



## The End Of December Was Filled With Lots Of Fun And Care!

The last week and a half of December, we had live entertainment just about every day! We had a family that came in during our coffee club to perform music, as well as going door to door playing music for the residents! A couple surprises was Santa came to hand out presents, Leo a Golden Retriever came to spend time on Christmas with the residents, and gingerbread houses appeared around the halls and rooms made by our local high schoolers! We ended 2024 with excitement and we started 2025 with it as well by throwing a News Years Party! We want to give a huge THANK YOU to the community of Mt Horeb!! From volunteering your free time and sharing it with the residents, to donations and the presents donated to the giving tree at Millers & Sons Supermarket. It was amazing to see the community come together and share with all the residents! We are all very thankful!!!

In January residents learned a new card game called Garbage. A fairly easy game to learn and all of those who participated really enjoyed the game! It even sparked the idea of starting a Card Night! A night where we could learn new card games, have tournaments, and enjoy each other's presents. If you know of any fun card games, please send those ideas our way. We also played Reindeer Ring Toss, Snowball Fight, and Ballon Volleyball for exercise!



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

Kevin Lawrence, Administrator  
Brynna Ulrich, Admissions,  
TBD 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](http://InglesideCommunities.org)

## Happy Birthday!

### Staff:

Elizabeth B.	01/01
Cara L.	01/01
Marcela M.	01/05
Ai'myria T.	01/07
Alexander B.	01/10
Lauren E.	01/10
Anna J.	01/13
Victoria T.	01/16
Donnie F.	01/19
Jeanne H	01/22
Gwen M.	01/29
Dale W.	02/07
Abigail M.	02/07
Ashley M.	02/07
Zoe E.	02/08
Linda G.	02/11
Tonya B.	02/11
Anessa S.	02/11
Brenda Q.	02/12
Rhonda M.	02/13
David V.	02/22
Victoria K	02/22
Axel M.	02/22

### Residents:

Michael E.	01/29
Margaret D.	01/31
Freddrick B.	02/08
Gregory O.	02/05
Mary B.	02/16



## Upcoming Events

**02/02 Groundhog Day**

**02/02 National Carrot Cake Day**

**02/04 National Soup Day**

**02/06 Pay a Compliment Day**

**02/09 National Pizza Day**

**02/14 Valentines Day**

**02/21 Happy National  
Caregivers Day**

**02/24 World Bartender Day**

**02/27 Retro Day**



# MORE DECEMBER PHOTO HIGHLIGHTS





# Resident of the Month: Steve S.



I was born in Beaver Dam, Wisconsin on July 21, 1937. My parents were Marvin and Susan Smith. My dad was a masonry contractor for both commercial and residential projects. His father was also a stone mason. My mom was a schoolteacher and a school principal. My younger siblings were Robert and Dinah. We all attended the Beaver Dam elementary school system where my mom worked.

One of my earliest memories is when my mom took my brother and me to pick up dad at 11:00 p.m. at a factory where he worked second shift. They manufactured Howitzer ammunition for our artillery units fighting in Europe and the South Pacific. The huge glowing red shell casings were transferred from the foundry to the storage warehouse on a conveyor belt moving in the night sky just over our heads. It helped me understand the important role our country played in winning WWII.

An amazing thing happened to my brother and me in our high school years. We were awarded scholarships to Wayland Academy (<https://www.wayland.org>) in Beaver Dam, an exclusive private institution that we could have never otherwise afforded to attend. I was proud to be in the 100th graduating class of the Wayland Academy.

This established a life pattern for me to find just the right role to match my interests and talents. I recall my 10th grade Speech teacher assigning us to present on the topic: "What Do You

Like?" I drew a diagram of a transistor radio's internal components and explained to the class how it all worked. That was an experience that might not have happened in a public school. It later guided me into electronics as my career.

Following graduation in 1955, I joined the U.S. Air Force. After boot camp and training I served for over three years in support of the officers at Westover Air Force Base near Springfield, Massachusetts. Almost every night I was privileged to listen to stories about their WWII experiences. They were some of the bravest and most decorated of our victorious soldiers.

While stationed in Massachusetts, my buddy and I attended a dance where I met my future wife, Gloria. After a short courtship we married, and she returned with me to Beaver Dam when my time in the service ended.

Back in Beaver Dam, I assumed I would work in my dad's business but found an opportunity to work with early IBM computers in the Vital Statistics Department for the State of Wisconsin. I decided that electronics was preferred over stacking bricks and applying mortar. My boss, a USAF veteran, told me about an electronics degree program at Madison Area Technical College. I couldn't resist and enrolled immediately. I was in my element and received my degree in just two years. After a brief stint with Gordon Flesch Company repairing business machines, a new opportunity arose with the State of Wisconsin in the Department of Transportation Traffic Division.

