



Happy Birthday!

Staff:

| | |
|--------------|-------|
| Kaleb L. | 03/06 |
| Sami N. | 03/06 |
| Thomas B. | 03/10 |
| Marissa W. | 03/13 |
| Gwyneth W. | 03/16 |
| Elizabeth F. | 03/23 |
| Anne M. | 03/28 |
| Rocio P. | 03/30 |
| Autumn R. | 03/31 |

Residents:

| | |
|------------|-------|
| Jean D. | 03/01 |
| Sabrina S. | 03/15 |
| Paul R. | 03/29 |
| James W. | 03/31 |

Facility News:

We had a lot of fun with some highlight's being Karaoke/Sing Along's, ballon Vhgh school gymnastics team came in to handout Valentine cards, and the Catholic Finance group came in to volunteer with Bingo! Catholic Finance brought snacks, drinks, prizes and their amazing personalities! So, a huge thank you to Bob, Sue, Paul, and Joe!! Thank you to the Gymnastics team, all the residents appreciated the cards you made! A new program we are starting is Dog's on the call. This is where volunteers will bring in their dogs to visit with the residents and get a chance to play in a group or one-on-one setting!



Job postings

Under each of these departments, you will see some amazing career opportunities that are open **RIGHT NOW!** You can find all this on our website under careers.

- Activities
- CBRF
- Dietary
- General and Administrative
- Housekeeping
- Nursing
- Occupational Therapy
- Plante/Maintenance

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.



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

Ashley Martin, Acting Administrator

Sean Barningham, 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

Upcoming Events

| | |
|-------------------|--|
| March 1st: | Social Worker Celebration Month |
| | March 3rd National anthem day |
| March 4th | Mardi Gras |
| | March 6th Oreo Cookie Day |
| March 7th | Employee appreciation day |
| | March 14th Pi Day |
| March 17th | St. Patrick's Day |
| March 19th | National Certified Nurses day |
| March 20th | International Happiness Day |
| | March 23rd Chip and Dip day |

Ingleside Communities

Check out our Facebook



FEBRUARY PHOTO HIGHLIGHTS



Show Your Appreciation in March!

We begin by honoring social workers during **Social Work Month** for their empathy, dedication, and vital role in helping ensure individuals receive the care and resources they need. For seniors in transition or long-term care, social workers provide essential guidance, advocacy, and support.

On **March 7, Employee Appreciation Day**, we celebrate our incredible staff for their unwavering commitment to compassionate, quality care. Take a moment on this day

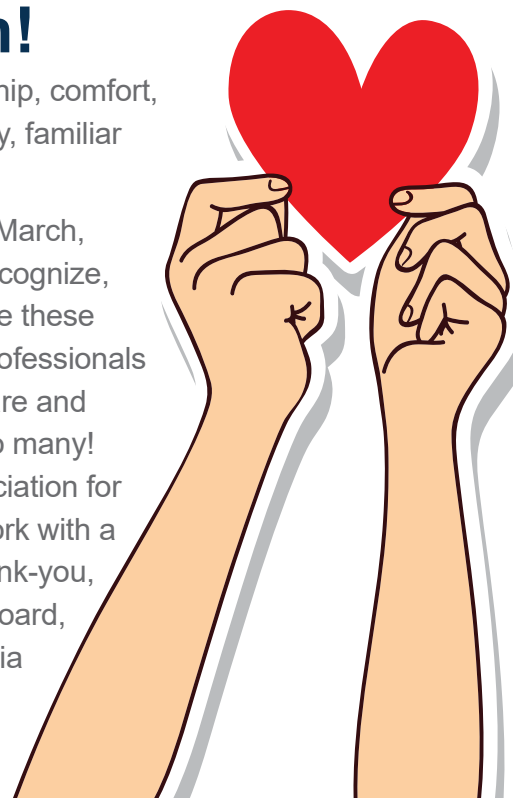
to recognize your favorite team member with a kind note, a shared story, or a simple compliment.

March 10-14 marks **Long-Term Care Administrators Week**, a time to recognize administrators who lead with expertise and heart, helping provide high-quality, resident-centered care every day.

On **March 19**, we **celebrate Certified Nurses** for their dedication to patient care and specialized expertise. Nurses provide so much more than clinical care—they offer

companionship, comfort, and a friendly, familiar presence.

