



INGLESIDE
COMMUNITIES

NEWS

MAY
2022

REHAB THERAPY • SKILLED NURSING • ASSISTED LIVING • RESIDENTIAL CARE APARTMENTS

National Skilled Nursing Care Week

The American Health Care Association (AHCA) recently announced **Creating and Nurturing Connections** as the 2022 theme for National Skilled Nursing Care Week (NSNCW), formerly known as National Nursing Home Week.

This theme celebrates the reliable and strong commitment that each skilled nursing care staff member has to providing high-level quality care and improving the lives of every resident and family member within their care. During the last two years, staff members have found themselves “wearing many new hats” due limited visitation and social distancing, staff from all departments have stepped up to provide essential emotional support and social connections residents, staff, family and friends needed.

Now and through May 8-14, 2022, families, residents and staff are encouraged to team up together for a project, game, craft, exercise or hobby. Form a connection by learning something new from one another or share a laugh over a fun game checkers. Stay on track with your daily or monthly move goals with an accountability partner. Team up with others to make a group presentation to share.

Established by the American Health Care Association (AHCA) in 1967,

Creating and Nurturing



National Skilled Nursing Care Week • May 8-14, 2022

NSNCW recognizes the role of skilled nursing care centers in caring for America's seniors and individuals with disabilities.



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Like Us On Facebook

TODAY'S SENIOR LIVING

As a non-profit 501c3 community, we thank you for supporting our mission of service to seniors through tax-deductible donations of cash or useful items. Please call our office.

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Wisconsin Illinois
SENIOR HOUSING INC.

InglesideCommunities.org

Artist Spotlight:

Audrey, Artist of the Month



Ingleside Communities

Check out our Facebook page to see some of the highlighted events we are doing in activities: facebook.com/inglesidecommunities

Please visit bit.ly/i-wishes to see our WISH List of activity items that can be easily purchased through Amazon and sent directly to us for the benefit of our residents.



Residents of the Month: Ardith K.

I was born December 29, 1930, to Mayetta (Homb) and Arthur Troy. I had a sister, Naida, who was two years younger than me. We lived on a 200-acre rented farm between Darlington and Gratiot Wisconsin. We had no electricity until I was 12 years old, and I didn't care much for the outdoor toilet. I had many chores on the farm, including milking cows by hand and helping harvest the hay. I made good marks in grade school at a one-room schoolhouse. To continue my education in high school, I moved in with my grandparents in Darlington at age 13. My grandpa was very ill, so I helped care for him after school every day. I made many friends at Darlington High School, some of whom are still my friends today. I was a member of the Drama Club and on the yearbook staff. We had a lot of fun. I graduated in 1948.

Immediately after graduation, at age 17 I went to work for Wisconsin Power and Light Company (WP&L) as a stenographer. My family had played cards with the Kundert family when I was in high school, and the children joined them periodically. When Donald Kundert returned from the Marines after the war, we started seeing each other. Four days after my 18th birthday Donald and I got married. We moved to his family farm, about two miles away from my family. When Donald's parents got older, we took over the farm and I lived on this farm for 70 years.

Donald and I had four children together – Mark, Marlene, Kay, and Nita. I now have five grandsons, three granddaughters and ten great-grandchildren. My time working for WP&L was short because in those days they did not allow married women to continue working. I stayed more than busy on the farm and raising our children. I became very involved in our farming operation because Donald started working for the Darlington post office in 1960 to supplement our family income. Eventually he became postmaster in 1980. When I had to take over the farming operation, we got rid of the 40+ dairy cows and started raising Angus beef cattle. We raised corn, oats, and hay in the pasture. Mark was a big help on the farm until his untimely death in an accident at age 29. He

lived on our farm with his wife and two sons, also working full-time at Borg Instruments in Darlington.

As the children got older, I was able to be more involved with my church, United Church of Christ in Darlington. I worked in the Women's Guild, serving as an officer for 15 years. We raised money, organized dinners and many other special events for the members of our church. Donald and I enjoyed our leisure time together. We always enjoyed fish dinners on Friday nights. Our favorite drink was a grasshopper. We enjoyed traveling together by bus to California, Florida, and parts of Canada. We also enjoyed playing cards with our neighbors. Unfortunately, Donald passed away at age 69 when he developed a blood clot after hip surgery.

Interestingly, three neighbor friends and two church friends also lost their husbands within a short time after my husband's death. The six of us became so close that it helped to fill the gap after losing our husbands. We never missed a Friday night fish dinner, we played cards together and we traveled to nearly every state, including Alaska.

Every winter we jumped in my van, which my friend liked to drive, and we took a two-week trip. We even took a two-week vacation to Switzerland one year. I was blessed to have such great friends.

I lived on our farm until I was 88 years old. My family became concerned about my safety all by myself in the country. We agreed I should look for different living arrangements. I moved to Mount Horeb close to my daughter. I lived in an apartment for over two years and just moved to an apartment at Ingleside Communities in June last year after having some medical issues. I am feeling much better now and thoroughly enjoy living here.

