

Inglemoor Rehabilitation
& Care Center
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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 Department or
the Front Desk to
reserve your spot!
Call ext. 250.

Inglemoor Informer

"Excellence in Service"

Caring, Competence, Commitment, Constancy

Volume 2018, Issue 8

August, 2018

August, 2018: Mark Your Calendars

**2—Music Therapy with Jessica (also 9th, 16th, 23rd)
at 10:15**

**3—Eleanor Jackson & Everything Good Perform
2:15 & Pigs in the Blanket Social 3:15**

5—Kevin Performs 2:15

**10—Karickter Performs 2:15 & Beer & Pretzel Social
3:15**

13—Jewish Service 3:00 (also 8/27)

**17—Janice Performs 2:15 & Cheesecake Social
3:15**

19—Atlantic City Poker/Blackjack 2:00

23—LUAU Party! 4:30

24—Creating with Clay 2:00

26—John Baragone 2:15

**31—The Gong Show 2:00 & Birthday Celebration
3:15**



**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.**

Aloha Inglemoor!

It's going to be a hard act to follow but we are going to have our 2nd Annual Inglemoor Luau on August 23 at 4:30. Put on your Hawaiian shirts, leis and sunglasses and come out for a welcome drink, a special Polynesian inspired dinner and a great show!

Guests are welcome (2 per resident), please sign up at the Front Desk by August 20. The cost is \$15 per person.



How Dementia Taught Me to Communicate—A Personal Essay by Neil R. Manowitz, PhD

My mother, Judith was diagnosed with vascular dementia in 2009. After a two year period of home care and a brief stay at an assisted living facility, Judith was admitted to Inglemoor in May, 2011, where she resided until her death in June, 2018.

Living in nearby Morris-town, I was able to visit Judith an average of four times a week, which works out to nearly 1500 visits during her stay at Inglemoor, where she received continuous excellent care. At the time of her admission virtually all of her higher cognitive abilities had significantly declined, including spoken language. Therefore it is fair to say that during most of my nearly 1500 visits nary a single spoken word was exchanged between us.

Despite this limitation I believe that we were able to communicate on a deeper level. We now know that despite loss of declarative

memory the long term memories and emotional life of the dementia patient are preserved well beyond the loss of the ability to speak. It was these shared emotional feelings and memories that I believe we were both able to tap into, and is the reason that I believe we both looked forward to my visits.

I would never be accused of being a great communicator, being more of the “strong silent type”. However, my shared experiences with Judith during the past seven years helped me understand the importance of body language, a gentle touch, a warm smile, and a deep level of communication on an emotional level that greatly benefitted both of us.

It was an experience that will stay with me always. In many ways, at age 69 I had finally grown up.

Dr. Manowitz kindly submitted this article to us after his mother's death. He also lovingly donated the piano that resides in the dining room several years ago.



10 Requests from a Dementia Journeyer

1. **Please be patient with me** — Remember that I have an organic brain disease for which I have no control.
2. **Talk to me** — Even though I cannot always answer you, I can hear your voice and sometimes comprehend your words.
3. **Be kind to me** — For each day of my life is a long and desperate struggle. Your kindness may be the most special and important event of my day.
4. **Consider my feelings** — For they are still very much alive within me.
5. **Treat me with dignity and respect** — As I would have gladly treated you.
6. **Remember my past** — For I was once a healthy, vibrant person full of life, love and laughter with abilities and intelligence.
7. **Remember my present** — I am a fearful person who misses my family and home very much.
8. **Remember my future** — Though it may seem bleak to you, I am always filled with hope for tomorrow.
9. **Pray for me** — For I am a person who lingers in the mists that drift between time and eternity. Your presence may do more for me than any other outreach of compassion you can extend to me.
10. **Love me** — The gifts of love you give will be a blessing from which will fill both our lives with light forever.

Author Unknown

www.DementiaJourneys.com
Remember Smiles, Love & Laughter

A Look Back at the Fun we had in July

We celebrated 4th of July with a BBQ, a patriotic concert and ice cream —All American!



We played Minute to Win It! Here, the Ritas (Miller and Horowitz compete to move cotton balls with their noses!



Staff was involved too... here Elizabeth competes in the Toilet Paper Toss!



Here, Connie and Grace compete to bounce a ping pong ball on a slice of bread with peanut butter.



The West Essex YMCA sponsored some exchange students from China. They made a visit to our residents, singing several songs and giving gifts.



Resident Spotlight: Elaine Schwartz

A lady never tells her age... that is how my interview with Elaine Schwartz began, and it turns out that Elaine is truly a Madame of Mystery!

Elaine was born in the Bronx at Lebanon Hospital on April 29, 19XX. She was the only child to the Marder family. Her father was a classical violinist and her mother managed an office. Elaine received a full scholarship to the Hunter College for Gifted Children Elementary School. She went on to receive her BA and MA and almost completed her PH.D in Education. She taught English, reading and phonics to elementary school children who primarily spoke Spanish.

When she was in her 20's she began to pursue a show business career. Her father encouraged her, coming from show business himself, and felt she had the talent to make it. She sang with various bands and performed at the Ed Sullivan Theater several times. She modeled for the Daring Detective Magazine, specifically The Case of the Murdered Senorita—"She was his at last... if only at the moment of death."

She met her husband on a blind date and it was love at



first sight. They dated for six months before they were married. Ben Schwartz worked for the National Association of Security Dealers.

They never had children but she muses that, "My children were my students."

Elaine has always been interested in politics and follows the news daily. She loves to dance. She, of course was a voracious reader. Her favorite food is spaghetti.

Her husband passed away in 2015. After his death she found herself lonely, so she moved to New Jersey to be near the family of her closest friends who help her out. Now that she needs a little

more help, she is here at Inglemoor where she has made many friends, and there's never a dull moment!

Elaine refused to let me take her picture before she got her hair done... so here she is as The Murdered Senorita! I'll leave it up to you to find Elaine Schwartz at Inglemoor and say hello!

Linked Senior—A Game Changer for Activities

If you've dropped by an activity at Inglemoor recently you will notice they look a little different. For example there is probably a TV involved providing visual content. "Visual stimulation was the one thing our programs lacked. They were interesting, they were engaging, but at the end of the day it was just an Activity person reading or doing trivia," says Margaret Brown, Activities Director.

Inglemoor recently partnered with Linked Senior, an engagement software company which provides programming content for senior communities. The app can be used by family and staff to engage residents with evidence-based programs such as cognitive games, music for therapy, reminiscing and other therapeutic interventions for a high-touch, person-centered experience.

There is a huge library of music, videos, old-time radio programs, slide shows, trivia, games and many other interactive programming ideas.

If you would like a demonstration, or would like to download the app while your loved one is here at Inglemoor, please see Margaret Brown, the Director of Activities, ext. 250.

