

Inglemoor Rehabilitation
& Care Center
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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 2

February, 2018

February, 2018: Mark Your Calendars

**1—Music Therapy with Jessica (also 8th,
15th, 22nd) 10am**

**2—Karickter Performs 2:15 & Mud
Pudding Social**

**4—Deb DeLucca Performs 2:15 & Super-
bowl Social**

6—Food Committee Meeting 10:45am

9—John Baragone Performs 2:15 & Wine/Cheese Social

11—Atlantic City Poker 2:15

13—Mardi Gras Party! Kevin Performs 2:00

**14—Heart Healthy Made to Order Breakfast 8-
10am & Valentine's Party 2pm**

16—Creating with Clay Craft 2:15 & Social

18—Sunday Afternoon Card Corner

**23—Janice Wiggins Performs 2:15 & Birthday
Celebration Social**

25—Teddy O'Connell Performs 2:15

26—Resident Council 10:30am



**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.**



Nurturing Optimal Wellness Corner

Completing 2017 & Creating 2018

What does it mean to consciously create?

The idea goes like this: If you make a decision to do something, you are consciously deciding, or creating, your next move. If you put off making a decision, and the opportunity passes you by, that was a decision also. Yoda tells us that there is no trying. You either do it or you don't. Simple, right? Either lose the weight or do not. Either travel or do not. Either change jobs or do not.

Consider this—

All of us are creating all of the time, consciously or unconsciously. So basically, we can receive what we desire, or we can get what we do not want.

Yoda makes it sound simple, but it's not, right? There are habits and fears to overcome. Financial worries and planning and of course, the "yes, buts" to consider...!

Examine your life and see if you like what you see (after all, this is what you have created, thus far). Look in the areas of career, relationship, finances, health and spirit. Now decide what you want to change. If you want to change everything... pick one thing to start. This is your INTENTION (there's that word again)! ***Being clear on your intentions is key!*** Everything going forward needs to be in line with your intentions.

So if you want to lose weight.. What worked in the past, what didn't work? If nothing worked, then admit that you don't know what to do and ask for help. ***Get support!*** Make a commitment to yourself, and then find an app, make a plan, make yourself accountable to a friend. Start.

Visualize it. When you know what your intention is, when you have decided what you want to create, you need to get very specific with what your intention looks like. "I want more money," is very different from saying, "I want to have

\$10,000 in the bank by the end of 2018." Write it down. Flush it out. What would it look like if you did have that sum of money in your bank account? How would it make you feel? What would you do with it... saving for a house, a vacation, your kids college? Visualize the end result. Attach as much emotion to it as possible because the emotional feelings are the receptors that help your vision to manifest and keep you

making the more difficult choices. Picturing yourself being, doing and having your creation is a powerful tool to use in the creation process. Take some time everyday to visualize it happening. Pretend you have a job and you can amp up the feeling. Imagine scenarios around you having that money and the end result.



I AM Statements. Phrase your intention as a positive "I am" statement as if it already occurred. "I am 145 pounds and have a tremendous amount of energy. I feel great!" "I am making responsible financial choices everyday. I am moving into that house of my dreams in 10 months."

Vision Boards. Find pictures that represent your goals and paste them on a collage. Look at those pictures everyday while infusing yourself with good feelings and repeating your I AM statements.

All of these Conscious Creating tips help you to utilize the FORCE within and outside of you to help you to manifest a happier, healthier 2018!



A Look Back at the Fun we had in January



Eleanor Jackson and the Maestro of Everything Good had everyone feeling the love and the beat on Sunday January 14th!



World of Gardens, a horticulture vendor, had us planting green plants with an artificial flower for color. A fun time, and everyone gets to keep the plants!

And the prize goes to...?

Activity Professional Week was the week of January 22-26. We started out the week playing Activity Bingo where residents got a sticker for each of the activities they attended. At the end of the week we had three winners who had covered their whole Bingo Card. The winners were Rita Miller (Resident Council President), Rita Horowitz, and Grace DeFusco (Resident Spotlight this month). Thank you ladies for your participation and continued support of the Activities here at Inglemoor.

Resident Spotlight: Grace DeFusco

A picture truly does say it all! Grace pictured here below a Love Each Moment sign would agree with that sentiment, as she has a lot to love in her life!

Grace DeFusco, aka: *Amazing Grace*, joined us here at Inglemoor at the end of September, 2017. She had no problem jumping right into the activities and has already made several friends. Grace was born in Jersey City, NJ on March 10, 1931. She was the oldest of three children and had a brother and a sister. After she graduated high school Grace married her childhood sweetheart, Dante, who was a young boy from the Italian neighborhood she grew up in. "Our parents knew each other, and they approved of the match." She then went to work for Westinghouse where she fulfilled orders in the office. She worked there for twelve years. Her husband was a manager for the A&P Supermarket chain.

The couple went on to have one child, Kenneth, who grew up to be a doctor, specifically

a lung specialist. "Being an only child, he always wanted to have a big family," she said, "and he did!" Her son had 5 children, and those 5 grandchildren of hers went on to give her 7 great grandchildren!

Some of her fondest memories include family vacations taken at the Poconos. She loved cooking the big Italian meals for her family.

When asked about her favorite things to do, Grace is always willing to try something new. She loves animals, cooking and baking, gardening and knitting. But she will always come back to family. "I just love spending time with them. When we get together we just sit and talk about school and jobs, kids and everyone's health... there's a lot of love!"



Project Fidget Blankets

Calling all Junk Drawer Detectives! A project we are starting with the residents in a couple of weeks is Fidget Blankets for our Residents in Reflections. Fidget Blankets are blankets that have little things to play with, textures to feel, and things to do, all located on and connected to the blankets.

I am asking you to donate the following supplies that you probably have around the house: Fabric, felt, yarn, ribbon, lace, velour, zippers, buttons, beads, old keys on a chain, pins, small make up bags, pockets, snaps. Thank you from the Activity Department!

