



INGLESIDE NEWS

COMMUNITIES

SEPTEMBER
2023

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)

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.

Activity Highlights

A few things to look forward to are Alzheimer Walk in October at Warner Park in Madison October 1st at 10am. If you want to join our team to walk or raise money the team is registered under "Ingleside Communities".

- **National Assisted Living Week: 9/10-9/16**
Theme is "Season of Reflection"
- **Grandparents Day is September 10th**
- **Ice Cream Social September 8th at 1:45pm**
- **National Health Care Environment Services/ Housekeeping Week: 9/11-9/17**



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

Jason Williams, Administrator
 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

National Assisted Living Week: Sept. 10-16, 2023

September 10 begins National Assisted Living Week this year! This week provides a special opportunity for residents, staff, volunteers, and the surrounding communities to recognize and celebrate the role assisted living care centers have taken in elevating the lives of America's seniors and individuals with disabilities.

Season of Reflection is the 2023 theme for National Assisted Living Week. This theme encourages all employees, family members, and residents to take a moment to reflect on all the special bonds, moments and memories that were created throughout the year. It also encourages everyone to embrace the changing of the seasons, as well as changes in life that help us grow, learn, and adapt to new experiences.

season of REFLECTION



It is time to celebrate residents, staff, families, and volunteers by hosting show-and-tell events, art/photo galleries, and other group activities that feature moments from the past year. This national annual observance aims to encourage assisted living communities to celebrate the caring people we depend on every day. For more information, please visit www.ahcancal.org/nca.

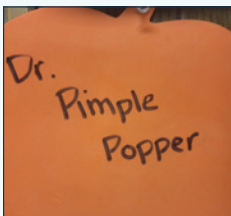
Resident of the Month: Patrice S. "Patty"

I was born at St. Joseph hospital in Dodgeville, Wi. I had a good family with loving parents and 4 siblings. Both my brother and sister have passed away. Graduated Sun Prairie High School in 1981. I went to MATC located in downtown Madison for culinary school. Hobbies after high school I had were working on the computer and talking to over 400 friends on social media. I have always worked in the food industry in restaurants in Sun Prairie and Madison. I would serve tables, food preparations and discuss what's on the menu.



The last couple years have been rough, I spent a year in another facility during the COVID Pandemic. Later I broke my shoulder and moved here to Ingleside. At Ingleside I enjoy talking with or as I say "gossiping" with my friends and my roommate. I am planning to move from Ingleside, we will see where the road takes us.

One thing I want to share with everyone is that my favorite show is Dr. Pimple Popper! I love the show and you should watch it! I consider myself a doctor of pimples.



Power of Attorney and Activation: *What does this mean?*

What is a Power of Attorney (POA)? There are two types of POA's - one for healthcare and one for finances.

In both cases- a POA allows a person to select an agent to step in and make decisions if the person becomes incapacitated.

The healthcare POA allows the individual to make special instructions for the designated agent (POA) and it must be signed by 2 witnesses to be legal. The healthcare POA, if activated, will allow for the designated person to make healthcare decisions on behalf of the individual. If the individual has not been activated (deemed incapacitated by healthcare professionals), then the individual is still their own decision maker and POA does not have any legal authority.

The financial POA allows the person to designate someone to be in charge of their finances if you are unable to make their own decisions. This POA is enacted immediately unless there is a future date or occurrence that will activate the powers expressed in the form. This needs to be notarized by a notary public.

What does it mean to be Activated or Deemed Incapacitated?

Depending on the language in the individual's POA document, to be deemed "incapacitated" or become "activated" there needs to be two healthcare professionals (doctor, psychologist, NP/PA, etc.) assess the individual and sign an incapacitated statement saying the individual is not able to make their own decisions. At this time, then the POA document is enacted and the listed agents will then immediately have legal authority to make decisions on the incapacitated person's behalf.

Employees of the Month:

Greg S., Bus Driver – Residents nominated for Greg for being a safe and fun driver. Thank you for taking us to music in the park, casino and appointments of course!



Vincent Tai, CNA – My name is Vincent Tai, I went to Middleton High School. I like to play soccer with my friends and I like to take trips with my friends as much as possible. I plan on attending college at UW Milwaukee.

ACTIVITY PHOTO HIGHLIGHTS



Celebrated Lynne Skram's 30th anniversary with Ingleside Communities! Thank you for all of your years of service and dedication!



Seven Strategies to Live a Heart-Healthy Lifestyle

1. Learn Your Health History
2. Eat a Healthy Diet
3. Move More, Sit Less
4. Quit Smoking
5. Take Medicines as Directed
6. Choose Water and Avoid or Limit Alcohol
7. Monitor Your Blood Pressure at Home

Be sure to consult your physician before making any changes to your daily routine or lifestyle. Learn more about keeping your heart healthy by visiting: www.cdc.gov/heartdisease/prevention.htm

SNF, CBRF, RCAC Reminder Contact:

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

Happy Birthday!

Riley M	9/6
Claudia T	9/6
Crystal B	9/16
Amy K	9/18
Sylvia M	9/22
Lobsang P	9/22
Nadia H	9/30
Steven J	9/30

Happy Anniversary!

Karen H	51 years	9/1/1972
Elisa S	6 years	9/6/2017
Christina K	1 year	9/7/2022
Jerel M	1 year	9/7/2022
Prisciliana T	1 year	9/7/2022
Elaena M	4 years	9/9/2019
Savannah S	1 year	9/22/2022
Ernest T	2 years	9/23/2021
Hailey H	1 year	9/26/2022

Embracing Wellness & Vitality

Healthy Aging Month serves as an opportunity to raise awareness about the importance of healthy lifestyle choices and preventive measures that contribute to a fulfilling and vibrant life for seniors.

Promoting Physical Well-Being: Healthy Aging Month focuses on encouraging seniors to prioritize their physical health. Engaging in regular exercise, such as walking or light strength training, helps maintain muscle mass, flexibility, and cardiovascular health. Seniors are also encouraged to maintain a balanced and nutritious diet to support overall well-being to prevent chronic health conditions. Proper nutrition and exercise are vital factors that can enhance energy levels, mobility, and overall quality of life as individuals age.

Embracing Mental and Emotional Health: Mental and emotional well-being are equally essential aspects of healthy aging. Engaging in cognitive activities, such as puzzles, reading, or learning new skills, helps keep the mind sharp and active. Participating in social activities, staying connected with loved ones, and joining community groups can combat feelings of isolation and loneliness.

Preventive Healthcare and Lifelong Learning: Healthy Aging Month also emphasizes the significance of preventive healthcare measures and lifelong learning. Regular health check-ups, screenings, and

immunizations help detect and address potential health issues early on. Embracing a proactive approach to health empowers seniors to make informed decisions and take control of their well-being.



ALZHEIMER'S WALK SUN, OCT 1 IN MADISON

Scan the QR for Walk details and to join the Ingleside Communities team or donate to our team. Help support this worthy cause!

