



Daughters  
of Israel

Plafsky Cooperman  
family campus family building

SUMMER 2018

1155 Pleasant Valley Way  
West Orange, NJ 07052  
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# Special Care Unit Highlights

*The Healthcare Foundation of New Jersey  
Special Care Unit at Barnhard Pavilion*



## FROM THE DIRECTOR

Summer has finally arrived! Our gardens are in full bloom and we are all enjoying the wonderful weather on our patios. Soon we will be able to make tasty tomato salads and eggplant recipes with our vegetable garden.

In June, we introduced our “Hands with Heart” program in the evening hours, twice a month, thank you to the generosity of the **Hansy Mayer Memory Fund**. The “Hands with Heart” program brings a tranquil and therapeutic environment to our residents, incorporating aromatherapy, music, gentle touch, and sound. The program’s goal is to promote a relaxing and calming environment, prior to our residents’ bedtime.

“Hands with Heart” is conducted by Theresa Cecylia, a holistic practicing, State-licensed Somatic Bodyworker with formal training in Swedish, Myofacial Release, Medical, Reflexology, Sports and Chair Massage. She has specific expertise in Elder-Care massage with a specialty in Alzheimer’s and Dementia.

- *Melissa Scévola*



A SCU resident enjoying the “Hands with Heart” Program

### GET IN TOUCH....

**Melissa Scévola, Director of  
Special Care Unit (SCU)**

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**RWJBarnabas  
HEALTH**

2017 Post-Acute Care Partner



### Monthly Caregiver Meetings

Our caregivers’ meetings are held on every fourth Wednesday of each month, from 11 a.m.-12 noon in the Board Room.

For more information, please contact **Melissa** at ext. 3344 or [mscevola@daughtersofisrael.org](mailto:mscevola@daughtersofisrael.org)

## UPCOMING EVENTS

**JULY...**

**4 – Fourth of July Celebration, 2:45 p.m.  
in the Auditorium**  
**12 – Luau Party, 2:30 p.m.**

**AUGUST...**

**15 – Travel to Sweden Day**  
**22– End of Summer Bash, 2:30 p.m.**

**SEPTEMBER...**

**23 – Welcoming Autumn Party, 2:30 p.m.**  
**27 – Rhythm & Soul Performance, 2:30 p.m.**

**\* All events to take place on the Special Care Unit unless otherwise noted**

## HAPPY BIRTHDAY!

**July**

Peg D. 7/14  
James T. 7/23  
Catherine P. 7/27  
Lena B. 7/30

**September**

Edward G. 9/3  
Christine A. 9/15

**August**

Pauline S. 8/7



## DIETITIAN'S CORNER: THE SCOOP ON TOMATOES

The age old question, is the tomato a fruit or vegetable? Botanically, tomatoes are classified as a berry-type of fruit; however, many see them as a vegetable and use them as a side dish or an ingredient in entrees. On May 10, 1893, the U.S. Supreme Court declared that the tomato is a vegetable.

New Jersey farmers produce some of the most prized and high-quality products in the U.S. In 1968, the Ramapo tomato variety was released and became a big hit. Seeds were being mail ordered by home gardeners and small farmers so they could plant their own Jersey tomatoes. Over the years, the seeds changed and the Ramapo tomato disappeared. In 2008, Rutgers New Jersey Agricultural Experiment Station launched a program to rediscover the Jersey tomato, working to bring back the juicy, sweet, vibrant red tomatoes.

Besides being great tasting, tomatoes are packed full of nutritional value. High in Vitamins A, C, K, and Biotin, they are a great source of antioxidants, helping to improve our immune system and remove diseases that add free radicals in our bloodstreams. Tomatoes are naturally low in sodium, calories, cholesterol and saturated fats. Living a healthier life includes eating the rainbow of fruits and vegetables. The USDA recommends eating at least five cups of fruits and vegetables daily.



Here, at Daughters of Israel, as the tomatoes ripen, Jersey tomatoes will be featured in dishes including marinated heirloom tomatoes, Caprese salad and eggplant parmesan.

Enjoy your summer months and try some juicy and sweet Jersey tomatoes. Take a bite, and eat them just like an apple.

Here's to good health for all!

*-Elena Mills, RD*