



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)

## Facility News

Thank you for all of the support during the month of December! We were very busy with festive dress up days, holiday baking, dog visits and the numerous entertainment we had! For the month of January we planned to make bird feeders out of pine cones, peanut butter and bird seed! Check back in the next newsletter to see all of the fun stuff we did in January!

### 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.

Newsletter Production by [PorterOneDesign.com](http://PorterOneDesign.com)



**Wisconsin Illinois**  
SENIOR HOUSING INC.

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

**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

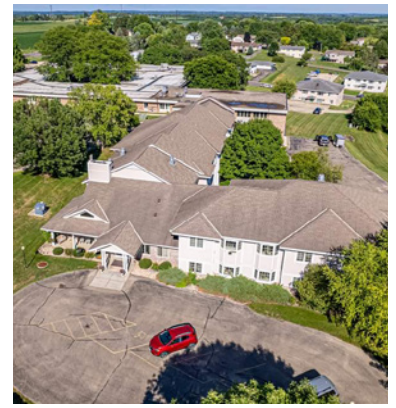


## Facility News

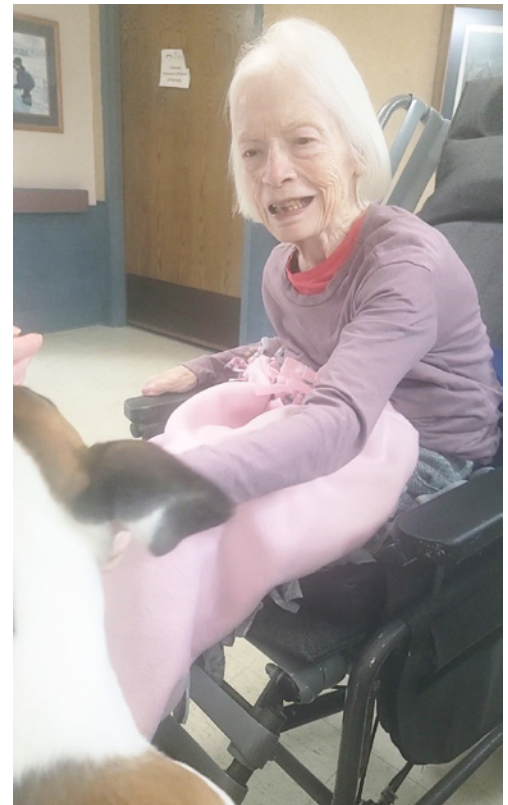
**We're welcoming new residents!**

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



## ACTIVITY PHOTO HIGHLIGHTS...continued





# Resident of the Month: Ruth R.

I was born on May 17, 1922. Yes, I am 101 years young! My parents were Rubin and Vida Mauer and

we lived in Fennimore, Wisconsin. There, my father owned and ran the Fennimore Hardware Store. My mother had been a schoolteacher until she was married. In those days, married women were not permitted to teach school. I had a younger brother, Lloyd and younger sister, Grace.

My grandparents lived in the same house with us in Fennimore. My grandfather was a respected businessman in town. That respect increased dramatically when the Great Depression hit our country. You see, my grandfather served on the board of the Fennimore State Bank. All the directors learned that their bank was in jeopardy of being closed and all the directors, except my grandfather, chose to withdraw their money from the bank before this occurred. He simply said, "It is my responsibility to continue supporting the bank". I recall people calling him "the most honorable man in town" because of this decision. My father was also well respected in Fennimore. During the depression many of his hardware store customers just didn't have the cash to pay for what they needed, so he often accepted goods or services (chickens, corn, vegetables, etc.) in exchange for his store products.

I attended the Fennimore High School, graduating in 1940. From there, I enrolled in the Milwaukee Teachers College, now part of the University of Wisconsin, Milwaukee. I majored in Elementary Education, with a minor in Music. I loved music and learned to play the piano and continued to play throughout my long career as an elementary school teacher. When I graduated in 1944, WW2 was in full swing and teachers were very

important to our nation, with so many of our men off fighting for their country. My first teaching job was in Beloit, Wisconsin teaching 1st grade. It was in that year that I had a blind date with a man named Stephen Rankin. We only had two dates because a week later, he was deployed as a pilot in the Army Air Corp (now U.S. Air Force) flying B-24 bombers in the Pacific Ocean. He was stationed in Okinawa, and the Philippine Islands at various times during the war. We exchanged correspondence, but we did not see each other again until Christmas 1945 when he was able to return to Wisconsin.

Stephen and I were married July 10, 1947. By that time, we were living in Columbus, Wisconsin where I taught public school and he attended UW, Madison under the GI Bill. He graduated in 1949 with a BS in Agricultural Science. We soon moved to Mayville, WI where I again taught, and Steven entered an unexpected career as a United Methodist Church Minister. He was reassigned often to other Methodist churches, and we moved to Stevens Point, Almond, Sheboygan, Janesville and finally Oshkosh, Wisconsin.

