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**WOODCLIFF LAKE**  
HEALTH & REHABILITATION CENTER

## February 2018

### 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

2nd Fl. Unit Mgr

Rosalita Roasol

Business Office Manager

YenYen Chang

## Just for Fun



### New Year's Eve & New Year's Day!

We had a great time ringing in 2018 here at Woodcliff Lake Health & Rehab! We wish everyone a happy, healthy New Year!



### A Crimson Classic

The color of love, red velvet cake is a much-desired dessert for Valentine's Day. This all-American recipe is a variation on chocolate cake. There are many stories about where and when it originated, but the crimson cake rose to popularity in the 1940s, after the Adams Extract company printed a recipe for it in order to sell its red food coloring, which was used to achieve its classic look.

### Year of the Dog

Chinese New Year begins Feb. 16, and 2018 is the year of man's best friend, the dog.

### Popular Presidents

C-SPAN surveyed historians in 2017 to create a ranking of past U.S. presidents. The top five spots went to Abraham Lincoln, George Washington, Franklin D. Roosevelt, Theodore Roosevelt and Dwight D. Eisenhower.

### A Focus on Friends

Valentine's Day is all about romantic love in many countries, but Finland has a unique take on the holiday. The Finnish celebrate Friendship Day on Feb. 14 by giving cards and small gifts to friends and family as well as sweethearts.

### February Event Highlights

On 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

### A Look at the Olympics

Speedskating, ice hockey and luge are a few of the many events on tap for the 2018 Winter Olympics in Pyeongchang, South Korea. Prepare for the Feb. 9-25 games by learning a bit more about the competition.

This will be the 23rd Winter Olympics. The first took place in Chamonix, France, in 1924.

South Korea hosted the 1988 Summer Olympics in Seoul, but this will be the Asian nation's first Winter Games.

The athletes in Pyeongchang will compete in 102 events in 15 sports.

The 2018 Games will feature four new events: big air snowboarding, mixed doubles curling, mass start speedskating and mixed team Alpine skiing.

### Chocolate Choices

A beloved sweet, chocolate comes in enough varieties to please almost everyone's palate. In its purest form, chocolate is the result of processing cocoa beans to produce cocoa butter and chocolate liquor, which can be combined in varying ratios to create different types of chocolate.

*Dark chocolate.* This combination of chocolate liquor, cocoa butter and sugar provides a rich, intense flavor. Dark chocolate can contain between 30 and 80 percent chocolate liquor; higher percentages are more bitter. Chocolate labeled as bittersweet or semisweet is included in this category.

*Milk chocolate.* Lighter in color and milder in taste, milk chocolate contains at least 10 percent chocolate liquor and 12 percent milk, along with cocoa butter and sugar. This chocolate is the most popular choice for snacking.

*White chocolate.* There's no chocolate liquor in white chocolate,

but it does contain cocoa butter, as well as milk and sugar. Typically, vanilla or a similar flavor is added to enhance its sweetness.

*Cocoa powder.* The basis for hot cocoa, this ingredient is made by removing the fat from chocolate liquor, then allowing it to harden before it is crushed into powder. Because it retains a chocolate flavor, cocoa powder is often used in recipes for low-fat baked goods.



### Making Gingerbread Houses!



We decorated gingerbread houses during our last baking club. Everyone did a great job at making it their own. All of the houses were unique!

### Carolers



Thank you to our wonderful volunteer caroling groups for making our holiday season fun and festive. We appreciate you sharing your holiday spirit with us!



# Pet of the Month



## HUNTER

Thank you, Hunter, for showing us some of your tricks. We look forward to your next visit!

## Visit With Santa!



We loved spending time with our family and friends during our visit with Santa. We enjoyed some delicious dessert and listened to festive music!



## Wit & Wisdom

"How sweet the words of truth, breathed from the lips of love."  
—James Beattie

"Once in a young lifetime one should be allowed to have as much sweetness as one can possibly want and hold."  
—Judith Olney

"Life is short, and it is up to you to make it sweet."  
—Sarah Louise Delany

"The road to greatness is often sought, but if journeyed with kindness, it is sweetly paved."  
—Tom Althouse

"Connecting our hearts through love yields a nectar so sweet we are forever full."  
—Amy Leigh Mercree

"But friendship is the breathing rose, with sweets in every fold."  
—Oliver Wendell Holmes

## February 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Catholic Mass in the Main Dining Room at 2:00PM	2 Shabbat Service in the 2nd Floor Short Hall Dining Room at 10:45AM	3
4	5	6 Entertainment With Mary Taylor in the Main Dining Room at 2:30PM	7	8 Rosary Service in the Main Dining Room at 2:00PM	9 Shabbat Service in the 2nd Floor Short Hall Dining Room at 10:45AM	10
11	12 	13	14 <b>Valentine's Day</b> Entertainment With Van Martin in the Main Dining Room at 2:30PM	15 Rosary Service in the Main Dining Room at 2:00PM	16 Shabbat Service in the 2nd Floor Short Hall Dining Room at 10:45AM	17
18	19 <b>Presidents Day</b>	20 Entertainment With Rich Stillman in the Main Dining Room at 2:30PM	21	22 Rosary Service in the Main Dining Room at 2:00PM	23 Dementia Awareness Workshop at 2:30PM In the Main Dining Room	24
25	26	27 Entertainment With Jimmy Walsch in the Main Dining Room at 2:30PM	28	<b>February</b>		

# "This Month In History"

## FEBRUARY

**1878:** Thomas Edison receives a patent for his first major invention, the phonograph.

**1905:** The first Rotary Club meets in Chicago. The service organization now has more than 35,000 clubs worldwide.

**1914:** In Washington, D.C., a groundbreaking ceremony is held on the western end of the National Mall for the Lincoln Memorial.

**1922:** Embracing the "broadcasting boom," President Warren G. Harding

has a radio installed in the White House.

**1935:** The board game Monopoly goes on sale with a price tag of \$2. Now a classic favorite, millions have played the property trading game.

**1947:** Inventor Edwin H. Land demonstrates his Polaroid Land Camera, which could produce a black-and-white photo in 60 seconds.

**1954:** A group of children in Pittsburgh is the first to be inoculated against polio with a new vaccine developed by Dr. Jonas Salk.

**1968:** With smiles, songs and stories, the TV series "Mister Rogers' Neighborhood" premieres on national public television.

**1985:** The Coca-Cola Company launches a new flavored soft drink, Cherry Coke.

**1995:** American businessman Steve Fossett completes the first solo flight across the Pacific Ocean in a balloon.

**2006:** At the Winter Olympics in Italy, U.S. speedskater Shani Davis becomes the first black athlete to win an individual gold medal in Winter Games history.

**2011:** "The Artist" wins the Oscar for best picture. It was the first silent film to win the award since "Wings" in 1927.

**2014:** Comedian Jimmy Fallon becomes the host of the late-night talk show "The Tonight Show."