

Inglemoor Rehabilitation
& Care Center
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If you are interested
in attending any of
our off-site outings,
contact the Recrea-
tion or the Front Desk
to reserve your spot!
Call ext. 250.

Inglemoor Informer

"The Love Issue"

"Excellence in Service"
Caring, Competence, Commitment,

Volume 2019, Issue 2

February, 2019

February, 2019: Mark Your Calendars

- 1—Janice Wiggins Performs 2:15; Ice
Cream Sandwich Social 3:15
- 4—Food Committee Meeting 10:30;
Jewish Service 3:00 (also 2/18)
- 5—Chinese Lunch with Entertaining Ears
12:00; Lutheran Service 1:30
- 7—Style Setters Vendor; Music Therapy
with Jessica 10:15 (also 2/14; 2/21; 2/28)
- 8—Karickter Performs 2:15; Beer & Pretzel So-
cial 3:15
- 10—Kevin Curry Performs 2:15
- 11—Resident Council 10:30
- 14—Resident Council Bake Sale; Valentine's
Day Party 2:00
- 15—Resident Council Bake Sale; Eleanor Jack-
son Performs 2:15; Sweet Treat Social 3:15
- 17—Narrow Escape Duo Performs 2:15
- 20—Made to Order Breakfast 8-10; Laughter
Yoga with Joan Castellano 2:00
- 21—Dollar Store Vendor
- 22—Mike Armeno Performs 2:15; Birthday Cele-
bration Social 3:15
- 24—Inglemoor's Daytona 500 Race! 2:00
- 27—Armchair Travel: Philippines Day 2:00



**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**

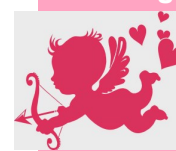
**Survey results are at the
Reception Desk.**

**LOVE
YOURSELF**





The Power of Love



Love is the best antidepressant—but many of our ideas about it are wrong. Love is as critical for your mind and body as oxygen. It's not negotiable. The more connected you are, the healthier you will be both physically and emotionally. The less connected you are, the more you are at risk.

It is also true that the less love you have, the more depression you are likely to experience in your life. Love is probably the best antidepressant there is because one of the most common sources of depression is feeling unloved. Most depressed people don't love themselves and they do not feel loved by others. They also are very self-focused, making them less attractive to others and depriving them of opportunities to learn the skills of love.

There is a mythology in our culture that love just happens. As a result, the depressed often sit around passively waiting for someone to love them. But love doesn't work that way. To get love and keep love you have to go out and be active and learn a variety of specific skills.

Most of us get our ideas of love from popular culture. We come to believe that love is something that sweeps us off our feet. But the pop-culture ideal of love consists of unrealistic images created for entertainment, which is one reason so many of us are set up to be depressed.

Follow these action strategies to get more of what you want out of life—to love and be loved.

Recognize the difference between limerance and love. Limerance is the psychological state of deep infatuation. It feels good but rarely lasts. Limerance is that first stage of mad attraction whereby all the hormones are flowing and things feel so right. Limerance lasts, on average, six months. It can progress to love. Love mostly starts out as limerance, but limerance doesn't always evolve into love.

Know that love is a learned skill, not something that comes from hormones or emotion particularly. Erich Fromm called it "an act of will." If you don't learn the skills of love you virtually guarantee that you will be depressed, not only because you will not be connected enough but because you will have many failure experiences.

Learn good communication skills. They are a means by which you develop trust and intensify connection. The

more you can communicate the less depressed you will be because you will feel known and understood.

There are always core differences between two people, no matter how good or close you are, and if the relationship is going right those differences surface. The issue then is to identify the differences and negotiate them so that they don't distance you or kill the relationship.

You do that by understanding where the other person is coming from, who that person is, and by being able to represent yourself. When the differences are known you must be able to negotiate and compromise on them until you find a common ground that works for both.

Focus on the other person. Rather than focus on what you are getting and how you are being treated, read your partner's need. What does this person really need for his/her own well-being? This is a very tough skill for people to learn in our narcissistic culture. Of course, you don't lose yourself in the process; you make sure you're also doing enough self-care.

Help someone else. Depression keeps people so focused on themselves they don't get outside themselves enough to be able to learn to love. The more you can focus on others and learn to respond and meet their needs, the better you are going to do in love.

Actively dispute your internal messages of inadequacy. Sensitivity to rejection is a cardinal feature of depression. As a consequence of low self-esteem, every relationship blip is interpreted far too personally as evidence of inadequacy.

Recognize that the internal voice is strong but it's not real. Talk back to it. "I'm not really being rejected, this isn't really evidence of inadequacy. I made a mistake." Or "this isn't about me, this is something I just didn't know how to do and now I'll learn." When you reframe the situation to something more adequate, you can act again in an effective way and you can find and keep the love that you need.

- By Ellen McGrath, published December 1, 2002 in Psychology Today

A Look Back at the Fun we had in January!



Inglemoor's first Armchair Travel to Morocco was on January 22 and what a success it was! Nadra Chafqi/ Assistant Director of Nursing, Sanae Ezahri/Nursing Coordinator, and Hind Seddiki/Staffing Coordinator took their role of being our tour guides very seriously, bringing in hundreds of cultural treasures from their Moroccan homeland.

They first showed us a travel video of beautiful Morocco which highlighted the different provinces and cities. They gave us a historical perspective—did you know that Morocco was the first country to recognize America as a sovereign nation, separate from England? They described the special items they brought in and explained their uses.

And then they tantalized our taste buds! Our guides had baked several tasty treats and then served them up with famous Moroccan Mint tea.

The audience was thoroughly engaged and delighted in asking questions.

Thank you to our Tour Guides for putting so much time and diligence into presenting your beautiful homeland to Inglemoor!

Next up for February we will travel to the Philippines!



Resident Spotlight—Jean Tardiff

Jean Tardiff was born in Detroit, Michigan in May, 1927. She had a brother and sister who were both 15 years older than her. Her mother, Lulu, was strict and ran the house, and her father, Chester Earl was an Engineer. Growing up, Jean was always involved. She played basketball and was a swimmer. In High school she was popular and had a lot of friends. She was good in school and began working at a young age at a bank. She constantly educated herself and loved to read, dance and work. Jean says of herself, "I was always self-reflective... I always stand up for what I believe in and would ask myself if something was going to help me or hurt me. I made good choices."

In 1947 she met her husband, Howard J. Tardiff. He was a businessman and he was visiting the bank that she worked at for a deal he was working on. It was love at first sight, however he was more than double her age. It was a love-filled marriage and she said that she loved him until he passed away. Of Howard, Jean says, "He was smart... that's why he chose me!" Shortly after they met they eloped and got married before a judge in Toledo, OH.



A few years after they married Howard, who worked for Prudential, moved the family to Bernardsville, New Jersey. They bought a home on Lake Arrowhead and enjoyed the lake life with a big stone fireplace, a lot of land, and three canoes. Jean had three children, two daughters, Jill and Jayne and a boy who she lost. She loved being a mother. She carted the kids to soccer, swimming and roller skating. She taught herself to cook and bake. She stayed home but always had one foot in the work force. She sold Avon out of the house and was very successful at it.

After the kids were grown she returned to the workforce. She said she always worked... in banking or business, but she remembers for awhile she was a model for dresses.

Jean feels she had the most wonderful loving family. Of course they would fight, all families fight. But after a quarrel she would sit down with a cup of tea.

