

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)

Damien Carty, 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 daily activities
contact the Recrea-
tion Dept. x250, or
the Front Desk to re-
quest transport.

Inglemoor Informer

"Excellence in Service"

Caring, Competence, Commitment, Constancy

Volume 2019, Issue 11

November, 2019

November, 2019: Mark Your

**1—Candy Performs 2:15; Cheese/Cracker
Social 3:15**

**2—Downton Abbey Watch Party 2:00 (also
9th, 16th, 23rd, 30th)**

**5—Food Committee Meeting 10:30; Lutheran
Service 1:30**

**7—Music Therapy with Jessica 10:15 (also
10/14; 10/21)**

**8—Harry Maitland Performs 2:15; Pumpkin
Dip Social 3:15**

**11—Kris Phipany Performs 2:15; Veteran's Day
Social 3:15**

**15—Karickter Performs 2:15; Apple Cider So-
cial 3:15**

17—Hour of Positivity with Pam & Steve 2:15

18—Resident Council 10:30; Jewish Service 3

**20—Memorial Service, Remembrance of
Friends who Have Passed 2:00**

**22—Mike Armeno Performs 2:15; Birthday So-
cial 3:15**

25—Catholic Mass 2:00; Jewish Service 3:00

28—Thanksgiving Feast 12pm



**Hair Salon open every
Tuesday and 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.**

Memorial Service to Remember Friends Who Have Passed

Join us in an uplifting and inspirational service of remembrance on Wednesday, November 20, 2019 at 2:00 pm in the Georgian Court Dining Room. We will read the names of our friends who have transitioned and staff/guests are invited to say a few words.

"To live in hearts we leave behind is not to die."

~ Thomas Campbell

gratitude

As we enter into the month of November, thoughts naturally lead to being thankful. Needless to say, November has been an official month of giving thanks for a very long time. We have been celebrating Thanksgiving Day nationally on and off since 1789 with a proclamation by George Washington after a request by Congress.

But there truly is a science behind gratitude and the benefits of practicing gratitude are nearly endless. People who regularly practice gratitude by taking time to notice and reflect upon the things they're thankful for experience more positive emotions, feel more alive, sleep better, express more compassion and kindness, and even have stronger immune systems. And gratitude doesn't need to be reserved only for momentous occasions. Sure, you might express gratitude after receiving a promotion at work, but you can also be thankful for something as simple as a delicious piece of pie. Simply keeping a gratitude journal—regularly writing brief reflections on moments for which we're thankful—can significantly increase well-being and life satisfaction.

But, as often happens, we start a gratitude journal which lasts about three days before we run out of things to be grateful for,

or choose sleep over journaling. Here are a few keys which research supports—that help not only to start a gratitude practice, but to maintain it for the long haul.

The best way to reap the benefits of gratitude is to notice new things you're grateful for every day. Gratitude journaling works because it slowly changes the way we perceive situations by adjusting what we focus on. While you might always be thankful for your great family, just writing "I'm grateful for my family" week after week doesn't keep your brain on alert for fresh grateful moments. Get specific by writing "Today my husband gave me a shoulder rub when he knew I was really stressed"



or "My sister invited me over for dinner so I didn't have to cook after a long day." And be sure to stretch yourself beyond the great stuff right in front of you. Opening your eyes to more of the world around you can deeply enhance your gratitude practice. Make a game out of noticing new things each day.

Being excited about the benefits of gratitude can be a great thing because it gives us the kick we need to start making changes. But if our excitement about sleeping better because of our newfound gratitude keeps us from anticipating how tired we'll be tomorrow night when we attempt to journal, we're likely to lose momentum.

Recognize and plan for the obstacles that may get in the way. For instance, if you tend to be exhausted at night, accept that it might not be the best time to focus for a few extra minutes and schedule your gratitude in the morning instead.

Don't limit yourself—if journaling is feeling stale, try out new and creative ways to track your grateful moments. For instance, maybe create a gratitude jar. Any time you experience a moment of gratitude write it on a piece of paper and put it in the jar. Then, on New Year's Eve, empty it and review everything you wrote.

