

Inglemoor Rehabilitation
& Care Center
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Margaret Brown, Director
of Recreation (ext. 250)

Tisha Stellato, Director of
Admissions (ext. 222)

If you are interested
in attending any of
our off-site outings,
contact the Recrea-
tion or the Front Desk
to reserve your spot!
Call ext. 250.

Inglemoor Informer

"Excellence in Service"

Caring, Competence, Commitment, Constancy

Volume 2019, Issue 1

January, 2019

January, 2019: Mark Your Calendars

- 1—Angelo Prinzo Performs
- 3—Music Therapy with Jessica 10:15am
(also the 10th, 17th and 24th);
- 4—John Micalizzi Performs 2:15; Tea &
Crumpet Social 3:15
- 7—Jewish Service (also the 21st)
- 8—Food Committee Mtg 10:45; Lutheran
Service 1:30;
- 11—Kris Phipany Performs 2:15; Cheese/
Cracker Social 3:15
- 14—Resident Council 10:30
- 16—Pathways of Happiness Lecture with Walter
C. 2:00
- 18—American Idol II 2:00; Cheese Popcorn So-
cial 3:00
- 20—John Gee Performs 2:15
- 22—Armchair Travel: Morocco Day! 2:00
- 25—Carlos Performs 2:15; Birthday Celebration
Social 3:15
- 27—Deb DeLucca Performs 2:15



**Hair Salon open every
Tuesday and every other
Wednesday.**

**Catholic Services every
Monday at 2:00pm**

**Jewish Service 3:00pm on
two Mondays a month.**

**Lutheran Service first
Tuesday of month at**

**Survey results are at the
Reception Desk.**



Is it a good idea to make New Year's Resolutions?

Yes, of course, it's a great idea to make new year's resolutions. And, also a really bad idea.

Bad because so many of our resolutions are not maintained and this may lead to various forms of self-loathing for some people.

But new year's resolutions are essentially goals and these can also increase a person's well-being because they force us to consider what we value most and they help to structure our time.

There is a large area of scholarship known as "Goal Psychology" that examines the dynamics linking personality, behavior and one's objectives (goals). Recent research in this area by Professor Robert Emmons focuses on personal strivings—various goals a person is trying to achieve in daily life. He has found that those with predominantly POWER-oriented personal strivings, such as "advance my career," "make more money" or "control my family members," have relatively lower levels of life well being.

He also discovered that folks with high levels of subjective well being, those who perceive themselves as experiencing lots of positive emotions, list personal strivings centering on the SACRED: "try to spend more time in prayer," "remember to be grateful for all that God has given me" and "acknowledge the beauty and mystery in my relationships with others."

Studies conducted by myself, Dan McAdams, and others have shown that psychosocially healthy adults—those with a solid balance of self worth who felt meaning in life, social integration and loved by others—have personal

strivings stemming from generativity. This is a desire to nurture younger people and to create a world that benefits future generations.

Such adults list goals such as "spend more time with my children," "reduce the racism in my community" or "nurture junior colleagues." Folks with these generative goals tend to be quite happy and to see themselves as living meaningful lives.

So, when it comes to making new year's resolutions,

think a bit about what kinds of goals you are pursuing. Many may seem superficial (lose some weight) or pedestrian (manage debt better). That's fine. Go ahead and work on these goals. But allow yourself to think big as well. What do you value in life? What provides you with meaning? What kind of world do you want to

live in?

My suggestion is that we use the new year's resolution ritual as a time of both reflection—"what worked well in my life this past year?"—and of values clarification.

Our resolutions should be congruent with what we most value—with those experiences that give our lives meaning.

Dr. Ed de St. Aubin, associate professor of psychology at Marquette University, researches meaning-making. This article appeared in Magazines, A Marquette University Publication.



A Look Back at the Fun we had in December!



Christmas party was a bash! Good food, drinks, entertainment by staff and visit from Santa!



Volunteers brought poinsettias for our residents!



Carolers from Grace Lutheran sing with our residents.



Chamber for a Cause performed for us on December 22.



Something New for 2019

We have lots of exciting plans for the new year!

Walter C. will be appearing here at Inglemoor for the first time January 16. He is a lecturer, educator and photographer. He maintains an active lecture schedule with over 250 annual presentations to schools, libraries and organizations. He will be presenting a program on the Pathways of Happiness to kick off the year on the right foot.

Beginning on January 22 we are launching **Inglemoor's Connecting with Culture Programming**. This is an initiative that was conceived of by our new Resident Council President. She suggested that we get to learn about the different cultures that are represented by our Inglemoor staff. In January, Hind Alzahri (Staffing Coordinator), Sanae Ezhari (Nursing Coordinator) and Nadra Chafaqi (Assistant Director of Nursing) will be presenting an Armchair Travel Tour of Morocco.

On January 24 we welcome a new vendor **Papazzini Jewelry** in our Multi-Purpose Room.

In February we will begin **Laughter Yoga** with Joan Castellano. Laughter yoga is a practice involving prolonged voluntary laughter. Laughter yoga is based on the belief that voluntary laughter provides the same physiological and psychological benefits as spontaneous laughter. Laughter yoga is done in groups, with eye contact, jokes and playfulness between participants. Forced laughter soon turns into real and contagious laughter.

Also beginning in February we will begin the practice of **Tai Chi**. This is a Chinese martial art practiced for both its defense training and its health benefits. Though originally conceived as a martial art, it is also typically practiced for a variety of other personal reasons including achieving greater longevity. It is slow, gentle movements.

Activity Professionals Week January 20-25

The third week of January we celebrate Activity Professionals Week. As a tribute to our Activity staff, this little poem sums up their efforts.

We Are Activity Professionals **by Sandra Simson**

Big hearts, huge bright smiles and enormous compassion, Creative, innovative and dynamic personalities. We are blessed to have found this profession!

We Are Activity Professionals!

We don't know how to say "no"! We aim to please at personal sacrifice. Long days, hectic schedules and stressful events. We love all of this!

We Are Activity Professionals!

Regulatory changes, tougher surveys and changing populations. As a group like no other, we evolve, learn and adapt. We are a tough group and can handle this like no other profession!

We Are Activity Professionals!

They say, "I could never do what you do" and you know what, They are right! "They, could never do all that you do!"

We Are Activity Professionals!

Phones ringing, many interruptions and endless demands. But we demand more ourselves and ask for little in return. No one can handle all that we do in one day!

We Are Activity Professionals!

Humanity, compassion, humor and strong moral work ethics, We are the memory creators and the heart of every community. We are the photo albums filled with new memories!

We Are Activity Professionals!

