



Daughters
of Israel

Plafsky Cooperman
family campus family building

SPRING 2019

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*



GET IN TOUCH....

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Special Care Unit (SCU)**

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**RWJBarnabas
HEALTH**

2018 Post-Acute Care Partner

FROM THE DIRECTOR

Spring has sprung! We will soon be holding our daily activities outside on our beautiful patios on the Special Care Unit. Planting season will commence after Mother's Day. We will be growing vegetables and herbs, and filling our pots with colorful and fragrant flowers.

We want to thank Dr. Bruce Stern for continuing to sponsor the SCU monthly music therapy program, in loving memory of his beloved wife, Marsha Stern. We offer a variety of music genres to meet our residents tastes and needs, from classical to jazz, and doo-wop to Klezmer.

- *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



UPCOMING EVENTS

**APRIL...**

2 – Musical Memories with Flip Peters, 2:30 p.m.

4 – Pizza Lunch in the Atrium

17 – Live Entertainment, 2:30 p.m.

MAY...

13-17 – National Nursing Home Week! Stay tuned for special resident/staff events and lots of fun activities!

JUNE...

14 – Flag Day Celebration, 2:30 p.m.

25 – Summer Kick-off Celebration, 2:30 p.m.

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

HAPPY BIRTHDAY!

April	Earl F.	6/9
Andre B.	4/20	Jean H. 6/14
Gertrude C.	4/26	Henry B. 6/18
		Anthony S. 6/25
May		Rosemarie V. 6/27
Dorothy B.	5/20	
June		
Woody W.	6/1	
Sandra K.	6/5	
Ruth M.	6/6	
Bibi S.	6/6	



DIETITIAN'S CORNER: LEAFY GREENS

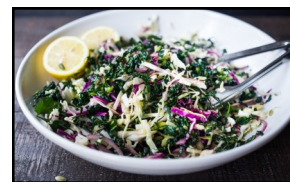
Spring is here and the bitter herbs of Passover may be just a memory when you are reading this, but let's not forget about the nutritional benefits of those greens.

Many people feel that dark leafy greens are bitter; however, eating them more often and cooking them properly will diminish the bitterness. Start with the freshest, greenest batch you can.



Remove the tough stems and wash in cold water until no sand or dirt is visible. Chop or slice. Par-boiled, drained and rinsed, milder greens can be directly sautéed with olive oil and garlic. Greens of different types can be steamed and filled with meat, grains, or cheese for a delicious appetizer. Some can be served over pasta with cheese, or made into a soup. You can also add them to omelets, casseroles, stir-fries, slaws and smoothies.

The greens you find in your local supermarket, farmer's market, or that you can grow yourself, include: collards, mustard greens, cabbage, chard, watercress, kale, spinach, turnip greens, arugula, and escarole. Generally, greens are good sources of vitamins A, C, K, potassium, and fiber. They are low in calories, ranging from 5 to 40 calories per cup (without the added fat or flavorings mentioned above). Check out our menus for sautéed kale, collards, spinach, braised cabbage, and escarole & bean soup!



People who take Coumadin (warfarin) worry about eating greens due to its vitamin K content. While this is a legitimate concern, the recommendation is not to avoid greens altogether, but to eat a consistent amount of greens daily, no more than ½ cup. Vary the type of greens daily as each food has a unique nutrient profile. Talk to your registered dietitian for more information regarding specific foods that contain vitamin K.



Many greens also contain phytonutrients or phytochemicals, which are compounds found in plants that help maintain our health. Obtaining phytonutrients from food in our diets is generally thought to be more beneficial than obtaining them from supplements. Phytonutrients found in leafy greens can include: Indoles, glycosylates, and isothiocyanates, which may play a role in detoxifying cancer-inducing substances, keeping tumors from growing, and reducing production of cancer-related hormones.

So, while "spring cleaning," don't forget about cleaning up your diet with preventive foods that can keep you healthy for the long term.

-Jane Rosenberg, RDN