My family calls and visits often and I have made some new friends here as well. The seven of us in the apartments eat breakfast, dinner, and supper together nearly every day. We played bingo this morning and I often participate in the exercise programs. They are very good to us here. I love to read

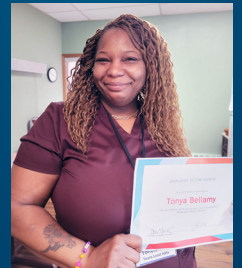


and enjoy the library here with books rotated regularly by the Dane County Library System. I would like to thank the staff of Ingleside Communities for the good care and friendships I have received here.

I have had a very good life. My religion, my family, my friends (old and new) have made my life very complete. My advice to others? Be kind to people. Try to understand them. If you do, you also will have a very good life.

Employees of the Month Tonya CNA- Voted by Residents.

I am so honored to be a part of Ingleside. It is my home away from home. I take pleasure in assisting the residents



here. I am honored to take care of Ingleside residents. Many residents have become my friends. The look in their eyes and smile on their face shows they appreciate the love and compassion I show them. I want to thank the residents for allowing me to be a part of their life.

Hannah L.- Housekeeper Voted by Staff

One of my favorite hobbies is being outside and taking in all of the nature. Ingleside is a good place to work and great environment. It is great to do something hands on and close with the residents.



Skilled Nursing Highlights

For the month of April, residents spent a lot of time making Easter crafts, decorating eggs, playing games and getting outside. Residents and staff threw a surprise baby shower and enjoyed pink cotton candy as our occupational therapist Lyndsay is expecting her 1st baby girl soon!

Happy May to our Residents, Families, and Friends of Ingleside. From May 8th-14th, we will be celebrating National Skilled Nursing Home Week; Ingleside also will be celebrating our nurses during Nurses Week from May 6th-May 12th. The theme this year is "Creating and Nurturing Connections." Ingleside Communities will be honoring our heroic staff for protecting and caring for residents during this pandemic and for their continued commitment. During National Skilled Nursing Home Week, staff and residents will have the opportunity to participate in the following activities: celebrating together through themed days, acts of kindness day, reaching out together by connecting with the community, exploring together with outdoor activities, and enjoying live music together. For Nurse's week, we have a special surprise planned for the nurses. We will be taking lots of pictures and will share them on the Ingleside Communities Facebook page. If you wish to send staff a card or anything of your choosing you are more than welcome to do so.

Skilled Nursing Photos



Happy Birthday!

Best wishes to our residents and staff celebrating birthdays this month.

Staff

Elisa S.	May 03
Lynne S.	May 04
Taya A.	May 05
Nick S.	May 05
Terry B.	May 07
Jennifer P.	May 10
Roberta M.	May 13
Tori H.	May 14
Chris F.	May 15
Kelli N.	May 15
Catherine K.	May 17
Libby K.	May 20
Julie K.	May 23
Samantha D.	May 27
Kim K.	May 29
Karen R.	May 30
Karen H.	May 30

Staff Anniversaries

Hope A.	1 Year
May 23, 2021	
Jacqueline A.	8 Years
May 28, 2014	
Georgia J.	4 Years
May 23, 2018	
Laure M.	1 Year
May 26, 2021	

Staff Assistance Program

WISH offers a great staff benefit called EmployeeConnect (EC) and it's available to every employee, full- or part-time.

EC is an assistance program of professional and confidential services to help our staff and their families meet life's demands.

Free EC resources include:

- **In-person guidance:**
 - **Free in-person/virtual counseling:** up to 5 sessions, per issue, per year
 - **In-person consult with in-network attorneys**
 - Free 30-min consultation
 - 25% discount on future meetings
- **Unlimited 24/7 assistance**
 - **Info and referrals on child & elder care, vacation planning, pet care, car buying, college planning, etc.**
 - **Legal referrals for family law, estate planning, consumer & civil law**
 - **Financial guidance:** Budgeting, short- & long-term planning
- **Online Resources**
 - **Support tools, articles, videos and interactive tools like financial calculators, budget sheets & more.**

The goal of WISH is to support our staff so they can excel at their work while enjoying their lives and families. Talk with HR for details.

Skilled Nursing Photos ...continued



The importance of your mental health

The past two years have brought many challenges that have impacted our everyday lives, which is why it's more important than ever to understand the importance of good mental health. Mental health includes emotional, psychological, and social well-being. It affects choices we make, how we think, feel, and act towards others, and how we handle stress.

Stress, fear & anxiety all have negative effects on mental health which, in turn, can affect physical health. People with poor mental health often experience depression, increased anxiety, lethargy, illness and even chronic health conditions.

Taking time to care for your mental health can help limit depression & anxiety, reduce stress, increase a positive outlook, and help you rediscover things you enjoy in life. One study suggests it can also help reduce the risk of heart attack. Taking care of yourself usually gets put on the back burner, but it's something that should be prioritized - for your own health and so you can better care for others in your life.

Tips for self-care:

- **Take breaks from watching, reading or listening to news; limit social media.**
- **Make time for meditation, stretching, music or other activities you enjoy. Many free video guides are available.**
- **Treat yourself to healthy, well-balanced meals.**
- **Take time for activities you enjoy**
- **Avoid excessive alcohol, tobacco and substance use.**
- **Exercise regularly and get plenty of sleep.**
- **Talk to someone: a psychologist, social worker, counselor, physician, pastor, family member or friend.**