



**Daughters  
of Israel**  
Plafsky Cooperman  
family campus family building

SPRING 2018 EDITION

1155 Pleasant Valley Way  
West Orange, NJ 07052  
973-731-5100



# Special Care Unit Highlights

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



## GET IN TOUCH....

**Melissa Scevoli, Director of  
Special Care Unit (SCU)**  
973-400-3344  
mscevola@  
daughtersofisrael.org

**Lauren Marciniak, LSW,  
SCU Social Worker**  
973-400-3361  
lmarciniak@  
daughtersofisrael.org

## FROM THE DIRECTOR

Spring is almost here! We are all eager to get outside and start gardening and enjoying some fresh air. As soon as the weather warms up, recreation will start holding activities on our two patios. Herbs, tomatoes, eggplant, and peppers, are just some of the vegetables our residents plan to plant and watch grow.

We received a new Karaoke Machine from the Woman's League this past holiday season. Many of our residents are leading the group, using the microphone and entertaining our staff and fellow residents.

Music is very important to our population on the Special Care Unit. A recent study shows that individuals with dementia and Alzheimer's can recall memories and emotions, and benefit from enhanced mental performance, after singing classic hits and showtunes from movies and musicals. The study is a breakthrough in understanding how music affects those with dementia and Alzheimer's disease. If you have not yet provided a personalized playlist for your loved one, please get in touch with me. Along with our Music & Memory program, we also provide on unit live entertainment monthly and partake in the many wonderful off unit music programs held on the first floor.

- *Melissa Scevoli*

### 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)



Pictured: Resident Gertrude Carrington helping to prepare a hearty vegetable soup for all on the unit to enjoy.

*Spring has sprung!*




**RWJBarnabas  
HEALTH**

2017 Post-Acute Care Partner



A beneficiary agency of  
**Jewish Federation  
OF GREATER METROWEST NJ**

## UPCOMING EVENTS

**APRIL...****20 – Travel to Paris Day****26 – Live Entertainment with Candyce, 2:30 p.m.****MAY...****13 – Mother’s Day Social, 2:30 p.m.****24– Memorial Day Program, 2:30 p.m.****JUNE...****14 – Flag Day Celebration, 2:30 p.m.****21 – Rhythm & Soul Performance, 2:30 p.m.****\* All events to take place on the Special Care Unit**

## HAPPY BIRTHDAY!

**April**

Isabel M. 4/8

Eunice P. 4/13

Marjorie N. 4/17

Andre B. 4/20

Gertrude C. 4/26

**May**

Phyllis G. 5/15

Dorothy B. 5/20

Harriet B. 5/27

**June**

Jorge C. 6/4

Saundra K. 6/5

Jean H. 6/14

Berlee 6/15

Charles G. 6/20

Anthony S. 6/25

## DIETITIAN’S CORNER: THE SCOOP ON WHOLE GRAINS

Every month at Daughters of Israel, we celebrate the importance of added variety and healthy foods into our diet to help enrich our quality of life. In fact, just this past March, we celebrated our “Superfood of the Month,” which was whole grains! Some of the dishes we featured and continue to offer include brown rice, toasted faro and beef barley soup.



Whole grains should not be confused with just whole wheat as there are so many more whole grains around us we may not even think about. Barley, quinoa, oats, brown rice, whole grain pastas, bulgur and faro are just a few you may have already heard of. Whole grain foods are loaded with nutrients such as B vitamins, iron, zinc, magnesium, antioxidants, protein and fiber.



What makes whole grains so nutritious is that it contains all of the parts of the original kernel; the bran, the germ and the endosperm. Refined grains do not have the bran and germ which means they lose many vitamins, minerals and fiber. By keeping the bran and germ on the grain and eating them, we help keep our body healthy, our skin radiant and our hair shiny.

Remember, the USDA recommends making at least half of the grains we eat to be whole grains. Incorporating whole grains into our diet has shown a reduction in the risk for developing heart disease, diabetes and even some cancers. Adding whole grains into your diet has also shown the ability to maintain and even lose weight!

So, the next time that you are in the supermarket, browse through the aisles and see if you can add some whole grains into your next meal for all the nutritious benefits they bring! When reading food labels, look for the word "whole grain" as the first ingredient for the most perks.

Here’s to good health for all!

*-Raul Campiz, NDTR*

