



Happy Birthday!

Staff:

Olivia S.	04/02
Tre C.	04/06
Corissa L.	04/16
Autumn L.	04/16
Andra T.	04/17
Evelyn H.	04/21
Joshua B.	04/23
Sydney S.	04/29

Residents:

Faye R.	04/16
Linda S.	04/17
Susan M.	04/18
Robert L.	04/23
Mary E.	04/27
Sandra H.	04/29

Short Term Therapy Success Story



Ken has been working hard in both Occupational Therapy and Physical Therapy to achieve his goals. He is always pleasant to work with and brings a positive attitude to the therapy gym. Recently, Ken has made some big strides with his mobility that has transitioned to improvements with his daily routine here at the facility. We are so proud of him and his accomplishments. Thank you, Ken, for trusting us and always giving us your best effort!

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.

Ingleside Communities

Check out our Facebook
& Instagram by scanning
the QR Code



Wish List

Check out our Amazon Wish List! If you would like to donate, just scan the QR Code, add to cart, and ship to:

Sean Barningham
407 N. 8th Street
Mount Horeb, WI 53572.



INGLESIDE
COMMUNITIES

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

Matthew Paszcak, 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.

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Wisconsin Illinois
SENIOR HOUSING INC.

InglesideCommunities.org

Upcoming Events

April 18th Egg Hunt with
Little Vikings
Mount Horeb

Other Fun Days we'll be doing:

April 1st April Fools Day

April 2nd National Peanut
Butter And Jelly

Day April 11: National Pet Day

April 14th International
Moment Of
Laughter Day

April 15: World Art Day

April 20th Easter Day/
Volunteer
Recognition Day

April 22nd Earth Day

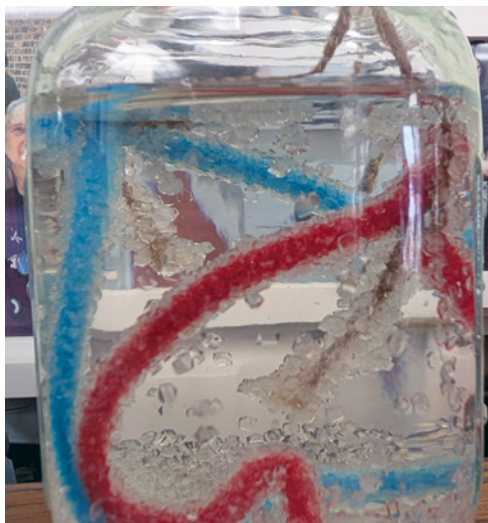
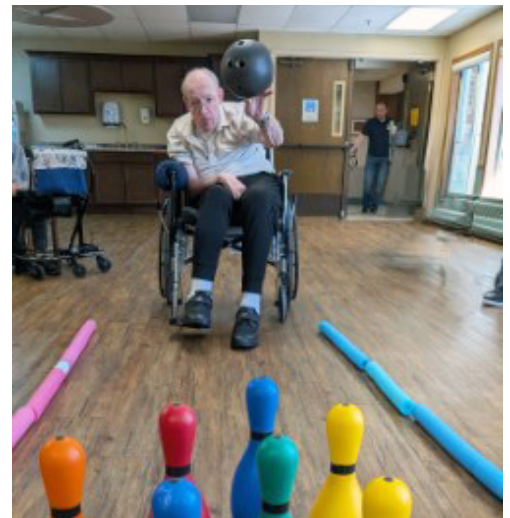
April 23rd National Picnic Day

April 29th International
Dance Day/
National Shrimp
Scampi Day

April 30th International Jazz
Day/Hairstyle
Appreciation Day

Activity Highlights

We had a great month in March! Coco is a little puppy, and she was a huge hit for everyone. She is a Multi-poo that is full of energy! She came in every Tuesday to play and share her skills with solving puzzles! We also had a group of Mt Horeb students come in and sing for us! Then we got serious with some bowling, science experiments, and our Mardi Gras Party!



Job Postings

Under each of these departments, you will see some amazing career opportunities that are open **RIGHT NOW!** Learn more and apply online at our website, under careers.

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

Resident of the Month: Jim H.



I was born on March 4, 1933, in St. Louis, Missouri. My father was President of a commercial electrical contracting business. I was very proud of him because he never finished high school. My younger brother Bill and I were raised by our parents but spoiled rotten by our larger family. I attended public school in south St. Louis until the 7th grade when I transferred to a special school. This transfer was the direct result of an experience in 6th grade when I addressed a bully in my school by hitting him with a brick, causing quite a scene. Let's just say that we lived in a neighborhood with many tough kids!

