



INGLESIDE COMMUNITIES

NEWS

JUNE
2023

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



Pick up a calendar in the activity room for events!

Activity Highlights

CNA Week 2023 is from June 15 to June 21. Theme of "We're Unstoppable"

June is Dairy Month

Ingleside Communities

Check out our Facebook and tiktok page to see some of the highlighted events we are doing in activities. [Bit.ly/fb-ing](https://bit.ly/fb-ing)



407 North 8th Street, Mount Horeb, WI 53572
608-437-5511

Jason Williams, Administrator
Kevin Lawrence, Business Office Mgr.

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

CNA CLASS

Ingleside offers FREE CNA Classes! Plus, get paid while you attend class!

Call Joan in HR at
608-470-4010 for details!



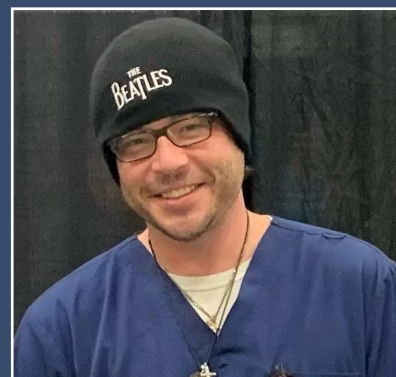
Employee of the Month: Tori, RN



I've been a nurse since 2018. My first job in healthcare was at Ingleside as a CNA when I was a junior in high school in 2011. I chose to be a nurse because I enjoy the ability to have a positive influence on peoples lives every day. I have 2 dogs and 2 cats.

Fun facts about me: Favorite color: periwinkle Favorite hobbies: paddle boarding, hiking, camping, horseback riding, fishing and boating.

Employee of the Month: Jeremy, CNA



I was born in Madison and grew up mostly in Avoca, WI. Music is a huge part of my life. I play the guitar, piano, and several other instruments. I've been a CNA for 20 years and really enjoy what I do. My mom was a nurse and EMT, she inspired me to become a CNA. I love helping people. Being a CNA is the most rewarding career. I am so honored to be Employee of the Month and I'm so happy I came to Ingleside.

Resident of the Month: Michael (Mike) Joel E.



I was born on March 29, 1961, in St. Mary's Hospital in Madison Wisconsin. In a very real way, however, my life began three years later when I moved into a

foster home with those that I now consider my real mom and dad, Robert and Dorothy Ethun, of DeForest, Wisconsin. They made me part of their family in an official way by adopting me when I was 10 years old.

I had a brother, Gordon (now deceased), and sister, Minna, from my birthparents. From my adopting parents, I have three brothers, Rolf (born 1942), Paul (1947), Scott (1958), and one sister, Claudia (1949). It is fair to say that I am rich in family relationships, and I try to stay in touch with all my siblings.

My earliest memories are from the farm where we lived and worked and played. Mom raised several foster children and dad and my brothers raised livestock and farmed, but also my dad sold real estate and insurance. In about 1966 we moved into the nearby Village of DeForest. The farm was sold a few years later. I have great memories of my growing-up years. I enjoyed biking with my friends, working on family puzzles and helping my friends and brothers work on their cars.

I started high school being bussed to Marshall, WI. I joined their football team as a Junior and was a decent defensive lineman. This lasted until, during a game one day, I was kicked multiple times in my knee by a visiting player from the opposing team. Unfortunately, that assault ended my football career and I still have pain today from that incident. For my senior year, it was decided I would attend East High School in Madison, requiring me to rent a small

apartment near the school. I graduated in 1980 and began my working career.

As a young adult, I had a wonderful balance of working and enjoying time with my friends and family. I was (and still am) a very social person; an attribute I learned from my dad. My first job was at the Concourse Hotel in Madison. I was a dishwasher and loved the people I worked with, and they seemed to appreciate me. I worked for many different restaurants in and around Madison, both cooking and washing dishes. Later I had janitorial responsibilities at Kmart and several other businesses. I remember fondly working in the Security Department for UW football games.

While I have traveled a limited amount, I really love the Madison area. The people are friendly, and the community is welcoming to people like me that have special needs. My friends are numerous, but I must mention my buddies Gary from Cambridge, Rob in Madison, and Donna, who also lives in Madison. There was one very special person who made my life so wonderful. Her name was Barb and we first met in school together in Marshall. This special person became my wife on December 8, 1992.

