



# Preakness Press

## Preakness Healthcare Center

305 Oldham Rd,  
Wayne, NJ 07470  
973-317-7020

### Celebrating 300 Years of Beauty and Grace

#### Happy 100th Birthdays to Martha, Eula and Anna



### 2016

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On Wednesday, September 28th, 2016, Preakness Healthcare Center was honored to celebrate the 100th birthdays of 3 of it's residents; Martha, Eula, and Anna. Each of the ladies turned 100 between July and September. Proclamations were prepared by the Passaic County Freeholders which highlighted the lives, careers and families of these "Centurions."

Many thanks to Freeholders Bruce James and Hector Lora for presenting the Proclamations on behalf of the Board of Chosen Freeholders. Anna was joined by her Daughter, Daughter in law and Granddaughter for the festivities. Martha's proclamation was presented to dear friend, Elsie Pascrell on her behalf and resident, Carlyle M, accepted the proclamation for his mother, Eula.



### Important

#### Information:

- Please sign in every time you visit. A visitor pass /sticker is required.
- Labeling of Items: Please bring all new clothing/belongings to the nurses station for labeling, to avoid lost items for your resident.
- Reminder: no extension cords are permitted in the residents rooms.
- Lost Something? Preakness Lost and Found is available at the Main Entrance.
- For the safety of our residents, Potentially hazardous chemicals/ materials, (ie: Laundry items, flammable beauty products, OTC medications, cleaning products) are prohibited from resident rooms/ areas.
- Please use elevators during your visit.

### DJ Dance Party!

Welcome to the DJ Dance Party! This program brings the residents together to dance, sing and be free. It is a time for residents to be away from pain, treatments and illness. It is their time to "Just Be!" Lamar Davis, Environmental Services Supervisor and Tony Sangster, Principal Stock Keeper, share the role as "Master of Ceremonies," in which they sing, dance, and interact with the residents. Tyrone Buggs, CNA, serves as the DJ behind the music. The event runs an hour from 2:30pm- 3:30pm, which straddles the day and evening work shifts. All three gentleman donate a little of their time outside of their shift to provide a little extra sunshine for the residents.

Tyrone, Lamar and Tony have all stepped out of their comfort zones and their daily work responsibilities to bring much joy to our residents. These veteran employees combined have dedicated 72 years of service to the residents of Preakness Healthcare Center! We can't thank them enough for making a difference!



### State Survey Results

Results of the most recent survey conducted by the NJ Department of Health, including the plan of correction in effect, are available for your review in the lobbies and rear entrance.



## Who's the next Preakness Healthcare Center "Star Cook?"

Over the past several months, Preakness Healthcare Center has been having a monthly contest amongst its' cooks. This is serious business as a prime parking space is at stake!

The cooks present their meals daily to the Dietary Supervisor. The Dietary Supervisor then rates the meal based on appearance, texture, taste and nutritional balance. Regular, Mechanical Soft and Puree consistencies are all rated daily. Using a scoring system, the scores are tabulated and then tallied at the end of each month.

Congratulations to our "Star Cook," Elaine Rogozinski, who has swept the competition thus far! Thank you for sharing your culinary expertise and love of cooking to design a variety of healthy meals for our residents.



## Get Vaccinated!

Protect the people who are close to you  
from the flu! A flu vaccine protects you

and your family! Protect yourself, and protect your family. The  
single best way to protect against the flu is to get vaccinated  
each year. Get a flu vaccine this season.

### Why should people get vaccinated against the flu?

Influenza is a serious disease that can lead to hospitalization and sometimes even death. Every flu season is different, and influenza infection can affect people differently. Even healthy people can get very sick from the flu and spread it to others.

### How do flu vaccines work?

Flu vaccines cause antibodies to develop in the body about two weeks after vaccination. These antibodies provide protection against infection with the viruses that are in the vaccine.

### What kinds of flu vaccines are available?

CDC recommends use of injectable influenza vaccines (including inactivated influenza vaccines and recombinant influenza vaccines) during 2016-2017. The nasal spray flu vaccine (live attenuated influenza vaccine or LAIV) should not be used during 2016-2017.

### Who should get vaccinated this season?

Everyone 6 months of age and older should get a flu vaccine every season. This recommendation has been in place since February 24, 2010 when CDC's Advisory Committee on Immunization Practices (ACIP) (<http://www.cdc.gov/media/pressrel/2010/r100224.htm>) voted for "universal" flu vaccination in the United States to expand protection against the flu to more people.

### People who cannot get a flu shot:

(<http://www.cdc.gov/flu/protect/whoshouldvax.htm#flu-shot>)

### People who should talk to their doctor before getting the flu shot:

(<http://www.cdc.gov/flu/protect/whoshouldvax.htm#flu-shot>)

### Where can I get a flu vaccine?

Flu vaccines are offered in many locations, including doctor's offices, clinics, health departments, pharmacies and college health centers, as well as by many employers, and even in some schools.