My high school years included singing in the school choir, competing in cross country, track and field, and speed skating. I even entered the Olympic speed skating trials but made it no further than the first round. After graduation in 1951 I entered Washington University in St.

Louis. However, the Korean War was underway, and my adventurous nature drew me to enlist in the U.S. Army in 1953. By the time I completed basic training, attended Signal School at Fort Monmouth in New Jersey and was shipped overseas, the truce was signed, ending the conflict. Part of my overseas experience was attending school in Japan. I saw the post-WW2 Hiroshima devastation and learned to greatly appreciate the Japanese culture.

My transition back to civilian life was relatively easy. I worked as an electrical

inspector for the Missouri Inspection Bureau and re-entered Washington University full-time. I also served as an instructor at the ice rink in Forest Park. It was there that I first met a young nursing student from Wisconsin, Roselyn (Sue) Van der Graaf. Six months later we were engaged to be married. We began our lives together on November 29, 1958.

While attending school at night, I landed a position with McDonnell Aircraft Corporation in St. Louis. They transferred me to Alamogordo, New Mexico, which meant I had to put my university studies on hold for a while. I loaded up my MG TD sports car and I headed across the country. Unfortunately, I blew out the engine enroute to New Mexico and had to buy a Hillman (British economy car) to finish the trip. After I drove this for while I grew tired of its lack of pep and needed more power. My new Jaguar Roadster certainly gave me the power I needed.

Our life was amazing where we lived in a beautiful cabin in the woods at an elevation of 9000 feet above nearby Alamogordo. Then many things began to change for us. I left McDonnell and went to work for Kearney Company. We had our first of three sons, D.J. (Jim III). Then we were transferred to New Jersey. We remained in New Jersey for three years.

We decided to return to my native St. Louis, Missouri where I worked for my dad's electrical contracting company. I finally received my bachelor's degrees in physics and mathematics from Washington University in 1961. We settled into the suburb of Clayton, Missouri. There we had our second son, Christopher in 1962 and third son, Stephen in 1965. I held a position in my dad's company for about three years. I then accepted a position with Joy Manufacturing in Dover-New Philadelphia, Ohio. Two years later, I accepted a 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. After five years, I accepted a new position and we moved to

Merrill, Wisconsin, but unfortunately, the sailboat had to stay at Lake Pepin.

Our sons were great young men. They all enjoyed playing football at school and baseball every summer. Our family really enjoyed each other's company, especially racing our sailboat and relaxing at the lake each summer until the boys were out of the Red Wing school system.

With all the moving, Sue and I decided to become our own bosses. We started a company that we called "American Quantity Survey". It was a software company that used a touchscreen to conduct medical marketing surveys among physicians attending medical conventions. Sue and I enjoyed working together and often tied in vacations with our travel to conferences or conventions. We successfully managed this company for 25 years.

In recent years our health issues have become our focus. We have now lived in Mount Horeb for over 20 years. We sold our home in the Nordic Hills subdivision, and I moved into an apartment when Sue found it necessary to move into Ingleside Communities due to a stroke. Three months ago, I moved into Ingleside Independent Living apartments to be closer to Sue and enjoy the amenities offered by Ingleside.

Sue's sister Jan and husband Bill live near Mount Horeb. We are blessed to see them often. We also speak with our sons, and sometimes grandchildren, by Telegram every week.

As I think about my life, I am proud of many things:

- My wife, Sue, and our family are amazing, and I appreciate them more all the time.
- My career has included a series of accomplishments. I am very proud of the company that Sue and I built and successfully managed for 25 years.
- Adventures – speed skating, downhill skiing, sports cars, sailboat racing, and tennis have all been an essential part of my life.

I thank the Lord for our blessings.

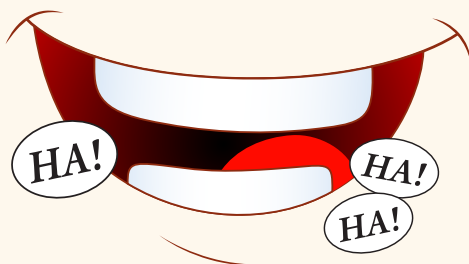
Laughter: A Simple Remedy for Stress

Stress is a part of life, but humor can help lighten the load. While it may not eliminate stress entirely, laughter triggers brain chemicals that boost mood and promote relaxation.

