

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 8

August, 2019

August, 2019: Mark Your Calendars

**1—Music Therapy with Jessica 10:15
(also 8-8; 8-15; 8-22)**

**2—Candy Performs 2:15; Cheese &
Pate Social 3:15**

**4—Chatham Flute Ensemble Performs
2:00**

6—Food Committee Meeting 10:45

**9—Peanut Shells Dance Party 10:00;
Movie: The Great Gatsby 2:00**

11—Narrow Escape Duo Performs 2:15

14—Roaring 20's Party 2:00

**16—Harry Maitland Performs 2:15; Hummus &
Pita Social 3:15**

19—Resident Council 10:30

21—Made to Order Breakfast 8-10AM

**23—Janice Wiggins Performs 2:15; Popsicle
Social 3:15**

25—Kevin Curry Performs 2:15

**30—Dave Elgard 2:15; Birthday Celebration Social
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
1:30pm**

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



Join in the fun! Get dressed up for our
Roaring 20's Party on August 14

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

Support for Caregivers: Respite



There is much pain to endure when watching a loved one suffer with Alzheimer's. There is the pain of perpetual grief, the struggle to preserve dignity, and the desire to respect the present while clinging to the past. However, in the midst of the heartache, there is a small glimmer of light that exists, to remind us of the things Alzheimer's can't take away... the warmth of a touch, the importance of smiles and laughter, and the knowledge of what it truly means to experience unconditional love and acceptance.



AlzheimersWeekly.com

"Never let your ego get in the way of asking for help when in desperate need. We have all been helped at a point in our lives."

— Edmond Mbiaka

Excerpt from AARP Bulletin July/August 2019

I was a caregiver for eight years before I discovered respite care. Even before my husband Matt, received a dementia diagnosis in 2011, he had become forgetful and needed my assistance. I didn't know how our relationship would eventually change. We couldn't banter anymore, and he was forgetting the names of family and friends. Because change makes him anxious, we stay home more. It's been isolating.

The first day I dropped Matt off for four hours at an adult care facility with a respite program called Day Club, I was so relieved. I went and got a massage with a gift certificate I'd been given. I'd never had time to do that before.

I know Matt is safe at Day Club, because the people there are so incredibly competent and caring. He sits with a bunch of men, fellow veterans in their military caps. They have lunch, socialize.

When Matt is there, I can run errands, or have lunch with a friend. It's wonderful to have four hours to myself to do what I wish, even if it's mundane things on my own.

Just a few hours does wonders in restoring my energy and perspective. No one likes to ask for help, but getting respite time is critical to surviving as a care giver.

Inglemoor doesn't have a Day Club, but it does offer Respite Care! Is your son or daughter going on vacation? See our Admissions Office for additional information.

A Look Back at the Fun we had in July!



The YMCA brought in students from China. They are here on an exchange program. They had the opportunity to come to the U.S. because of the excellent English they speak. They performed a dance routine, sang, played piano, performed martial arts and made Chinese characters for us.



July was International Cake Month! In celebration, we had our own, very talented, Joanne Bedrossian, Inglemoor's Assistant Dietary Manager. She created a cake for us and demonstrated how she does it. She brought the car in as you see it, but made Charlie Chaplin for us out of fondant while she explained the process.



Starting in January we have been highlighting a different country each month during our Armchair Travel Program. This month, we focused on the United States of America. We went over the history of the country and offered the residents and staff some treats, including hotdogs, macaroni & cheese, apple pie, pulled pork and more!

RESIDENT SPOTLIGHT: ALVIN GOODMAN

Alvin was born October 27, 1932 in Brooklyn, NY. He was raised by women. He was the apple of his mother's eye, and had two much older sisters who made over him since the day he was born. His mother was at home, taking care of the children, and his father worked various jobs, mostly hard labor, the shipyards or in live poultry shops. His father always encouraged him to be his own businessman, telling him a dollar earned in your own business always goes further.

Alvin loved sports and had a lot of friends, playing from dawn 'til dusk outside. His favorite sport was baseball and as a teenager would be the captain of the Wildcat softball team. He never really took school seriously, and although his mother wanted him to go onto college, he graduated high school and got odd jobs: driving a taxi or selling liquor.

He joined the army and was stationed in Ft. Dix, FL but received a medical discharge. He came back to Brooklyn and began working in the garment district. For awhile he was a pattern maker, then worked for a boy's shirt company and held various positions within the garment factories.

When he was 19, his older sister got a new car. He was driving around and had dropped off a friend. It was then he saw Rhea walking down the street. He followed her slowly around the neighborhood. She had on tight jeans, which caught his eye, but it would be the whole package, her beautiful eyes, brain and personality, which would snag his heart. She was only 15, but she agreed to go out with him (with her two friends as escort) and that would be the beginning of their life together. She thought he was handsome, and she liked his

flashy new car. However, he picked her up in his car, a '38 Plymouth, and she soon realized they would be spending most of their dates at the auto repair garage.

He asked her to marry him on her 18th birthday and hid her engagement ring in her birthday cake. They were married in October, 1955.

They would have three sons, Marshall, Darrell and Glen. Rhea stayed home with the children while Alvin continued his work in clothing and textiles.

His father had planted the seed of him owning his own business and that dream had never left him. It was the 1970s and the leisure suit with the jazzy shirts underneath was all the rage. Alvin, with his

wife's support, and a little money in their pockets, decided to open their own business, designing and manufacturing men's shirts. They called it Bon Homme (yes, THE Bon Homme!). It would become wildly successful. Twenty-five years ago they sold the business.

They enjoyed their life! Trips to Europe twice a year for fashion inspiration; they travelled to China, South Africa, Australia, New Zealand, the Galapagos Islands and Alaska. They enjoyed tennis, sports and own a second home in Florida.

They have 7 grand-daughters and one grandson, and one great grandson.

In Alvin's words, "I'm a very lucky man, I chose a partner almost 64 years ago and picked a winner! I have a wonderful life."

