



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)

National Physical Therapy Month

Inpatient/outpatient physical therapy services available. Contact us to learn how our physical therapists can help you or a loved one today.

Facility News

A few new or familiar faces to get to know: Rebecca W. RN joined our team as PRN, Nancy C. RN returned as PRN, Dylan and Hannah, CNAs are back with us!



Marissa LPN passed her RN boards, congratulations! We are preparing for flu vaccinations again, please

see Sweta 608- 470-4005.

THANK YOU FOR ALL YOU DO!!

– Note from Brenda Q. Interim DON

Thank you to the new owners

of Olson’s Flower Shop here in town for the gift of flowers for the nurses! Stop to see them for beautiful arrangements.

A few highlights for August-we held an Ingleside Fair with all sorts of games to play, held a Luau, made some chocolate dipped rice Krispie treats, played human whack-a-mole, celebrated Senior Citizen Day with flowers/ resident parade and enjoyed some fresh air! Ingleside Activity Department is looking for bingo prize donations-Examples Stuffed animals, NEW perfumes, NEW soaps, door decorations, you name it!



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

Bryna Urich, 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.

Newsletter Production by PorterOneDesign.com



Left: Karen H. Celebrated 51 Years with Ingleside!
Right: Elaena, OT, working with a resident.



Wisconsin Illinois SENIOR HOUSING INC.

InglesideCommunities.org

If you are looking to donate a specific item we have an amazon wish list: bit.ly/i-wishes
Thank you for your continued support!



Resident of the Month: Arthur and Judy C.

Arthur was born in Riverside, Rhode Island on March 16, 1938. His father was a mail carrier and his mother was a homemaker. His parents gave him a baby sister named Margie, when he was 3 years old. Judy was born in Corpus Christi, Texas, on April 19, 1944. Her father was a fighter pilot in the Navy, and her mother was a debutante in Corpus Christi. She had three brothers and one sister.

Arthur had a bad stutter which got worse in school. He knew the answers to the teachers' questions, but couldn't say it out loud, so he would whisper the answer to kids around him. They got all of the credit! He found out, however, that he didn't have a stutter when he sang, so he joined the children's choir at church at the age of seven, and the adult choir at the age of 13. Judy was good at reading, writing, history, science and English, but floundered with any math except the simplest.

Arthur had other activities that he excelled in: being President of the Juvenile Grange, in a youth group at church, and most of all, winning a scholarship to a college in Michigan named Olivet. He had a great time there, living in a fraternity house, the Kappa Sigma Alpha. He majored in Applied Music, and minored in piano and Social Studies. He was the only graduate of the music program up to that time who ever got a standing ovation for his senior recital. Judy graduated from Southwest Texas University in 1967 with a degree in Education, and was licensed to teach English and French. She belonged to the 2 honor societies Sigma Tau Delta, (English Major) and one for high grades, Delta Chi.

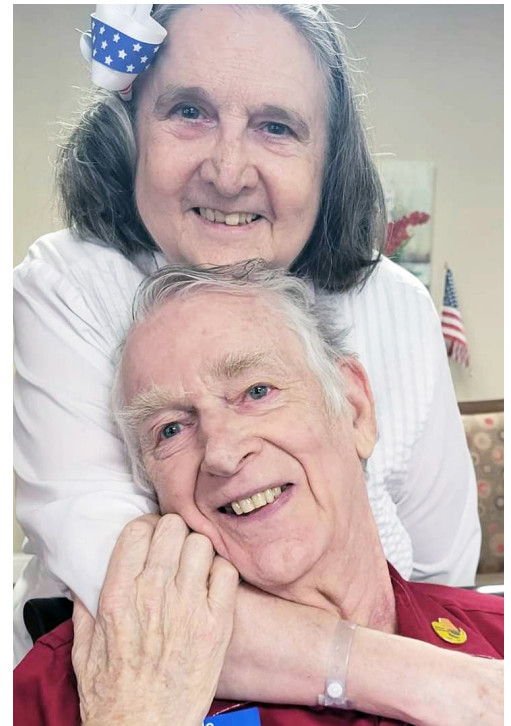
Arthur auditioned for the United States Army Field Band Soldier's Chorus, the official touring band of the army, and made 98 out of 100 points. He enjoyed traveling all over the United

States and other countries from 1960 to 1966. However, he decided he would like more professional voice training, so he got out of the army and went to San Antonio, Texas, to study with Mr. Moses, an opera coach. Judith was working as a Service representative at USAA, a military insurance company. She had a three year old daughter, Vivian, from her first marriage. They fell in love and decided to make plans.

In 1972, he re-entered the Army Field Band. He did have to take basic training again. In New Jersey, in the winter time! In 1974, he and Judith married, and after a honeymoon on the Gulf Coast, they moved all her stuff and her daughter to Laurel, MD. They had another daughter, Heather, in 1975. They moved into their new house in Ferndale, Maryland.

