



INGLESIDE NEWS

COMMUNITIES

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

Ingleside Communities



Pick up a calendar in the activity room for events!

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)



UV Safety Awareness

UV Safety Awareness, which takes place during July, is a crucial time to focus on senior health and learn about the dangers of sun exposure. **As we age, our skin becomes more vulnerable to the harmful effects of ultraviolet (UV) radiation. Seniors are at a higher risk of developing skin cancer, sunburns, and other skin-related issues due to decreased skin elasticity and a reduced ability to repair damaged skin cells.**

Promoting UV safety and encouraging friends and family to take precautions against the sun's rays is extremely important to your overall well-being and skin health.

Here are some tips to protect your skin this summer:

Use a broad-spectrum sunscreen with a high sun protection factor (SPF). This helps block both UVA and UVB rays. Seniors should apply sunscreen generously and reapply

it every two hours, especially when spending extended periods outdoors.

Wear protective SPF clothing, wide-brimmed hats, and sunglasses to shield your skin and eyes from UV damage.

Avoid indoor tanning. Indoor tanning exposes the skin to high levels of UV radiation, increasing the chances of skin cancer and accelerating the aging process. Still want that golden, sun-kissed glow? Look for alternative options like self-tanning lotions or sprays.

UV Safety Awareness serves as a reminder for not just seniors, but individuals of all ages to prioritize their health and take proactive steps to safeguard their skin from the harmful effects of UV radiation. **Together, we can ensure that our loved ones can enjoy the summer months safely, without compromising their well-being.**



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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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Therapeutic Recreation Activities

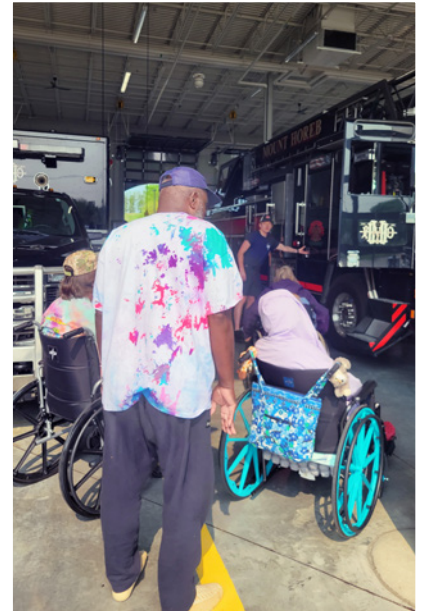
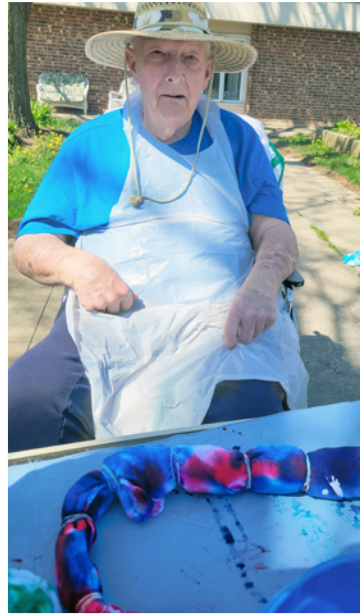
Therapeutic Recreation Week, observed annually the second full week of July, encourages senior health and well-being. Therapeutic recreation programs may include fitness, sports, arts and crafts, dance, writing, gardening, music therapy, interactive and intergenerational games and activities.



Wisconsin Illinois
SENIOR HOUSING INC.

InglesideCommunities.org

ACTIVITY PHOTO HIGHLIGHTS



MORE PHOTO HIGHLIGHTS



Resident of the Month: Nicholas (Nick) A.

Nicholas A., born in Ghana, Africa. His mother, Janet sold homemade items at the market to take care of Nick, his 2 bothers and 4 sisters. As a child some of the games they would play included big seed kicking games and playing on the Cocca farm with his cousins. Growing up in Ghana you had to pay for your uniform, there were times Nick did not go to school as they all could not have a uniform. Throughout the years Nick helped work on the Cocca farm, wood carving and did a lot of basket weaving. Nick can make beautiful baskets with the right supplies from his home in Ghana.

When Nick arrived to the United States he transported seniors to appointments, grocery shopping

you name it for 2.5 years. Nick also did some construction work, after that Nick spent 20 years cleaning the state capital building in Madison, WI. Nick has 1 daughter and 2 sons. His daughter graduated school and is now a prison guard.

Now Nick lives here at Ingleside and has many friends he spends time with. In his free time he plays music from his phone in the common area on South/East with other residents, socializes and comes to group activities. Nick has always enjoyed helping others, especially seniors. Nick has a big heart and is always there if you need a friend, stop by to ask him about some of the beautiful baskets he has weaved in his past.

