



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

The Dellridge Team

Administrator Anne-Marie Gauntlett, LNHA
 Nursing Director Moira Gutbrod, RN
 Asst. Nursing Director Roslyn Coppa, RN
 Recreation Director Diane Donahue, ADC/EDU
 Admissions Director Susan Sosnicky
 Business Office Manager Gary Abel
 Clinical Services Director Georgette Bieber
 Dietary Supervisor Tess Manasala
 Dietitian Dorothy O’Connell, RD
 MDS Coordinator Patricia Cox, RN
 Rehabilitation Director Lisa Vanhorn, OT
 Social Services Director Jeff Boccia, MSW
 Social Worker Sharon Gordon, MSW
 Unit Supervisor Edna Minetto RN
 Unit Supervisor Tracy Nicklus, LPN
 Receptionist/front desk Eleanor Toto
 Maintenance Adam Bene



A Letter From the Administrator

We thank you for your continued support of our facility and welcome your ideas and thoughts. Recently we have hand crafted a new handbook to your facility which was guided by some recent patients in our building. We hope to continue to add and update this information as needed. We are constantly striving to learn new and better ways to improve satisfaction. While we don’t have all the answers, know that we do care and want to do the very best we can.



Suggestions ...

From time to time, we receive information from our residents or families which we need to address to the general public. As these are received, we will pass on information to you to help everyone understand the possible issue:

“A bigger parking lot!”

We agree with you whole heartedly. We have recently expanded parking spaces where many of our staff are not even parking in our parking lot. We provide off-site parking to our staff to make it more enjoyable for you to be able to park in the lot. We have grown enormously over the past few years and have found that most people, when they come to visit, have family members come on different time schedules. Therefore, one patient could have three family members visit and they could all be coming from different locations in their own cars. We hope to rectify this issue one day in the future.



Memory Walk Is Coming— SAVE the DATE

TEAM DELLRIDGE WILL BE ON THE MOVE AGAIN AT THE ALZHEIMER'S ASSOCIATION MEMORY WALK 2010, LOCATED AT VAN SAUN PARK IN PARAMUS ON OCT. 24.

Join our team online at: <http://www.alznj.org/>.

Team Name: Family of Caring

Healthcare system

Geography 101: Iceland

It sounds frigid—all day, all the time—but Iceland's climate is actually quite temperate. Located between mainland Europe and Greenland in the North Atlantic, Iceland is about the size of Ohio, only less populated (approximately 309,000 people—half of whom live in the capital Reykjavik and its neighboring towns). Many inhabitants live in coastal areas because the center of the country is ruggedly mountainous. Iceland possesses an abundant supply of geothermal energy, which is used to heat 89 percent of its homes, and its economy depends heavily on the fishing industry. Settled by Norwegian and Celtic immigrants during the late ninth and 10th centuries, Iceland is home to the world's oldest functioning legislative assembly, the Althing, established in 930.

Fit Not Frail

As people age, they lose muscle mass, strength and flexibility, and the resulting frailty leads to a loss of mobility and independence. But regular participation in aerobics, strength training and balance and flexibility exercises can delay and even prevent physical decline into one's 90s and beyond. The key is to start slowly and build gradually as ability and strength improve. You should consult your doctor beforehand, and a few sessions with a trainer can help ensure the exercises are done correctly.

Super Foods: Sweet Stuff

Not all potatoes are created equal. Take the sweet potato, for example. This orange vegetable packs some serious nutrients, including vitamins A, C and B-6. Sweet potatoes also are high in fiber, potassium, manganese and calcium, and they stabilize blood sugar.

On the Gridiron

Ninety years ago this month, 11 football teams formed the American Professional Football Association, soon to be renamed the National Football League.





Don't Take Chances With Your Health

While we often hear about the things we're supposed to do at the doctor's office, such as take notes and ask questions, doctors say there are a few things you should avoid when it comes to your health.

Don't keep secrets. In order to make a correct diagnosis, your doctor must know everything about your health history, medications and supplements you're taking, and your symptoms—even the embarrassing stuff.

Don't believe everything you read. It's good to be well-informed, but don't assume everything you read online is accurate or pertains to your situation. You might end up focusing on some scary stuff that doesn't apply to you.

Don't mess with your medications. Take your medicine exactly as your doctor prescribed—there's a reason your doctor recommended a specific dosage or combination of medications.

Enjoy Childhood Classics Again

Remember when you were a kid, reading books that transported you to another world or gave you insight into the lives of animals, stuffed and real? Many classic children's books did just that. Part of what makes these books classics is that they can be enjoyed by children and adults alike.

“Charlotte's Web” This story of friendship and sacrifice is heartwarming at any age.

“The Tale of Peter Rabbit” The adventures of naughty Peter Rabbit, as well as the beautiful illustrations by Beatrix Potter, are sure to put a smile on your face.

“The Lion, the Witch and the Wardrobe” Relive the wonder of discovering a magical world hidden by a wardrobe.

“Winnie the Pooh” The tales of this lovable bear and his friends are a delight to read with children or by yourself.



Wit & Wisdom

“Soft is the music that would charm forever; The flower of sweetest smell is shy and lowly.”
—William Wordsworth

“Music hath charms to soothe the savage breast / To soften rocks, or bend a knotted oak.”
—William Congreve

“Those evening bells!
Those evening bells!
How many a tale their music tells
Of youth and home,
and that sweet time
When last I heard
their soothing chime.”
—Thomas Moore

“After silence, that which comes nearest to expressing the inexpressible is music.”
—Aldous Huxley

“There's no bad day that can't be overcome by listening to a barbershop quartet; this is just truth, plain and simple.”
—Chuck Sigars

“Music is the only language in which you cannot say a mean or sarcastic thing.”
—John Erskine



*Delridge Health
and Rehabilitation Center*

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"This Month In History" SEPTEMBER

1783: The Treaty of Paris is signed, ending the American Revolutionary War and recognizing the United States as an independent nation.

1789: Congress establishes the third presidential cabinet, the Treasury Department.

1814: Francis Scott Key writes what will become the U.S. national anthem, the "Star-Spangled Banner."

1862: Abraham Lincoln frees the slaves with his Emancipation Proclamation.

1882: New York City hosts the first observance of Labor Day, organized by the Central Labor Union.

1882: In lower Manhattan, Thomas Edison throws the switch on the country's first commercial power station.

1908: Entrepreneur William Durant founds the General Motors automobile manufacturing company.

1920: The American Professional Football Association, renamed the National Football League in 1922, is formed in Canton, Ohio.

1972: The pilot episode of "M*A*S*H" makes its television premiere.

1972: Swimmer Mark Spitz becomes the first athlete to win seven Olympic gold medals.

1981: Sandra Day O'Connor becomes the first woman Supreme Court justice.

1985: Nearly 75 years after its sinking, the luxury liner Titanic is located southeast of Newfoundland, Canada.