Arthur spent the next twenty-one years singing his way around the world, traveling with the Soldier's Chorus. He was at the 40 year celebration of D-Day in France, the celebration of the 100th anniversary of the Statue of Liberty in 1986, went to Alaska, Hawaii, France, Germany (when President Reagan said "Tear down this wall!"), South Korea, Japan, Taiwan, and India. The girls did well in school, active in theater classes and plays. The whole family was active in Harundale Presbyterian Church, with Arthur singing with the choir whenever he was home from a tour, and Judy writing plays for the church theater group. The girls were active in the youth groups, with Vivian making 2 trips to Mexico and Russia.

In 1992 due to health conditions, Arthur was given medical discharge from the service. Vivian was in New York, having a career in theater, and Heather graduated from high school. So Judy and Arthur sold their home in Ferndale and retired to Kerrville, Texas. He soon was singing in the



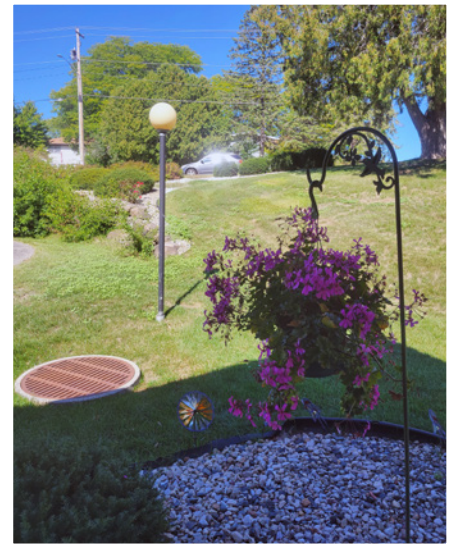
choir of First Presbyterian Church, active in the Rotary Club, helping clean up the Guadalupe River once a year, singing with a trio called "The Three Bassos", and walking lots of miles with an international walking club. Judy was teaching adult Sunday School, writing stories, and having a ball with her gardens.

In 2016 due to health conditions, Arthur and Judy moved to Verona at the request of their youngest daughter. They lived in Sugar Creek Senior Apartments for a year, and then moved into Four Winds Assisted Living. They were both active there until COVID hit. They moved to Ingleside in 2022. Now they are active in trivia, exercises, parties, games, kitchen fun, bingo, etc. Judith makes Barbie doll clothes to give away at Christmas time. She also writes stories and reads a lot of books.

They are happy here at Ingleside and look forward to many years here.

– Written by Judy C.

ACTIVITY PHOTO HIGHLIGHTS



Employees of the Month

Marilyn K., CNA



I have worked at Ingleside for 30 years. I love working with the elderly, they are so filled with information! I love to see the smiles and thank yous! I am one of ten children, 6 brothers and 3 sisters. I have five children, 4 girls, 1 boy, fourteen grandchildren and 1 great grand-daughter! I love the country scenery, I was raised in Blanchardville. I was raised on a dairy farm and learned to work hard!

Hailey H., CNA/Med Tech



I live in the small town of Monticello. My family is my world, I have 3 beautiful kids! I love what I do, I come in everyday to do my best! I love to see people smile! Thank you, residents, for voting for me!

October is Breast Cancer Awareness Month



Each year in the United States, about 240,000 cases of breast cancer are diagnosed in women and about 2,100 in men.

According to the CDC, no breast is typical. What is normal for you may not be normal for another woman. Most women say their breasts feel lumpy or uneven. The way your breasts look and feel can be affected by getting your period, having children, losing or gaining weight, and taking certain medications. Breasts also tend to change as you age.

Some symptoms of breast cancer could include:

- New lump in the breast or underarm (armpit).
- Many conditions can cause lumps in the breast, including cancer. But most breast lumps are caused by other medical conditions. Two common causes of breast lumps are fibrocystic breast condition and cysts.
- Thickening or swelling of part of the breast.
- Irritation or dimpling of breast skin.
- Redness or flaky skin in the nipple area or the breast.
- Pulling in of the nipple or pain in the nipple area.
- Nipple discharge other than breast milk, including blood.
- Any change in the size or the shape of the breast.
- Pain in any area of the breast.
- Women who are 40-49 years old should talk to their physician about when to start and how often to get a mammogram, and women who are 50-74 years old and are at average risk for breast cancer should get a mammogram every two years.
- Keep in mind that these symptoms can happen with other conditions that are not cancer. However, if you're concerned or have any symptoms listed above, be sure to make an appointment with your physician right away.

Source: cdc.gov



In our book, these go a long way.

TRUST
HONESTY
RESPECT

Learn about our Core Values on our website.