Barb and I were very good for each other, supported each other's health care needs and loved each other very much. Unfortunately, Barb died on December 12, 2012. I miss her still. I try to stay in touch with her mother, Sue, her brothers, Steve and Dave and her sister Karen.

Early in my life I developed a love of music, especially Rock'n'roll music. I am fortunate to have lived during an era of great musicians. Most of my enjoyment came through my stereo, YouTube, and CDs, but I have attended a few concerts, including Ted Nugent and Motley Crue. There is nothing better than listening to music or watching a musical performance on TV with my friends. I remember fondly the time I flew to

California to visit my sister, Claudia. We drove her car on Route 66 with the radio on and I was able to experience the California lifestyle myself. It was a blast!

I have several physical challenges that led me to find Ingleside Communities as my home early last year. Starting with Type II Diabetes from childhood, I have had my gall bladder and appendix removed, and added a pacemaker following a heart attack in the mid-1990s. I lost vision in one eye and have serious arthritis in my joints. I have found a wonderful home here at Ingleside Communities. They work hard to take care of our needs and plan fun activities for the residents. I appreciate the visits I receive from friends and family.

I consider myself very fortunate to have so many friends here at Ingleside, so many friends and family who call or visit me and so many wonderful memories to share with them all.

WORD SEARCH

Find and circle the 8 words listed below. Find words straight across, up and down, and diagonally. All words are forwards reading only. No backwards. Good luck!

**DONUT
EXERCISE
FATHER
HEALTHY**

**JUNE
SOLSTICE
SUMMER
WATER**

D	H	J	U	R	O	T	J	O	W
H	E	F	Y	S	I	S	K	F	D
P	A	Z	J	Q	U	A	S	X	G
B	L	V	O	F	T	M	T	Y	N
G	T	B	E	U	I	E	M	J	S
U	H	F	N	X	O	M	P	E	T
E	Y	O	M	I	R	W	H	Y	R
L	D	E	X	E	R	C	I	S	E
F	J	U	N	E	H	I	Q	Z	B
S	O	L	S	T	I	C	E	L	T
Q	W	T	Y	F	W	A	T	E	R
Z	W	F	A	T	H	E	R	O	L

ACTIVITY PHOTO HIGHLIGHTS



SNF, CBRF, RCAC Reminder Contact:

Sweta at 608-470-4005 or
spotina@carriagehealthcare.
com for any appointment/
transportation needs.

Laundry Reminder:

If you purchase clothing for a loved one it is very important that laundry labels the clothing with the resident's name. Please bag the new item up and put a tag on it "to be labeled" with the resident's name. Any questions, please ask a staff member.



Men's Health Tips

Because we celebrate Father's Day mid-month, June is great time for men to schedule all those check-ups that have been avoided or pushed back. Now is the time to go to those appointments! **Remember, full-body health includes your cognitive, eating, resting, and activity habits. Here are some healthy tips for men:**

Schedule a complete physical with your doctor that includes checking testosterone levels, cancer screenings, a prostate exam, blood and urine tests:

- Visit an ENT to get your hearing checked
- Prioritize setting a sleep schedule

- Strive for 30 minutes of exercise daily
- Treat yourself to healthy, well-balanced portioned meals
- Visit the dermatologist to check your skin
- Schedule a check-up and cleaning with your dentist
- Visit a chiropractor to have your spine checked
- Enjoy leisure activities, such as fishing, watching sports, reading, or gardening
- Quit smoking
- Laugh everyday
- Be kind to yourself by not comparing yourself to others

Happy Birthday!

Minni U. CNA	6/1
April F. CNA	6/3
Emily D. RA	6/3
Mary S. CNA	6/5
Susan L. RN	6/10
Jason W. Administrator	6/13
Iranea M. Housekeeping/Linen Mgr.	6/17
Sweta C.P. Medical Records	6/17
Lyndsay R. COTA	6/21
Ashley V.G. Dietary Aide	6/24
Ashley W. RA	6/26
Janie H. Chef	6/29
Miles T. RA	6/30

Happy Anniversary!

Lobsang Phintso, Assistant Director of Nursing	1 yr 6/13
Princewill Ejiogu, CNA	2 yrs 6/4
Mel Fish, CNA	2 yrs 6/13
Iranea Montoya, Housekeeping/ Linen Manager	3 yrs 6/9

Integrity is doing the
right thing even when
no one is watching.

- unknown

Learn more about our Core Values on our website.