WHAT’S HAPPENING AROUND ALAMEDA

Every day is an adventure here at Alameda! Thanks to our amazing activities team, we’re able to have plenty of fun celebrating momentous occasions, like Mother’s Day and National Skilled Nursing Care Week, with our residents. The fun doesn’t end!

Hi my name is Sharon. I’m in the process of having physical therapy. When I first got here I was not able to stand. I’m trying to do my best and with the therapy I’m getting here I see myself getting better. I had issues with my knees and when I was alone I kept falling. But Alameda gave me the attitude where I can get better soon. I don’t want to forget the people in there. Thank you very much.

Celebrating National Skilled Nursing Care Week!

Here at Alameda and around the country, nurses work day in and day out to deliver quality care to their patients. During National Skilled Nursing Care Week, we celebrated our nurses with catered food and an ice cream truck! Our staff and residents had a blast!
Alameda Nurses Day and Mother’s Day Brunch:

May found us celebrating multiple occasions! First, we honored the beautiful, loving, hardworking mom-mas in the building with a Mother’s Day Brunch. Yummy foods, balloons, and music made this such a great time!

Then, of course, we made sure our nurses felt appreciated on Nurses Day with goodie bags, music, and a delicious spread totally dedicated to them! Without our nurses, the Alameda family wouldn’t be what it is today. Thank you to our activities department for helping us celebrate their hard work!
Alameda Memorial Day Ice Cream Social:
Memorial Day is a time to remember those who made the ultimate sacrifice for our country. We honored the men and women who have served for us and celebrated them with an ice cream social.
There is an easy way to remember the signs of a stroke.

The symptoms usually come on suddenly. Just think of the word "FAST." Each letter in the word stands for one of the things you should watch for and what to do about it:

- **Face:** Does the person's face look uneven or droop on one side?

- **Arm:** Does the person have weakness or numbness in one or both arms? Does one arm drift down if the person tries to hold both arms out?

- **Speech:** Is the person having trouble speaking? Does his or her speech sound strange?

- **Time:** If you notice any of these stroke signs, call for an ambulance (in the US and Canada, dial 911). You need to act FAST. The sooner treatment begins, the better the chances of recovery.

Some experts suggest thinking of the term "BE-FAST" instead. This adds 2 more symptoms to the list above:

- **Balance:** Is the person having trouble standing or walking?

- **Eyes:** Is the person having trouble with their vision?

Thank you for joining us for our May newsletter!

PLEASE FOLLOW US ONLINE
PARAMOUNT CARE CENTERS

ALAMEDA CENTER
FOR REHABILITATION & HEALTHCARE
Progressive Rehab, Innovative Experience

303 Elm Street, Perth Amboy, NJ 08861

BROOKHAVEN
CENTER FOR REHABILITATION AND HEALTHCARE

120 Park End Place, East Orange, NJ 07018

HUDSONVIEW
CENTER FOR REHABILITATION AND HEALTHCARE

9020 Wall St., North Bergen, NJ 07047

ManhattanView
CENTER FOR REHABILITATION AND HEALTHCARE

3200 Hudson Ave., Union City, NJ 07087

RIVER’S EDGE
REHABILITATION AND HEALTHCARE CENTER

9501 State Rd., Philadelphia, PA 19114

Sinai
Post Acute, Nursing & Rehab Center

65 Jay St., Newark, NJ 07103

THE PINES
AT PHILADELPHIA
REHABILITATION AND HEALTHCARE CENTER

8410 Roosevelt Blvd., Philadelphia, PA 19152

THE VOORHEES CARE & REHABILITATION CENTER

1302 Laurel Oak Road, Voorhees Township, NJ 08043