



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)

## Facility News

### We're welcoming new residents!

Call 608-470-4046 to schedule a tour today for any of our continuum of care senior living options:

- Independent Senior Apartments
- Assisted Living Apartments
- Inpatient/Outpatient Rehab Therapy
- Skilling Nursing/Long Term Care



## Community Members

We are looking for lift chairs (2 button remotes preferred) and flat screen tvs that are working both picture/sound. Feel free to call Ingleside 608.437.5511 to drop off

## Some Of Our Amazing Therapists!

Sporting their new Ingleside jackets! Ingleside is lucky to have our own therapy team in house.

- Speech Therapy
- Occupational Therapy
- Physical Therapy
- Restorative Programs
- Offers Outpatient Therapy



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.

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**Wisconsin Illinois**  
SENIOR HOUSING INC.

[InglesideCommunities.org](https://InglesideCommunities.org)

**Donation Needed:** Ingleside Activity Department is looking for bingo prize donations, examples stuffed animals, new perfumes, new soaps, door decorations, you name it! If you are looking to donate a specific item we have an amazon WISH List: [bit.ly/i-wishes](https://bit.ly/i-wishes) Thank you for your continued support!



# Resident of the Month: Nyssa R.

I was born on August 21, 1984, in Brazil, but was adopted at four weeks of age by Thomas and Debrah R. who lived in Fitchburg, Wisconsin at the time. I remember growing up in a loving household. Unfortunately, my parents were divorced when I was 8 years old. They had shared custody of me and only lived a few blocks apart, so I was part of both of their lives. I went to Cullen Preschool in Fitchburg. One memory from those years is the holiday tradition of cutting our own Christmas tree and decorating it. During the holidays, we also would visit the local candy store and stock up on materials to build our own gingerbread house. I loved the smell and the taste of those times.

My dad married again, and Lisa became my stepmother. We had many good times together and still have a great relationship. I wasn't always the easiest child to raise. I remember that my friend and I would walk to the nearby railroad track and place coins on the track. When we came back later the coins were flattened. We thought that was pretty cool. My parents disagreed. I attended Elm Lawn Elementary School, Kromrey Middle School, and Middleton High School. Behind my mom's house was a small park. In the summer they played baseball and soccer there. In the winter, they formed an ice rink, and I loved to ice skate with my friends.

After high school, I attended UW

Madison for a short period of time, but was more interested in the social scene than attending all my classes, so this didn't last long. I enrolled in and graduated from cosmetology school, but learned from my first salon job, this was not the profession for me. I accepted a position with Jenny Craig as a Receptionist and worked my way up to Nutrition Consultant. I knew I had finally found my niche. I was good as a nutritionist and retain many of these skills even today.

My world changed forever when, at age 24, I was diagnosed with Multiple Sclerosis (MS). I was able to continue working for another few years. I drove a stick-shift car back then. I was amused that everyone wondered how I was able to coordinate the gears and pedals as I progressed from using a cane to eventually a walker to move around at work. At age 27, it became necessary to go on permanent disability. I lived in my own apartment for a while with some outside assistance with meals and other daily activities. Eventually I moved into group homes, and then assisted living and nursing facilities.

I am very thankful for the family support I have received and the many friends I have had in my life. A few good friends remain from my high school and young adult years. I learned to really enjoy life to the fullest and this is an attitude I maintain today. Obviously, my

capabilities and activities are not what they used to be, but I enjoy my conversations and activities as much as ever. I remember fondly the many weekends I spent with Lisa's family in Freeport, Illinois. We formed special bonds during that time.

In recent years I have learned to enjoy watching movies, listening to music, and keeping up on my special TV shows. I am amazed at the changes in technology. I recall needing to dial-up an internet connection, record shows on a VCR, and listen to music on a record/Walkman/8-track/cassette/CD. Now everything is digital, and I can activate most by my voice command. This is progress!

I have now been living at Ingleside Communities for almost two years. I have met many wonderful people, both staff and residents. Sometimes I enjoy shaking things up a little bit. For example, during a game of Mad Libs here at Ingleside, they asked for a noun that is "a place". I answered, "Strip Club!". This set the tone for all the remainder of the game. I will let you imagine the answers others decided to offer after that.

If I have learned one thing in my life, it is to be adaptive. My attitude is to look at the positives in the face of challenges. I try to see the best in people and the environment I experience. I like to push the envelope of what is expected and watch the reactions of those who share my world.

