

Inglemoor Rehabilitation  
& Care Center  
311 South Livingston Ave  
Livingston, NJ 07039  
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#### Your Administration Staff

Steve Izzo, LNHA,  
Administrator (ext. 224)

Karen Gentile, Director of  
Nursing (ext. 256)

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

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 6

June, 2018

## June, 2018: Mark Your Calendars

1—Janice Wiggins Performs 2:15 & Cheese  
& Cracker Social

2—Butterfly Appreciation Day

3—Narrow Escape Duo Performs

5—Food Committee Mtg 10:45 & Lutheran  
Service

7—Music Therapy with Jessica (also 14th,  
21st, 28th) at 10:15

8—American Idol Party 2:15 & Cupcake Social

10—Eleanor Jackson Performs

11—Jewish Service

15—Kevin Curry Performs & 2:15 Lemonade/  
Cookie Social

17—Randi Rae Dance Party 2:15 & Father's Day  
Social

20—Kitchen Club 2:00

22—Made to Order Breakfast 8-10; Karickter Per-  
forms 2:15; Birthday Celebration Social

24—John Baragone Performs

25—Catholic Mass 2:00; Jewish Service 3:00

29—Atlantic City Blackjack/Poker



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.

## Butterflies, Flowers & Veggies

If you haven't been on the Reflec-  
tions unit recently, stop by! The Ac-  
tivity Room has been repainted and  
some beautiful, visually stimulating  
art lines the walls. We will be having  
a butterfly program in June and  
growing live butterflies from the co-  
coon. Our Veggie box gets planted  
this month



## Nurturing Optimal Wellness Corner

### Alzheimer's Disease can begin forming in your 30's... Here are some tips to avoid it!

With thousands of people under the age of 65 being diagnosed with Early Onset Dementia, taking care of your health and doing what you can to avoid Alzheimer's Disease has never been more important.



Alzheimer's disease (AD), also referred to simply as Alzheimer's, is a chronic neurodegenerative disease that usually starts slowly and worsens over time. It is the cause of 60–70% of cases of dementia. The most common early symptom is difficulty in remembering recent events (short-term memory loss). As the disease advances, symptoms can include problems with language, disorientation (including easily getting lost), mood swings, loss of motivation, not managing self care, and behavioral issues. The cause of Alzheimer's disease is poorly understood. About 70% of the risk is believed to be genetic with many genes usually involved. Other risk factors include a history of head injuries, depression, or hypertension. The disease process is associated with plaques and tangles in the brain. As the plaques and tangles destroy brain cells, the brain begins to shrink causing cognitive loss.

Follow these tips to change your lifestyle for better brain health to impact your risk of developing the disease.

#### 1) Exercise regularly at high intensity.

Blood flows to the brain and loosens up amyloid plaques, the bad sticky stuff that gets caught up and gummed up in the brain of a person with the disease. Three hours of rigorous activity a week is the suggested amount, the equivalent of two cardio workouts and one strength training workout.

#### 2) Get at least 7.5 hours quality sleep every night.

When you sleep the brain cleans out the damaging amyloid plaques.

#### 3) Eat right and eat less.

Avoid sugar and processed foods.

The Mediterranean Diet has been suggested as one of the best for brain health. The brain naturally shrinks as you age, but a study published last year in the journal of Neurology found that people who ate more whole fruits, veggies, leafy greens, olive oil, and less meat and cheese lost less brain mass than people who ate a diet more typical of their country.

#### 4) Get your blood checked every year.

High blood pressure, high cholesterol and diabetes leads the way to Alzheimer's Disease. Keep a close eye on the numbers and try to stay close to recommended amounts.

#### 5) Keep your brain challenged.

Words with Friends (an online Scrabble game), meditation, [www.brainHQ.com](http://www.brainHQ.com), are all simple ways you can exercise your brain showing dramatically lower rates of dementia in seniors. BrainHQ is an online brain-training system that represents the culmination of 30 years of research in neurological science and related medicine. BrainHQ has 29 online exercises that work out attention, brain speed, memory, people skills, navigation, and intelligence.





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



Week was a blast! Some pictures from our awards ceremony: Peter Iarbi won the Testa Extra Mile Award, presented by Rev. Liz Testa; Chris Mooney and Robert Draguin win employee of the season!



A newly implemented award for Volunteer of the Year went to Maryanne Murphy for her Eucharistic ministry. She's been coming to Inglemoor for over thirty years!



We enjoyed 40+ 4-5 year olds from the YMCA!



Our Guess Who Game was a big success! Players had to match up the "Then" pictures to the "Now" pictures. Riz Cortez was the winner with 38 out of 42 correct!



(Left to right) Ms. Webber enjoys the parade. Inglemoor residents lined up on Livingston Avenue. Marisol & Fleura dance to Mike Armeno's music!

## *Employee Spotlight: Denise Infusino*

Denise Infusino has recently joined the Inglemoor team in the role of Human Resources Director. She comes to us with a 30 year background in on the road sales, a rewarding, yet stressful career. When she was laid off a year ago, she decided she wanted to stay closer to home and spend more time with her family.

She has lived in Verona, NJ for 23 years with her husband Ron who is a Project Superintendent for Hollister Construction, and her two children: son-Julian, 19, a Junior at Montclair State; and daughter, Sinclair, a freshman in HS who is a volleyball player.

Denise is quite the athlete herself, she has played on an adult league for soccer and softball at the West Orange armory. When she's not



working, parenting or playing sports, Denise has several hobbies to keep her occupied. She loves to travel (last year she and her husband took the kids to Europe), she's an avid reader of historical romance (the cheesier the better), she loves playing with her two dogs, Hunter (a mutt) and Stella (a German Shorthair Pointer) and she loves the HBO series Game of Thrones!

Denise admits she never really saw herself working in the healthcare industry. Her mother and one of her sisters are nurses but she is a self-proclaimed "wimp" when it comes to blood or body fluids. We assured her she would be safe working in the office.

Welcome to Team Inglemoor Denise we are glad to have you!

## *Resident Spotlight: Arnaldo Tassinari*

You can call him Aldo, or you can call him Captain... he answers to both!

Aldo was born in Genova, Italy in March of 1927, the only child to a homemaker and a barber. But even as a child the he felt the call of the sea. Genova is a coastal city in northern Italy and Aldo remembers swimming, playing in the water and boating. At 22 he graduated from the Nautical Institute and began his life on the water. With more school and more experience sailing, at 28 he became a Sea Captain. As a Merchant Marine he steered oil tankers and cargo ships, transporting merchandise and timber from Italy and France to West Africa, Angora and beyond! He met his wife on the ship (she was a



guest of the captain), and he had three daughters. Of course it wasn't easy on them having dad away so much but they got by. His wife passed away many years ago.

Aldo has many interests. He loves music and the theater and plays piano. He has operated as a stage hand and sang in the chorus. It was here that he met his current partner of many years, Dita. He loves reading, you guessed it—sea adventures. His daughters have put up a bird feeder outside his window, so he's taking up bird watching. And, lastly he's an accomplished painter!

Welcome to Inglemoor, Captain! You are quite the Renaissance Man!