



INGLESIDE NEWS

COMMUNITIES

JANUARY 2024

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



Pick up a calendar in the activity room for events!

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)

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.



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

Facility News

During the month of November, the Legion Post 113 assisted to provide a program for the Veterans here at Ingleside and that morning a few residents also went to the Veterans Memorial in Mount Horeb. The lunch in menu was created by one of the residents a macaroni cheese bake pack with fresh vegetables and diced ham. Residents also wanted the activity director to make some homemade bread, so we enjoyed some fresh warm bread too! Residents took their shot at getting a turkey for Thanksgiving! A special shout out: to our volunteers who come to play the piano at mealtimes in the nursing home. Judy is also volunteering her talent at the piano and plays once a month in the activity room. Families are always welcome to join the celebrations The beginning of December was very busy putting



up all of the Christmas decor and making sure Santa knew what everyone wanted for Christmas. We are truly blessed to be in this community of Mount Horeb and have all of the support. Residents at all three communities were able to receive 2 gifts each. I am blessed to be able to know each and every resident and also get to meet families! Thank you for being such wonderful people! The next newsletter will have more of our festivities from December! Happy New Year!

– Crystal Becker, Activities Director



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

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**
- **Skilled Nursing/Long Term Care**



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: Audrey L.

Audrey was born on September 3rd, 1940, in Sheboygan, Wisconsin. Her parents were Clarence and Helen Leiterman. Audrey was the only girl and the oldest of five siblings. Her brother, Tom, shares her story for this article.

Her story is one of maintaining a positive attitude despite significant developmental challenges, politely known as being “cognitively delayed” from birth. Our parents provided a wonderful loving home on the south side of Sheboygan, where we grew up together. Our father was a blue-collar foundry worker, and our mother chose to be Audrey’s primary caregiver for most of her life.

Audrey was not often outside of our home until she started attending Longfellow School in Sheboygan, offering education and support for students with developmental challenges. She loved this experience and opportunity to relate with other similar students until she reached the age of 13, at which time there were no further educational options.

Audrey was fully engaged with our family, and we formed a deep love for each other. Our parents and two oldest brothers have now passed away, but younger brother, Carl, and I continue to visit Audrey and

provide her with the family support she has come to expect.

When my mother was in her 70s and no longer able to care for Audrey, she moved into St. Coletta in Jefferson, Wisconsin. This is a residential housing facility, sponsored by the Sisters of St. Francis of Assisi, offering both educational and occupational opportunities. Our Catholic family was well-pleased with the care and programming provided by St. Coletta. This institution received some level of acclaim when it was revealed in the media that one of their famous residents was Rosemary Kennedy, sister of John F., Robert, and Ted Kennedy. <https://www.jfklibrary.org/learn/about-jfk/the-kennedy-family/rosemary-kennedy>

While living at St. Coletta, Audrey held many jobs to help pay for her tuition at the school. These included kitchen and maintenance duties and continued until she was 75 years old. Even then, Audrey was able to distinguish herself by walking 10-20 miles per day on the track available at St. Coletta.

Audrey first came to Ingleside Communities in Mount Horeb when in 2020 she required rehabilitation from a significant surgery. She returned in early 2022 when she

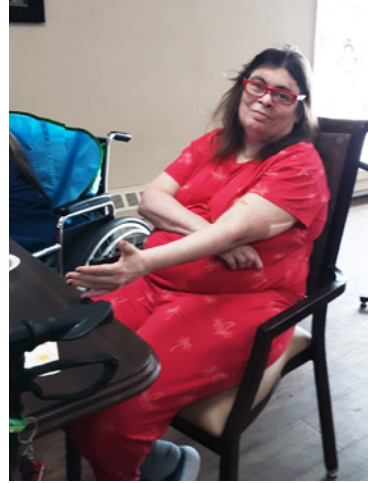
became less ambulatory because of a broken arm. Audrey enjoys Ingleside and credits the staff and activities with making her feel at home. Brother Carl’s granddaughter, Daniella, was a very welcome recent visitor. Her mother, Mikayla, a native of Cameroon, Africa caught Audrey’s attention, as well as the attention of many other Ingleside residents.

Audrey loves the food at Ingleside, especially the ice cream and she offsets this “vice” with as many salads as she can get. Audrey is appreciative of her friend, Phyllis, Activities Volunteer, who brings her communion from the local Catholic church 2 times each week. They are known for teaming up in the game of Bingo and often winning, to the disappointment of the others playing the game.

If Audrey were to comment on her current life, she would likely say, “I have no complaints about my life and so appreciate the family visits, friendships and support I receive every day in my home at Ingleside.”



