



**Daughters  
of Israel**

Plafsky Cooperman  
family campus family building

**WINTER 2020**

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 Hirsch Pavilion*



## GET IN TOUCH....

**Nellyn Delima, Assistant  
Director of Nursing**

973-400-3345  
ndelima@  
daughtersofisrael.org

**Yuki Rice-Faison  
Director of Activities**

973-400-3384  
yrice-faison@  
daughtersofisrael.org

**Elena Mills, Clinical Nutrition  
Manager/SCU Dietitian**

973-400-3327  
emills@daughtersofisrael.org

**Lauren Marciniak, LSW,  
SCU Social Worker**

973-400-3361  
lmarciniak@  
daughtersofisrael.org

## NEWS FROM THE UNIT

We are keeping it lively on the HP unit. In early December, we had entertainment by Scott Giaquinto. We will send off 2019 in style, with our New Year's celebration on December 31, featuring a performance by Tuvia Zimber.

In January, we will dance in a country music hoedown, sing like Ethel Merman, paint like a Master of the Arts, launch our first international club, with Travels to Mexico, learn why oatmeal is good for us, embark on an Ellis Island Adventure, workout to Zumba Gold, unwind with Chair Yoga, celebrate the Chinese New Year and much more! When you come to visit, feel free to join in our programs!

Wishing you a happy and healthy Holiday Season!

*Cindy Postilnick*

Activities Coordinator, Special Care Unit

### 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 Lauren at ext. 3361  
or lmarciniak@  
daughtersofisrael.org**



SCU residents "Parachute through Time" in a fun and interactive program.



**RWJ Barnabas  
HEALTH**

2018 Post-Acute Care Partner



UPCOMING EVENTS



**JANUARY...**

**9 – Hands with Heart, 10:30 a.m.**  
**10 – Out to Lunch Trip**  
**15 – Live Entertainment with Candyce Giaquinto, 2:30 p.m.**  
**Date TBA - Master of the Arts**



**FEBRUARY...**

**2 – Superbowl Celebration**  
**6 – Hands with Heart, 10:30 a.m.**  
**Date TBA - Master of the Arts**



**MARCH...**

**Events TBA !**



HAPPY BIRTHDAY!

<u>January</u>		Sasha M.	3/8
Irene M.	1/3	Catherine C	3/12
Lottie S.	1/5	Selna G.	3/13
Barbara S.	1/7	Ellen G.	3/28
Raffaella N.	1/20	Dana T.	3/28

February

George B.	2/7
Johnny W.	2/27

March

Florence C.	3/3
Madeline F.	3/7



DIETITIAN’S CORNER: EGGS ARE EGG-CELLENT FOR YOU!

Our January super food is eggs! Sometimes we think of eggs as a spring food, but hens can lay eggs throughout the year with proper nutrition and adequate light. The flavor of farm fresh eggs is unbeatable.



If you do buy eggs from the farm, some farmers recommend you wash them just before preparation, as they are usually not washed when laid. Bacteria, such as *Salmonella Enteritidis*, can be found on the outside of the eggshell and contaminate the egg when cracked. However, eggs purchased at the supermarket generally are washed and sanitized prior to packaging. When cooked, eggs should reach an internal temperature of 160 degrees Fahrenheit, to kill any bacteria.

The elderly, as well as young children, pregnant women, and those with a weakened immune system, are especially susceptible to such food-borne illnesses. You will not see soft-boiled or over easy eggs on our menu.

We have learned to limit our egg consumption due to its cholesterol content, however, eggs are a low-calorie, high-quality protein source that contain many other nutrients. One egg provides 80 calories and six grams of protein. Although one egg contains about 200 milligrams of cholesterol, it has only about six grams of fat. Eggs also are a great source for iron, vitamins A, D, E, B 12, folate, selenium, lutein, zeaxanthin, and choline, which aid in carrying oxygen, maintaining eye health, working with calcium to strengthen bones, sustaining and building cells, and promoting brain function, among other benefits. Currently, there is debate over the appropriate amount of eggs that should be eaten--so it depends on your overall diet. See a Registered Dietitian Nutritionist to help determine how to incorporate eggs into your diet.

At Daughters of Israel, we have eggs available daily—scrambled (except Saturday), hard cooked, and in egg salad. Our egg menu choices include omelets, with or without cheese, Western egg scramble, vegetable quiche, vegetable & Swiss frittata, scrambled eggs & salami, and spinach & cheddar quiche.

Here’s to egg-cellent health!

-Jane Rosenberg, RDN