Throughout March, let's uplift, recognize, and celebrate these dedicated professionals who bring care and comfort to so many! Show appreciation for their hard work with a personal thank-you, a gratitude board, a social media shoutout, or a positive review.



Employee of the Month Trey William Frame

You can call me a “homeboy” because I was raised in Mount Horeb, graduated from Mount Horeb Area High School in 2020 and have worked here ever since then. Previously I worked at Norsk Golf Club and Helwig Auto Clinic but joined the Ingleside team in August last year.

My role at Ingleside Communities is that of Dietary Aid and Cook. I find it very rewarding to help the residents with their meals and diet plans. I am a very social person and really love the people here. I love to joke and laugh with the residents. They are wonderful people!








I also have the opportunity to work with my Uncle Steve and brother Tyger in the kitchen. We make a great team!

When I am not working here, I “feed” my passion for music with my own D.J. business that I call “Enjoy the Music”. I enjoy playing music for weddings, Driftless Social on Main Street in Mount Horeb and other special occasions. I “feed” off the crowd. When they are having fun, then so am I. I like all different types of music, but my favorite is “Electronic Dance Music”.

I really like and respect the residents at Ingleside. They keep me laughing. They are awesome!

Tips for Better Sleep

Healthy sleep habits play a vital role in physical, mental, and emotional well-being. Sleep-related difficulties are common, making it important to practice good sleep habits, such as:

- Soaking up morning sunlight to boost melatonin levels, a hormone essential for sleep. 
- Maintaining a consistent sleep schedule by going to bed and waking up at the same time every day, including weekends. 
- Winding down with a book or a soothing bath. 
- Creating a sleep-friendly environment—keep your bedroom quiet, dark, relaxing, and at a comfortable temperature. 
- Removing electronic devices like TVs, computers, and smartphones from the bedroom. 
- Avoiding large meals, caffeine, and alcohol before bedtime. 
- Staying active throughout the day, as regular movement can help you fall asleep more easily at night. 

If you experience ongoing sleep difficulties that affect how you feel or function during the day, consult your physician. Keeping a sleep journal for at least ten days can provide helpful insights for your visit. In your sleep journal, track:

- When you go to bed.
- When you fall asleep.
- When you wake up.
- When you get out of bed.
- Any naps taken.

Source: cdc.gov



Lesser-Known Facts about St. Patrick's Day

There have been many legends attributed to St. Patrick throughout the centuries. St. Patrick's Day began as a Holy Day in the Catholic Church, but over the years this religious Catholic saint's day has turned into a more secular celebration of the upcoming spring.

Here are a few lesser-known facts about St. Patrick's Day:

- The original color associated with St. Patrick was blue. Green became popular because of Ireland's nickname, "The Emerald Isle," and the green in the Irish flag and landscape.
- March 17, the day of celebration, is the day of Patrick's death.
- St. Patrick, the patron saint of the Irish, was not from Ireland.
- Patrick was a missionary in Ireland during the 4th century.
- The shamrock, a symbol of St. Patrick's Day, was a plant with three leaves that Patrick used to demonstrate the Holy Trinity to the Irish.
- Finding a four-leaf clover was considered a sign of great luck in Irish folklore.

Over time it was merged with the use of shamrocks in St. Patrick's Day decor.

- The first St. Paddy's Day parade in America was in 1737, 40 years before the Revolutionary War.
- Since the early 60s, the city of Chicago has dyed the Chicago River green to celebrate. The dye is a vegetable-based coloring that lasts for about five hours.
- New York City hosts the largest St. Patrick's Day parade in the world.
- Until the 1970s, Irish laws mandated that pubs be closed on St. Patrick's Day, since it was a religious holiday. The law was later repealed to promote tourism.
- Astronauts have celebrated St. Patrick's Day on the ISS with specially prepared meals and green-tinted water.

So on March 17, wear something green, enjoy a green mocktail while you share these interesting facts with friends, and have fun "being Irish" for the day!



It's not Valentine's Day, but it's time to show our Administrators some love!

Long-Term Care Administrators are the soul of our senior care communities, leading with dedication and compassion while creating warm, caring and safe homes for seniors.

This March, join us in celebrating them. Share a smile, a kind word of encouragement or a simple "thank you" and let's make their day.