



Daughters  
of Israel

Plafsky Cooperman  
family campus family building

WINTER 2018

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# Special Care Unit Highlights

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



## GET IN TOUCH....

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## FROM THE DIRECTOR

Happy New Year! For 2018, we would like to include more residents in our award-winning Music & Memory program. The benefits are endless! The program enables our residents to listen to highly personalized music playlists, created with input from the residents, as well as their family, friends, and our staff. These playlists are loaded onto iPods so residents can connect with music they love, and trigger fond memories of earlier days, improving their overall health and well-being. For more information, you can go to [www.musicandmemory.org](http://www.musicandmemory.org) or come see me and we can get started!

On a related note, please let me know if you are able to donate any used or new iPods, or iTunes gift cards for use in this program!

For the New Year, we have increased the frequency of our “from scratch” baking club program to twice a week. Residents and staff will suggest different recipes for us to try, with sweet aromas to entice the senses! Chef Glenn will also be coming to the Special Care Unit to do an interactive dessert demo for our residents on January 23<sup>rd</sup> at 2:30 pm. If anyone has a special recipe they would like to share with us, please do so! We are always looking for new suggestions!

- *Melissa Scevola*

### 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)



Pauline Shenker at the SCU  
Monthly flower arranging class



**RWJBarnabas  
HEALTH**

2017 Post-Acute Care Partner



## UPCOMING EVENTS

**JANUARY...**

- 16 – Pizza Party in Sudler Atrium, 2:30 p.m.**
- 18 – Winter Wonderland with Candyce, 2:30 p.m.**
- 23 – Dessert Demo with Chef Glenn, 2:30 p.m.**

**FEBRUARY...**

- 14– Sweethearts Celebration, 2:30 p.m.**
- 28 – Soul & Rhythm Live Entertainment, 2:30 p.m.**

**MARCH...**

- 29 – Spring Fling, 2:30 p.m.**

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

## HAPPY BIRTHDAY!

**January**

- Ruth F. 1/12
- Bobbie F. 1/26

**February**

- Hansy M. 2/21
- Johnny W. 2/27

**March**

- Charles W. 3/14
- Dana T. 3/28



## DIETITIAN'S CORNER: UPDATE ON DIET TEXTURES

At Daughters, we have made a change to the diet textures we offer. As of November 26, 2017, the Mechanical Soft diet texture was divided into two different textures: Chopped and Ground. The reason for this change was predicated on providing four diet textures instead of three, as requested by our Speech Language Pathologists, to allow for an increase in variety and improved safety. This change is based on the National Dysphagia Diet (NDD) guidelines, which is often followed in acute-care hospitals. Please note that liquid consistency was not affected by this change.



Let's review the three diet textures that we traditionally offered. The Regular texture allowed for all types of diet textures. The Mechanical Soft texture predominately consisted of soft pasta, fish dishes, cooked vegetables, soft desserts (fresh banana, watermelon, cakes, etc ), and chopped or ground meats. The third texture was Puree, in which the food served was the consistency of mashed potatoes or pudding. These are the textures you are familiar with, if you have visited your family member on the SCU at meal time.

You may have noticed the change since November 26. In substitution of the Mechanical Soft, you will see one of two diet textures. Chopped-National Dysphagia Diet Level 3 (NDD-3) is closer to the Regular textured diet, in that it allows for moist, bite-sized foods, and excludes crunchy, sticky or very hard foods. It is seen on the meal ticket as "Chopped (NDD3)." The Ground-National Dysphagia Diet Level 2 (NDD-2) is closer to the Mechanical Soft diet you are familiar with. In this diet, foods are well cooked, soft in texture, and moist (served with a gravy or sauce). You will see crustless salad-type sandwiches in this diet as well.



I have given you a rudimentary explanation but if you would like additional information, please do not hesitate to contact me. Again, these changes were made to offer more options and to maintain safety.

Here's to good health for all!

-- Rosemarie Fenchel, MPA, RD