As a young installer of traffic lights and signals, I traveled the state of Wisconsin nearly every week. I became adept at working with the big circuit boards that make the traffic signals, street lighting and way station

systems work. I worked in the field exclusively for over six years. I was then assigned to work with engineers to write the technical specifications manuals used by the technicians throughout the state. This was the ideal role for me to use my technical skills to document these complex systems and answer the questions for those now working in the field. I stayed with the Transportation Department until my retirement after 38 years.

My life wasn't all about my work. My marriage to Gloria lasted only 20 years. I met a wonderful woman, Susan, in 1988. We lived together and had a very special relationship, including having a son together named Stevie. My retirement permitted me to spend more time with Stevie than was possible while I was working. We had a beautiful home together in Harmony Grove on Lake Wisconsin near Lodi, where Stevie went to school. I also owned with my brother a 240-acre farm just north of Mount Horeb where I raised beef cattle, and he bred show horses. I enjoyed hunting and fishing in my minimal spare time when my health permitted. My health issues have occupied most of my attention for the last ten years.

Stevie's mom, Susan, passed away after a brief illness in 2009. She was such an important part of my life and that of my son.

One of the things in my life I am most proud of is the success of my son. Following his business degree at UW Madison, he received his master's in accounting at Edgewood College. He and his wife, Jocelyn, have a beautiful daughter, Sloane, who will be celebrating her first birthday next month. Stevie and Jocelyn are very successful in their careers and have a beautiful home with acreage on our farm north of Mount Horeb. I appreciate their visits and support.

## Heart-Healthy Living Tips

Staying heart-healthy is a lifestyle, supported by healthy habits and the encouragement of loved ones. These habits can help prevent heart disease, maintain normal blood pressure, cholesterol, and blood sugar, and reduce the risk of heart attacks.

This American Heart Month, share these tips with friends and family:

- **Eat Healthy:** Focus on fresh fruits and vegetables, limit processed foods, and avoid foods high in saturated and trans fats. Choose foods high in fiber to help lower cholesterol and limit salt to lower blood pressure. Also, reduce sugar intake to manage blood sugar levels, and limit or avoid alcohol.



- **Maintain a Healthy Weight:**

Carrying excess weight adds stress on the heart and increases the risk of heart disease.



- **Stay Active:** Aim for at least 2 hours and 30 minutes of moderate exercise per week (e.g., brisk walking or biking). Children should get 1 hour of activity daily.



- **Get Enough Sleep:**

Regular, quality sleep (7-8 hours) supports heart and blood vessel health. Lack of sleep is linked to higher risks of heart disease, high blood pressure, and stroke.



Consult your physician or dietitian before making any changes to your daily routine, exercise, or diet to know what is right for you. Source: cdc.gov

## Word Search

Find and circle the 16 words listed. Find words straight across, up and down, and diagonally. All words are forwards reading only.

<b>BRIGHT</b>	<b>FLOWERS</b>	<b>HEART</b>	<b>RED</b>
<b>CANDY</b>	<b>FRIEND</b>	<b>KINDNESS</b>	<b>SMILE</b>
<b>CARD</b>	<b>HABITS</b>	<b>LOVE</b>	<b>SWEET</b>
<b>FEBRUARY</b>	<b>HEALTHY</b>	<b>PINK</b>	<b>VALENTINE</b>

Y U P L H Z T X  
M F A U Y R X F L Q R H  
F U U C A R D M O X R C V T E W  
A C T T R B R I G H T U Q K V L A A D Q  
Q Q E M D L K N K H Z K T B M G S O L J Z D  
X X E T W Q X Q A N F E B R U A R Y V T N L N U  
I W K S L A F D W K W K W C N E E H I H P R N W  
S V D I T I N C W O D H Y H W N Q S Q Y F C B T  
S V A M N I Q B I U J R H O A X N R L D X U T N  
U W V L S D Q D C A H D L M U B T O B D Y J J I  
R K X I E L N D E I H F L D O X I T P N V M S E  
W D A E N E E Q U L M C X Y E P T O H R Y I  
R L A I G T Q S S X O H D O D U T S V I T V  
B I M D F I S S P K V I N T M H Y V Z C  
J V H K P N T M N S E M J C A N D Y  
T H E V Z E K P I N K P G B V E  
A F A L Q Q R N G T B C Y I  
I D R I F S J O P V Q U  
R T T E L B H G G E  
S M I L E H X U  
I S C N C O  
Q G H D  
L X

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



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our website or  
scan the QR code.

