

Inglemoor Rehabilitation  
& Care Center  
311 South Livingston Ave  
Livingston, NJ 07039  
973.994.0221  
www.inglemoor.com

#### Your Administration Staff

Steve Izzo, LNHA,  
Administrator (ext. 224)

Karen Gentile, Director of  
Nursing (ext. 256)

Nadra Chafaqi, Asst.  
Director of Nursing (ext.  
265)

Joan Leyva, Rehabilita-  
tion Director (ext. 226)

Tanaisha Holloway, Medi-  
cal Records (ext. 257)

Denise Leandri, Director  
of Food Service (ext. 269)

Jill Montag, Dietician (ext.  
229)

Meredith Weil, Director of  
Social Services (ext. 261)

Ida Ansah, Human Re-  
sources (ext. 227)

Doug Beam, Director of  
Building Services (ext.  
244)

Michele Caggiano, Con-  
troller (ext.223)

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 Department or  
the Front Desk to  
reserve your spot!  
Call ext. 250.

# Inglemoor Informer

*"Excellence in Service"*  
*Caring, Competence, Commitment, Constancy*

Volume 2018, Issue 1

January, 2018

## January, 2018: Mark Your Calendars

- 1—Narrow Escape Duo Performs 2:15**
- 2—YMCA Exercise (also 9th, 16th) 10am**
- 4—Music Therapy with Jessica (also 11th, 18th, 25th) 10am**
- 5—Arthritic Duo Performs 2:15 & Popcorn Social 3:15**
- 7—Kris Phipany Performs 2:15**
- 9—Food Committee Meeting 10:45am**
- 12—Francine & Joel Perform 2:15**
- 14—Eleanor Jackson Performs 2:15**
- 17—World of Gardens 2:00**
- 19—John Gee Performs 2:15**
- 21—Candy Performs 2:15**
- 24—Kitchen Club 2:00**
- 26—Carlos Performs 2:15 & Birthday Celebration 3:15**
- 28—Arlene Brief Entertainment 2:15**
- 29—Resident Council 10:30**



**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.**



**"Whose woods these are I  
think I know.  
His house is in the village  
though;  
He will not see me stopping  
here  
To watch his woods fill up  
with snow."**

**- Robert Frost, *Stopping by  
Woods on a Snowy Evening***

## Nurturing Optimal Wellness Corner

### Completing 2017 & Creating 2018

A new year is upon us!

Out with the old and in with the new! We've all heard that saying but do we practice it? While many of us are good at moving on with life, sometimes it is good to stop and reflect on the past year before jumping into the new year with resolutions and high expectations. Most times we can remember all the challenges that occurred, but rarely do we stop to acknowledge the good things.

Take a moment and answer these questions for yourself, (ideally you could record your answers in a journal so you can look back at your answers next January, to uncover any unconscious patterns that might be operating).

***What was the best thing that happened to you in 2017?***

***What did you accomplish in 2017?***

Now, with those answers in mind... take a moment and celebrate your accomplishments and successes! Really feel the magnitude of those accomplishments. Pat yourself on the back! Feel proud of yourself! Acknowledge yourself, the work you did and the triumph of your success! Do not say you accomplished nothing... everyone is accomplishing things all the time, even if it is just perseverance to stay the course!

Now answer these questions:

***What was the most challenging thing that happened to you in 2017?***

***What lessons did you learn in 2017?***

***Do you still have someone you haven't forgiven, unspoken communication, or an area in your life where you are out of integrity?***

This exercise is not meant to make you feel bad or dredge up painful memories. The goal is to

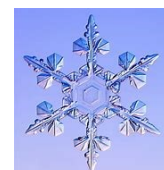
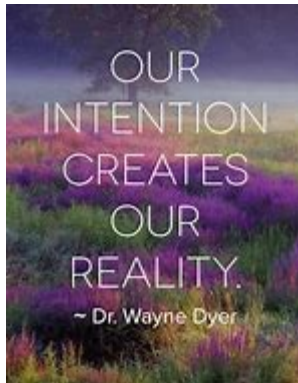
make sure you are truly "complete" with your experiences. For example, if you lost a job in 2017 and are still carrying around blame and anger at your boss for the job-loss, you may have some more work to do. See if you can find your culpability in the situation, because being in that place of blame and anger can thwart your career goals for 2018. True freedom comes when we own our part in any challenge.

Lessons can make us stronger, they are character builders. But they only are valuable if they are acknowledged. There is a lesson in almost everything you do. Getting the lesson is how you move forward and enrich your spirit.

Forgiveness is a powerful way to complete an experience. Even if you are not ready to forgive someone, face to face, there are techniques you can do to release some of the energy around the situation. Forgiving yourself for your part in a difficult situation or experience is equally important. Journaling is a valuable tool to release. Speaking out loud or talking in a mirror is good way to express some of the unspoken communication floating around in your head. Letter writing to release or forgive is very cathartic (you don't need to send the letter). Breathing out the negative, breathing in the forgiveness or healing is a simple technique for releasing.

The key to completing 2017 is to have a strong intention to let go of the experience or left-over emotions that could possibly hold you back in 2018.

Next month we will look a little closer at how we can "consciously" create a happier, healthier 2018!





## A Look Back at the Fun we had in December



Resident Trudy Brenner hosted our Hanukkah Party. She described Jewish customs and the history behind the rituals. She taught us to play the dreidel. We sang traditional Jewish songs and ate jelly donuts!



We tried Wassail... as in "Here We Come A-Wassailing" Social.



Boy Scout Troop 212 sang Christmas Carols for us!



Brownie Troop members brought cards and gifts for our residents.



We made gingerbread houses!





The Rehab Team won the Lip Sync Battle with their rendition of "I Saw Mommy Kissing Santa Clause." But a close second was the Reception/Admission/MDS Team with their performance of "YMCA." All performers were good sports!



Our very own Dalton was the best sport of all, playing Santa for our Holiday Party!



Members of the Temple Oheb Shalom came on Christmas Day to lead us in a holiday sing along!