



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

Kevin Lawrence, Administrator
Brynna Urich, Admissions,
Crystal Becker, Activities

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

Employees of the Month



Brenda Quale Director of Nursing

Brenda has been with Ingleside since April of 2021. She started as a floor nurse, went into nurse management and is now our Director of Nursing. Brenda goes above and beyond every day to ensure our residents have the care they need. Ingleside staff admires her for her hard work and dedication.

Anessa Schmitz, CNA

Hi, my name is Anessa and I have been a CNA at Ingleside for almost a year now. I am still a Senior in high school and plan to attend UW-Platteville in the fall to major in Biology/Pre-Physicians, which is a 5-year program. One day I would like to be a Pediatric or OBGYN PA. Maybe even open my own practice with my sister, Zoe, who also wants to be a PA/NP. For now, I spend my time playing volleyball and softball, as well as travel volleyball and softball, and I coach a 12u volleyball team. I

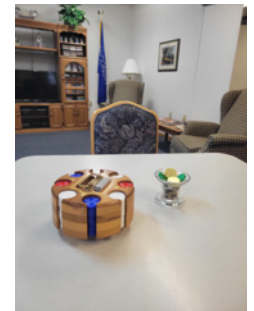
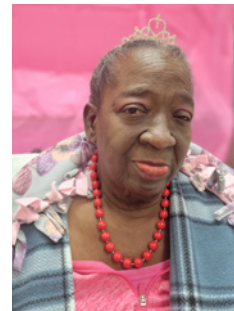


love to bake all sorts of crazy things. And in my free time I will always be with my friends. I travel a lot and have never been afraid of a new adventure and trying new things. I am constantly on the go and never get a break, but I wouldn't change it for anything.

Happy Birthday!

Olivia	4/2
Tiawna	4/4
Brittney	4/7
Jamie	4/8
Princewill	4/10
Gaelle	4/18
Hailey	4/15
Corissa	4/16
Andra	4/17
Gloria	4/19
Josh	4/23
Printella	4/26

ACTIVITY PHOTO HIGHLIGHTS



Resident of the Month: Roselyn (Sue) H.

I was born June 14, 1939, in Stoughton, Wisconsin. This is Flag Day and I thought for a long time the flags were being displayed for my birthday! My parents were Jans and Doris Van der Graaf. My father was a Methodist Minister, serving as a Chaplain during WW2 in the South Pacific and at many army bases around the country. After the war he ministered for many Wisconsin churches. My mother taught high school English while I was growing up. I had two younger siblings, Janine (Jan) DeAtley and John J. Van der Graaf. Unfortunately, John passed away five years ago, but Jan and her husband Bill live here in Mount Horeb.

My earliest memories were of our home near the Army Base in Maywood Illinois, just west of Chicago where I attended first grade. After my father was discharged from the Army in 1945, he had his first church assignment in Fond Du Lac, Wisconsin, where I started 3rd grade. From there, we moved to Stevens Point, where I started 6th grade. Finally, we settled in Richland Center where I was able to graduate from high school in 1957.

After graduating from high school, I decided to pursue the nursing profession. I enrolled in Barnes Hospital School of Nursing, part of Washington University in St. Louis, Missouri. While attending a class, I happened to sit next to a "cute little guy" who happened to own an MGA sports car. I couldn't resist his charm (or his car), and Jim Hindle and I became husband and wife on November 29, 1958.

After Jim graduated from Washington University with his Engineering degree, he was hired by McDonnell Aircraft Corporation. We moved to Alamogordo, New Mexico, where we lived in a beautiful cabin in the woods. We "needed" to buy a Jaguar sports car and thought we were on top of the world!

Things began changing when we had our first of three children, D.J.(Jim) Hindle III, born in 1959. That same year, Jim's employer, Kearney Company, transferred Jim to New Jersey. We remained there for about four years when Jim decided he did not want to be transferred again.

So, he went to work for his father's electrical construction company back in St. Louis, living in the suburb of Clayton, MO. They had a wonderful school system in Clayton, which was important since we then had a second son, Christopher, born in 1962. Our third son, Stephen, was born in 1965.

Jim III now lives in Reno, Nevada where he makes good use of his Economics degree by serving as the County Treasurer. He and his long-time partner Carolyn enjoy the diverse activities available to them in that part of the country. I am very sad to say that son Christopher passed away 3 months ago from cancer. He was an artist living in Madison. He left behind his son, Ian, daughter, Abby, and wife Lisa.

Immediately after graduating from college, Stephen moved to Taiwan, China to teach English. Stephen has never lived back in

the United States since then. He was obviously destined to travel the world and currently lives in Singapore. He and his wife, Adean, have two daughters Claudia and Madeline.

