

Inglemoor Rehabilitation
& Care Center
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Your Administration Staff

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(ext. 226)

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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 3

March, 2018

March, 2018: Mark Your Calendars

**1—Music Therapy with Jessica (also
8th, 15th, 22nd) 10:00 & Purim Service
with Rabbie Rosenblum 11:30**

**2—Dance Party with Randi Rae 2:15 &
Pizza & Pop Social 3:15pm**

4—Full Gospel Choir 2:15

6—Food Committee Meeting 10:45am

**7—Nostalgia Alley Presents Eddie Can-
tor 2:00**

9—John Gee Performs 2:15 & Meatball Social

11—Candy Performs 2:15

**14—Made to Order Breakfast 8-10am & Living-
tones Perform 2:15; Pi Day Social 3:15**

**17—Linda McConnaghey Performs 2:00 & St.
Pat's Social 3:00**

**23—Arlene Brief Performance 2:15 & Beer &
Pretzel Social 3:15**

25—Kris Phipany Performs 2:15

**26—Resident Council 10:30 & Model Seder 4:30
(Dining Room closed)**

30—Carlos Performs 2:15 & Birthday Celebration

31—Community Easter Egg Hunt!



**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

Nutrition News—Antioxidants

March is Nutrition Month! So hug a dietary aide, or blow a kiss to Inglemoor's Dietitian Jill Montag, or better yet... make a commitment to eat better in 2018!

Normal body functions, such as breathing or physical activity, and other lifestyle habits (such as smoking) produce substances called free radicals that attack healthy cells. When these healthy cells are weakened, they are more susceptible to cardiovascular disease and certain types of cancers. Antioxidants — such as vitamins C and E and carotenoids, which include beta-carotene, lycopene and lutein — help protect healthy cells from damage caused by free radicals.

Carotenoids
Among the 600 or more carotenoids in foods, beta-carotene, lycopene and lutein are well-known leaders in the fight to reduce the damage from free radicals. Foods high in carotenoids may be effective in helping prevent certain cancers and may help decrease your risk of macular degeneration. Foods high in carotenoids include red, orange, deep-yellow and some dark-green leafy vegetables; these include tomatoes, carrots, spinach, Brussels sprouts, sweet potatoes, winter squash and broccoli.

Vitamin E
Research has demonstrated the broad role of vitamin E in promoting health. The main role of vitamin E is as an antioxidant. It helps protect your body from cell damage that can lead to cancer, heart disease and cataracts as we age. Vitamin E works with

other antioxidants such as vitamin C to offer protection from some chronic diseases. Vitamin E is found in vegetable oils, salad dressings, margarine, wheat germ, whole-grain products, seeds, nuts and peanut butter.

Vitamin C

Perhaps the best-known antioxidant, vitamin C offers a wide-variety of health benefits. These benefits include protecting your body from infection and damage to body cells, helping produce collagen (the connective tissue that holds bones and muscles together) and helping in the absorption of iron and folate. Foods rich in vitamin

C include citrus fruits (including oranges, grapefruits and tangerines), strawberries, sweet peppers, tomatoes, broccoli and potatoes.

- Strive for well-balanced meals and snacks each day.
- Eat at least 2 cups of fruits and 2½ cups of vegetables daily.
- Fresh, frozen and canned fruits and vegetables are all nutritious

(remember: no added sugar or salt).

- Many health authorities recommend getting antioxidants from food instead of supplements, and research has not shown antioxidant supplements to be beneficial in preventing disease.
- Make an appointment with a registered dietitian nutritionist or your doctor if you struggle with food or have questions.

Revised Article from: www.eatright.org.
Reviewed by Taylor Wolfram, MS, RDN,
LDN Published February 23, 2018 du-
lezidar/iStock/Thinkstock



A Look Back at the Fun we had in February!



We had fun making masks for Mardi Gras. Kevin Curry sang for our party and then we enjoyed King Cake. Let the Good Times Roll!!



New Jersey's newly appointed Health Commissioner, Dr. Sheerif Elnahat, visited us to meet with residents and staff. He commended us for how we have handled the flu season. His plan is to take Inglemoor's infection control practices and roll them out across New Jersey.



Everyone was feeling the love at the Valentine's Day Party. We enjoyed a passion fruit welcome drink and cupcakes. Our adorable volunteers helped out. We did Trivia a l'Amour, and sang love songs. "Who Loves Ya Baby?"



Resident Spotlight: Santa Sanzero

Meet Santa Sanzero! Santa was born in Naples, Italy on October 3, 1924... her birth certificate says October 7, but the midwife only went into town to register the new babies once a week, so all the babies had the same birthday. She had three sisters and a little brother. She was e

ducated and lived a happy life until WWII when she and her family suffered under the regime of the Nazis and Mussolini.

She went to business college and started working with the American government. It was there she met the man that would be her future husband, Nick Sanzero, an American of Italian descent who was a Staff Sergeant in the Army. They fell in love, got married and the army transferred them to Rome. Eventually they were settled in her husband's hometown of Scranton, PA.

Santa and Nick would have two daughters, Lucille and Anna Maria. Her daughters remember their mother being a brilliant seamstress who made them Easter dresses with matching coats. They also describe her as an excellent cook who made everything from scratch, the life of the party, and a wonderful mother and grandmother.



Santa's husband Nick passed away over ten years ago and Santa continued on, enjoying her family, her four grandsons, one granddaughter and four great-granddaughters! She lived independently with no help until last June when she had a stroke. She enjoys being at Inglemoor and her family visits daily. When you speak to her you will experience her great sense of humor, she will probably tell you a joke. She loves music and old movies... and we love her!



Shown here: Santa with her daughters Lucille and Anna Maria. Picture 2:

Save the Date!

On Monday, March 26, 2018 we will be having a Model Seder in the Dining Room at 4:30pm. It will be led by Rabbi Rosenblum, and a traditional Jewish meal will immediately follow. The Dining Room will be closed that evening for the celebration. Family members may join in the celebration. The cost is \$20/pp with a limit of two family members per resident. Sign up at the front desk.



On Saturday, March 31, 2018 From 10-11:30am we will have our annual Community Easter Egg Hunt! We will have crafts and treats for the kiddies and it is rumored that we will receive a visit from the Easter Bunny! The event is free. Prizes will be awarded for the child who finds the golden egg!

