheon All Floors at 12PM	26 Kwanzaa Begins	27	28	29 Shabbat Service in the 2nd Floor Short Hall Dining Room at 10:45AM	30

"This Month In History"

DECEMBER

1904: More than 200,000 revelers gather for the first New Year's Eve celebration in New York City's Times Square.

1911: Norwegian explorer Roald Amundsen and his expedition team become the first people to reach the South Pole.

1920: Celebrated opera tenor Enrico Caruso gives his last public performance at the Metropolitan Opera in New York City.

1933: After scoring a touchdown in the game's final minutes, the Chicago Bears win the first NFL Championship Game by defeating the New York Giants 23-21 at Chicago's Wrigley Field.

1945: Congress formally recognizes the Pledge of Allegiance, which was written in 1892.

1951: The Marshall Plan ends. The American aid program gave more than \$13 billion in economic support to help Europe recover from World War II.

1969: Fresh from the Boeing factory, the first 747 is delivered to Pan Am. The international airline was the first to fly the jumbo jet.

1977: Disco fever hits after the movie "Saturday Night Fever" premieres.

1982: Instead of naming its annual Person of the Year, Time magazine chooses the computer as the Machine of the Year.

1995: Cartoonist Bill Watterson ends his "Calvin and Hobbes" comic strip.

2000: Montgomery Ward announces it is going out of business after 128 years. The retail giant created the world's first general merchandise mail-order catalog.

2005: Astronomers reveal they have discovered two more rings encircling the planet Uranus.

2012: Johnny Manziel, star quarterback for Texas A&M University, becomes the first freshman to win the Heisman Trophy.