

Inglemoor Rehabilitation
& Care Center
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Your Administration Staff

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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 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 4

April, 2018

April, 2018: Mark Your Calendars

**1—Eleanor Jackson Performs 2:15;
Easter Social 3:15**

3—Food Committee Meeting 10:45am

4—Rose City Songsters Perform 2:00

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

**6—Karickter Performs 2:15 & Cheese/
Crackers Social 3:15**

11—Randi Rae Dance Party 2:15

**13—Arthritic Duo Performs 2:15; Cookies &
Milk Social 3:15**

15—Kevin Curry Performs 2:15

18—Made to Order Breakfast 8-10am

**20—Teddy O'Connell Performs 2:15; Pop/Chips
Social 3:15**

22—John Baragone Performs 2:15

23—Resident Council Meeting 10:30

**27—Janice Wiggins Performs 2:15; Birthday
Celebration 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**

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



Nurturing Optimal Wellness Corner

Caregiving 101

Here at Inglemoor we offer sub-acute and long term care. We also offer Respite care. Here is a quick tutorial for the Caregivers out there.

When a family member is diagnosed with an illness that will eventually require around-the-clock care, your head of course will be swimming with uncertainty, anxiety, and maybe even fear. You will have lots of questions.

First, arm yourself with knowledge. Knowledge will empower you to take the best care of your loved one and yourself. National organizations

like the Alzheimer's Association and the Cancer Society have local branches. Use them as a tool to find out about what the future may hold for both of you.

Caregiving can be an isolating experience, so it is helpful to talk to others who are, or have been, in your shoes. You will feel that you are a part of a growing community of caregivers. You may also learn about options and community resources that you were not aware of.



You must remember to take regular breaks from your caregiving responsibilities. You can't be good to someone else if you're not good to yourself. Use your relatives. Try community services, like a volunteer group at your local church.

Take a half an hour a day to practice yoga, meditation, needlepoint, reading, etc. Spend a couple hours a

week away from the house at the mall, coffee-house, library, etc. Have an evening out with friends, go to a play, or concert. At least once a year go on a well-deserved vacation. (This is when you will contact Inglemoor to take care of your loved one during the Respite care).

One way to deal with the emotional roller coaster you may experience is to get your feelings down on paper. Journaling is a healthy way to put your feelings "out there" and to possibly alleviate some of the anger, frustration and helplessness you may be feeling.

Caregiving need not be a lonely and emotionally debilitating experience.

A Look Back at the Fun we had in March!



We started off the month with a lively Purim service attended by nine of Rabbi Rosenblum's children!



St. Patrick's Day we enjoyed a concert by Linda McConnaghey and a social.



Our Model Seder was held 3/26. It was a lovely event!



Inglemoor had it's annual Community Easter Egg Hunt, March 31. We had a great crowd from the community, resident's families and staff's families.

Resident Spotlight: Grace Graham

Grace was born in New York City in August of 1935. Her Irish mother and Italian father were both first generation Americans. Her father was a barber and her mother became a nurse. She went to Catholic grammar school and high school in Yonkers. After high school she became a secretary and went to work for IMPEI, an architectural firm responsible for Kipps Bay.

It was there that she met her husband who was working in advertising. She and John were married and had three children, a boy and two girls. She then went to work for Sibagagy, a Pharmaceutical firm in Ardsley, NY. They sent her to Iona College in New Rochelle to learn computer science. She worked closely with the toxicologists and scientists there for over 17 years. When she retired, she and her husband wanted to be closer to the grand-children so they moved to Florham Park.

Grace has four grand-children, twin grand-daughters, who are 15 and live with her son in CT, and two grand-sons who live with her daughter in Chatham. She is very proud of her 18 year old grand-son who just got accepted to Syracuse University. Her 3rd daughter is a counsellor devoted to working with autistic children in NYC.



Grace's favorite activity throughout her life was learning about people.... And playing golf. She had five best friends who used to play all the time, and while she worked, her company would pay for the greens fees. She loved driving, especially when she got a new car! She enjoyed being active, exercising, going to her senior groups, book club and library group.

Her husband John is still alive and living at the Cliffs, an Assisted Living in West Orange. Grace has been battling cancer for about four years, and her illness caused her to need to move into a Care Center with more comprehensive medical attention.

Grace has a great attitude! She has been enjoying Inglemoor and has made some friends. She journals daily. Her advice to everyone is, "Laugh and have a good time! If you're too serious you won't enjoy anything." She also warns with a smile, "Fifty, sixty and seventy were fine, but look out for eighty – take

care of yourself!"

Thank you for the sage advice Grace! We enjoy having you here at Inglemoor!

On April 18th we will say "thank you" to our Inglemoor volunteers by giving them a gift and taking them out to lunch at McCloone's Boat-house in West Orange.

"Thank you so much for all your hard work and help. You are always willing to be there for us whenever we need you. Great job! We appreciate your time and effort just to assist us.

Thank you!

