



INGLESIDE NEWS

COMMUNITIES

JANUARY
2025

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

Happy Birthday!

Residents:

Sheila H.	12/29
Cynthia R.	12/29
Edward A.	12/30
Michael E.	1/29



PHOTO HIGHLIGHTS



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Kevin Lawrence, Administrator
Brynna Ulrich, Admissions,
TBD Activities

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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

MORE PHOTO HIGHLIGHTS



Employee of the Month: Dale Winters

I was born and raised in St. Louis, Mo. I moved to Madison around 15 years ago with some friends who wanted to start a business in a new town. I assisted them with spiritual, life and job coaching. We ran retreats and helped with various life and employment challenges. We have since gone different paths but still remain connected. I decided to go back to school for my physical therapy license with the goal of working in a nursing home. After graduating, I found a job

here at ingleside and have been working here for 6 years now. My home life includes my Wife of 23 years, my dog (Puck), a cavalier king charles spaniel, and 2 grey long haired tabbies (Edna and Frankie). My hobbies include reading, playing guitar and board games with friends. I also enjoy playing hockey twice a week. A little known fact about me is that my adventurous side has brought me to some exciting places around the world. I taught English in Pakistan (before 9/11), I have climbed glaciers and gone bungee jumping over the Zambezi River. I have also gone on Safaris in South Africa! Nowadays, I'd say my life is a little more boring, however, playing Gloomhaven (a board game) can be adventurous enough to fit my current lifestyle!

Resident of the Month: Greg O.



"I'm fortunate to have lived in the country where I was able to raise a wonderful family and pet my dog every day."

I was born on February 5, 1954, in Dodgeville, Wisconsin to Ruby and Vernon Oimoen. They were dairy farmers living between Blanchardville and the Yellowstone Lake State Park on County Highway F. I had four sisters, Jean, Jackie, Peggy and Pattie. We all had our chores to do every day on the farm before going to our small country school, about a two mile walk from our farm. We raised cattle, hogs, chickens and harvested various crops that kept us all very busy. When we did have some time for recreation, we enjoyed sleigh riding in the winter and water skiing on Yellowstone Lake in the summer. After milking the dairy cows every day, the large cans of milk were picked up and trucked to the local cheesemakers. I did enjoy school, was good at academics, but had little time for anything else. When I graduated from Pecatonica Area High School in 1972, I worked for Gerber Farm Service in Mount Horeb for about a year. My buddy Jerry and I decided to be adventurous and move to Miami, Florida where we learned to pour concrete for construction of high-rise apartment buildings. We really

enjoyed the warm weather and living close to the ocean. In 1974 we heard about an opportunity to help build the Olympic Stadium in Montreal,

Canada for the 1976 Olympics. They were paying experienced construction workers \$20/hour, which was big money back then. We packed up our belongings and headed north, stopping for a brief visit with our families in Wisconsin before heading on to Montreal. When I arrived back at the farm, it was obvious that dad needed help in running the farm. We never made it to Montreal. Instead, I milked cows for the next 35 years. Life on the farm was good for me. It became even better when I met a girl named Barbara from Baraboo, Wisconsin. She had moved to Madison to work in the insurance industry for Farm Bureau Federation. We met at a wedding dance and began dating. We married in 1981 and lived on our family farm. We had a wonderful life together. This included raising our three children: Sheila (born in 1983), Kelly (born in 1985) and Cory (born in 1990). They all had chores on the farm, just as I and my sisters had when I was growing up. Farm automation, however, gave them a bit more time for extracurricular activities. Sheila was a cheerleader, Kelly played basketball, and Cory was involved with race cars. They were all good kids, and I am very proud of them.

While farming was my first love, I also dabbled in real estate, owning property in Hollandale, Verona, Mount Horeb and Blue Mounds. One notable project was buying a house on the corner of Springdale and Eighth Street in Mount Horeb where the Kwik Trip is now located. I worked with many others to move the house to Fifth

Street, where it still stands today. I did make a slight profit on this project but will never again try to move a house to a new location!

