

Inglemoor Rehabilitation
& Care Center
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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 Depart-
ment outings, contact
the Recreation or the
Front Desk to re-
serve your spot! Call
ext. 250.

Inglemoor Informer

"Excellence in Service"

Caring, Competence, Commitment, Constancy

Volume 2018, Issue 9

September, 2018

September, 2018: Mark Your Calendars

3—Labor Day BBQ 12:00; Teddy O'Connell Performs

**6—Style Setters Vendor 9-4 in Multi-Purpose Room
Music Therapy with Jessica (also 13th, 20th, 27th) at
10:15**

**3—Narrow Escape Duo Performs 2:15 & Popcorn
Social 3:15**

**9—Mark & Ted Perform 2:15; Cake/Coffee Social
3:15**

**10—Rosh Hashanah Service 5:00 in Multi-
Purpose Room**

**14—Randi Rae Performs 2:15; Hot Appetizer So-
cial 3:15**

16—Kris Phipany Performs 2:15

17—Jewish Service 3:00

**21—John Gee Dante Performs 2:15; Cheese/
Cracker Social 3:15**

23—Full Gospel Choir 2:15

26—Made to Order Breakfast 8-10am

**28—Carlos Performs; Birthday Celebration
Social 3:15**

30—Karaoke Sing Along 2:15



**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.**



To all of our Jewish Friends, we wish
you a blessed Rosh Hashanah! On
September 10th the Rabbi will be
here to blow the shofar at 5pm in
the Multi-Purpose Room. After-
wards we will have a special meal in
the Dining Room.

Nurturing Optimal Wellness Corner

Caregiver Burnout

Being able to cope with the strains and stresses of being a caregiver is part of the art of Caregiving. In order to remain healthy so that we can continue to be caregivers, we must be able to see our own limitations and learn to care for ourselves as well as others.

It is important for all of us to make the effort to recognize the signs of burnout. In order to do this we must be honest and willing to hear feedback from those around us. This is especially important for those caring for family or friends. Too often caregivers who are not closely associated with the healthcare profession get overlooked and lost in the commotion of medical emergencies and procedures. Otherwise close friends begin to grow distant, and eventually the caregiver is alone without a support structure. We must allow those who do care for us, who are interested enough to say something, to tell us about our behavior, a noticed decrease in energy or mood changes.

Burnout isn't like a cold. You don't always notice it when you are in its clutches. Very much like Post Traumatic Stress, the symptoms of burnout can begin surfacing months after a traumatic episode. The following are symptoms we might notice in ourselves, or others might say they see in us.

- *Feelings of depression*

- *A sense of ongoing fatigue*
- *Decrease in work production*
- *Decrease in interest in work*
- *Withdrawal from social contacts*
- *Increase in use of stimulants and alcohol*
- *Increasing fear of death*
- *Change in eating patterns*
- *Feelings of helplessness*

Strategies to ward off or cope with burnout are important. The following specific strategies are recommended.

- *Participate in a support network and get feedback and coping strategies.*
- *Consult with professionals re: burnout issues*
- *Vary the focus of caregiving responsibilities*
- *Exercise daily and maintain a healthy diet*



- *Establish quiet time for meditation*
- *Get a massage*
- *Stay involved in hobbies*

By acknowledging the reality that being a caregiver is filled with stress and anxiety, and understanding the potential for burnout, caregivers can be forewarned and guard against this debilitating condition. As much as it is said, it can still not be said too often... "the best way to be an effective caregiver is to take care of yourself."

This article by Dr. M. Ross Seligson was found at www.caregiver.com.

A Look Back at the Fun we had in August—LUAU!



Resident Spotlight: Belle Myers

Belle Myers was born in the Bronx on September 30. Her mother did housekeeping and her father worked in a factory. She had one brother. When she was a young girl her family moved to Coney Island. She has fond memories of swimming in the ocean everyday with her father who would take a swim before going to work. Growing up, Belle was an "A" student. She and her mother wanted her to go to college, but by then her father had passed away and her family needed the money. She got a job as a bookkeeper in a men's clothing factory.

While visiting a friend of hers she ran into her friend's brother in law.

Belle says he was GORGEOUS, and there was an instant attraction between them. They met in March and they were married by October. She calls it a magnificent love affair and describes Lou Myers as the love of her life and her best friend. The 64 years they were married, were, in her words, not long enough.

They had two children, a girl and a boy, who they raised; son named Sandy and daughter named Rochelle. Both of them attended the University of Albany. Sandy would go on to become a CPA and Rochelle who studied art education and married Steve, a Pediatric Dentist.

The Myers went to Cuba on their honeymoon and It was always her husband Lou's dream to move

to Florida, so when he retired, that's where they went. They owned a boat and would sail together. They spent 27 wonderful years in Florida.



Things were not always blissful. Throughout her life Belle suffered from respiratory problems which went undiagnosed for a long time until she went to the Mayo Clinic in Minnesota. This affliction made it hard for her to breathe, work and sleep. Luckily they found a drug that helped make her more comfortable, and now that she's a little older some of the symptoms have abated.



Belle loves classical music. Formerly she was an accomplished knitter, reader, baker and tennis player. She also loves the games Rummikub and Canasta and is looking for a couple of people who want to start playing the game regularly.

She has two grandchildren and two great-grandchildren... twin girls,

Lila and Emma, who she adores and

absolutely cannot tell apart!

Welcome to Inglemoor, Belle! You are a snazzy lady and we are very happy to have you!