Jim and I also seemed destined to keep moving. In the mid-1980s, Jim took a marketing position with a company in Red Wing, Minnesota. We loved it there, probably because we took up sailing and kept our sailboat on nearby Lake Pepin. Later, Jim and I moved to Merrill, Wisconsin. He always enjoyed taking on new challenges and sometimes that meant accepting a new position in a new location. We have now lived in Mount Horeb for over 20 years. Jim continued working some with a business in our home until he retired. We then sold our home and downsized into an apartment in Mount Horeb.

I am so blessed to have been married for over 65 years to such a wonderful man as my husband, Jim. Now that he has retired, sold his sailboat and his sports cars, Jim has taken up trap shooting. He is so adventurous. I am also blessed to have other family members close by and I enjoy hearing from them often.

I moved into Ingleside in June of last year. I woke up one morning and found that I could no longer walk. It seems that I may have had a stroke that caused my partial paralysis. I think the people at Ingleside are lovely. They have many activities and treat all residents with respect. I am so pleased to be here close to my family.

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!



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



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

Happy Anniversary!

Crystal	6 years	4/20
Andrea	4 years	4/24
Brenda	3 years	4/13
Minni	3 years	4/6
Penny	2 years	4/11
Steve	1 year	4/13
Janie	1 year	4/17

Indulge in Self-Care to Reduce Stress

Stress Awareness Month in April reminds us to manage stress for our overall well-being. Recognizing the presence of stress proactively helps us identify its causes and gives us a chance to use healthy ways to cope. One of the best ways to reduce the effects of stress is to engage in self-care. **There is a large variety of activities to choose from to aid in melting the stress away:**

- **Physical:** Exercise, eat well, sleep enough, and practice hygiene.
- **Relaxation:** Take breaks, and enjoy hobbies, leisure activities, and time in nature.
- **Emotional:** Journaling, mindfulness, and setting healthy boundaries.
- **Intellectual:** Read, learn new things, engage in creativity.
- **Social:** Spend time with loved ones, join groups, and make social plans.
- **Spiritual:** Practice gratitude, engage in spiritual activities, and connect with nature.



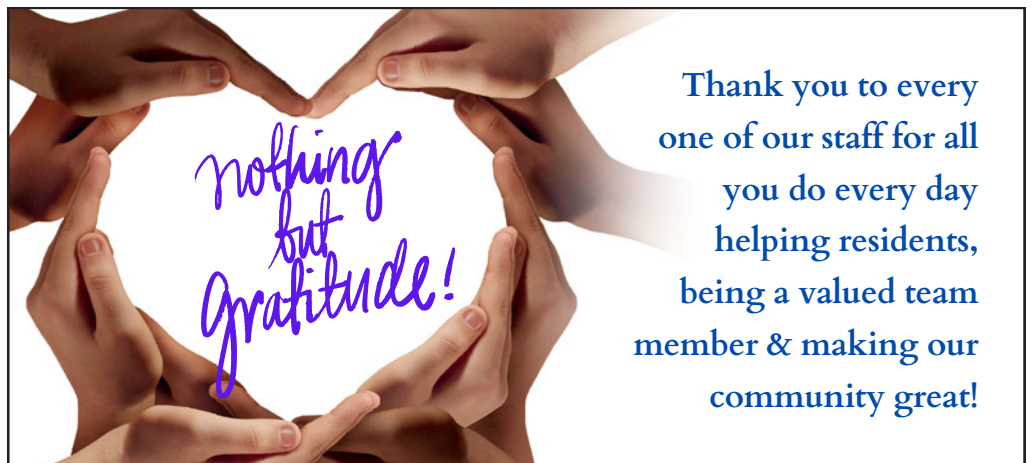
18 Reasons to Volunteer

April 21-27, 2024 is National Volunteer Week. As a non-profit, we are always appreciative when people volunteer to help out, or donate with items or financial support to benefit our residents.

Have you thought about the benefits of volunteering? Consider these 18 reasons to volunteer:

1. To make new friends
2. To build personal and professional contacts
3. To build your self-esteem and self-confidence
4. To develop new skills
5. To make a difference in the world
6. To increase personal satisfaction
7. To add experience to your resume
8. To develop people skills
9. To develop communication skills
10. To do something as a family
11. To explore career possibilities
12. To feel needed and appreciated
13. To share your skills with others
14. To be challenged
15. To do something different
16. To earn academic credit
17. To improve your health
18. To have fun!

If you are interested in making a resident's day and helping out in our facility, please call us. We'd love to hear from you. Whether it's a couple hours a week or more often, the reward is friendship, fun and lots of smiles.



Thank you to every one of our staff for all you do every day helping residents, being a valued team member & making our community great!