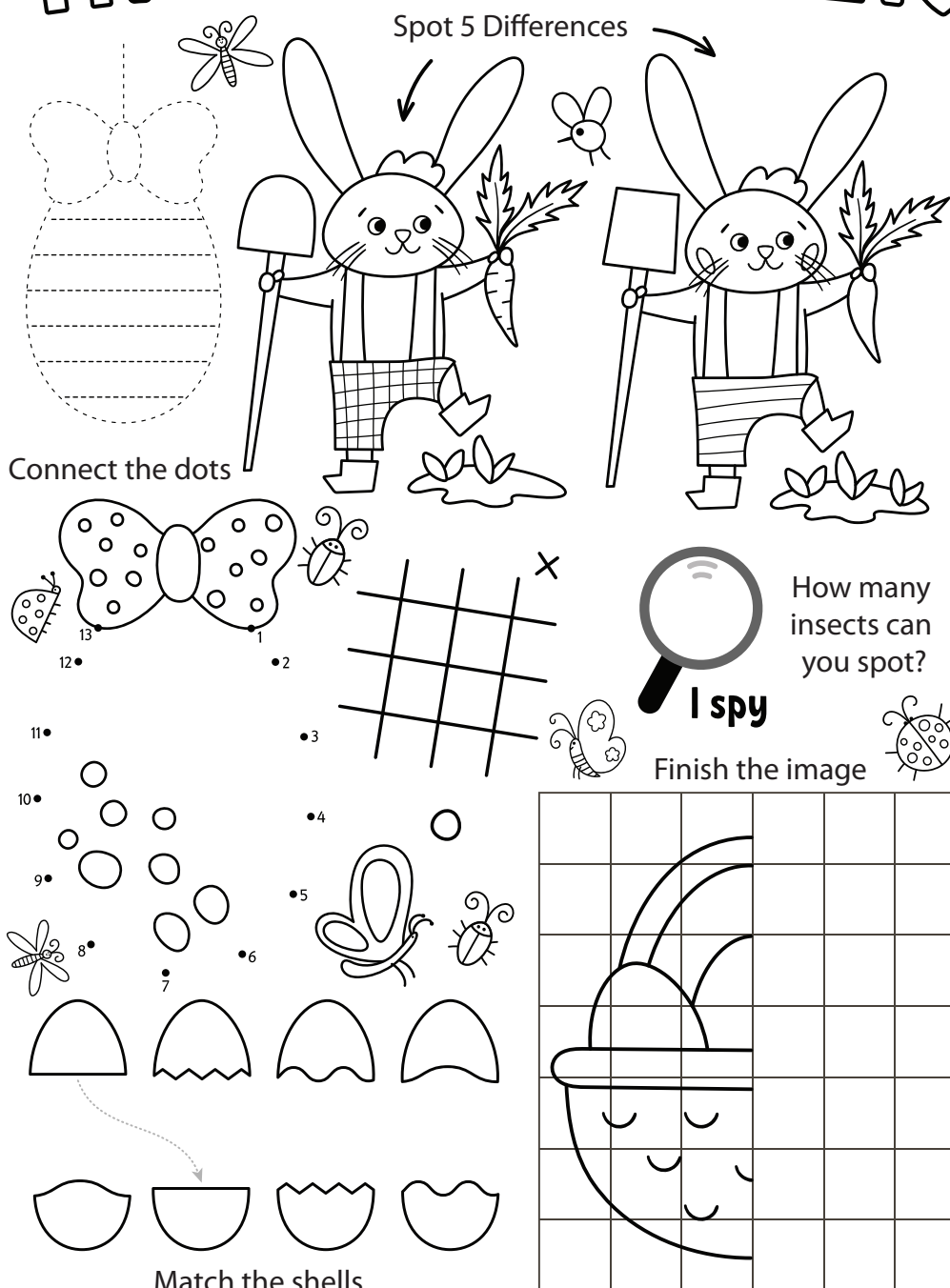
Make it a habit to laugh often—whether through TV, movies, online videos, or jokes. Humor is personal, so find what genuinely makes you laugh, even if others don't share your sense of humor. With endless sources of comedy online, from memes to funny stories, a daily dose of laughter is always within reach.

Surround yourself with things that bring joy, like joke-a-day calendars, funny T-shirts, or lighthearted stickers. Keep a “humor file” filled with comics, memes, and jokes for an instant mood boost—one you can also share with others who might need a lift.

Best of all, laughter requires no prescription and has no side effects. But if stress feels overwhelming, consult a physician to rule out underlying health concerns and explore additional ways to manage it.



HAPPY EASTER



FIND PURPOSE, SHARE JOY!

Volunteer with us and make a difference in the lives of our residents. Whether a few hours a week or more, your time brings friendship, fun, and plenty of smiles.

Contact us today!