AMARA
REHAB AND NURSING

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THE NEWSLETTER OF AMARA REHAB AND NURSING

Life at *Amara*



OUR FIRST ISSUE

A season of thanks

Five stars, a brand-new front door, and one very popular dog named Bear.

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Thank you for a remarkable fall

"Moments like these bring comfort, spark conversation, and remind us how much joy a furry friend can bring."

FROM OUR PET THERAPY POST, OCTOBER 22

Dear residents, families and friends,

Welcome to the first issue of Life at Amara. We started it for a simple reason: a great deal has happened in our home since September, and most of it deserves more than a passing mention.

We cut a ribbon outside our front door and opened a renovated home in Haskell. A few weeks later, Newsweek named Amara one of America's Best Nursing Homes, and the Centers for Medicare & Medicaid Services rated us five stars overall and five stars in quality measures.

Those honors matter to us. So do the quieter days in between: a dog named Bear making his rounds, Girl Scouts filling candy bags with our residents, and a birthday cake shared over live music.

November is the month for saying thank you, so here it is. Thank you to our residents, for trusting us with your care. Thank you to the families who visit, call and cheer us on. And thank you to the nurses, aides, therapists and every member of our team who earned those stars one shift at a time.

From all of us, happy Thanksgiving.

With gratitude,

Motty Waxler

ADMINISTRATOR · AMARA REHAB AND NURSING

WHAT WE BELIEVE

Where healing feels *like home.*

5 ★	5 ★	2027	7 days
CMS overall rating	CMS quality measures	Newsweek America's Best Nursing Homes	Therapy offered every day of the week



THE BIG NEWS

Five stars, twice

This fall, the Centers for Medicare & Medicaid Services rated Amara Rehab and Nursing at its highest level in two categories: five stars overall and five stars in quality measures.

It is the rating every nursing home works toward. For us, it reflects consistent, attentive care for every resident, every day.

Two weeks earlier, Newsweek named Amara one of America's Best Nursing Homes 2027, placing us among the best in New Jersey.

"This recognition belongs to our team. To the nurses, therapists, aides, and every staff member who shows up each day with skill and compassion: this is your work, seen."

★★★★★

CMS Five-Star Rating

Overall

★★★★★

CMS Five-Star Rating

Quality measures

2027

America's Best Nursing Homes

Newsweek and Statista

♥

American Heart Association

Certified care: heart failure

KIND WORDS · FROM OUR GOOGLE REVIEWS

★★★★★

"I stayed here for 3 months and felt like another home. The best therapy department. Nursing team very knowledgeable. Great team."

FATIMA M.

★★★★★

"This place is very welcoming. Newly renovated. Overall, it is a pleasant place for residents to feel safe and cared for."

MARIE B.

★★★★★

"They have Indian cook, Indian doctors and therapist. My sister is very happy here. You don't feel away from home."

BHANU S.

A new chapter in *Haskell*

One ribbon, a pair of golden scissors, and our residents, families, team and community leaders cheering right outside our front door.











THE RIBBON

The cut took a few seconds. The home behind it took much longer to build: a renovation designed around comfort, dignity and care, from the welcoming spaces by the front door to the rehabilitation gym.

THE EVENING

A red carpet ran through our halls. There was live violin, a full table, and something for every guest to take home. It is the feeling we want every family to have when they walk in, on any ordinary day.

THE GUESTS

State and local officials, hospital partners, community organizations and neighbors walked through our home and met the team behind it. Thank you for showing up for Amara and for Haskell.

Come see it for yourself. Tours are welcome any day. Call 973-839-6000 or visit amarahc.com.

Around *Amara*

Favorite moments from the past few weeks, as shared on our Facebook, Instagram and LinkedIn pages.



PET THERAPY · OCTOBER 22

A sweet afternoon with Bear

Our residents shared cuddles, smiles and plenty of gentle pets. Thank you, Bear, for making everyone's day a little brighter.



GIRL SCOUTS · BEFORE HALLOWEEN

Candy bags and a helping paw

The Girl Scouts joined our residents to make candy goodie bags. Thank you to The Candy Cabin for donating the candy.



PET THERAPY · NOVEMBER 11

Mina made their day

Thank you to Clelia Pergola for touring Amara and bringing Mina along. Our residents love pet therapy.



BIRTHDAY MONTH · NOVEMBER 9

Cake, balloons and Jim Burger

Birthday Month came with live music. Our residents celebrated with cake and good company. Thank you, Jim, for playing for us.



NATIONAL DONUT DAY · NOVEMBER 9

A sweet treat for the team

Our team picked out their favorites and shared a sweet treat together.