### For more information visit:

<http://www.cdc.gov/flu/protect/keyfacts.htm>



**Friday, October 28, 2016**

**Drum Circle**

2:30pm - Main Dining Room

**Monday, October 31, 2016**

**Halloween Party**

2:30pm - Main Dining Room



**Friday, November 4, 2016**

**Friday at The Movies -**

**“ My Big Fat Greek Wedding 2”**

2pm - Main Dining Room & Channel 65

**Wednesday, November 9, 2016**

**Monthly Birthday Party with Julian**

2:30pm - Main Dining Room



**Thursday, November 10, 2016**

**Veterans Program**

2pm - Main Dining Room

**Wednesday, November 16, 2016**

**Rock n' Roll Party**

2:30pm - Main Dining Room



**Wednesday, November 23, 2016**

**Dance Show with Randy Accardi**

2:30pm - Main Dining Room

**Family Celebrations at Preakness Healthcare Center**

Due to popular demand and numerous requests, Preakness Healthcare Center has set the following guidelines for families interested in celebrating birthdays / special occasions with their loved ones within the facility .

- \* Party size is not to exceed 25 guests.
- \* Sternos or candles with open flames are prohibited.
- \* Party times can be arranged between 1:30-5pm in our Main Dining Room. Other locations & times available upon request.
- \* We are able to provide the following:
  - \* Coffee/Tea Set up
  - \* Table Linens ( color preference may be requested)
  - \* Balloons (color preference may be requested)

\*\* Families are responsible for providing all paper products, food, additional decorations and serving utensils.\*\*

~ If your party exceeds 25 people, we can assist with contact information for a transportation company to assist you getting your loved one to an off-site celebration. ~

Reservations are required

and must be prearranged with Suzanne McEvoy no later than 7 days prior to the date requested.

973-585-2161

smcevoy@passaiccountynj.org

**THE PREAKNESS HOSPITAL AUXILIARY PRESENTS**

**“BREAKFAST WITH SANTA”**

**When: Saturday, December 10, 2016**

**Where:**

**Main Dining Room**

**Time: 10:00am - 12:30pm**

**Cost: \$7.00 Child \$5.00 Adult**



**\*\*Tickets for child include breakfast, gift and 1 picture.**

**RESERVATIONS REQUIRED**

\*No tickets will be sold at the door\*  
(Please reserve early! Tickets sell out quick!)

**Tickets on Sale beginning Monday, 11/14/16**

**For tickets please call:**

**Alina Zalenski 973-585-2124**



# A Day at The Jersey Shore!

On Wednesday, August 3 & Tuesday, August 23, 2016, the residents of Preakness Healthcare Center were treated to a day at Pt. Pleasant, NJ! It included an Oceanside lunch at Martell's, admission to Jenkinson's Aquarium and time to stroll the boards and take in the sites of the Jersey Shore! Many thanks to The Preakness Hospital Auxiliary for continuing to make it possible for the residents of Preakness Healthcare Center to enjoy a day at the Shore free of charge. The Auxiliary raises funds throughout the year to make this trip possible. Other sponsored trips include lunch trips on the Spirit of NJ and tickets to see the NJ Jackals at Montclair State University. The Auxiliary also makes sure that no resident goes without a gift during the holiday season!

How can you continue to support this great organization? You can buy a helium balloon during the sales in the rotunda, make a charitable donation or becoming a member of the organization! Membership information is available on page 5.



## **Spirit of New Jersey ~ September 22nd & October 7, 2016**



## 24th Annual Preakness Hospital Auxiliary Tricky Tray

The Preakness Hospital Auxiliary hosted its 24th Annual fundraiser event at The Bethwood on October 13, 2016. Over 350 people were in attendance. The evening included a four course dinner, live entertainment and chances to win nearly 300 prizes. A money raffle was also drawn with \$1300 being split between 3 winners!

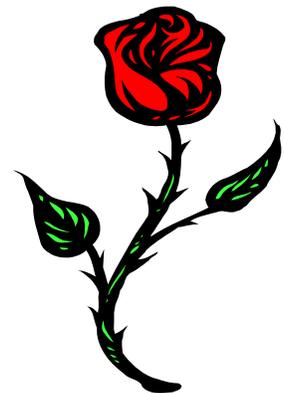


The efforts of the tiny and mighty committee who put this event together gave endless hours of preparation to make this event the huge success it was. Many thanks to all the staff and families that attended, donated and support the Preakness Hospital Auxiliary. All monies donated are put toward special trips, events and holiday gifts for the residents of Preakness Healthcare Center.



## *Preakness Hospital Auxiliary, Inc.*

**Celebrating over 50 years of Service to the residents of  
Preakness Healthcare Center**



Formally organized in April, 1965 for the following purposes:

1. To further the aims of the Preakness Healthcare Center
2. To provide the best possible patient care
3. To make the facility a better place in which to live.