Summertime Food Choices

A lot of things change when the weather gets warm. One of them is how we eat. No one wants to be loaded down by a heavy meal in their stomach. When the weather gets warmer, we want our meals to be as light as our clothing. But can we still feel satisfied when we eat lighter fare? Here are some foods that are good for eating in the summertime.

1. Salads – Salads have come a long way. Start with your favorite lettuce. Next add your favorite raw vegetables. Add boiled eggs, lean chicken, or ham for protein. For more texture add cheese, nuts, or fruit. With so much flavor, you'll be surprised that you won't need to use much dressing.



2. Sandwiches – Try whole wheat pita bread or lettuce leaves to hold the insides. Sandwiches like chicken, egg, or caprese salad are light enough to be eaten without overfilling you. They are also portable so you can eat healthy on the go.



3. Smoothies – When you don't have time to sit and munch this summer, a smoothie can provide filling nutrition in a fun way. Besides ice, add yogurt, frozen fruit, raw veggies and oatmeal for density.



4. Grilled veggies – Vegetables can sometimes taste boring. One way to liven them up and eat more of them this summer is to grill them. Use them on kebabs as well as cooking them in a grill basket. It is healthy and light for a busy family.



5. Nuts – Nuts are high in healthy fats and protein. Carrying them along with you can provide energy and nutrition on the go!



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.



Happy Birthday!

Kynley S.	7/1
Michelle H.	7/23
Macie A.	7/25
Jerel M.	7/26
Greg S.	7/26
Alyssa J.	7/28
Lisa J.	7/28
Peyton E.	7/30
Marilyn K.	7/31
Jennifer E.	7/31

Happy Anniversary!

Claudia T.	9 years on 7/1
Judy C.	6 years on 7/6
Miles T.	2 years on 7/8
Larry P.	2 years on 7/22
Mary H.	1 year on 7/14
Hailey K.	1 year on 7/15
Amber R.	1 year on 7/16
Kynley S.	1 year on 7/19

I scream, you scream, we all scream for... Ice Cream Fun Facts



- An average American **consumes 23.2 quarts** of ice cream per year.
- Which countries like ice cream the most? **The United States, Denmark, and Australia** top the list.
- Top five popular flavors:**
 - Vanilla
 - Chocolate
 - Butter Pecan
 - Strawberry
 - Mint chocolate chip
- The most popular topping for ice cream is **hot fudge**.
- The biggest ice cream sundae ever **weighed over 54,000 pounds**, with over 44,000 pounds of ice cream plus toppings.
- More people than ever are able to enjoy ice cream with the increasing popularity of **dairy-free varieties** made from almond, oat or coconut milks.

Ice Cream Flavors Word Jumble

Unscramble the letters to discover the different flavors of ice cream.

TREBTU EANPC

LAIAPNNOET

AOLEHCCTO

OTAPHCISI

ICKOOE OGUHD

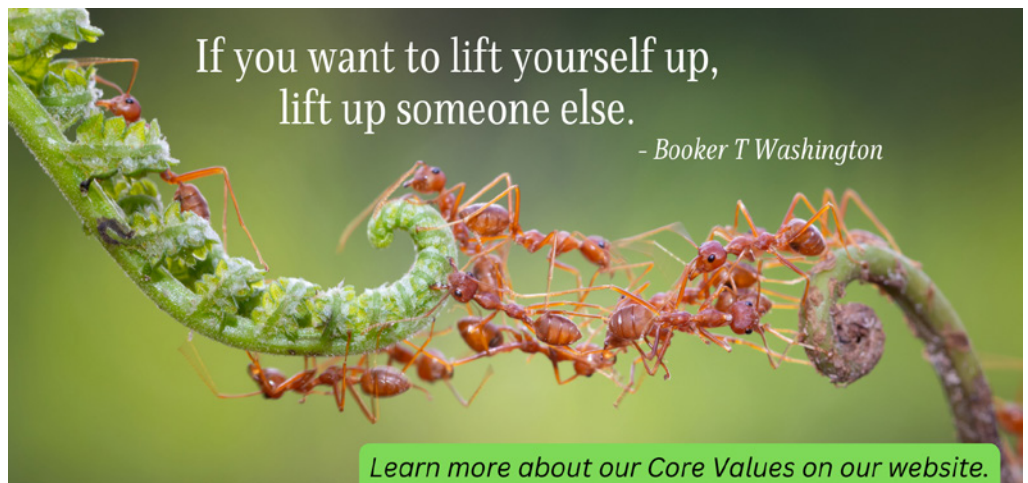
RYCOK DORA

OIKOSCE NDA AMCRE

RRYSAWERBT

MTNI OCEHOLTAC PHIC

NAVLALI



If you want to lift yourself up,
lift up someone else.

- Booker T Washington

Learn more about our Core Values on our website.