

Inglemoor Rehabilitation
& Care Center
311 South Livingston Ave
Livingston, NJ 07039
973.994.0221
www.inglemoor.com

Your Administration Staff

Steve Izzo, LNHA,
Administrator (ext. 224)

Karen Gentile, Director of
Nursing (ext. 256)

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

Suneepa Gupta, Rehabil-
itation 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 or the Front Desk
to reserve your spot!
Call ext. 250.

Inglemoor Informer

"Excellence in Service"

Caring, Competence, Commitment, Constancy

Volume 2019, Issue 6

June, 2019

June, 2019: Mark Your Calendars

2—Kevin Curry Performs 2:15

**4—Chair Yoga with Sharon 10:15; Food
Committee Meeting 10:45; Lutheran Svc1:30**

5—Art Appreciation with Barbara 2:00

**6—Music Therapy with Jessica 10:15 (also
6/13, 6/20, 6/27)**

**7—Janice Wiggins Performs 2:15; Brownie
Social 3:15**

**12—Niki Rubin Performs 2:15 Artistic Sunset
2:30**

14—John Gee Performs 2:15; Chips/Pop Social

**16—Candy Performs 2:15; Root Beer Float So-
cial**

**21—Karickter Performs 2:15; Ice Cream Sand-
wich Social 3:15**

24—Resident Council 10:30

26—Armchair Travel to Haiti 2:00

**28—Eleanor Jackson Performs 2:15; Birthday
Celebration Social 3:15**

30—Harry Maitland performs 2:15



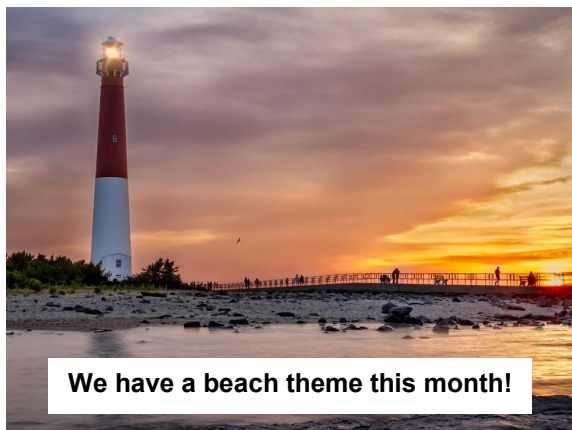
**Hair Salon open every
Tuesday and every other
Wednesday.**

**Catholic Services every
Monday at 2:00pm**

**Jewish Service 3:00pm on
two Mondays a month.**

**Lutheran Service first
Tuesday of month at
1:30pm**

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



We have a beach theme this month!

**We welcome our residents
to enjoy the outdoors now
that the weather is getting
nice. Please stop by the
front desk for a hat or sun
screen and let someone
know if you are going out-
side.**

Photo Tips for Families Facing Alzheimer's

Here at Inglemoor we have an Alzheimer/Dementia unit. We regularly are looking for ways to engage those residents in meaningful ways. It is our hope that if your loved one is affected by this terrible disease that you might consider preparing a photo album to help bring them present with you.

Place photos in chronological order. Photo books can be great tools for showing someone's life history or story. Start your photo book at the beginning of the person's life and lead up to the present day. Organize the book around key moments and concentrate on happy occasions to assist with engagement. Also, keep the design simple, with one or two pictures per page, so the photos are easy to focus on.

Show relationships. To help spark recognition of family members, dedicate a section to each person. Choose photos that include the person with the family member from different life stages and place them in chronological order.

Select meaningful moments. Be sure to include photos that reflect the person's meaningful life moments and depict his/her favorite hobbies or activities, such as weddings, graduations and vacations.

Make it an activity. Work with the individual as appropriate to create the book, and share memories and conversation as you put it together.

Engage in conversation. Ask open-ended questions about the people or events in the photo. *How were you feeling in that picture? Tell me about your brother. What are some of your favorite childhood stories? Tell me more about this picture.* The answers are less important than the conversation and engagement.

Share your own memories. As part of the conversation, share your memories and feelings when looking at the pictures. Answer some of the same questions you're asking the person with Alzheimer's.

Connect, don't correct. This is more about making a connection and sharing memories. Focus on connecting with the person, not correcting them.

Revisit frequently. Take the time to frequently revisit memories using the photos. Do what works best for the individual. It may be daily or weekly, depending on the person.

Mix it up. Don't discuss the same set of photos week after week. To help keep it fresh and interesting, discuss various parts of the book with different people and events on a regular basis.

This Is Your Life book

Making a chronological history of the person with dementia can help with reminiscence and provides information for people who may interact with them. A This Is Your Life book is a visual diary. Similar to a family photo album, it can also include letters, postcards, certificates and other memorabilia.

A large photo album with plastic protective sheets over each page will last indefinitely and can withstand a lot of use. Each photo needs to be labelled to avoid putting the person with dementia on the spot with questions such as "Who is that?" It is best to limit the information on each page to one topic, and to have a maximum of two or three items on each page.

This book can provide a great deal of pleasure and pride for a person who may be feeling increasingly bewildered in the present.

Compiled by the Alzheimer's Association® in partnership with Shutterfly.

A Look Back at the Fun we had in May!



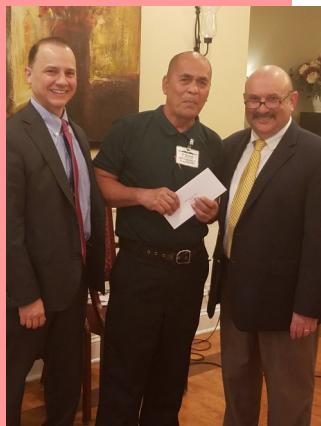
We started out the month with the Arthritic Duo! Two very accomplished musicians playing classical music for us!



Later that week we celebrated the Kentucky Derby with big hats, horses and mint juleps



Our win, place and show horse-owners and their prizes.



We launched National Skilled Nursing week with a visit from Livingston's Mayor and our annual Awards Ceremony.

We enjoyed sixty six 2nd graders from Mt. Pleasant Elementary... they presented the play "Spring" with Frog & Toad, and brought us flowers.



More pics from May



Staff and residents played Minute to Win It celebrating the end of NSNW. Above, residents move mini marshmallows; (next) Building Services staff use their abundance of "hot air" to blow down cups; (next) residents move cotton balls with a bit of petroleum jelly on the tips of their noses. To the right, residents bounce ping pong balls onto a slice of bread with peanut butter. Far right, staff holds the thread, while residents hold the needle.



Livingston Memorial Day parade passes right in front of our building. It was a beautiful day and we had over 50 residents outside to enjoy it!