ACTIVITY PHOTO HIGHLIGHTS



New Year's Resolutions Ideas for Seniors

Resolutions are a fun way to kick off the New Year, but they can also provide a sense of purpose and motivation that can foster a positive outlook on life. Setting goals can help seniors stay engaged and maintain a healthy lifestyle. Don't know where to begin? [Here are eight resolutions to get you started:](#)

Stay Socially Connected: Resolve to participate in more social activities such as games, crafts, or movies.

Daily Physical Activity: Incorporate light exercises into your daily routine, like short walks, chair exercises, or gentle stretching.

Learn Something New: Whether it's painting,

learning to play an instrument, or participating in local or online educational programs, resolve to learn a new hobby.

Healthy Eating Habits: Focus on making healthier food choices by incorporating more fruits, vegetables, and whole grains into meals, while being mindful of portion sizes.

Mindfulness and Relaxation: Set aside time each day for relaxation and mindfulness activities, such as meditation or deep breathing exercises.

Connect with Family: Make it a priority to stay in touch with family through phone calls, video chats, or in-person visits.

Read More: Cultivate a reading habit by setting aside time each day to enjoy a good book or explore new topics of interest.

Maintain a Positive Outlook: Resolve to focus on the positive aspects of life, express gratitude, and find joy in small moments, fostering a positive mindset despite any challenges. It is important for resolutions to be realistic and obtainable for them to be successful. When deciding on resolutions, choose ones that focus on your well-being. Celebrate small successes along the way, every little bit makes a difference. Before making any changes to your diet or exercise routine, be sure to consult your physician to know what is right for you.

Employees of the Month

Jackie A, CNA



**Jeanne H.
Physical
Therapist**

I grew up in Milwaukee, second of five children. Jef and I

have been married thirty-eight years and our kids are Emily who lives in Milwaukee and Sean who married Amy and moved to Austin.

I love to be outside walking, biking, skiing, even shoveling snow. My favorite time to do these things is at sunrise! I have practiced tai chi for decades and have done some teaching. My current favorite thing is dancing which I didn't start till my fifties! After immersing myself in tango for a while, I discovered line dancing I never looked back. I do line dance at least twice a week and teach that, too! I'm a novice at Irish set dancing which lets me embrace the joy of being a beginner. I love to listen to live music especially Irish blue grass with Jef and Emily. Crafts, too, like Origami and felt creations. I am a proponent of donating blood if a person can. I'm proud that I've topped 7 gallons!

I am so grateful for my career in physical therapy and love working with the team and residents at Ingleside!

Happy Birthday!

Alexander B	1/10
LaNissia B.	1/17
Claire V.	1/18
Donnie F.	1/19
Rowan W.	1/20
Jeanne H.	1/22
Elizabeth L.	1/24
Emma H.	1/25
Hannah L.	1/26

Happy Anniversary!

Robert M.	2 years	1/7
Victoria K.	3 years	1/12
Tori H.	3 years	1/14
Jeremy K.	1 year	1/16
Kayloni G.	1 year	1/20
Margaret H.	2 years	1/21
Donnie F.	25 years	1/22
Kelly M.	1 year	1/23
Jennifer P.	2 years	1/23
Hannah L.	4 years	1/28

It's Time for Trivia

Do you enjoy learning and remembering facts and bits of information about a broad variety of topics? Is Jeopardy! one of your favorite game shows? Are your friends and family impressed by the amount of seemingly random knowledge you possess? If your answer is "yes" to any of the above, then National Trivia Day was created for people like you!

National Trivia Day was founded in 1980, and takes place each year on January 4. To celebrate the day, learn something new and put your memory to the test by swapping trivia with others. Play trivia games such as Trivial Pursuit or attend or organize a trivia night in your area with friends and family!

Trivia games are a great way to give your mind a workout in a social and competitive setting, and being the one to correctly remember a factoid feels incredibly satisfying!

To get you started, here is some

trivia about trivia:

- Trivia is a plural word. The singular form is trivium.
- The first book about trivia in the modern sense was Trivialities: Bits of Information of Little Consequence by Logan Pearsall Smith, published in 1902.
- The current longest-running trivia contest is the Great Midwest Trivia Contest, held in Appleton, Wisconsin. It celebrated its 57th year in 2022.
- The current largest trivia contest is held by the University of Wisconsin-Stevens Point radio station, 90FM WWSP. It runs for 54 hours, and broadcasts 8 trivia questions each hour.
- More than 100 million copies of Trivial Pursuit have been sold in at least 26 countries and 17 languages.
- Over 30 countries have broadcast their own adaptations of Jeopardy!

