



*Dellridge Health  
and Rehabilitation Center*

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

## February 2012



### Special Events for February

Friday, Feb. 3, 2 p.m. - Russ Martone Performs

Tuesday, Feb. 7, 6 p.m. - Paramus H.S. Teenagers Club visits.

Sunday, Feb. 12, 2 p.m. - Candace G. performs for Valentine's.

Tuesday, Feb. 14, 12 p.m. - Valentine's Day Lunch

Tuesday, Feb. 28, 8:30 a.m. - Waffle Breakfast served by Rec.



### A Letter From the Administrator

Dellridge has been hosting free seminars on a variety of topics. Our next seminar will be held Feb. 8 from 6:30 to 7:30 p.m. The topic is Veterans' Benefits - Learn about available services for Veterans and their spouses. Presented by Barbara Steinberg, Certified Financial Planner, Registered Financial Gerontologist.

I hope you will join us for this very interesting and informative seminar.

Anne-Marie Gauntlet, LNHA



### Give Your Brain a Boost

Stuck in the dreary doldrums of winter? Clear out the cobwebs collecting in your mind by focusing your attention on some brain-boosting grub. Start your day with whole-grain cereal and a glass of O.J.—both are loaded with folic acid, which aids memory function and keeps neurons firing fast. Snack on some peanuts; they contain choline, which is known to enhance mental energy. Fruits and veggies—especially berries, grapes, apples, plums, broccoli and spinach—help protect against memory loss. And don't forget the fish oil, which is also good for your brain. Get the essential omega-3s from fish such as salmon, sardines and herring, or take a fish-oil supplement to keep you thinking clearly.

## Health & Wellness

### Resident Safety

This is just a friendly reminder to all family and friends who may take our Residents out of the facility. Please inform the nursing staff if anything unusual occurred while you were gone. This may be helpful in identifying how a bruise or skin tear may have occurred. Any incident that arises with our

residents must be investigated and we are asking for your help in this matter. Thanking you in advance.

Moira Gutbrod, RN, DON





## Trivia Whiz

### Leaping for Leap Day

Every revolution Earth makes around the sun takes 365.25 days. To account for this disparity between a calendar year and one full revolution, every four years we add an extra day.

This February has 29 days. Make the most of those extra 24 hours by learning more about leap day events:

*Ladies' choice.* It was customary that women were allowed to propose to men either during a leap year or on leap day.

*Witch trials.* Feb. 29 marks the day in 1692 when accusations first began in the Salem witch trials.

*Oscar honor.* On Feb. 29, 1940, Hattie McDaniel became the first African-American performer to win an Academy Award. She won for her performance in "Gone With the Wind."



### Animals Helping People

If you've ever had a pet, you probably know that pets can help keep you emotionally healthy. They seem to know when you need a sympathetic cuddle, and you always seem to feel better afterward. This human-animal connection has been harnessed to help people with physical, mental and emotional problems through Animal Assisted Therapy (AAT). According to the Delta Society, which specializes in the use of therapy animals, "AAT is a goal-directed intervention in which an animal that meets specific criteria is an integral part of the treatment process."

A 2007 study found that AAT has helped with improvements in autism spectrum symptoms, medical

difficulties, behavioral problems and emotional well-being. Practically any type of animal can be used for AAT. Dogs and cats are most commonly used, but miniature horses, monkeys, goats, birds, ferrets, pigs, lizards and even fish can be therapy animals.



### Beckett the Therapy Dog

Dellridge has a new volunteer. His name is Beckett and he is a Therapy Dog. Beckett is a four-year old Golden Retriever. He visits Dellridge weekly and makes his rounds bringing smiles to the Residents and a lot of love and pats to him.





## New Year's Eve Party

Dellridge rang in the new year with a New Year's Eve party on Saturday, Dec. 31. Residents ate, drank and were merry as we waited for 2012 to arrive.



## Holiday Door Contest

The winner of the Holiday Door decorating contest was Physical Therapy with their "Santa and His Reindeer Visit Dellridge" Door. The winners as well as Residents and other Staff were treated to breakfast cooked and served by the Recreation staff on Friday, Dec. 23. It was a great start to the holiday weekend.



## Wit & Wisdom

"I wonder what fool it was that first invented kissing."  
—Jonathan Swift

"The sound of a kiss is not so loud as that of a cannon, but its echo lasts a great deal longer."  
—Oliver Wendell Holmes Sr.

"They invented hugs to let people know you love them without saying anything."  
—Bil Keane

"Kisses, even to the air, are beautiful."  
—Drew Barrymore

"Kissing is like drinking salted water. You drink, and your thirst increases."  
—Chinese proverb

"Kiss and make up, but too much makeup has ruined many a kiss."  
—Mae West

"What of soul was left, I wonder, when the kissing had to stop?"  
—Robert Browning



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## **The Delridge 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  
Director of Recreation-----Dawne Gonzales, ADPC  
Staff Development-----Debbie Montone, RN  
Dietary Supervisor-----Tess Manansala  
Dietitian-----Ann Carter, RD  
MDS Coordinator-----Patricia Cox, RN  
Rehabilitation Director-----Lisa Vanhorn, OT  
Social Services Director-----Jeff Boccia, MSW  
Social Worker-----Anne Riley, MSW  
Unit Supervisor-----Edna Minetto, RN  
Unit Supervisor-----Tracy Niklus, LPN  
Receptionist/Front Desk-----Eleanor Toto  
Maintenance Director-----Adam Bene  
Housekeeping Director-----Wayne Bullock