

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)

Suneepa Rehabilitation  
Director (ext. 226)

Tanaisha Holloway, Med-  
ical Records (ext. 257)

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

Jill Montag, Dietician (ext.  
229)

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

Denise Infusino, Director  
of Human Resources  
(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 7

July, 2018

## July, 2018: Mark Your Calendars

**3—Food Committee Mtg 10:45 & Lutheran Service**

**4—4th of July BBQ 12pm; Kris Phipany Performs 2:15pm; Social 3:15pm**

**5—Music Therapy with Jessica (also 12th, 19th, 26th) at 10:15**

**6—Minute to Win It 2pm; Ice Cream Social 3:15**

**9—Jewish Service 3:00 (also 23rd)**

**13—Carlos Performs 2:15; Cookies/Lemonade Social 3:15**

**15—Angelo Prinzo Performs 2:15**

**20—Deb Deluca Performs 2:15; Chips/Dip Social 3:15**

**22—Mike Armeno Performs 2:15**

**25—Made to Order Breakfast 8-10am; YMCA Students from China Perform 2:00**

**27—Candy Performs 2:15; Birthday Celebration Social 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 1:30pm**

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

## Hallway Facelifts at Inglemoor

We are in the process of updating all the hallways at Inglemoor. If you have been in either Heritage Hall or Horizons West you have experienced the spackling, sanding and painting of the hall (we apologize for any inconvenience you experienced). Now they are complete and beautiful photos hang in their place. Next up: Horizons East and Reflections. The Reflections Activity room was redone recently and looks lovely with the same style of artwork gracing the walls.



## Nurturing Optimal Wellness Corner

### Pet Therapy: Man's Best Friend as Healer

If you've been around Inglemoor either on Monday mornings or Thursday afternoons, you've no doubt seen our pet therapy dogs, Leo and Bella, with non-scheduled, regular visits from River. Whether you love dogs, or are more of a cat person, here is some valuable info about the benefits of pet therapy.

Pet therapy is a growing field that uses dogs or other animals to help people recover from, or better cope with health problems, such as heart disease, cancer and mental health disorders. They can also provide comfort and enjoyment for residents.

How does animal-assisted therapy work? The dog and its handler will visit your room and stay for a couple minutes. You're invited to pet the dog and ask the handler questions.

After the visit, you realize you're smiling. And you feel a little less tired and a bit more optimistic. You can't wait to tell your family all about that charming canine. In fact, you're already looking forward to the dog's next visit.

Animal-assisted therapy can significantly reduce pain, anxiety, depression and fatigue in people with a range of health problems: And it's not only the ill person who reaps the benefits. Family members and friends who sit in on animal visits say they feel better, too.

Pet therapy is also being used in nonmedical settings, such as universities and community programs, to help people deal with anxiety and stress. For example, some universities have bunches of puppies visit during finals week so students can de-stress and have a "puppy love fest!"

Are there risks? All Inglemoor's pet therapy animals have gone through a rigorous certification program. Their rabies shots are also on file. The biggest concerns are safety and sanitation. Most hospitals and other facilities that use pet therapy have stringent rules to ensure that the animals are clean, vaccinated, well-trained and screened for appropriate behavior.

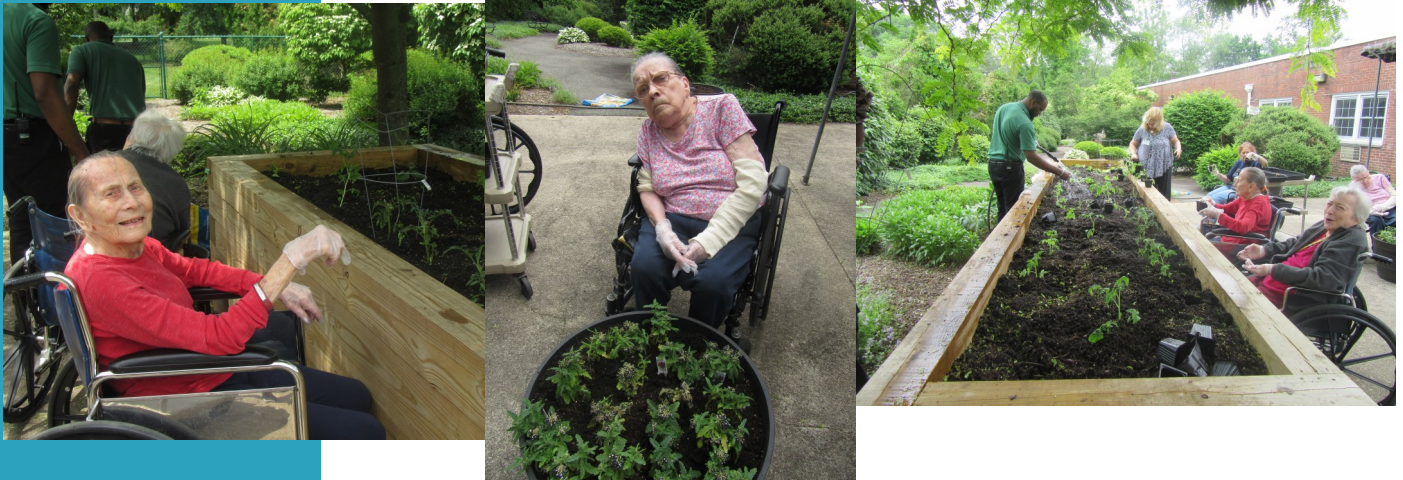
It's also important to note that the Centers for Disease Control and Prevention has never received a report of infection from animal-assisted therapy.

