

Patients Return for Rehab Reunion By Nicole Celli

On September 21, Daughters of Israel held its first "Rehab Reunion," in honor of National Rehabilitation Awareness Week. After opening its new sub-acute rehabilitation facility almost two years ago and state-of-the-art gym, Daughters of Israel decided it would be nice to bring back graduates who had completed their rehab within the past two years to see the changes.

"We had things planned, but everyone was so happy to speak to each other and reunite we just had the luncheon and everyone got rehab goodie bags," says Director of PR/Marketing Renee Glick. About 50 graduates attended the reunion at Daughters of Israel, whose rehab facility is one of the area's premier providers of rehabilitation. Its program is ideal for people recovering from general, hip and cardiac surgery, joint replacement, medical illness with de-conditioning, prolonged hospitalization, fractures and complex wounds, as well as those who need stroke rehabilitation and continued intravenous antibiotic therapy.

Daughters of Israel is a multi-faceted skilled nursing facility that not only offers sub-acute rehabilitation, but also long-term care, Alzheimer's care, hospice/palliative care, respite care and living with assistance.

**Daughters of Israel • 1155 Pleasant Valley Way, West Orange
973-731-5100 • www.doigc.org**



(L-R) Marsha Fiske, President of the Board of Governors, Shirley Lieberman, recent graduate of Daughters of Israel's rehab program, and her Lieberman's niece, Maida Perlmutter (standing).

Something to Bark About

By Jessica Schiffenhaus

If you work all day, or just hate leaving your pooch at home for hours at a time while you run errands, take a peek at Pups@Play—a new doggie daycare and spa in Livingston. The cage-free facility treats its furry guests to pampered playtime during its full day, half day, or hourly daycare service. It also offers vacation care, grooming services, training classes, holistic pet care—acupuncture and massage, for example—and a boutique-bakery, which carries accessories and treats.

The daycare service is unique in that each guest is interviewed before they are enrolled in the program to ensure their safety, as well as maximum enjoyment and appropriate interplay. Dogs have opportunity to socialize and play in clean spaces with anti-bacterial surfaces and rubber flooring in a climate-controlled environment. There are a variety of rooms designated for different guests, including specialty playrooms with couches and TVs.

If you're leaving for vacation, you can take advantage of Pups@Play's vacation care, whether your pup is a daycare member or not. Rather than leaving dogs crated overnight, Pups@Play has a team of carefully screened professionals who care for your pet in a safe, real home environment. Call or visit the website to find out more about all the great services!

Pups@Play
42 Okner Parkway, Livingston
973-740-8500
www.pupsdaycare.com



A Different Way to Get Fit

By Jessica Schiffenhaus

If you're ready to shed weight using cutting edge fitness technology in a workout setting you've never experienced before, join Eric Murphy CPT, PES, CES of Pearl Personal Training for the Kinesis Hybrid Series. The monthly, 75-minute sessions combine kinesis training with other types of training such as boxing, plyometrics, flexibility and TRX. Classes take place at 9am on the last Saturday of every month from now until to September 2012. All levels—including beginners—are welcome to participate. Each class focuses on something different; for example, January's focus is boxing. "I'll have my boxing instructor set up to have half the studio, and what we'll do is create a circuit," said Murphy. "I'll have people on kinesis, he'll have people on the boxing circuit, and we'll bounce back and forth from intense kinesis training to intense boxing training."

Kinesis focuses on core stability, balance, muscle endurance and flexibility. It differs from other training methods because it works multiple muscle groups at once using fluid, full-body movements. "You're getting your cardio training and your resistance training in one," explains Murphy. "That's why you burn so many more calories using kinesis than you would in other styles of training. We've had a lot of success here with people losing weight."

Pearl Personal Training
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