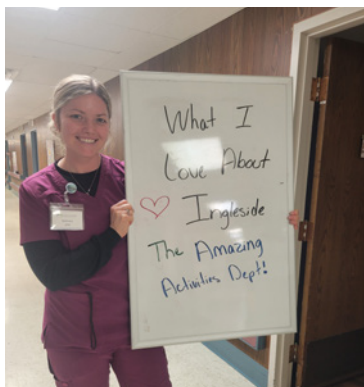
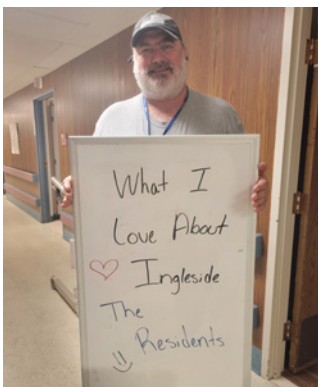
## Ugly Sweater Celebrations

On the third Friday in December, trade your casual Friday attire for something more outrageous and shamelessly tacky to celebrate National Ugly Sweater Day! Believe it or not, this day celebrates the awkward and hideous sweaters that you've stashed in the back of your closet for years.

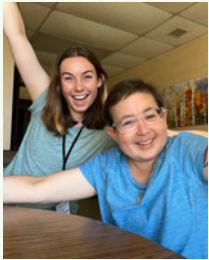
Recently, this tradition has grown so much in popularity that stores offer intentionally quirky clothes for people to wear during the holidays. Encourage your friends and family to wear their most eccentric holiday fashion on December 15 or at your next holiday get together. Make it a contest by asking all attendees to vote on their "Most Creative," "Most Outrageous," or "Most Festive." Award the winner with a gift card, gift basket, or homemade baked goods.



# ACTIVITY PHOTO HIGHLIGHTS



# Employees of the Month



**Kyla**  
Restorative Aide - I played soccer for UW-

Parkside where I graduated this past May with a bachelor's in health sciences of physical therapy and a minor in Spanish. I hope to continue school next summer to earn a doctorate in physical therapy and a master's in public health. My favorite part of my job is getting to know the residents and I feel so lucky that I have the opportunity to work along with such kind and compassionate coworkers!



**Tonya**  
CNA- I love coming into Ingleside, helping the residents is like helping

my friends! I always have a smile on my face and will help you with whatever you need! Getting to know each personality is one of my favorite things about working in healthcare. I also have 7 children and have a lot of love to share!

# Happy Birthday!

12/07	Quinn M.
12/07	Savannah S.
12/08	Shelovese K.
12/11	Dylan K.
12/13	Jatara H.
12/14	Kelly M.
12/15	Oumou B.
12/18	Andie M.
12/27	Ayan A.
12/29	Jodi W.

# Happy Anniversary!

12/22	Lydia E.	1 year
12/22	Lisa J.	1 year
12/20	Lyndsay R.	3 years
12/18	Nicholas S.	5 years
12/21	Lily S.	2 years
12/89	Mary S.	34 years
12/21	Alexis T.	2 years
12/18	Ashley V.	5 years
12/22	Ashley W.	1 year

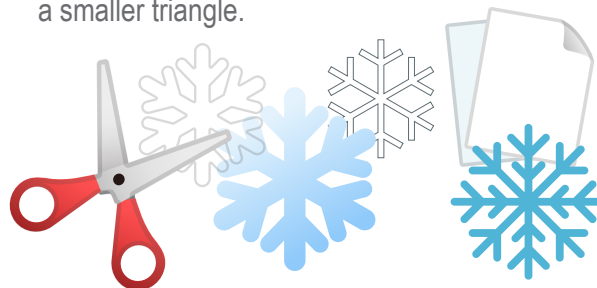
## Paper Snowflake Craft

Paper snowflakes are a fun and easy craft for winter. Follow these simple step-by-step instructions to make your own snowy decor.

**Supplies:** Sheets of 8.5in x11in paper and scissors (*Optional: pencil, glue, glitter*)

Start with your sheet of paper vertical.

- Take the bottom right corner of the paper and fold it diagonally to the opposite corner, forming a triangle.
- Take the bottom left corner of the folded triangle and fold it up in half again, so the right-angle corner meets the opposite side, creating a smaller triangle.



- Cut off the excess paper across the top, leaving just your triangle.
- Fold the right corner to left once more to make a smaller triangle.
- Using a pencil, lightly draw your snowflake design on the folded triangle. You can create simple geometric shapes or more intricate patterns.
- Carefully cut out the shapes you've designed. Be creative and make different cuts to form your unique snowflake.
- *Be sure not to cut all the way from one side of your triangle to the other.*
- Gently unfold the paper to reveal your paper snowflake.
- Repeat the steps above to create additional paper snowflakes.
- Get creative with your designs, shapes, and sizes to make each snowflake unique. Add glitter to make them glisten.



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TO SENIORS

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