- \*\* Regular monthly meetings are held on the first Wednesday of each month in the Board room.
- \*\* The membership year runs from January 1st to December 31st.
- \*\* Yearly dues is \$5.00 per member.

**If you are interested in becoming a member or would like more information, please contact:**

**Dolores Choteborsky ~ 973-585-2140**

**[doloresc@passaiccountynj.org](mailto:doloresc@passaiccountynj.org)**



## Christmas in July

Many thanks to the Wayne Rotary who sponsored and celebrated Christmas in July with the residents of Preakness Healthcare Center on Wednesday, July 20, 2016. This is the 5th year the Wayne Rotary has joined us at Preakness, however it marked the 25th anniversary of the program for them.

Each year, the Rotary members prepare "Goody Bags" of toiletries and essentials for the residents. This year they donated 150 bags for our residents.

A Christmas party wouldn't be complete without a visit from Santa himself! We were excited to also welcome Mrs. Claus this year! Thank you to "Santa" Paul and "Chrissy Claus" Ev Agrusti for adding to the festivities.



A new pollinator garden was installed at Preakness Healthcare Center as a project conducted by Rutgers Cooperative Extension of Passaic County and the Master Gardener Class of 2016 that had met at the facility throughout the past year. This milkweed Butterfly Garden can be enjoyed by all Preakness healthcare Center residents, families, staff and guests. It is located on the lobby patio.

*Gathering at the garden to celebrate its success were:*

Seated: Laura Casalino of Little Falls; Amy Rowe and Rachel De Flumeri of Rutgers Cooperative Extension; and Laura Zelenka of Clifton.

Standing: Suzanne Shaffer of Wayne; Barbara Orlovsky of Clifton; Freeholder Sandi Lazzara; Jo-Ann Pituch of Rutgers Cooperative Extension; John Crowell of Wayne; Pamela Creo of Clifton and Freeholder John Bartlett and son.

### *Planting with Purpose:*

Passaic County Master Gardeners  
design Pollinator Garden at  
Preakness Healthcare Center



# Annual Country Fair

September 14, 2016



## Now accepting reservations for

# **THANKSGIVING** **DINNER**



## Thursday, November 24, 2016

**Dinner will be served during 2 Seatings in the Main Dining Room:**

**Seating #1: Noon**

**Seating #2: 1:30pm**

### **MENU**

Dinner Rolls and Butter  
Golden Roasted Turkey with Gravy  
Stuffing and Sweet Potatoes  
Corn  
Pumpkin Pie & Deep Dish Apple Pie  
Coffee/Tea/Soda

**Please take note that there are four complementary tickets that will be available per resident.**

**To make a reservation, please contact:**

**Suzanne McEvoy, CTRS**

**Assistant Director of Therapeutic Recreation**

**(973) 585-2161 or [smcevoy@passaiccountynj.org](mailto:smcevoy@passaiccountynj.org)**

**Please make your reservations on or before**

**Friday, November 18, 2016.**

Please indicate your name and phone number, the name of the resident with whom you will be dining, the # of guests, the resident's floor/unit # & which seating.



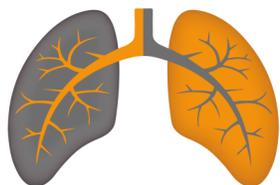
# Support GROUPS

## Parkinson's Support Group

*Caregivers and family members are welcome!*

Offered the 3rd Thursday of each month in the Preakness Healthcare Center Main Dining Room at 1pm.

\* For more information, please contact Dolores Choteborsky at 973-585-2140 [doloresc@passaiccountynj.org](mailto:doloresc@passaiccountynj.org)



## Dent Unit Support Group

Offered the 3rd Tuesday of each month in the Preakness Healthcare Center 1:30 - 2:30pm

\* For more information, please contact Joan Derramas at 973-585-2107 [jderramas@passaiccountynj.org](mailto:jderramas@passaiccountynj.org)

# EDUCATION OPPORTUNITY



*Preakness Healthcare Center*  
*A Legacy of Caring*

### **"GRAND ROUNDS"**

Speaker:

Ms. Kerry C. Mills, MPA

Topic:

Dementia Care:

**"Managing the Challenges"**

&

**"How a Day vs. Task Perspective Changes The Outcome"**

Date: Wednesday, November 2, 2016

Time: 8:30am - 9:00 Registration/Networking

9:00 am—11:00 am Program

### Location:

Preakness Healthcare Center  
305 Oldham Road, Wayne, NJ 07470

Approved for 2 CEU's

*(Social Workers, Case Managers & Nursing)*

**CONTINENTAL BREAKFAST**

**R.S.V.P. By October 31st To Camille Thompson (973) 585-2147**