GRANDPARENTS DAY · SEPTEMBER

Lunch, music and a petting zoo

Families joined our residents for a sit-down lunch, live music and raffle prizes, with chickens, bunnies, ducks, sheep and goats to hold.

Good *neighbors*

Caring for a community means showing up in it. This fall we shared music, a warm meal and a few hundred smiles with the people next door.



PARSIPPANY · OCTOBER

Garba Night

We were proud to sponsor Garba Night in the Town of Parsippany and celebrate Navratri with our neighbors. Events like this bring our community together.



CARNEVALE CENTER · NOVEMBER

A warm meal, shared

We sponsored the food for a community meeting at the Carnevale Center. Thank you to everyone who joined us and made it such a special gathering.

A CLOSER LOOK

Our Indian Program

For more than five years, Amara has cared for the Indian community with a program built around what makes a place feel familiar: Indian cuisine, Indian doctors, therapists and translators on our team, and the traditional festivals celebrated together.

"All Indian culture, you don't feel away from home."

BHANU S., GOOGLE REVIEW

ON THE CALENDAR

18 NOVEMBER

A Diwali celebration for our healthcare partners

An evening of food and festive cheer honoring the healthcare professionals and community workers we work beside. Aashirwad Palace, Randolph, 6:30 PM.

Warm days, *well days*

November is a month for gratitude and for getting ready for colder weather. A few small habits help with both.

01 Name three good things

Before bed, think of three things that went well today. A kind word, a good meal and a visit from a therapy dog all count.

02 Reach out to someone

A phone call, a card or a visit means a great deal, to the person you love and to the people caring for them.

03 Keep moving indoors

Shorter days make it easy to sit more. Join an activity, walk the hall with a friend, or ask our therapy team for safe ways to stay active.

04 Stay warm, sip often

Dress in layers and keep a sweater handy. Cooler air can hide thirst, so keep water or warm tea within reach.

05 Stay ahead of flu season

Wash hands often, and ask our nursing team about the seasonal vaccines that are right for you.

General information for residents and families, not medical advice. Talk with your care team about what is right for you.

NATIONAL FAMILY CAREGIVERS MONTH

To everyone who shows up

To every son, daughter, spouse and friend who drives over, calls in and sits beside someone they love: thank you. You are part of the care here.

MONTH AT A GLANCE

November

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

1	Daylight saving time ends
3	Election Day
11	Veterans Day
13	World Kindness Day
26	Thanksgiving

ALL MONTH LONG

National Hospice and Palliative Care Month

National Alzheimer's Disease Awareness Month

National Family Caregivers Month

FROM OUR PAGES

"Courage, sacrifice and freedom. This Veterans Day, we thank every veteran for their service to our country."

Games and *puzzles*

Words run across, down and diagonally. Answers are upside down near the bottom of the page.

Autumn word search

P	A	B	W	V	D	P	D	W	T	W	W	M
K	U	M	C	Y	E	G	G	R	I	F	A	R
S	I	M	A	T	B	T	F	E	A	S	T	F
C	W	N	P	R	H	I	E	G	M	T	S	S
I	V	E	D	K	A	T	U	R	K	E	Y	T
D	F	N	A	N	I	H	C	A	A	O	N	H
E	E	P	P	T	E	N	G	T	A	N	W	A
R	A	N	T	U	E	S	W	E	U	S	S	N
L	P	L	W	G	D	R	S	F	T	W	D	K
H	A	R	V	E	S	T	G	U	U	H	N	F
H	A	S	K	E	L	L	C	L	M	K	T	U
L	I	A	F	A	M	I	L	Y	N	M	S	L
C	B	M	A	P	L	E	P	L	T	O	I	R

- ☐ Amara
- ☐ Autumn
- ☐ Cider
- ☐ Family
- ☐ Feast
- ☐ Grateful
- ☐ Harvest
- ☐ Haskell
- ☐ Kindness
- ☐ Maple
- ☐ Pumpkin
- ☐ Sweater
- ☐ Thankful
- ☐ Turkey
- ☐ Veterans

Word scramble

VALESE _____

NKIPPMU _____

HANKST _____

RECDI _____

MIYLAF _____

Finish the phrase

Home is where the _____

Many hands make _____

Count your _____

A dog is man's best _____

Trivia

1. Veterans Day was first known by what name?
2. In what year did President Lincoln proclaim a national day of Thanksgiving?
3. What is New Jersey's nickname?
4. Haskell is part of which Passaic County borough?
5. Which four-legged visitor spent a pet therapy afternoon with us in October?

Scramble Leaves, Pumpkin, Thanks, Cider, Family • **Phrases** heart, light work, blessings, friend • **Trivia** 1. Armistice Day 2. 1863 3. The Garden State 4. Wanaque 5. Bear

AMARA
REHAB AND NURSING

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SCAN TO VISIT