

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 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 7

July, 2019

July, 2019: Mark Your Calendars

4—Music Therapy with Jessica 10:15
(also 7/11; 7/18; 7/25) **BBQ 12:00; Mike**
Armeno Performs 2:15; Social 3:15

7—Shane Scarazini Performs 2:15

8—Jewish Service 3:00 (also 7/22)

12—David Scance Performs 2:15 Ice
Cream Social 3:15

16—Lutheran Service 1:30

19—YMCA students from China Perform 10:00;
Deb Delucca Performs 2:15; Let Them Eat Cake
Social 3:15

22—Resident Council 10:30

24—Cake Decorating Demonstration 2:00

26—Kris Phipany Performs 2:15; Birthday Cele-
bration Social 3:15

28—Carlos Performs 2:15

31—Peanut Shells Dance Party 10:00; Armchair
Travel to USA 2:00



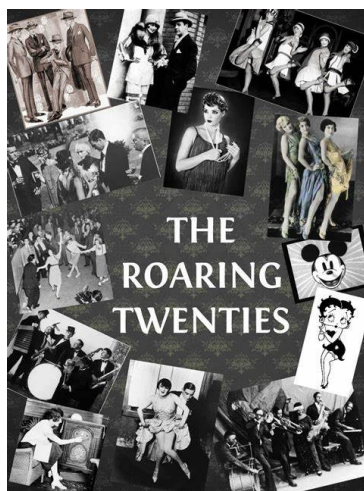
Hair Salon open every
Tuesday and every other
Wednesday.

Catholic Services every
Monday at 2:00pm

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

Lutheran Service first
Tuesday of month at
1:30pm

Survey results are at the
Reception Desk.



The Golden Age,
Great Gatsby, the
Charleston, Flap-
per Girls, speak-
easys!

Get ready to roar
in the 20's Ingle-
moor Style!

August 28th

We welcome our res-
idents to enjoy the
outdoors. Please stop
by the front desk for
a hat or sun screen
and let someone
know if you are go-
ing outside.

Feelings Fight Alzheimer's

Women who are anxious, jealous, or moody and distressed in middle age may be at a higher risk of developing Alzheimer's disease later in life, according to a nearly 40-year-long study published in the online issue of *Neurology*®, the medical journal of the American Academy of Neurology.

"Most Alzheimer's research has been devoted to factors such as education, heart and blood risk factors, head trauma, family history and genetics," said study author Lena Johannsson, PhD, of the University of Gothenburg in Gothenburg, Sweden. "Personality may influence the individual's risk for dementia through its effect on behavior, lifestyle or reactions to stress."

For the study, 800 women with an average age of 46 were followed for 38 years and given personality tests that looked at their level of neuroticism and extroversion or introversion, along with memory tests. Of those, 19 percent developed dementia.

Neuroticism involves being easily distressed and personality traits such as worrying, jealousy or moodiness. People who are neurotic are more likely to express anger, guilt, envy, anxiety or depression. Introversion is described as shyness and reserve and extroversion is associated with being outgoing.

The women were also asked if they had experienced any period of stress that lasted one month or longer in their work, health, or family situation. Stress referred to feelings of irritability, tension, nervousness, fear, anxiety or

sleep disturbances. Responses were categorized as zero to five, with zero representing never experiencing any period of stress, to five, experiencing constant stress during the last five years. Women who chose responses from 3 and 5 were considered to have distress.



The study found that women who scored highest on the tests for neuroticism had double the risk of developing dementia compared to those who scored lowest on the tests. However, the link depended on long-standing stress.

Being either withdrawn or outgoing did not appear to raise dementia risk alone, however, women who were both easily distressed and withdrawn had the highest risk of Alzheimer's disease in the study. A total of 16 of the 63 women, or 25 percent, who were easily distressed and withdrawn developed Alzheimer's disease, compared to eight out of the 64 people, or 13 percent, of those who were not easily distressed and were outgoing.

The study was supported by the Swedish Medical Research Council, the Swedish Council for Working Life and Social Research, the Swedish Research Council for Health, Working Life and Welfare, the Alzheimer's Association, the Bank of Sweden Tercentenary Foundation, Swedish Brain Power, Söderström -- Königska Nursing Home Foundation, Gamla Tjänarinnor Foundation, Shopkeeper Hjalmar Svensson's Research Foundation, Professor Bror Gadeliuss Memorial Foundation, the Dementia Foundation, Fredrik and Ingrid Thuring's Foundation and the University of Gothenburg. Article adapted from *Alzheimer's & Dementia Weekly*.

A Look Back at the Fun we had in June!



Our Armchair Travel destination in June was Haiti. Serge from the Activities Department spear-headed the destination, organizing amazing food and drinks from his country of origin. Since July is the USA birthday month, we will celebrate our country on July 31st.



We hosted Sharon Nessel a yoga instructor to give chair yoga a try, led by a professional! It was a fun morning.

NEW TV CHANNELS!

27—Hallmark

30—Hallmark Movies & Mysteries

32—Turner Classic Movies

RESIDENT SPOTLIGHT: HAROLD ATLAS

Harold was born in the Bronx, NY on March 11, 1924. He had one brother and 3 sisters. His father and uncle owned a garment factory which they started in 1918. His mother was at home, taking care of the children.

Harold was an average student in school. He liked playing sports, baseball and hanging out with his friends. The family lived in Pelham Bay, which is the NE corner of the Bronx and at the time wasn't densely populated. At the time Harold grew up there the Whitestone Bridge was being built and the area was considered "farmland." Kids played outside from dawn to dusk.

He graduated high school and was in his first year of college when he enlisted in the army.

By enlisting and not being drafted, he got to finish out his classes. Then he was off to be a soldier in WWII. He was sent to Ft. Lewis where he learned forestry, and he was taught water purification. Then he was sent to the Battle of the Bulge in Germany. He mostly was support crew and didn't see a lot of combat. After the war ended they sent him to ski school in Switzerland!

When Harold came home from the war he worked in the family business, the garment factory. A neighborhood friend who didn't own his own car asked Harold to double date, because Harold could usually get the car from his father. It was on that date that he met the girl who would be his wife, Bernice. Their first date was at the Roosevelt Hotel in Manhattan for drinks. Bernice liked Harold's baby face, and he thought Bernice was cute.

That was in August.

A few months later at Rye Beach in Westchester with a carnival in town, Harold won Bernice the prize of a cup and saucer. He told her that was the beginning of her china set, and asked her to marry him. She still has that carnival cup and saucer. They would be married the following March.

They first had an apartment in the Bronx with a high stoop in a four floor walk up. After Bernice had their first child, Alan, they moved to a house in Jones Beach, Long Island. They would have two more boys, Jeff and Glen. It was a good place to raise children with good schools.

Harold continued to work at the garment factory until they closed up in the early 1990s. It was a union shop and after the US signed the NAFTA trade agreement they couldn't compete with the cheap overseas labor. At this point Harold was in his 70s so it was a good time to retire.

In 2003 they sold the house on Long Island and moved to NJ so they could help with the grandchildren. They spent many hours enjoying nature and birdwatching and became quite astute at watching the migrations.

Harold enjoys Inglemoor and his devoted Bernice spends her days here with him.