We started our family with the birth of my daughter Rachel in 1950, followed by Greg in 1952. I did not teach during their growing up years and enjoyed greatly just being their mother. I believe my children would agree that we had a wonderful homelife in those years, filled with the beliefs and values of a Christian family with many friends, including many members of our

churches. It seemed that we had a church full of our friends. I often forget peoples' names now, and my excuse is that "I met too many wonderful people in my life".

Our family enjoyed traveling together. I recall one month-long driving vacation in 1965 to the west coast filled with adventures in the mountains, deserts, and coastline locations. While living in Sheboygan, I returned to teaching public

elementary school and feel proud of the many children I was able to help, sometimes tutoring them past difficult learning issues. Both Stephen and I decided to retire in 1984, when we were still young enough and healthy enough to enjoy our retirement. We told each other, "Let's leave before we become less good at our jobs".

In retirement, Stephen and I remained active in our Oshkosh community. We both enjoyed serving as docents (volunteer tour guides) at the Experimental Aircraft Association (EAA) Museum and helping as volunteers at the annual EAA Air Shows. Stephen would occasionally fill in for pastors at local Methodist churches. We both enjoyed travel, gardening and I loved my book clubs. We remained in good health and lived in the Oshkosh area for well over 40 years.

When Stephen was 89 years old, he showed signs of dementia, leading to the sale of our home in Oshkosh. We moved into a retirement community in Oshkosh with a continuum of care. We lived for a while in a small cottage, followed by assisted living and eventually Stephen required a facility providing 24-hour care. My Stephen passed away at age 92. I lived by myself for about six years before moving into the home of my son, Greg and his wife, Margie, until I needed more care. I then moved into Girlie Manor in Mount Horeb, Wisconsin for a period. When it became necessary, I moved to Assisted Living at Ingleside Communities. I am now in the skilled nursing facility at Ingleside. I appreciate the care and musical activities at Ingleside.

When I look back at my life, I feel very blessed. My family now includes my son Greg, daughter Rachel, grandchildren Steve and Adena, and great-grandchildren Lillian, Gregory, Henry, Addison, Will, Clara, and J.B. I love them all and thank the Lord for my happy and long life.

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!



# Employees of the Month



## Steve J., Chef

I grew up in Mt. Horeb. I am a musician and a grandpa to twin girls. I love to skateboard, snowboard and cook. When I'm not at work, I enjoy spending time with my squad.



## Dale W., PTA

Dale has been in health care for many years in various capacities. First as a personal trainer followed by an exercise specialist in cardiac rehab before a long break doing other things. He later got back into the field as a CNA providing Home Care. He eventually found his way to his current career as a PTA.

He has been married to Jacqueline, a nurse, for 22 years and they have 3 fur babies: a Cavalier King Charles named Puck, and 2 big gray Tabbies named Edna and Frankie. In his spare time Dale plays hockey, likes to read, collect board games, and try to play guitar. But his absolute favorite past time is experimenting with different hairpieces

# Happy Birthday!

Dale W.	2/7
Tara R.	2/9
Tonya B.	2/11
Linda G.	2/11
Anessa S.	2/11
Brenda Q.	2/12
Elaena M.	2/19
Hailey H.	2/21
Tori K.	2/22
Brooklyn L.	2/22
Paul Y.	2/23
Larry P.	2/26
Lauren H.	2/27

# Happy Anniversary!

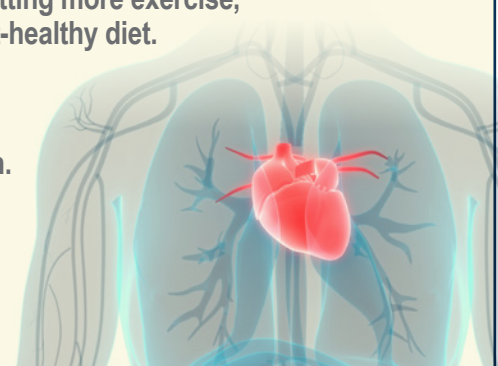
Marissa W.	9 years	2/4
Jessica O.	2 years	2/7
Oumou B.	1 year	2/11
Jeanne H.	3 years	2/19
Karen R.	6 years	2/19
Magyk L.	2 years	2/21
Marilyn K.	31 years	2/25
April F.	16 years	2/28

## Help Heal Your Heart with the Cardiac Rehab

If you have a heart attack or other heart problem, cardiac rehabilitation may be an important part of your recovery. Cardiac rehabilitation can help prevent another, perhaps more serious, heart attack and can help you build heart-healthy habits. Learn more about if you can benefit from a cardiac rehabilitation program and how it can aid in your recovery.

### Benefits of Cardiac Rehab:

- Strengthening your heart and body after a heart attack.
- Relieving symptoms of heart problems, such as chest pain.
- Building healthier habits such as getting more exercise, quitting smoking, and eating a heart-healthy diet.
- Reducing stress.
- Improving your mood.
- Increasing your energy and strength.
- Making you more likely to take your prescribed heart medicines.
- Preventing future illness and death from heart disease. *Source: cdc.gov*



Do you know someone who'd be a good addition to our team?

We're hiring! Visit the Careers page on our website or scan the QR code.