Inglemoor's pet therapy visits are listed on the monthly Activities calendar. If you would like to receive a pet therapy visit in your room be sure to let an Activities staff member know, or you can tell your aide or nurse to inform the Activities department. The dogs are a welcome distraction and can help reduce the stress and anxiety that can accompany being away from home or a rehab stay.

- Adapted from Mayo Clinic Article.



# A Look Back at the Fun we had in June



Our planter box was built last year and we had a great fun growing tomatoes, and cucumbers from seeds. This year we are growing herbs, tomatoes, cucumbers, peppers, and I'm even told there might be a cantelope in the box!



Getting crafty on Reflections!

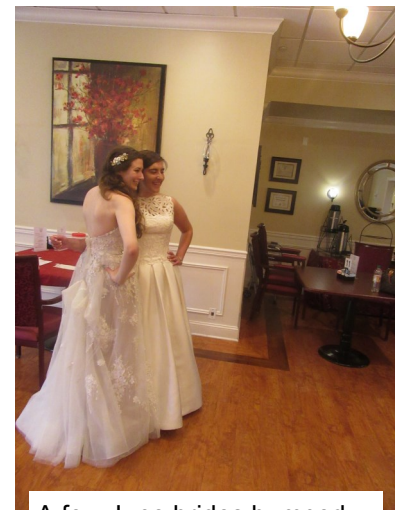


Enjoying the weather!



We had our first American Idol competition at Inglemoor.

Our winner was Nicole Simmons, Staffing Manager.



A few June brides bumped into each other and stopped for a photo op!

## Resident Spotlight: Mary Dalton

Mary nee Hayes was born in Brooklyn in August, 1936. She was in the middle, having two older brother and one younger sister. Her father made baked goods and would go around in a truck to different businesses throughout NYC to have the delis and stores sell them. Those he didn't sell he would give to his daughter Mary to go around to the neighborhoods and sell for \$.50. As a girl she remembers going downstairs to sneak a piece of pie. She also remembers playing out on the block, rollerskating and jumping rope. Her favorite subjects in school were history and spelling.

After high school she went to Staten Island College and became a typist for Dunn & Bradstreet. It was there she met her husband George. He sat behind her at work and used to sing her love songs. They scheduled their wedding on the day of one of the biggest blizzards in history, 2/4/60!

Her husband George became a construction engineer and moved Mary to Philadelphia. It was there she had her four children at St. Agnes Hospital: George, Debbie, Irene and Norene. From Philly they went to South Caro-

lina but eventually moved back to NYC.

After the kids were raised, Mary went back to work and worked for Con Edison in the corporate travel department for 22 years before retiring.

Her husband George passed away after 9-11. She enjoys her children and her 9 grandchildren.

Mary loves to sing and go to parties! She is enjoying being a resident at Inglemoor. She says, "I was going back and forth all the time... I finally moved in! This place is a God-send!"



## Employee Spotlight: Nicole Simmons

There's one word to describe Nicole Simmons, Inglemoor's Staffing manager... and that word would be FUN! Nicole has been working here for six months. Prior to that she worked at Delaire Nursing and Berkeley Heights Nursing in the Business Office.

Nicole was born in East Orange, NJ the only child to her mother, Delois, a Verizon employee for over forty years. After High School Nicole got a Medical Billing and Coding degree from Union County College and started her career in the Healthcare Industry.

Nicole is a single mom to her son DaeSean, an 18 year old who just graduated from Hillside High. He is a football player and he will be going to Union County for two years and will transfer to William Paterson to play football.

Nicole's favorite things include dancing, partying, playing music, shopping, cooking, being a mother to her son and hanging out with family. She also attends church every Sunday.

Of her time here at Inglemoor, Nicole says that she loves the people... the staff and the residents. She says that everyone is helpful and it's a real team effort! She says she is so glad that God has blessed her to be part of a good team with a great organization!

We are glad to have you Nicole!

Nicole was the recent winner of our American Idol contest!