In 2005 my Barbara was diagnosed with cancer. She fought this horrible disease for many years. During this time, we took some time for ourselves, including wintering on Padre Island, Texas for many years. We also built a new house for ourselves on our farm in 2008.

Over time the farm grew when we bought additional acreage, reaching about 500 acres today. Now the farm is leased out to others to do the work, but still feeds about 700 dairy cows that are milked daily.


I lost my dear wife Barbara in 2014, succumbing to the cancer she bravely fought for many years. My life has not been quite the same since then. However, I have continued to enjoy my family and many fun activities. Fishing, elk hunting in western states, deer and even bear hunting in Wisconsin have helped to bring joy back into my life. If you want to see my eyes light up, ask me about the 53-inch muskie I caught in Sawyer County! In recent years my health has deteriorated due to a rare spinal condition. It became necessary for me to find a facility with skilled nursing care to deal with my condition. I moved into Ingleside Communities in March of 2024. I miss my home in the country, my previous lifestyle and especially my border collie named Corky. As I look back at my life, I am so grateful for my family. My kids all have professional positions. Sheila is a scientist; Kelly is a nurse; and Cory is an engineer. My three children now have five (soon to be six) children of their own. I am proud of them all and pleased that they call me "dad" and "grandpa".


Discover a New Hobby this January


Did you resolve to try something new this year? January is National Hobby Month—the perfect time to explore hobbies that bring joy, relaxation, and a sense of purpose. Hobbies not only to fill extra time, especially for seniors, but may also positively affect mood and well-being.


Here are some hobby ideas to inspire you:

 **Creative Crafts:** Try sewing, needlepoint, quilting, or painting. Creating something with your hands brings a sense of accomplishment, and your finished pieces can make heartfelt gifts or donations to those in need.

 **Games & Puzzles:** Enjoy crosswords, cards, or jigsaw puzzles to keep your mind sharp. Prefer tech? Online games on tablets and smart phones are great for mental stimulation, especially during National Puzzle Month!

 **Book Clubs:** Reading is a great leisure activity, and joining a group to discuss books can add a social element and spark meaningful conversations.

 **Social Media Fun:** Stay connected with loved ones by sharing updates, photos, and videos via text, email, or on social media. It's an easy way to stay involved and feel connected.

 **Music Appreciation:** Enjoy listening to your favorite tunes on the radio or join a group sing-along. Music is a wonderful way to relax, lift your spirits, and connect with others. Hobbies add meaning and joy to life. Which one will you try this month?

Popcorn Mix-In Ideas

Popcorn is the ultimate easy snack—quick to make, endlessly customizable, and perfect for sharing! Whether you love it plain or loaded with flavors, National Popcorn Day (January 19) is the perfect time to get creative with your kernels.

No-Frills Classic: Drizzle melted butter over freshly popped popcorn and sprinkle with a touch of salt. Sometimes simple is best!

Sweet Treats: Mix in Reese's Pieces, M&Ms, or mini chocolate or white chocolate chips.

Fun and Fruity: Add dried fruits like raisins, cranberries and apricots.

Cheesy Goodness: Sprinkle grated Parmesan or your favorite cheese powder for a savory twist.

Crunchy Nuts: Add roasted peanuts, cashews, or walnuts for texture and flavor.

Spicy Kick: Try cayenne pepper, garlic powder, black pepper, or wasabi peas for heat.

Seasoned Snacks: Enhance with garlic powder, black pepper, Italian herbs, or taco seasoning.

Sticky Sweet: Mix in melted marshmallows or a drizzle of honey, or make kettle corn by adding sugar and salt during popping.

Sweet & Savory: Combine your favorite chocolate and nuts together.

With so many options, popcorn can be as simple or as bold as you like. Mix, match, and enjoy!

