



Happy Birthday!

Staff:

Claudia T.	9/06
Elizabeth G.	9/20
Lobsang P.	9/22
Debra C.	9/29

Residents:

Rayne H.	9/05
Serguei O.	9/06
Paul B.	9/10
Audrey L.	9/13
Hector "Greg" M.	9/19

Hey Ingleside!

You may have known me as the business office manager for the last few months, but I am thrilled to announce I am transitioning to be your Activities Director. This is an exciting new chapter for me with Ingleside and I am already busy coordinating events and activities for all of us. I want to thank the activity staff members who have been so hardworking during this transition, Libby K in Therapy, for her guidance, and our former director Crystal, who has given me terrific tips and tricks of the trade. I am looking forward to great opportunities! - Rowan Williamson



Ingleside Communities

Check out our Facebook



Wish List

Check Out our Amazon Wish List by scanning the QR code!



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

Kevin Lawrence, Administrator
Brynna Ulrich, Admissions,
Rowan Williamson 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.

Newsletter Production by PorterOneDesign.com



Wisconsin Illinois
SENIOR HOUSING INC.

InglesideCommunities.org

Laundry Reminder:

If you purchase clothing for a loved one, it is especially important that laundry staff labels the clothing with the resident's name. PLEASE bag the added items up and put a tag on it "to be labeled" with the resident's name. Give the bag to the receptionist and she will place it in the bin. Any questions, please ask a staff member.

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

Employee of the Month

Hello, my name is **Linda G.!** Ingleside is lucky to have Linda G. Linda has an extensive career, working as a caregiver and Med Tech for over 20 years! Her colleagues and supervisors have nothing but praise for her. Dedicated, compassionate, dependable, kind, and gentle are all words that the Assistant Director of Nursing Lobsang and the Director of Nursing Brenda used when asked to talk about Linda as a member of the Ingleside staff. Outside of Ingleside Linda is a mother to her three kids and enjoys cooking (her favorite dish to prepare is rice and beans) and listening to gospel music. When asked why she chooses Ingleside Linda says, "I love my residents. Ingleside is like my family." Thank you for your service, Linda. We appreciate all that you do.

PHOTO HIGHLIGHTS



ACTIVITY PHOTO HIGHLIGHTS...continued



Patio Social Fun!

Resident of the Month: Maureen H



I was born in Highland, Wisconsin. Highland is west of Mount Horeb. It is a small town with a population of 870 people. My parents were John and Rita. My dad owned and ran the feed mill in Highland, my mom was a homemaker. I have one brother, Daniel, and three sisters Margie, Ann, and Linda. One of my favorite memories was a trip to San Diego with my parents and siblings when I was 17. During my high school years my favorite subject was home economics. I graduated from Highland High School in 1969. After high school I worked at First National Bank in Platteville for six months. After that I moved to Madison, WI and worked at St. Mary's Hospital for 30 years I was a dietary technician.

In 1971 I married David L. We had two sons; Jason and Brian. I have one Granddaughter; McKayla who is 11 years old. I was divorced in 1981, so I was a single parent. I had to work full-time and part-time to survive.

I went back to school in 2004 and later received my degree in HR. I attended Concordia University at night and worked at St. Mary's. I graduated in 2008. I enjoyed going to school.

In 2023 I was diagnosed with pulmonary embolism, lymphedema, and CHF. This last year has been a big challenge health wise for me. I am very comfortable living at Ingleside. I am hoping to move to assisted living soon. Thank you, Ingleside, for all the support and care you have given me.

A New Take on a Traditional Snack: Ants On A Log

Ants On A Log will always be an easy go-to snack. Whether your “logs” have peanut butter or cream cheese, **September 10, Ants on a Log Day**, is the perfect opportunity to try some of these tasty variations or mix and match them to create a delicious combination all your own! You may just discover your new favorite snack!

