

Inglemoor Rehabilitation
& Care Center
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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 12

December, 2019

December, 2019: Mark Your Calendars

1—Lou Sabini Performs 2:15

3—Food Committee Meeting 10:30;
Lutheran Service 1:30

5—Music Therapy with Jessica
10:15 (also 12/12; 12/19; 12/26)

6—Carlos Performs 2:15; Cheese
Ball Social 3:15

8—Bobbi & Lucy Perform 2:15

9—Jewish Service (also 12/23)

10—Dapper Dans of Harmony Perform 7:00 PM

13—Eleanor Jackson Performs 2:15; Wassail
Social 3:15

18—Holiday Party 2:00

20—Starliner Dance Troop Performs 2:15; Egg
Nog Social 3:15

22—Kevin Curry Performs 2:15

24—Deb Delucca Performs 2:15

25—Ob Shalom Sing A Long 2:00; Christmas So-
cial 3:00

27—John Gee Performs 2:15; Birthday Social 3:15

31—NYE Countdown 12pm; Janice Wiggins Per-
forms 2:15; NYE Social 3:15



**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.**

As we struggle with shopping lists and invitations, com-
pounded by December's bad weather, it is good to be re-
minded that there are people in our lives who are worth all
this ...

traditions

With the holidays upon us, what better time to discuss traditions than in December? As the Recreation Director here at Inglemoor I'm a bit obsessed with the holidays and traditions. I feel it is my personal responsibility to make the holidays as entertaining and as special as possible for our residents.

It starts in November when I begin "grilling" our residents for their family traditions. I try to incorporate as many traditions as possible - baking, making gingerbread houses, ugly sweaters, singing carols, drinking egg nog, watching holiday classics and musical performances. Parties, parties, parties!



In my own home, holidays have become a mixed bag. As a transplant from Chicago, most of our family are out of state, so it was necessary for us to come up with new traditions for our family unit. My sons are older now, teenagers (need I say more?) and roll their eyes and act painfully bored when I bring up tasks like putting up the tree, or baking Christmas cookies. I have to say our family traditions in New Jersey haven't really lived up to my own expectations. We have literally found ourselves eating Chinese food and watching movies on Christmas Day with our Jewish friends!

While I know that my kids may not appreciate my efforts now, at some point they will fondly recall our family traditions when they are creating them with their families. As Marie Hartwell-Walker, Ed.D. writes, "There seems to be something very basic in the human soul that craves some predictability and some recognition that we move in concert

with the seasons. Name me a culture where there aren't markers for the passing of time. I can't think of any. We may do it differently — family to family, country to country— but, where there are people, there seems to be annual feast days, holidays, holy days, rest days. The need to ritualize them with predictable activities, foods, and/or objects seems to be universal."

"My theory is that these markers of time are a fundamental way that we all have to make the unpredictability and stress of daily life bearable. At the most basic level, holidays give us some comfort and strength from the simple observance that we've made it once more around the calendar. On a more complex

level, they provide a culturally sanctioned reason for everyone to stop, to take stock of ourselves, to acknowledge who we've chosen to be in our families and communities, to underline for ourselves how we are doing, to make new promises to self and others."

As parents, and children of parents, we can do a great deal to make sure that that inner bank of love and security has a healthy balance. In caring for our elders, it is just as important that we include them in our family traditions around holidays. Even if our elders may no longer be the "keepers of the memories" at the holidays, it is important that they feel the love evoked from the tradition. After all, these are the creators of our family community. Making "gramma corn" at Thanksgiving or biscotti at Christmas because "my mother did it that way" is just as important for letting them know they are embedded in our community, and that we are passing on those important cultural and family values.—*Article by Margaret Brown with insert by Marie Hartwell-Walker, Ed.D.*

~Continued back cover

A Look Back at the Fun we Had!



Rita Miller turned 90. For her birthday her son David got her all-time favorite performer, Mark Nadler, to come to Inglemoor to perform for her and the residents. It was a rousing show (our piano is still recovering)! He sang, tap-danced and told jokes! Then the family treated everyone to gourmet cupcakes!



Home-Well treated Inglemoor residents and staff to hot apple cider, apple cider donuts and hot chocolate on a cold, gray day in November! Everyone grabbed a blanket and enjoyed the treat!



traditions, cont.

Biscotti sister Marie gave me

1-3oz cream cheese
 1 stick of margarine
 1/2 cup of sugar
 2 eggs
 2 tsp baking powder
 2 1/4 cups of flour
 1 teaspoon vanilla

Cream margarine + Cream cheese together first add eggs vanilla + then sugar, flour + baking powder.

Bake at 375° for 15 to 20 minutes. It took exactly 20 mins. Put foil paper on baking sheet. Makes about 60 cookies. Let cool put icing on top. Confectioners sugar + couple of drops of milk. Texture has to be white + thick.



As a continuation of our traditions article... Edith Lamorte, Inglemoor resident brought me her biscotti recipe. She remembers making it around Christmas time every year and we made it here at Inglemoor. I took a few liberties, adding almonds and almond extract instead of vanilla. Recipe doubles well and it definitely was not the biscotti from the packages, these were soft and moist and DELISH! Thanks Edith for sharing!