Our relationships with others are the greatest determinant of our happiness. So it makes sense to think of other people as we build our gratitude. Focusing our gratitude on people for whom we're thankful rather than circumstances or material items will enhance the benefits we experience. And while you're at it, why not include others directly into your expression of gratitude? Maybe write a gratitude letter to someone who had an impact on you whom you've never properly thanked.

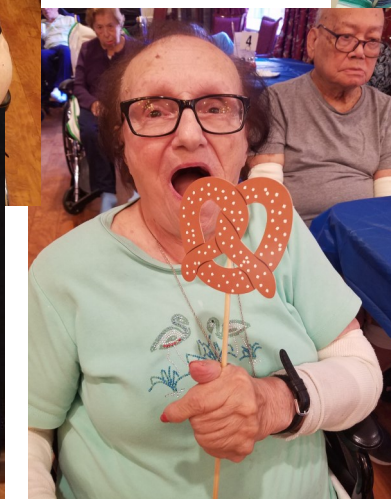
So instead of just reciting what you are thankful for around the dinner table this Thanksgiving, discuss incorporating one of the new practices discussed here. The conversations that follow may give you even more reasons to give thanks.

This was adapted from an article found at www.happify.com called The Science Behind Gratitude By Derrick Carpenter, MAPP

A Look Back at the Fun we had in October!



We had a great time at our Oktoberfest Party! Thank you to my yodelers, Ted Claire & Ellie Mirsky (Rest in Peace, Ellie, we love you and will miss your singing!)



The Peanut Shells from the YMCA came in costume. Later that day we had our annual Halloween Party!



Resident Spotlight: Anita Roberts

Anita Roberts, nee Rohlf, was born January 3, 1930 in Philadelphia, PA in the Germantown district. Her mother stayed at home with the children.

Anita had an older and a younger brother. Her father was a salesman who sold wrapping, paper, twine and cartons and was away from the house most of the time. Mom stayed home with the children until they got older, then she proved herself to be a smart business woman. Anita was a "Daddy's Girl" so it was hard on her when he left. But she had many friends in the row houses where they lived, and her grandfather lived close by.

Anita was good in school, especially in history and math. She wasn't popular but had her share of friends and fun. To make money through school she worked at a Ready to Wear Clothing shop. She had a wonderful Geometry teacher who inspired her. After high school she went to Beaver College in Glenside PA and she knew she wanted to be a teacher.

One day at church at the youth program, a young man named Tom Roberts caught her eye. He was tall, sandy haired and handsome. At the time she was dating another boy, and he was dating another girl. Sometime later he came into the store she was working in and asked her for a date. He took her to Summerville Country Club for dancing. He proved himself to be a fine dancer, and she unfortunately was not, but he was a gentleman, and she was smitten.



Tom went in the navy from 44 to 46 and served in the Pacific. They dated for a year and were engaged for a year before they were married. It was a small wedding, just a few friends. They rented a small apartment in Philly and Tom went to Temple University and studied Elementary Education, just like Anita.

Their first child, Tommy was born in 1953 and several years later in 1960 their daughter Liz was born. While the kids were young she worked as a substitute teacher and home tutored children. She loved being a mom and was determined to be a loving and demonstrative mother to her kids. Tom ended up being a principal of two elementary schools and when the kids were old enough, in 1970 she fulfilled her dream to be a high school math teacher.

Tom would pass away in 1985 of a heart attack. After several years Anita retired from teaching and decided to revisit her roots and opened up a Children's clothing store. She would later move the store to Massachusetts to be closer to her son Tommy and his family, he had a wife and two daughters (and later a son). Later, she would close the store and move to Morristown to be closer to Liz, who was married and expecting her first of two children. Anita now has four great-grandchildren.

Anita came to Inglemoor a few months ago and is enjoying getting to know everyone. She attends Bingo and likes the concerts and parties.