



**BCHCC**  
**BERGEN COUNTY HEALTH CARE CENTER**  
*A Distinguished Reputation for Quality Care*  
35B Piermont Road • Rockleigh, NJ 07647  
201-750-8310 • Fax: 201-784-3590

January 15, 2021

Dear BCHCC Family,

**Regular Covid-19 testing** of residents and staff continue here. Any positive cases have been reported to families, residents and staff promptly. All positive staff are home for 14 days and all positive residents are in isolation for 14 days. As we get more information, we will share it with you. Please contact the Activity Department to arrange an appointment.

**Vaccinations** of residents and staff took place this past Sunday at BCHCC. Pharmacists from CVS brought in the Pfizer vaccine and administered to all who signed up to received it. All who received this vaccine are doing well. Our next clinic for the second dose (or a first dose for those who have not yet gotten) will be Sunday, January 31, 2021. Once again consent forms will need to be completed. For residents who cannot complete them, you will be contacted by us to give your verbal approval.

**Activities** In January we continue providing residents with 1:1 activities. Including daily activity packets, Arts and Crafts, Bingo, Trivia, Sensory Stimulation. Every Friday and holiday we have a themed cart that goes around to cottages. We already had Elvis Lives cart on January 8 (Elvis Presley was born on that day), with Peanut Butter and Banana Grilled Sandwiches (Elvis favorites). We were also playing his music. In January we are going to have 3 more carts, including Strawberry Ice Cream day on January 15th, Casablanca Day on January 22nd and Fabulous 40's Friday on January 29th.

**A word from Claudia Colaianni, our Dietician-** I hope everyone had a nice holiday and I wish all of you a Happy New Year. It was our pleasure to make sure your family member received a quality festive meal. The feedback from our residents was very positive. Dealing with this pandemic is a challenge for all, but especially for residents that are isolated from their family which can have a negative impact on their nutritional health. My focus as the Registered Dietician at BCHHC is to be more sensitive than usual; so empathy is more important than ever. Although weight management or preexisting conditions such as CVD, HTN or diabetes, dietary advice on what to eat and what to limit has remained the same. RE-adjusting goals is important to attain/maintain quality of life during these trying times. I would like to share a recipe to our family members-a comforting soup...

Cauliflower has received much attention lately as a replacement for higher carbohydrate grains and starch vegetables. I am sure most of you heard of cauliflower mash, “rice”, pizza crust and hash browns.

### Cauliflower and White Bean Soup

#### Ingredients:

½ Head Cauliflower, 1 T Olive Oil, 2 Stalks Celery, Chopped, 1 Small Onion, Chopped  
2 Cloves Garlic-Minced, (1) 14.5 oz. Can Cannellini Beans, drained and rinsed, (1) 32 oz. Low Sodium Vegetable Broth, 1 T Fresh Thyme Leaves, ¼ tsp Salt, ¼ tsp Black Pepper, 1/8 tsp Cayenne Pepper

#### Directions:

1. Remove outer leaves from Cauliflower. Cut cauliflower florets and stem into 2 inch pieces, discarding any tough parts of them stem.
2. Heat Olive Oil in a large dutch oven over medium heat. Add Celery and onion and cook, stirring frequently, 5 min or until softened. Add garlic and cook, stirring constantly, 30 seconds. Add Cauliflower, Beans, Broth and Thyme and bring to boil.
3. Reduce heat and simmer 15 to 20 min or until Cauliflower is tender.

Puree soup with a immersion blender until smooth. Sit salt/pepper. Garnish with Thyme Leaves.

**NJDOH Survey** During this pandemic the New Jersey Department of Health has conducted surprise Infection Control Surveys of Nursing Homes. They were looking for compliance with current NJDOH Directives and proper procedures by staff who take care of residents. Two state surveyors visited us this past Monday and spent the day here reviewing policies and procedures. They visited our cottages and observed resident care. Their report stated that we were in compliance with all regulations and practices and had no deficiencies. We are proud of this designation

Please remember that issues specific to a resident should be directed to the cottage staff or Harvey and Diane. They can be reached at 201-750-8310 or email us at [Hsilberstein@co.bergen.nj.us](mailto:Hsilberstein@co.bergen.nj.us) or Diane (acting DON) at [Dholzberg@co.bergen.nj.us](mailto:Dholzberg@co.bergen.nj.us) . Please visit our website at <http://www.co.bergen.nj.us/health-care-center> and view our food menus, activity calendar and outbreak plan.

Sincerely,

Harvey Silberstein, Administrator

Diane Holzberg, Acting DON