Classic: Creamy or crunchy peanut butter on

celery topped with raisins

Buttery goodness:

Substitute a different

kind of nut butter: almond, cashew, or sunflower

Fruity fun: Substitute raisins with other dried fruit: cranberries, cherries, or diced mango

Go nuts: Substitute raisins for mixed nuts or your favorite nut

Fresh 'n' fruity: Substitute raisins for fresh fruit: kiwi, pears, bananas, or apples

Protein: Fill celery with chicken or tuna salad, sprinkle lightly with shredded mozzarella cheese

Veggie: Fill celery with hummus and top with sun-dried tomatoes, chickpeas, diced cucumber or carrots

Mediterranean: Fill celery with cream cheese and top with chopped olives, beets or carrots

Sweet: Fill celery with vanilla or Greek yogurt and top with chocolate chips or yogurt-covered raisins

Newsletter Production by PorterOneDesign.com

Don't Skip a Beat – Prepare for Heart Attacks. World Heart Day is Sept. 29



Have a heart-to-heart. Engage friends, family members, and loved ones in a conversation about heart attack risks, and discuss what you can do together to prevent a heart attack. You might learn that you can help someone live a healthier life by taking them

grocery shopping, driving them to medical visits, or reminding them to take their medicines.

Recognize the signs. Heart attacks look and feel different in women than they do in men. Both men and women may feel chest pain when having a heart attack, but women are more likely to also experience shortness of breath, nausea or vomiting, and pain in the back, neck, or jaw.

Heart attack symptoms may include:

- Chest pain or discomfort, usually in the center or left side of the chest, that lasts for more than a few minutes or that goes away and comes back. The discomfort can feel like uncomfortable pressure, squeezing, fullness, or pain.

- Feeling weak, light-headed, faint, or a cold sweat.
- Pain or discomfort in the jaw, neck, or back.
- Pain or discomfort in one or both arms or shoulders.
- Shortness of breath.

Be safe, not sorry. Make an agreement with loved ones that you will call 911 as soon as anyone experiences any of the signs of a heart attack.

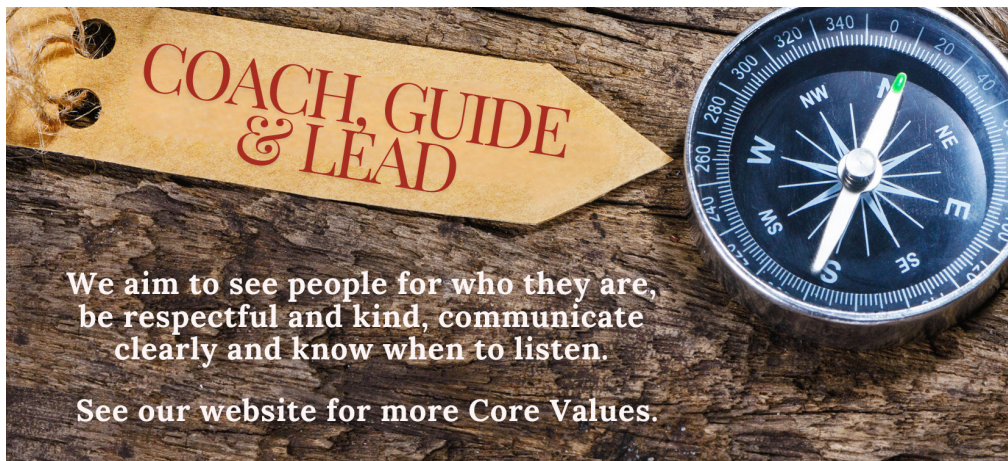
Write down important information.

Keep a record of what medicines your loved ones are taking, what medicines they're allergic to, and who they would want to have contacted in case of an emergency.

Focus on prevention. You can help prevent heart attack from happening by eating healthfully, getting enough physical activity, not smoking, staying at a healthy weight, and managing other health conditions like high blood pressure, high blood cholesterol, and diabetes.

Reach out to your loved ones on World Heart Day, Sept. 29, and commit to making these healthy changes together. Being prepared now may just save a life later.

Source: cdc.gov



We aim to see people for who they are, be respectful and kind, communicate clearly and know when to listen.

See our website for more Core Values.